

# Santuario L'Domaine

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WELLNESS & SPA





# Wellness & Spa

Welcome to our Santuario, a spa that promotes wellness and the most exclusive treatments.

The building is nothing short of an engineering miracle that created a sustainable, natural spa under the former stables to avoid altering the aesthetics of the historical setting. Large windows bring natural light into the building, creating a warm, cosy atmosphere. The Santuario's heat and electricity are supplied by naturally generated thermal energy.

The quality of the water at Santuario is the only one of its kind in the world. Abadía Retuerta LeDomaine takes its own water from a well that stretches 120 metres into the ground.

Santuario is separated into two different areas for men and women, each equipped with a Finnish sauna, steam bath, whirlpool, relaxation room overlooking our sunlit interior courtyards and aromatic showers of mango, pine and mint. The meeting point for couples is the wonderful heated indoor pool with its impressive natural light.

Santuario's treatment programme offers leading-brand products, such as Natura Bissé.

Abadía Retuerta has received multiple accolades for its approach to wellness. Recently, it was named "Best Luxury Historical Spa" in Europe at the latest edition of the World Luxury Spa Awards, held in October 2022. It also won the prizes for Best New Spa & Wellness Property and Best for Wow Factor, at the 2016 Wellness Travel Awards.

\*For safety reasons, access to the El Santuario is restricted to children over 16 years of age.





# SPA SOMMELIER EXPERIENCE

At Santuario we draw our inspiration from the best massage techniques to offer you a blissful and effective massage experience.

We have created three unique rituals: Selección Especial, Valdebellón y LeDomaine Blanc. Our pairing between wines, oil blends and massage techniques is the perfect combination to offer exclusive treatment. Allow your Spa Sommelier to guide you and enjoy an unforgettable moment.



## The Sommelier Selection

Based on the Traditional Tibetan Massage, through aromatherapy the Abadía Wellness massage brings a personalized relaxing experience.

60 min

## Abadía Special

Seed bags massage ritual. Ancient massage technique based on linen bags, filled with all the benefits of powerful grape seeds.

The combination of heat and pressure, along with the effects of the red grape and essential oils, will induce a profound state of physical and mental relaxation, banish tension and ease muscles.

90 min

## Spa Sommelier Full Experience

The Ultimate Oenotherapy Experience, an extremely powerful antioxidant body journey. This treatment starts with the Abadía Retuerta foot ritual and essential oils, followed by a deep revitalizing body exfoliation and this treatment starts with a deep revitalizing body exfoliation and nurturing anti-ageing body wrap, concluding with The Sommelier Selection.

115 min



## Santuario Ki

Based on Zen Shiatsu techniques, Ki Sanctuary promotes the vital energy of the body through palm pressures, work on the different points of acupuncture and massage that allows the relaxation of the physical and emotional body.

80 min

# SANTUARIO ESSENCE

## Santuario Prana

At Santuario we have been inspired by the massage and stretching techniques of Ayurveda to create a deep and intense massage to promote the release of accumulated tension in the body and mind.

80 min

## Santuario Vibrahealing

Treatment performed with 7 to 8 bowls to harmonize the vital energetic centers that influence our body, mind and emotions. As a result, the mind will ease and complete wellbeing is restored. We recommend the use of comfortable clothing.

60 min



# RITUALS

## Relax & Facial Care

This ritual allows relaxation and look to be combined in a single experience that combines the pleasure of massage with beauty through an express facial treatment that includes cleansing and moisturizing the skin.

80 min

## Relax & Body Care

This ritual combines the care of the body's skin through exfoliation to a relaxing massage with an energizing and nourishing oil that restores the feeling of lightness and well-being to the body and mind.

80 min



## Relax & Bowls

The vibration of the singing bowls gives the beginning and end to a deeply relaxing massage, releasing tension, rebalancing the physical and emotional state and restoring well-being.

80 min



# WELL-LIVING PREMIUM by Natura Bissé

## LeDomaine Aroma Relax

Soothing massage combines relaxation massage techniques with aromatherapy. The powerful blend of essential oils together with a soft and smooth massage will induce calm and release stress.

30/50/80 min



## LeDomaine Deep Tissue

Highly recommended on a regular basis for those sports and gym enthusiasts before and after sporting activities. Or for those who like firm and strong massage.

