



BALNEOTHERAPY (MINERAL-MEDICINAL WATER)

It is advisable to drink from the water jet, stomachic and diuretic.

Mineral-Medicinal Thermal Pool	25'	14,60€	27,00€
Hydrotherapy (Thermal Jacuzzi)	15'	19,00€	35,00€
Scottish Shower (circulatory)	10'	20,00€	
Vaporarium "Wet Sauna" detoxifying	30'	16,25€	30,00€
Mineral-Medicinal Thermal Pool 10 sessions +2		140,00€	
Vaporarium Pack	6 sessions +1	85,00€	
Hydrotherapy Pack	6 sessions +1	100,00€	

Pregnant women are advised to consult their doctor before using thermal water.

HALOTHERAPY (RESPIRATORY, DERMATOLOGICAL)

Salt Cave

Breathing Ionized Land Salt	17,10€
Asthma / Allergy Treatment	10 days 140,00€

THERAPEUTIC CHIROTHERAPY (RELAXING, DECONTRAC., CIRCULATORY)

20'	38,00€
30'	50,00€
45'	68,00€
20' Craneo-cervical (relieves tension)	38,00€
40' Reflexology (stimulates organic functions)	50,00€

Aquatic physical therapy - check prices and schedules

MUD THERAPY (VASOCONSTRICTOR, ANTI-INFLAMMATORY)

Green Mud and Hydration: vasoconstrictor. Cold applied.

Half legs	24€	40€
Total legs	35€	60€

Black Mud: aanti-inflammatory. Warm applied

• Localized: (cervical, lumbar or dorsal)	24€	40€
• Half: back	46€	80€
• Total: total body	70€	120€

Total Olive Mud: moisturising the skin	75€	135€
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HEALTH AND WELLNESS CIRCUITS

Relaxing (reduction of physical and mental fatigue)

- 55' Vaporarium and Mineral-Medicinal Thermal Pool 29€ 52€
- 40' Mineral-Medicinal Thermal Pool + Hydrotherapy 29€ 52€
- 35' Mineral-Medicinal Thermal Pool + Scottish Shower 29€ 52€

Vitalizer (reduction of stress effects)

- 70' Thermal Pool, Vaporarium, Hydrotherapy 46€ 87€
- 65' Thermal Pool, Vaporarium, Scottish Shower 46€ 87€
- 50' Thermal Pool, Hydrotherapy, Scottish Shower 46€ 87€

Complete (relaxation and well-being for mind and body)

- 80' Thermal Pool, Vaporarium, Hydrotherapy, Scottish Shower 60€ 110€
- 1h10' Thermal Pool, Vapor., Hydroth., Scott. Shower, Salt Cave 75€ 140€

Skin Regenerator (reduction of stress effects)

- 1h30P. Thermal Pool, Vaporarium, Hydrotherapy, Wraps (according to preferences) 90€ 165€
- 85' Thermal Pool, Hydrotherapy, Body Peeling with Dead Sea Salts 82€ 155€

DUO (benefits of thermal water reinforced with manual therapy)

- Thermal Pool + Massage 20' 45€ 75€
- Thermal Pool + Massage 30' 60€ 110€
- Thermal Pool + Massage 45' 80€ 140€
- Thermal Pool + Reflexo 40' 64€ 115€
- Thermal Pool + Cranial Cervical 20' 50€ 90€

Muscle relaxant

- Thermal Pool, Hydrotherapy, 45' Massage 96€ 175€
- Thermal Pool, Hydrotherapy, Mud Therapy 96€ 175€

DETOX (body detoxifying)

- Thermal water + Moisture 40€ 75€
- Thermal Pool, Seaweed, Scottish Shower, Moisture 60€ 110€
- Thermal Pool, Vaporarium, Seaweed Scottish Shower, Moisture 95€ 180€

All prices include taxes
All therapies with prior reservation

LYMPHATIC DRAINAGE (PURIFIES, CLEANSSES, REDUCES SWELLING, ELIMINATES LIQUIDS AND TOXINS FROM THE ORGANISM, AMONG OTHERS)

20' Facial Lymphatic Drainage	28€
60' Body Lymphatic Drainage	65€

WRAPS (SKIN MOISTURIZING)

Cherry: Vitaminic and Invigorating	50€	90€
Wine: Antioxidant and Regenerative	50€	90€
Chocolate: Nutritive and Stimulating	50€	90€

