

Rates 2010

Health & Rest

Medical services



**Spa Hotel &
Resort
Balneario de
Archena**

Termalium

THERMAL THERAPIES

THERMAL THERAPIES DESCRIPTION

ASSISTED AQUATIC RELAXATION

A technique based on passive movements of the client with the help of a specialised technician. With these passive movements, which are favoured by flotation due to the high mineral content of the water, an increasing state of relaxation is sought which can even produce sleep on the water.

Indications:

The high salt content favours certain chronic skin processes and produces an important stimulation in the body.

The state of total relaxation that can be achieved through this technique is impressive.

THERMAL SPURT

It is a general pressurised spurt, following a well-defined technique on the entire body. Its application causes a muscular uncontraction effect and general body stimulation.

GENERAL OR LOCAL MUD

This therapy consists of applying plasters of clay mixed with medicinal-mineral water from the Archena Spa, at a temperature of approximately 44° to 45° C on the body joints. It is "General" if applied on most of the joints and "Local" if applied only on some of them, being the doctor who determines where they are to be applied.

Produces analgesic and anti-inflammatory action in the body.

Indications:

Rheumatic pathologies, pain affectations in the locomotive system and traumatology sequels.

MOIST STOVE

This technique involves the client to remain within a chamber at an elevated relative humidity and a temperature usually no higher than 42°C, which favours the transmission of heat obtaining a great physical and mental relaxation.

BITHERMAL SHOWER

It consists on an application similar to the circular shower, but with thermal contrasts of cold-hot water, following pre-established schedules. It provokes alternate effects of relaxation and stimulation on the body.

ARCHENA MASSAGE

A kind of massage that is applied under showers of mineral-medicinal water by using thermal mud as a massage vehicle. It lasts around 25 minutes. It improves the venous return, at the same time as reducing muscular contraction. It provokes effects of relaxation, sedation and rest on the body, alleviating emotional tensions.

Indications:

Rheumatic pathologies, pain in the locomotive system, dermatology, respiratory and traumatology sequels.

THERMAL BATH AND HYDROMASSAGE

It consists of a bath in medicinal-mineral water that is carried out in individual bathtubs with an approximate duration of 15 minutes. In the form of hydromassage, air bubbles are added to the water. The temperature of application varies between 37° and 39°C according to medical prescription. It produces analgesic, relaxing and vasodilatation action in the body.

Indications:

Rheumatic pathologies, pain affectations in the locomotive system, traumatology sequels and dermatological and respiratory affectations.

TERMARCHENA

It is a small thermal circuit with a playful character added to its therapeutic dimension, and it is composed by a moist stove, a mineral-medicinal water pool at 37°C, a passage through thermal contrast showers, ice and two cabins for 5 to 7 minute-long manual frictions. This technique determines an effect of physical relaxation on the body, together with a series of repeated stimulus that produce organic adaptation responses.



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HEALTH AND REST

MEDICAL SERVICES

- ✓ PERSONALISED TREATMENTS,
- ✓ RHEUMATOLOGY AND TRAUMATOLOGY
- ✓ RESPIRATORY TRACT
- ✓ PHYSIOTHERAPY

HEALTH AND REST	
Rheumatology and traumatology treatments	
Assisted aquatic relaxation	€40
Archena Massage	€36
Termarchena	€22
General mud	€31
Local mud	€20
Thermal bath	€15
Hydromassage thermal bath	€18
Thermal moist stove	€13
Circular shower	€12
Bithermal shower	€15
Thermal spurt	€15
Hand and foot baths	€17
RESPIRATORY TRACT	
Full respiratory tract	€322
Day respiratory tract	€32
MEDICAL SERVICES	
Medical consultation	€47
PHYSIOTHERAPY TREATMENTS	
Back (neck-mid back-lower back)	€34
Joint (shoulder, elbow, knees, ankles, etc.)	€30
Circulation - Pressotherapy	€28
Circulation - Manual massage	€32
Circulation - Pressotherapy + manual massage	€56
Laser treatment	€18
Combined - Back + joint	€49
Combined - Back + Pressotherapy	€49
Special techniques	
Discharge massage	€56
Functional bandage	€26
Injectables	€10

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