30/50/80 min

## LeDomaine Deep Relaxing Experience

A tailor-made relaxing massage unique to Abadía Retuerta. This powerful massage combines classic Swedish massage techniques with age-old principles of Traditional Chinese Medicine's acupressure.

A holistic and complete treatment that works on key energy meridian points to release blocked up energy and relieve muscular tension, thereby inducing a state of deep relaxation.

90 min



# FACIAL RITUALS

## by Natura Bissé

### Life Infusion

The Art of Youth. Unprecedented “Youth Elixir” that provides unparalleled skin rejuvenating effects focused on the science of Skin Age Biomarkers and specific massage techniques. This intensive treatment ensures brighter, firmer, noticeably younger-looking skin. A global skin rejuvenation that restores the youthful definition of the lines and wrinkles in just one session.

90 min

### Facial Express

Ritual refrescante, reafirmante e iluminador. Consiga al instante una piel renovada. Rápido y con resultados efectivos, dejará la piel hidratada, suave y radiante.

30 min



### 3D Collagen Shock

A powerful regenerative and rejuvenating treatment based on a smart combination of three types of collagen with different molecular weights that exceptionally increases skin firmness. With an incredible lifting and redensifying effect, this innovative facial improves skin density and minimizes wrinkles and fine lines while preserving optimal moisture. It also incorporates the "Active Face Contouring Technique" massage that visibly redefines and sculpts your facial contour. This next generation facial will give you skin that is much firmer, more defined, plump and smooth, skin that looks — and feels! — completely revitalized and better able to defend itself against the effects of time.

60 min

### InHibit Zero Gravity

This innovative advanced treatment with a "lifting" effect remodels, tightens and firms the face by combating sagging. Its state-of-the-art active ingredients together with the exclusive "Inhibit Zero Gravity Lift" massage techniques, offer an innovative 60-minute cabin ritual that combats the effects of gravity on the skin, achieving an immediate lifting and rejuvenating effect. Its benefits include the immediate plumping effect, the redefined facial contour and smoother, smoother and juicier skin on the face, neck and décolleté.

60 min

### Citrus Vita-Essence

Exclusive treatment from Natura Bissé where we provide a good dose of antioxidants. Suitable for tired, suffocated and dull skin. Antioxidants, specifically vitamin C or ascorbic acid, is responsible for protecting our tissues skin structures, thus promoting the regeneration of our cells and the immune system. Showing a result of radiant, luminous skin, full of energy and without a trace of fatigue.

60 min



# CORPORAL RITUALS

## by Natura Bissé

### Cytrics Immersion

Exquisito ritual para vivir una experiencia capaz de revitalizar la piel, con todos los beneficios de la vitamina C. La sofisticación y el cuidado global de este tratamiento, enriquecen la piel con un aporte extra de vitaminas necesarias para el día a día. Sus innovadores activos antioxidantes, reafirmantes y revitalizantes, redensifican y rellenan el tejido cutáneo, mostrando una piel radiante con tono uniforme. El resultado de esta deliciosa jornada sensorial, es una piel espectacular que se ve luminosa e hidratada. Sus deliciosos aromas cítricos y sus ricas texturas lo convierten en una inolvidable experiencia.

60 min

### Express Corporal

Elija entre Pepita de Uva, Vitamina C o Sal Marina. Un exquisito ritual diseñado para eliminar toxinas y células muertas de la piel, que previene la sequedad y combate los signos del envejecimiento.

30 min



### The Glute Sculptor

¿What is "The Glute Sculptor"?

A precise combination of highly effective formulas and state-of-the-art aesthetic devices work in perfect synergy to:

- Firm and tone the skin.
- Visibly reduce cellulite.
- Sculpt and define your silhouette.

Improve texture and elasticity in key areas such as the buttocks and thighs.

#### Products and technology involved

This treatment includes:

- Reducing gels like the *Diamond Well-Living The Lipo-Gel*, with anti-cellulite action and firming effect.
- Muscle stimulation or thermal devices that enhance the effects of the applied products.

#### Immersive in-cabin experience

Natura Bissé also offers this treatment as part of its new professional in-cabin body treatments achieved by certified therapists.

This treatment include:

- Specific massages to shape the area.
- Application of products using draining or firming massage techniques.
- Use of aesthetic technological equipment for more visible results.

30/50 min





# MASSAGES

## Volcanic Thermal Stones

Relaxing, warming, powerful. Muscles give in to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skillfully combined with the perfect blend of essential oils, designed to stimulate the senses and unwind both body and mind.

