



WELCOME TO BALNEARIO DE ARCHENA

Dear guest,

We would like to welcome you to Balneario de Archena!

We hope that you had a pleasant journey. Enclosed you will find an information sheet with all the important opening hours and information about our facilities. If you would like to have a visit to our facilities or for any further information in English, we kindly ask you to contact the **international department** under the following telephone numbers: **Tina Heinemann: 5005 | Jessica Bideau: 2257**

Best regards.



HOTELS

Check In 15:00h
Check Out 12:00h

Late check-out subject
to availability 20€



MAGNETIC CARD

Key Room
Spa Access to Thermal Pools

Activate it at reception, one by person.
Parking access: activate it at reception, one
per car.



PARKING

€8/Day 24h
€6/Day for stays longer than 3 days



BATHROBE €2

(Free change every 3 days)
Permitted use in all facilities, including in the
dining room at breakfast. The bathrobe and
towel are provided in the room.

Leave the bathrobe in the room before the
check-out, otherwise €18 will be included on
your bill. You can buy or rent a bathrobe of
Spa Thermal pools reception.



RESTAURANTS

Termas Dining Room: Menu
León Dining Room: Buffet (08:00-11:00,
13:30-15:30, 20:00-22:30)
Restaurante del Agua: A la carte

Pool Chiringuito: Snack Bar
Casino: Coffee and snacks (09:00-00:00)
Bar Azul: Cocktails and drinks



SPA THERMAL POOLS

One key per person for access to
Spa Thermal Pools.
The use of a swimming cap and flip
flops is mandatory.

The Thermalium space counts with lockers
and changing rooms in case you want to
change there. Bring a padlock with you or
buy one at the reception. Timetable: March
to November 10:00-22:00, November to
March 10:00-21:00



THERMAL GALLERY

For thermal treatments of more than 3 days,
the medical consultation will be obligatory.
Bring to the Thermal Gallery your treatment
sheet and contact the staff to indicate you
where your booth is.

You must wear a bathrobe and non-slip water
shoes. Due to the action of water vapor,
metal objects can deteriorate. You can access
the Thermal Gallery directly from the hotels
through underground gallery and elevator.



BALNEA THERMAL CIRCUIT

An innovative circuit of contrasts composed
by thermal services. Timetable: March to
November 10:15 -21:30, November to March
10:15-20:15. Two-hour session.





TOP TREATMENTS

THERMAL TREATMENTS

GENERAL OR LOCAL MUD

Application to the joints of clay mixtures mixed with mineralo-medicinal water from Balneario de Archena. Estimated duration: 15 minutes. 35€/24€

ARCHENA MASSAGE

It is a variety of massage performed under medicinal mineral water showers, in which thermal mud is used as a massage vehicle.

Estimated duration: 25 minutes. 44€

THERMAL BATH OR HYDROMASSAGE

It consists of a medicinal mineral water bath, which is carried out in individual bathtubs with an average duration of 15 minutes. In the form of hydromassage, air bubbles are added to the water. The application temperature varies between 37°C and 39°C, according to medical prescription.

Estimated duration: 15 minutes. 21€

TERMARCHENA

This is a small thermal circuit consisting of a steam room, a pool of mineral water at 37°C, a corridor with contrast showers hot and cold and two cabins providing 5-7 minutes of manual friction with mud and ice. It is beneficial for nerves and anxiety conditions, and the general stimulation of the body.

Estimated duration: 50 minutes. 35€

AQUATIC ASSISTED RELAXATION

It consists of a passive mobility technique in the water of a floating pool. It is very beneficial for both mental and physical relaxation, as it acts on the muscle groups of the back and limbs.

Estimated duration: 45 minutes. 50€

PEELING MIEL Y SALES

Body treatment performed with frictions using a mixture of honey, almond oil and salt with Mediterranean herbs. Intense exfoliation of the skin is sought together with a general stimulus produced by the friction and the stimulating effect of the salts.

