

A high-angle photograph of a person's arm reaching out over a pool of water. The pool's surface is covered in a mosaic of blue and green tiles, creating a shimmering, textured effect. The person's arm is extended from the left side of the frame, with the hand open and palm facing up. The lighting is soft, highlighting the contours of the arm and the intricate patterns of the tiles.

# Santuario Wellness & Spa

UNWIND, RELAX, RECONNECT





PHILOSOPHY



ICONIC  
TREATMENTS



MASSAGES



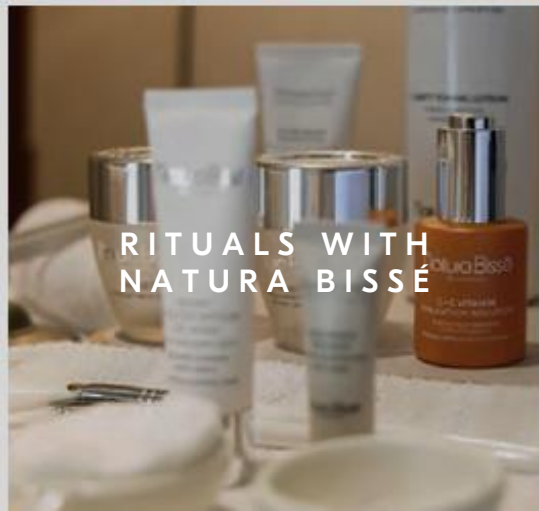
EXPERIENCES  
TO RECONNECT



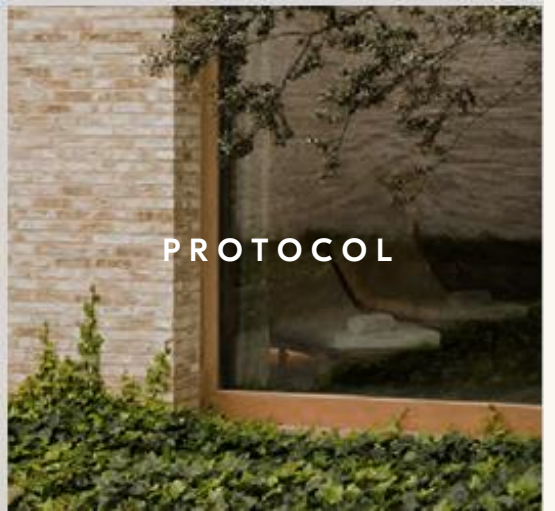
EASTERN—  
INSPIRED  
EXPERIENCES



MATERNITY  
AND  
YOUNG PEOPLE



RITUALS WITH  
NATURA BISSÉ



PROTOCOL



## Enjoy the art of self-care

Nestled among ancient vineyards, Santuario Wellness and Spa is a true shrine to wellbeing at Abadía Retuerta LeDomaine. Santuario is a haven for those who seek something more than just a simple treatment: it offers an authentic journey of reconnection. This space is located in the abbey's former stables, and is bathed in 80% natural light; it complements the surrounding estate, and has become a real oasis of wellness where guests can simply unwind. The place, the architecture and the silence all play a key role in the overall experience. Every part of this spa complex has been designed to ensure tranquillity, introspection and mindfulness, in such a way that body and mind can return to a more natural rhythm.

