





























## FREE EXTRAS

INFUSIONS | TREATMENTS | ACTIONS | MEDITATIONS  
MARCH 2020

TIME	INFUSION SAUNA OUTDOORS	INFUSION SAUNA INDOORS	OVEN SAUNA	HALVET STEAM BATH	BINGÜL STEAM BATH
10:00 a.m.	Fruit infusion  				
10:30 a.m.				Honey unction 	
11:00 a.m.	Pino salt infusion 				
11:30 a.m.			Bakery		
12:00 p.m.		Wenik infusion 			
13:00 p.m.		Relaxed into spring 			
13:30 p.m.					SKINBIOTIC Refreshment**
14:00 p.m.	Ayurveda infusion  				
14:30 p.m.				Honey unction 	
15:00 p.m.	Aroma-Ice* 		Bakery		
15:30 p.m.		Surprise infusion  			
16:00 p.m.		Fragrance journey* 			
16:30 p.m.					SKINBIOTIC Refreshment**
17:00 p.m.	Organic herbs infusion*  	Hello spring  			
18:00 p.m.	Ice salt infusion 				
18:30 p.m.			Bakery*		
19:00 p.m.	Vital infusion  	Buddha concert  			
19:30 p.m.				Honey unction 	
20:00 p.m.	Breathe freely infusion   Sports infusion <small>only on Mon</small>	Wenik infusion 			
20:30 p.m.					SKINBIOTIC Refreshment**
21:00 p.m.		Relaxation infusion 			
22:00 p.m.		Good Night 			

The fragrances used can be found on the blackboard next to the sauna counter.

## MEDITARIUM

Under expert guidance you can visit our fantasietravels, relaxation exercises and meditations.

> First floor (Mezzanine between thermal bath and sauna)

mo – fr: 10.30 a.m. | 11.30 a.m. | 16.30 p.m. | 17.30 p.m. | 19.30 p.m. | 20.30 p.m.

Duration ca. 20 – 30 minutes. Not on holidays.

Free yoga course every Monday at 18.30 p.m.

Please bring comfortable sportswear.

Duration: 45 minutes. Not on public holidays.

## FEMINARIUM


Exclusively for ladies

Coffee grounds peeling \*\*

daily at 12.30 p.m. & 20.30 p.m.

\* Only on Saturdays, Sundays and holidays

\*\* Only with reservation at the sauna counter

 Intension-intensity

 Intensive infusion with large quantity of water