Estimated duration: 25 minutes. 44€

Sunday to Friday 08:00-14:00,
Saturday 08:00-14:00 & 17:00-19:00
Located: Thermal Gallery, Hotel Termas floor -2



TREATMENT PROGRAMMES

1 DAY TREATMENT €70 , to choose between:

Thermal Health

1 Archena Massage + Mud

Thermal Wellbeing

1 Peeling Mare Massage + 1 Termarchena

Thermal Beauty

1 Aromatherapy Massage + 1 Craniofacial Massage

2 DAY TREATMENT €110, to choose between:

Thermal Health

1 Archena Massage, 1 Thermal steam room, 1 Mud, 1 Termarchena & Circular shower

Thermal Wellbeing

1 Aromatherapy Massage, 1 Mud, 1 Termarchena & 1 Access to Balnea Thermal Circuit (2h)

Thermal Beauty

1 Peeling Facial + Colágeno, 1 Body Massage & 1 Masaje Facial.

3 DAY TREATMENT €140, to choose between:

Thermal Health

1 Archena Massage, 1 Termarchena, 1 Mud, 1 Thermal steam room & 1 Circular shower, 1 Hydrothermal bath & 1 Access to Balnea Thermal Circuit (2h)

Thermal Wellbeing

1 Aromatherapy Massage, 1 Mud, 1 Termarchena, 1 Archena Massage & 1 Access to Balnea Thermal Circuit (2h)

Thermal Beauty

1 Peeling Facial + Colágeno, 1 Body Massage + 1 Masaje Facial, 1 Hydrothermal bath & 1 Access to Balnea Thermal Circuit (2h)

PHYSIO TREATMENTS

Instrumented decontracting leg massage

35min session: 55€

Instrumented back massage

30min session: 55€

Physiotherapy in water

50min session: 65€

Full sports massage

50min session: 70€

Musculoskeletal ultrasound

30min session: 40€

Dry puncture / Electropuncture / Neuromodulation

30min session: 40€

E.P.I Ecoguided

45min session: 60€

Monday to Sunday 08:00-14:00 & 16:00-20:00





BEAUTY TREATMENTS

FACIAL TREATMENTS

FACIAL CLEANSING WITH MASK

It includes a deep exfoliation followed by hair removal from upper lip and eyebrows, and our Termalium relaxing massage, which together with the suitable mask, will bring luminosity back to your skin. For all skin types.

Duration: 60 minutes. 70€.

OXYGEN TERMALIUM

It cleanses and moisturises the skin in depth thanks to the combination of a deep exfoliation, a relaxing massage with serum, collagen veil and mask, ending with the application of the Thermal Cream from the Archena Spa.

Duration: 90 minutes. 95€

FRESH CELLS

Inspired by cellular therapy in which cellular extracts are used to promote deep revitalisation of the skin. Helps to combat skin ageing in a profound way. Suitable for mature skin.

Duration: 90 minutes. 155€

DIAMOND EXPERIENCE LIFE INFUSION

Overall intensive treatment that provides a firmer, luminous and visibly rejuvenated skin. The ritual begins with a deep skin cleaning, followed by a gentle exfoliation to remove impurities and frees the skin of all kinds of toxins. It is a latest generation anti-aging ritual.

Duration: 90 minutes, 170€

INHIBIT

Treatment based on hyaluronic acid and collagen penetrating into deep layers of the skin, achieving a wrinkle-filling and tightening result, which helps to inhibit and relax facial contractions and acts directly on the root of the wrinkle, incorporating an ultra-luminous peeling.

Duration: 60 minutes, 125€

TERMALIUM COLLAGEN

Treatment that combines intense cleansing of the skin, including pores, upper lip and eyebrow hair removal, and a relaxing massage with a serum suitable for your skin type, which together with a collagen veil will restore hydration and radiance to your skin.

Duration: 60 minutes. 80€

VITAMIN C ESSENTIAL

Enrich your skin with the antioxidant power of vitamin C. This nutrient-rich treatment stimulates your senses. It contains a chemical peel that acts on the deeper layers of the skin.

Duration: 60 minutes. 105€

Monday to Sunday 10:00-14:00 & 16:00-20:00



BODY TREATMENTS

BEAUTY BODY MASSAGE

Relaxing body massage with body milk as a massage vehicle to relax the mind and body. Increase energy, help drain the lymphatic system, improve circulation by eliminating toxins and soothe muscle pain. Duration: 30 minutes. 48€

CHAKRA STONE MASSAGE (VOLCANIC STONE MASSAGE)

The contact of the body with the warm volcanic stones provides serenity. Recommended for energy imbalances, tension, congestion and stiffness.