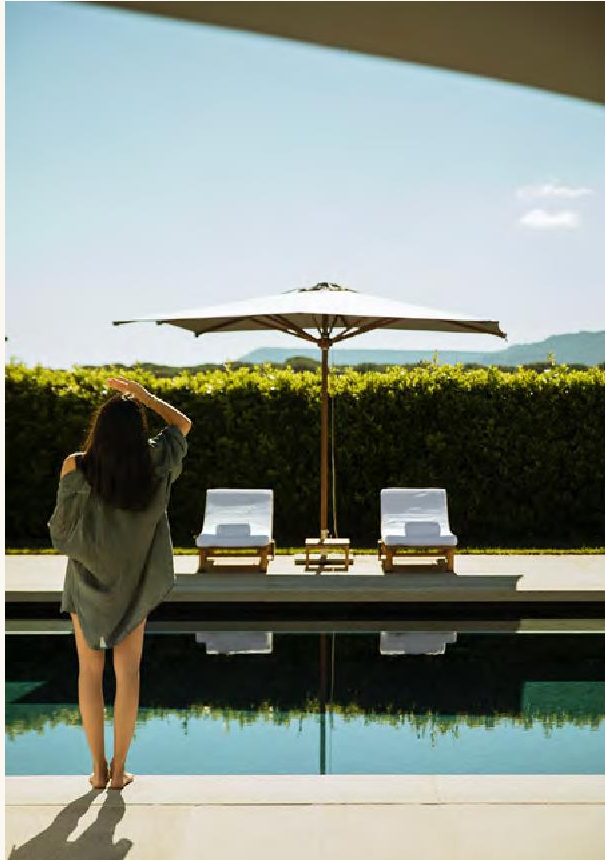


Inspired by the Premonstratensians' motto *Ad omne opus bonum parati* ("prepared for all good work"), Santuario Wellness & Spa offers treatments, rituals and experiences with a holistic vision that goes beyond the physical: they are designed to bring balance, inspire rejuvenation and accompany guests into a profound state of inner calm. The individual requirements of each visitor are taken into account, with attention to detail and active listening.

Santuario Wellness & Spa has an indoor pool, filled with water sourced from a natural well 120 metres underground. This water is cleansed via decalcification and osmosis, so it is very pure and highly rich in minerals. The space is completed with four exclusive cabins, two relaxation areas, a jacuzzi, a steam bath and aromatherapy showers. Furthermore, it has a fully private Spa Suite with its own complete dressing room, sauna, steam bath, jacuzzi and aromatherapy showers, as well as a relaxation area that offers breathtaking views of the estate's inner garden.

**MENU**





Santuario LeDomaine Wellness & Spa was named Best Luxury Historical Spa in Europe at the 2022 World Luxury Spa Awards, which were held in October that year. Previously, it won Best New Spa & Wellness Property, and Best for Wow Factor, at the 2016 edition of the renowned Wellness Travel Awards, held at the World Travel Market in London.

At Santuario Wellness & Spa, serenity is quite simply in the air.

MENU





# Iconic Treatments

The treatments at Santuario Wellness & Spa are truly emblematic and distinctive. They are customised wellbeing rituals, and they combine manual techniques, sensorial elements and products linked to the world of winemaking in order to create unique experiences that reflect the true essence of Abadía Retuerta.

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MENU



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# Spa Sommelier Experience

The most representative experiences at Santuario are inspired by the art of wine pairing and the world of winemaking, in a fully personalised journey for the senses. Guided by an expert Spa Sommelier, each treatment is adapted to suit the physical and emotional needs of the guest, and is carried out with manual techniques, specially selected oils and mindful ritualisation.

## **COMPLETE SPA-SOMMELIER EXPERIENCE**

Revitalising full-body exfoliation, nourishing anti-ageing body wrap and a personalised massage to finish.  
A complete immersion in the most advanced vinotherapy.

**115 MIN - 380 €**

## **ABADÍA SPECIAL**

A ritual using linen *pindas* enriched with grape seeds. The combination of heat, pressure and red-grape extracts encourages muscular release and deep mental relaxation.

**90 MIN - 295 €**

## **SOMMELIER'S SELECTION**

Inspired by traditional Tibetan massage, the Sommelier's Selection blends personalised aromatherapy with wrapping techniques in order to bring about profound relaxation.

**60 MIN - 240 €**



## Exclusive Rituals in the Spa Suite

Our Spa Suite is the perfect refuge for a special celebration or for anyone who needs complete peace and quiet for a while, in a silent and carefully designed space.

It is ideal for all those who want a private experience with treatments included, or perhaps those who simply wish to make use of the Spa facilities during their stay at Abadía Retuerta.

The Spa Suite has its own complete dressing room, sauna, steam bath, jacuzzi, aromatherapy showers and a relaxation area with breathtaking views of the estate's inner garden.

