

INFUSIONS & TREATMENTS

Sauna Week – Inner Peace

National Sauna Day



Time	Name	Location	Notices	Intensity
10:00 H	MORNING MEDITATION	Infusion Sauna Indoors		◦ ◦
10:30 H	HONEY EMBROCATION	Halvet		
11:00 H	PEEL AND RELAX	Infusion Sauna Outdoors		◦ ◦ ◦
12:00 H	INFUSION OF THE SENSES	Infusion Sauna Indoors		◦ ◦ ◦
12:30 H	CACAO CEREMONY	Fireside Room	with reservation at sauna counter	
12:30 H	COFFEE PEELING	Feminarium	with reservation at sauna counter	
13:00 H	WOODLAND STROLL	Infusion Sauna Indoors		◦ ◦
13:30 H	COFFEE PEELING	Bingül		
14:00 H	AYURVEDA INFUSION	Infusion Sauna Indoors		◦ ◦
15:00 H	ICY FRAGRANCE TRIP	Infusion Sauna Indoors		◦ ◦ ◦
16:00 H	WORLD OF YOGA	Infusion Sauna Indoors		◦ ◦
16:00 H	CACAO CEREMONY	Fireside Room	with reservation at sauna counter	◦ ◦ ◦

Time	Name	Location	Notices	Intensity
17:00 H	HERBAL INFUSION	Infusion Sauna Outdoors		◦ ◦ ◦
17:00 H	ORGANIC GINGER	Infusion Sauna Indoors		◦ ◦ ◦
17:30 H	COFFEE PEELING	Feminarium	with reservation at sauna counter	
18:00 H	HOT AND SALTY	Infusion Sauna Outdoors		◦ ◦ ◦
19:00 H	SINGING BOWL INFUSION	Infusion Sauna Outdoors		◦ ◦
19:00 H	BE MINDFUL	Infusion Sauna Indoors		◦ ◦ ◦
19:30 H	HONEY EMBROCATION	Halvet		
20:00 H	INFUSION OF THE SENSES	Infusion Sauna Indoors		◦ ◦ ◦
20:00 H	DEEP BREATH	Infusion Sauna Outdoors		◦ ◦
20:30 H	CACAO CEREMONY	Fireside Room	with reservation at sauna counter	
21:00 H	YOGA HARMONY	Infusion Sauna Indoors		◦ ◦
22:00 H	GOOD NIGHT	Infusion Sauna Indoors		◦

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