Duration: 90 minutes. 120€

AYURVEDA PSYCHOSOMATIC

This type of massage acts both physically and mentally, allowing the regeneration of all the body's systems. The body massage is combined with a cranial massage that calms the entire nervous system and produces an attitude of optimism and well-being.

Duration: 75 minutes 95€

CHOCOLATE MASSAGE

Chocolate is an excellent anti-wrinkle treatment that moisturises and tones the body, acting on the nervous system as an anti-depressant, encouraging optimism, remineralising and revitalising the epidermis, moisturising and nourishing the skin.

Duration: 90 minutes. 110€

LYMPHATIC BODY DRAINAGE

It is a soft massage that activates the lymphatic circulation. It helps the body to eliminate toxins and to combat fluid retention and cellulite.

Duration: 60 minutes. 70€

DIAMOND EXPERIENCE ROSE MASSAGE

Made with diamond powder and micronized iron, purifies and cleanses the skin bringing balance and harmony to mind and body. Counteracts the harmful effects of magnetic fields around us (mobiles, computers, TV, microwaves) and also mitigates the effects of stress and Improves the skin cellular function

Duration: 90 minutes. 200€

AROMATHERAPY MASSAGE

In this technique, essential oils are used to improve physical and mental health. The essential oils are applied directly to the skin through a body massage.

Duration: 45 minutes 65€

RESTFUL MASSAGE

Restores physical and mental balance. Helps you to improve all the stress you have accumulated in your daily routine.

Duration: 60 minutes. 70€

PEELING MARE MASSAGE

Cleanses and purifies the skin using salts from the Mar Menor and aromatic spices from the Mediterranean climate.

Duration: 60 minutes. 70€



OTHER TREATMENTS

COUPLE TREATMENTS

TERMAE SENSUM

Termae Sensum is an intimate space especially designed to enjoy the thermal and medicinal properties of the Archena Spa exclusively with your partner.

- **Sensum for Couples:** Private room with double hydromassage bath, sauna and shower. 50min session. 40€/person (Monday to Friday). 45€/person Saturdays, Sundays, holidays and bank holidays.
- **Sensum for Couples Plus:** Private room with double hydromassage bathtub, sauna, shower and couples massage. 50min session. 57€/ person (Monday to Friday). 72€/person Saturdays, Sundays, holidays and bank holidays.

TERMARCHENA FOR COUPLES

- Monday to Friday excluding holidays: 62€/person
- Saturdays, Sundays, holidays and bank holidays: 72€/person

BALNEA THERMAL CIRCUIT

- **Balnea for Couples:** Massage for couples and access to the Balnea Thermal Circuit (1.5h) Monday to Friday excluding holidays: 57€/person Saturdays, Sundays, holidays and bank holidays: 72€/person
- **Balnea for Couples Plus:** Couples massage, access to the Balnea Thermal Circuit (1.5h) and access to the Thermal Pools spa. Monday to Friday excluding holidays: 74€/person Saturdays, Sundays, holidays and bank holidays: 93€/ person

Located: Termal Galery, Hotel Termas floor -2

BEAUTY

- **Thermal Beauty for Couples:** Aromatherapy and craniofacial massage. Monday to Sunday: 70€/ person. Reservations in multiples of two people.

ESPACIO TERMALIUUM OFFERS

• ARCHENA SENSATIONS

1 Archena Massage + Balnea Thermal Circuit (1,5h)

• ESCAPETERAPIA

1 Access to Thermal Swimming Pools, Balnea Thermal Circuit (1,5h), Lunch (salad for sharing + main course + dessert. Drinks not included) & 1 Swimming cap.

• ESCAPETERAPIA BEAUTY

1 Access to Thermal Swimming Pools, 1 Beauty body massage, Lunch (salad for sharing + main course + dessert. Drinks not included).

• BEAUTY ESENCIAS

1 Aromatherapy Massage & 1 Access to Thermal Swimming Pools.

PRICE: 57€/person (Monday to Friday). 72€/person Saturdays, Sundays, holidays and bank holidays.

ESPACIO TERMALIUUM PLUS OFFERS

• ARCHENA SENSATIONS PLUS

1 Archena Massage, 1 Thermal Swimming Pools and 1 Balnea Thermal Circuit (1,5h)

PRICE: 74€/person (Monday to Friday). 93€/person Saturdays, Sundays, holidays and bank holidays.