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MENU



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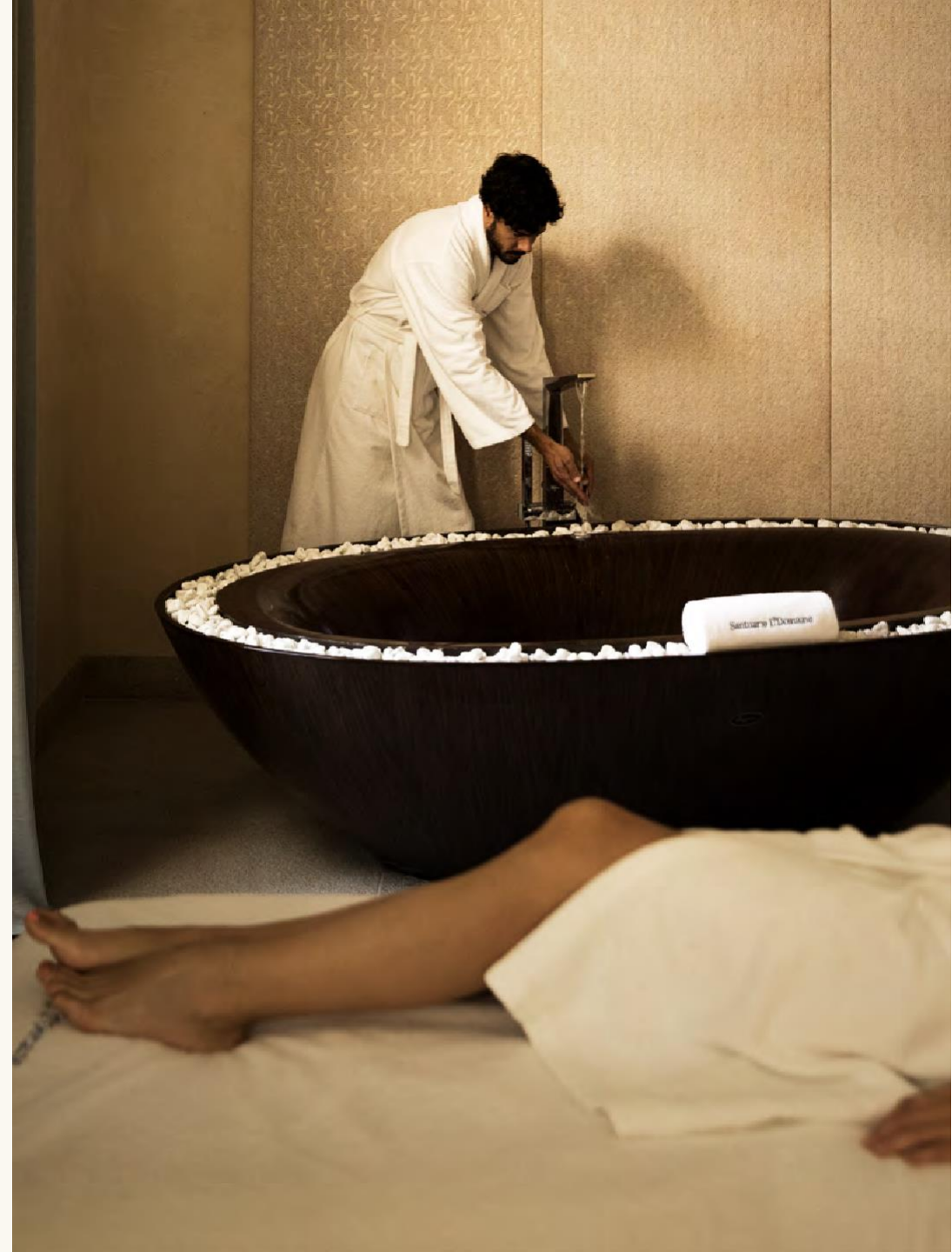
## PRIVATE EXPERIENCE IN THE SPA SUITE

Enjoy complete privacy in our Spa Suite, an exclusive space equipped with its own complete dressing room, sauna, steam bath, jacuzzi, aromatherapy showers and a relaxation area with stunning views of the estate's inner garden.