80 min

## Thai Feet Massage

Feet massage that stimulates energetic lines and reflex zones. Releases tension, improves sleep, helps eliminate toxins and enhances blood circulation.

30 min



## Hindu Head Massage

Indulge in a state of deep relaxation. This treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow and nourish the scalp.

30 min

# PREGNANCY

## Mama Moment

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation. Let yourself be pampered with the pregnancy specific massage and melt fatigue away.

30/50/80 min



# FOR KIDS\*

## Feet massage

Feet massage that stimulates energetic lines and reflex zones. Treatment adapted for minors.

30 min

## Head massage

Indulge in a state of deep relaxation. This treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp. Treatment adapted for minors.

30 min

## Relaxing massage

Soothing massage that combines relaxation massage techniques adapted for minors.

30/50 min

\*For minors between 12-16 years old.





# WELLNESS

## Meditation

The sound bath is a deeply relaxing and meditative experience. This meditation will help you change from the normal vigilant conscience into a relaxed conscience or, more deeply, into a meditative state. This experience is suitable for beginners in meditation and for those more experienced who would like to obtain the benefits of meditation in a more effective way.

30 min



## Yoga

Yoga classes of minimum 60 minutes, adjusted to every level of experience and to each guest's physical needs and personal preferences. This activity may be smooth or more dynamic, it may include postexercise specific stretching or even specific postures to help prevent and ease physical pain.

60 min



# SPA SUITE

Enjoy the maximum privacy and the exclusive facilities of our Spa Suite “Selección Especial”. Fully equipped with a private changing area, Sauna, Steam Room, Whirlpool, Experience Showers, Relaxation area and outstanding views to a private patio. It is the ideal ha-ven for celebrating special occasions or a moment of tranquility.

## Conditions

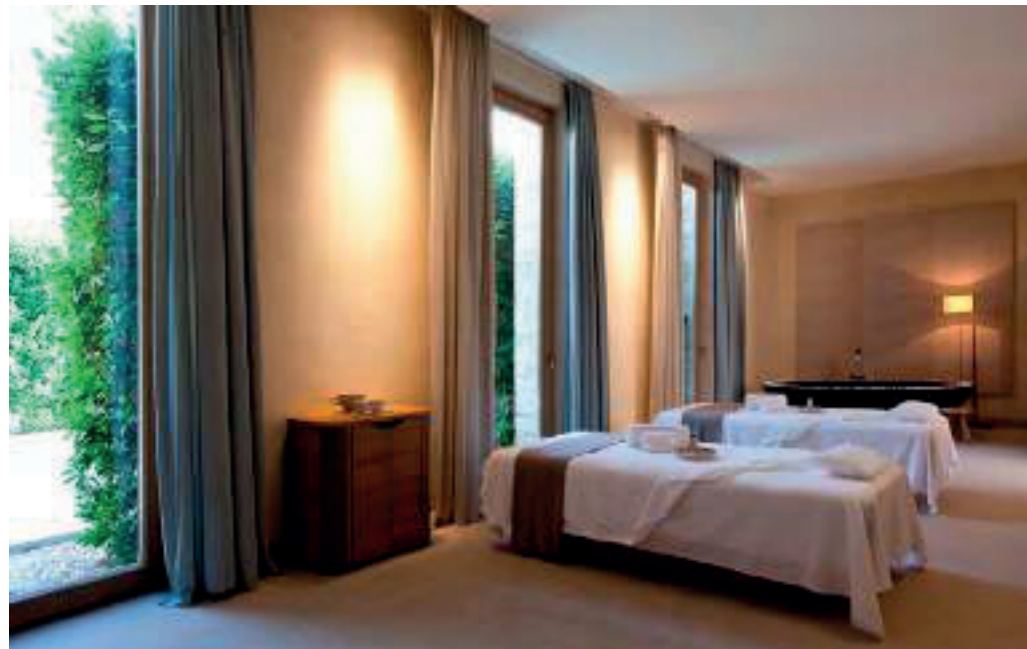
- Tea Selection and fresh fruit.
- Complementary bottle of Cava.

Double use without treatments [2h30min](#)

Maximum capacity of 2 persons.

Spa Suite supplement to à la carte treatments [1h30min](#)

All treatments performed in the Spa Suite will be charged separately.









