

INFUSIONS & TREATMENTS

Herberia sauna week Weekend



Time	Infusions & Treatments	Location	Details	Intensity
10:00 H	ORGANIC LEMON	Infusion Sauna Indoors		°°
10:30 H	HONEY EMBROCATION	Halvet		
11:00 H	MINT AND SALTY	Infusion Sauna Outdoors	very high intensity	°°°
12:00 H	WENIK	Infusion Sauna Indoors	with large amount of water	°°°
12:30 H	BAKING	Bakery Sauna		
12:30 H	COFFEE PEELING	Feminarium	with reservation at sauna counter	
13:00 H	ROSEMARY AND RELAX	Infusion Sauna Indoors		°°
13:30 H	COFFEE PEELING	Bingül		
14:00 H	MEDITERRANEAN JOURNEY	Infusion Sauna Indoors		°°°
14:30 H	CLAY TREATMENT	Bingül		
15:00 H	HERBAL JOURNEY	Infusion Sauna Indoors		°°°
15:00 H	AROMA ICE INFUSION	Infusion Sauna Outdoors		°°°
16:00 H	SINGING BOWL INFUSION	Infusion Sauna Indoors		°°°
16:00 H	NATURAL ESSENCE INFUSION	Infusion Sauna Outdoors		°°°

Time	Infusions & Treatments	Location	Details	Intensity
16:00 H	BAKING	Bakery Sauna		
17:00 H	ORGANIC EUCALYPTUS	Infusion Sauna Indoors		°°°
17:00 H	ORGANIC FRUIT JOURNEY	Infusion Sauna Outdoors		°°°
17:30 H	COFFEE PEELING	Feminarium	with reservation at sauna counter	
18:00 H	SPRUCE SALT INFUSION	Infusion Sauna Outdoors		°°°
18:00 H	SCENTING	Infusion Sauna Indoors	no waving	°
19:00 H	ORGANIC GINGER	Infusion Sauna Outdoors		°°°
19:00 H	ORGANIC GRAPEFRUIT	Infusion Sauna Indoors		°°°
19:30 H	HONEY EMBROCATION	Halvet		
20:00 H	SAGE INFUSION	Infusion Sauna Indoors	very high intensity	°°°
20:00 H	MENTHOL INFUSION	Infusion Sauna Outdoors		°°°
21:00 H	ORGANIC LAVENDER	Infusion Sauna Indoors		°°
22:00 H	GOOD NIGHT'S SLEEP	Infusion Sauna Indoors		°

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