It is the perfect spot for a special celebration, or simply to enjoy a moment of tranquillity and wellbeing.

**120 MIN - 350 €**  
(FOR 2 PEOPLE)

MENU



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### **CLAUSTRO: RITUAL FOR TWO PEOPLE \***

This shared experience of wellness and connection begins with a joint immersion in the private bath, with grape extracts, along with a tasting of wine or herbal tea. Afterwards, guests receive a deep relaxation massage, with grapeseed oil. The ritual concludes with an antioxidant and hydrating facial treatment, designed to protect and bring balance to the skin, followed by resting time and a second tasting. The overall sensation is one of true calm and shared connection.

**120 MINS – 830 €**  
(FOR 2 PEOPLE)

### **SERENE VINEYARD \***

An enveloping ritual experience, inspired by the rhythms of the vineyard. It begins with an aromatic foot soak to bring about a state of calm, followed by a nourishing grape-based body wrap. During the relaxation phase, a slow cranial massage helps relax the mind. After a warm shower, a body cream is applied using flowing, enveloping movements to restore comfort and softness to the skin. The experience concludes with a brief period of rest in the private lounge.

**75 MINS - 305 € (FOR 1)**  
**535 € (FOR 2)**

### **TIERRA & SILENCIO \***

This purifying ritual begins with a hammam session, where the steam prepares the body and encourages slow, mindful breathing. It continues with a grape-based body exfoliation that renews the skin and restores its natural balance. The ritual is completed with a personalised full-body massage using grape oil (either activating, calming, detoxifying or balancing), which releases tension and brings a deep sense of tranquillity. The experience concludes with time for integration and a warm herbal infusion.

**75 MINS - 285 € (FOR 1)**  
**525 € (FOR 2)**

*\* Exclusive rituals with Vinoble Cosmetics*





# Massages

Santuario Wellness & Spa now offers a new range of massages, designed to alleviate tension, restore energy and bring about a deep sense of wellbeing. Each massage is adapted to suit the needs of the guest, combining precise techniques and a conscious rhythm.

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[MENU](#)



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### **LeDOMAINE DEEP RELAXATION**

**80 MIN - 315 €**

This exclusive Abadía Retuerta massage combines classic Swedish techniques with acupressure principles from traditional Chinese medicine. A holistic treatment that works along the energetic meridians, relieving muscular tension and inducing a state of deep relaxation.

### **LeDOMAINE DEEP TISSUE**

**50 / 80 MIN - 240 / 275 €**

An intense, decontracting massage especially designed to release deep muscular tension and improve mobility. Recommended for those who partake in a high level of physical activity or who undergo significant muscular strain.

### **LeDOMAINE AROMA RELAX**

**50 / 80 MIN - 230 / 265 €**

An anti-stress massage that blends relaxing techniques with aromatherapy. The combination of essential-oil blends and soft, enveloping movements is intended to reduce stress, encourage a deep sense of calm and restore overall balance in the body.



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### **VOLCANIC THERMAL STONES**

A deep massage that combines manual techniques with warm volcanic stones. The heat penetrates the muscles, encouraging relaxation, releasing tension and creating an overall sense of wellbeing.

**80 MIN - 265 €**

### **THAI FOOT MASSAGE**

A targeted treatment for feet and legs that stimulates reflex points by means of rhythmic pressure. It boosts circulation, relieves heaviness and brings a feeling of lightness and ease to the body.

**30 MIN - 130 €**

### **INDIAN HEAD MASSAGE**

A traditional massage centred on the head, neck and shoulders. It helps release built-up tension, enhances mental clarity and leads to a state of deep relaxation.

**30 MIN - 130 €**

### **SANTUARIO PERSONALISED MASSAGE**

A fully tailored massage that blends different techniques depending on the guest's physical and emotional needs, adjusting the pressure, rhythm and focus to achieve an optimal result.