PARAFFIN (SWOLLEN JOINTS)

Hands and/or Feet	20 minutes	12€	19€
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SPECIFIC TREATMENTS

25' Facial Express Peeling	40,00€
35' Facial Firming <small>(Improvement of Facial Flaccidity with frozen thermal water)</small>	55,00€
60' Deep Facial Cleaning	65,00€
30' Body Peeling, with Dead Sea Salts	65,00€

NEW SERVICE

(MEDICAL) PODIATRY

Promoter and collaborator City Council of Caldes d'Estrac



- Basic podiatry (thermal foot baths) 35€
- Basic podiatry + paraffin (swollen joints) 45€
- Basic podiatry with reflexology (stimulates organic functions) 75€

Sale bathing suit: 15€ - Rent towel: 2€

Subscriptions for long-term treatments, please consult discounts and promotions.

NO REFUNDS ARE GIVEN

Due to the mineral-medicinal properties of the water, it is recommended not to take a shower for at least one hour after bathing.

M I N E R A L - M E D I C I N A L W A T E R

Cellular Stimulator · Sedative and Relaxing · Analgesic and Muscle Regenerator · Anti-Inflammatory Rheumatism and Osteoarthritis · Respiratory, Dermatological

Mesothermal sodium chloride water that emerges from 2,800 m deep and flowing at 38.8 °C. The only water that does not require altering of chemical composition.

• **Spring pool:** unique and traditional health resort treatment with water flowing directly from the mineral-medicinal spring and constantly renewed, maintain its temperature and the original biological, chemical and physical properties. Duration between 20 and 25'



• Bubble baths - **jacuzzi** - are ideal for contractures, toning and relaxing.



• Combined with our **vaporarium**, mineral-medicinal water steam, they detoxify the respiratory system.



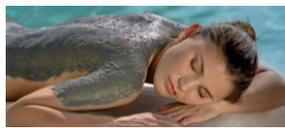
• **Halotherapy or salt cave therapy**, creating the microclimate of underground salt caves, benefiting conditions of exhaustion, nervous, respiratory, dermatological system ailments, and providing general well-being.

• **Scottish Shower:** toning, decongestant and firming treatment for muscle tissue.

• **Chirotherapy:** treatments to prevent or cure somatic or organic dysfunctions (legs, back, etc.), appropriate for rehabilitation.



• **Mud Therapy**, application of mineralized balsamic mud, highly suitable for chronic contractures.



• **Aquatic physical therapy**, relieves symptoms such as joint pain, muscle pain, migraine headache, respiratory problems and dizziness.



There should be no previous serious health conditions.

MANAGEMENT

Medical Direction

Dra. Cristina Álvaro

Therapeutic team

Susana Cano, Ivone, Carles

Sedative, stimulating and energetic mineral-medicinal water. Dilutes and removes toxins, restorative (iron, phosphorus,..). Energizing.

Water and Beauty

"The water of beauty and health"

Cosmetic products achieve greater strength when combined with the mineral-medicinal waters.

• **Seaweed** application with draining effect.



• **Wraps** revitalizing and detoxifying to pamper yourself.



• **Cryotherapy** with thermal water = promotes peripheral blood circulation, relief from varicose veins, analgesic effect, decreases muscle spasms.

History



The thermal waters of Caldes d'Estrac are millenary. About 800 years ago, when the first healing house was founded in Caldes, this water was used for healing and to provide wellness. In the fourteenth and fifteenth centuries the Catalan Kings bathed and drank from it. Later, this spring gained fame everywhere – its maximum splendor was in the nineteenth and twentieth centuries when the practice of summer vacationing was widespread and Caldes became the Catalan capital of health and rest: "dolce far niente" Now, in recent years with the help of Aigües Termals Caldes, we have poured our hearts and souls into bringing it back to life.



Balneari Caldes d'Estrac. Direcció: Aigües Termals Caldes S.L. administracio@termalscaldetes.com

PARTNERS:

Smartbox Wonderbox+ Aladinia PlanB!



SUPPORTED BY:



Balneari CALDES D'ESTRAC



TIMETABLE: Monday - Saturday 9:30 am to 2:00 pm- 4:00 to 8:00 pm
Sunday: 10:00 am to 2:00 pm

SUMMER TIMETABLE: Mornings: 9:30 am to 2:00 pm
Afternoons: 16:30 am to 20:30 pm

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