# GENERAL INFORMATION & SPA ETIQUETTE

- Santuario is open daily from 10:00h to 21:00h for the use of spa facilities and for treatments.
- The outdoor pool is open during summer from 10:00h to 20:00h. Access to children is permitted in the outdoor pool. For safety reasons, we kindly request that minors under 16 years of age be always accompanied by an adult.
- If you suffer from any medical condition that could affect your ability to enjoy the Santuario facilities, please consult our Spa Sommeliers who will be delighted to assist you.
- We are proud to offer treatments specifically designed for pregnant guests at this special time after their twelve weeks. We recommend our pregnancy guests to refrain from using the hydrothermal area for health reasons.
- We recommend that you leave all jewelry and contact lenses in your room before coming to the Santuario.
- Your privacy is always considered. Throughout each treatment your body will be draped with towels leaving only the part that is being treated uncovered.
- We provide slippers, spa robes and disposable underwear for body treatments and massages for guest comfort during your visit.

- For male guests, please shave prior to all facial treatments to ensure optimum results.
- Smoking, use of mobile phones and alcohol consumption are not permitted in Santuario.

## Spa Access Policy for Children:

- Children under 12 years of age are permitted in the Santuario from 10:00h to 13:00h. Children must be under the supervision of one of parents or guardians.
- In the treatments reserved for minors from the age of 12, one of the minor's responsible or guardians must be present. In the event of the absence of a person responsible for the minor, the treatment will be postponed or cancelled.

## Cancellation policy:

As a courtesy to other guests, kindly request advanced notice should you wish to cancel or change your booking.

A charge equal to 50% of the reserved service amount will apply to cancellations with less than 24 hours' notice and 100% to cancellations with less than 2 hours' notice.

We recommend that changes or rescheduling of treatments are informed as far in advance as possible to avoid the cancellation policy.

Clients are requested to arrive at least 15minutes prior to the commencement of their treatment to allow enough time to change and relax before the treatment starts.

If you wish to use the spa facilities before your treatment, you may arrive with as much time in advance as you wish.

If you are arriving late for your appointment, we recommend informing the Sanctuary team.

Our intention is that you enjoy the entire time of your treatment.

If there is a booking after your treatment, we regret to inform you that your time will be shortened.



# PRICE LIST

Services	Length/Minutes	Price/Euros
<b>Spa Sommelier Experience</b>		
The Sommelier Selection	60	230
Abadía Special	90	280
Spa Sommelier Full Experience	115	360
<b>Santuario Essence</b>		
Santuario Ki	80	250
Santuario Prana	80	250
Santuario Vibrahealing	60	200
<b>Rituals</b>		
Relax & Body Care	80	250
Relax & Facial Care	80	250
Relax & Bowls	80	250
<b>Well-Living Premium by Natura Bissé</b>		
LeDomaine Aroma Relax	30-50-80	120-200-250
LeDomaine Deep Tissue	30-50-80	120-200-250
LeDomaine Deep Relaxing Exp.	80	250
<b>Facial Rituals by Natura Bissé</b>		
Life Infusion	90	300
Facial Express	30	120
3D Collagen Shock	60	250
InHibit Zero Gravity	60	250
Citrus Vita-Essence	60	200

# PRICE LIST

Services	Length/Minutes	Price/Euros
<b>Corporal Rituals by Natura Bissé</b>		
Cytrics Immersion	50	200
Express Corporal	30	120
The Glute Sculptor	30-50	120-200
<b>Massages</b>		
Volcanic Thermal Stones	80	250
Thai Feet Massage	30	120
Hindu Head Massage	30	120
<b>Pregnancy</b>		
Mama Moment	30-50-80	120-200-250
<b>For Kids</b>		
Feet Massage	30	120
Head Massage	30	120
Relaxing Massage	30-50	120-200
<b>Wellness</b>		
Meditation	30	75
Yoga	60	120(1pax)-180(2pax)
<b>SpaSuite</b>		
Double use without treatments	150	300
Spa Suite supplement to à la carte treatments	90	230





AVE Madrid — Valladolid (56 min)  
A 30 km de la estación de tren de Campo  
Grande de Valladolid  
A 50 km del aeropuerto de Valladolid  
A 180 km de Madrid  
A 300 km de Bilbao  
A 430 km de Oporto

# Santuario L'Domaine

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Abadía Retuerta Le Domaine

+34 983 680 368 | [info@abadia-retuerta.es](mailto:info@abadia-retuerta.es)

[www.abadia-retuerta.com](http://www.abadia-retuerta.com)