**30 / 50 MIN - 130 / 265 €**





# Experiences to Reconnect

Various wellbeing activities complement the Santuario experience, including guided sessions for conscious movement, breathing and mindfulness, all in a quiet and beautiful setting.

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[MENU](#)



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## HATHA YOGA

A slow-paced form of yoga, focused on alignment, breath work, and mindful presence in each posture. Ideal for those seeking balance, relaxation, and a deeper body–mind connection.

**APPROX. 50 MIN - 125 € (FOR 1)**  
**190 € (FOR 2)**

## ASHTANGA YOGA

A dynamic, structured yoga practice that combines continuous movement with synchronised breathing. Perfect for those wanting a more active session that builds strength, improves flexibility and sharpens concentration.

**APPROX. 50 MIN - 125 € (FOR 2)**  
**190 € (FOR 2)**

## CHI KUNG

A gentle practice of movement and conscious breathing that supports the circulation of energy, enhances vitality and brings physical and emotional balance. Suitable for all levels.

**APPROX. 30 MIN - 110 € (FOR 1)**  
**175 € (FOR 2)**

## GUIDED MEDITATION

A session in mindfulness, designed to calm the mind, improve focus and reduce stress. Through conscious breathing and verbal guidance, this activity fosters a state of calm and presence. Ideal for both beginners and regular practitioners.

**APPROX. 30 MIN - 80 €**

## SOUND-BATH MEDITATION

A deeply relaxing, meditative experience based on vibration and sound. It helps participants shift from ordinary wakefulness into a relaxed or meditative state, opening up the benefits of meditation more quickly and effectively. Suitable for all levels.

**APPROX. 30 MIN - 80 €**



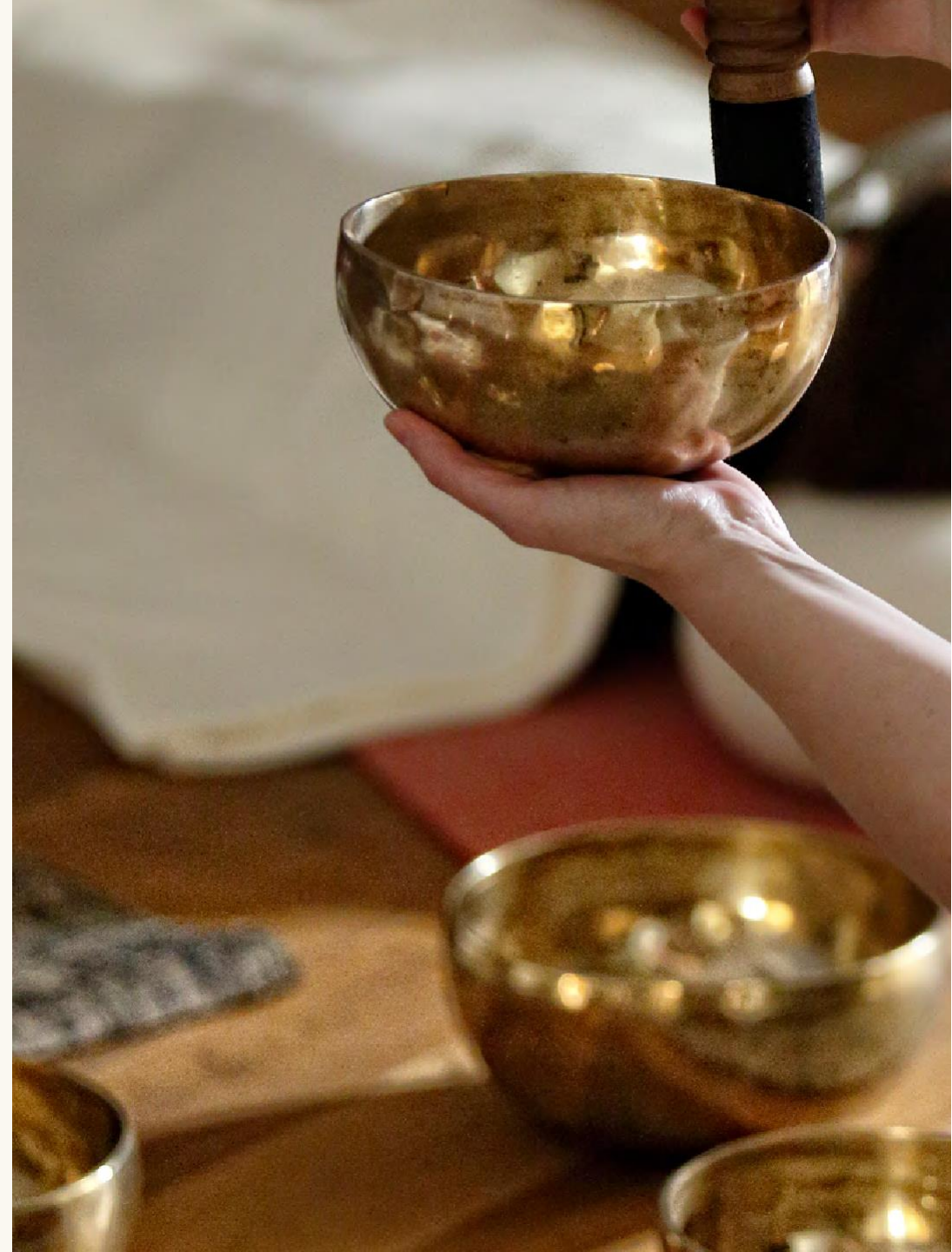


# Eastern-Inspired Experiences

At Santuario Wellness & Spa, guests can now enjoy experiences based on Eastern traditions, as a way to re-establish the equilibrium between body, mind and energy. These experiences are inspired by practices and techniques that foster bodily awareness, leading to a state of deep rest and a more subtle relationship with one's own wellbeing.

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[MENU](#)



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### **SANTUARIO KI**

Inspired by Zen Shiatsu techniques, Santuario Ki enhances the body's vital energy through palm pressure, working on different acupressure points and massage pathways to encourage both physical and emotional relaxation.

**50 MIN - 265 €**

### **SANTUARIO PRANA**

At Santuario, we draw upon Ayurvedic massage and stretching techniques to create a deep, intense treatment that encourages the release of accumulated tension in both body and mind.

**50 MIN - 265 €**

### **SANTUARIO VIBRA HEALING**

A deeply relaxing sound experience that uses Tibetan singing bowls. This experience supports energetic harmonisation, reduces stress and brings about a meditative state of calm.

**50 MIN - 210 €**





# Maternity and Young People

The range of treatments and experiences available at Santuario Wellness & Spa now includes specific options for expectant mothers and young people. They have been designed to meet their specific needs, through treatments adapted to suit different points of life or ages, and are carried out by qualified professionals.

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[MENU](#)



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## During Pregnancy

A treatment designed to support pregnancy both safely and comfortably, by relieving tension, improving circulation and fostering a deep sense of wellbeing. Both the techniques and the products used are carefully adapted to each phase of pregnancy.

### MUM TIME

30 / 50 MIN - 130 / 210 €

A gentle and enveloping massage that helps alleviate discomfort, reduce the feeling of heaviness and encourage physical and emotional relaxation.



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## For Younger People

This experience is designed to introduce young people to the world of wellbeing, in a respectful, safe and relaxing environment.

### TEEN MASSAGE

A gentle massage, adapted to suit children and adolescents. It encourages relaxation, bodily awareness and a feeling of calmness and wellbeing.

30 MIN - 130 €

These treatments must be booked in advance, and prior consent may be required.





# Rituals with Natura Bissé: The Art of Expert Skincare

The internationally renowned brand Natura Bissé is dedicated to professional skincare, and is celebrated for how it combines advanced scientific research, cosmetic innovation and a carefully crafted sensory dimension. Its high-performance products are designed to deliver visible results while respecting the skin's natural balance and the specific needs of each skin type.

At Santuario Wellness & Spa, Natura Bissé's facial and body treatments are an essential part of a personalised, results-oriented care experience. Each ritual is built upon an expert approach in which technical precision and the efficacy of active ingredients work together to enhance the skin's vitality and luminosity.

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MENU



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## Facial Rituals with Natura Bissé

### **LIFE INFUSION**

An all-round, rejuvenating facial treatment that restores firmness, radiance and vitality, giving the complexion a rested and revitalised appearance.

**90 MIN - 315 €**

### **3D COLLAGEN SHOCK**

A firming, lifting treatment that enhances the skin's density and elasticity.

**60 MIN - 265 €**

### **INHIBIT ZERO GRAVITY**

An advanced facial ritual with an immediate lifting effect that helps soften expression lines and redefine the facial contours.

**60 MIN - 265 €**

### **CITRUS VITA-ESSENCE**

A revitalising antioxidant treatment with vitamin C that restores energy and luminosity to the skin.

**60 MIN - 210 €**

### **EXPRESS FACIAL**

A quick, illuminating facial ritual ideal for revitalising the skin and providing instant freshness.

**30 MIN - 125 €**



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## Bodily Rituals with Natura Bissé

### **CITRIC IMMERSION**

A revitalising body ritual with vitamin C that brightens, firms and renews the skin.

**50 MIN - 210 €**

### **EXPRESS BODY TREATMENT**

A personalised bodily exfoliation that smooths the skin and supports its natural renewal.

**30 MIN - 130 €**





## General Information

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- Santuario Wellness & Spa is open every day from 11 am to 9 pm, for guests to use the facilities as well as for treatments.
- In the summer season, the outdoor pool is open from 12 midday to 8 pm.
- We recommend booking in advance to ensure availability. To book treatments, the Santuario team or the butler service will be happy to help.

## Arriving at Santuario Wellness & Spa

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- We ask our guests to arrive at least 15 minutes before the time of their treatment, so that they have enough time to get changed, relax and enjoy some of the facilities if they so wish.
- If you are delayed, we would appreciate it if you could inform our team. We will still try to offer you the full treatment, but the time of your experience may have to be reduced if there is an appointment booked after yours.



# Health, Wellbeing and Pregnancy

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- Santuario Wellness & Spa is a space for rest and tranquillity. Please help us by keeping it a quiet space, and avoid the use of mobile phones.
- Both smoking and drinking alcohol is not allowed inside Santuario.
- If you have any medical conditions, allergies, or injuries, or if you are pregnant, please let us know before your treatment. Our team of Spa Sommeliers will be happy to advise you on the proper use of the facilities and the most appropriate treatments. We offer treatments specially designed for pregnant women starting in the 12th week of pregnancy. For health reasons, we recommend avoiding the use of the hydrothermal facilities during pregnancy.

# Children

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- For safety reasons, children under 8 years of age are prohibited from entering Santuario.
- Children between 8 and 16 years of age may access Santuario from 11 am to 1 pm. They must always be accompanied by a parent, guardian or legal representative.



- The presence of a responsible adult is compulsory both for accessing the facilities and for receiving treatments. Otherwise, access or treatment may be postponed, denied or cancelled.
- During the summer season, access to the outdoor pool is permitted for children over 8 years of age, as long as they are supervised by an adult and within the established hours.

## Personal Belongings and Comfort

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- We recommend leaving jewellery and contact lenses in your room before coming to Santuario. Lockers are available for your convenience; Santuario Wellness & Spa is not responsible for any valuables not stored in them.
- During your visit, we provide a bathrobe, slippers and disposable underwear. Your privacy will always be respected; during treatments, your body will remain covered, with only the area being worked on exposed.
- For facial treatments, male guests are advised to shave beforehand for greater comfort and improved results.

## Cancellation Policy

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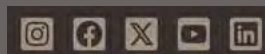
- As a courtesy to our other guests, we kindly ask that you let us know of any cancellation or modification as far in advance as possible.
- The cancellation fee is 100% of the treatment price when cancelled with less than two hours' notice, and 50% of the treatment price when cancelled with less than 24 hours' notice.
- Our team is at your disposal for any questions. We hope you have a thorough, mindful and memorable wellbeing experience.



Serenity is simply in the air.



ABADIA  RETUERTA



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

T +34 983 680 314