

BEAUTY

AT ALPEN TESITIN

PANORAMA WELLNESS RESORT ★★★★★

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Pure joy – a hands-on recipe

Welcome to our Premium Spa!

Being mindful and good to ourselves isn't always easy as we try to keep the balance between family life, work and our free time.

And yet, we owe it ourselves to be attentive and respectful with our mind and body. Attention to detail and subtle, intuitive empathy are the basic ingredients of our spa treatments. After all, we would like your time-out at Alpen Tesitin to be a soothing feast for the senses.

Treat yourself to some pure delight, and take an extra portion of zest for like back home with you. Trust us to leave you relaxed, serene and invigorated from head to toe.

Family Feichten and the Alpen Tesitin Team



Organic natural cosmetics from Munich

The natural cosmetics are made with love for the valuable raw materials from controlled organic cultivation. You will be surprised by wonderful scents and a special feeling on the skin.



Classic facial using DR. BOOS

Applied after cleansing, all classic facials using Dr. Boos natural skincare are tailor-made to suit your individual skin type. The treatment consists of a complete, profound cleansing of the skin, eyebrow shaping, massage and face pack.

- Vitality and freshness**
Revitalizing skin care with precious hemp seed oil and a gel mask for refreshed skin.
- The power of vitamins**
Intensive skincare enriched with sea buckthorn essence and vitamins that improves blood circulation and revitalises the skin – for a luminous complexion.
- Soothing moisture**
Rose petal extracts and a number of essential oils boost the skin’s power to heal and balance out blemishes, irritations and reddening.
- Pomegranate power**
Pomegranate essences help mature skin protect its cells and noticeably soothe dry, irritated skin.
- Royal regeneration**
Royal jelly, soy proteins, hyaluronic acid and argan oil leave very dry, complex skin visibly toned and revitalised.

Approx. 70 minutes 102,00 Euro

Head and facial massage

A quick refresher for those who are on the go: With its concentrated active ingredients, this regenerative head and facial massage eases tension and instantly moisturises and replenishes your skin.

Approx. 40 minutes 59,00 Euro

It is the key to an infinitely more intensive treatment without the need for invasive methods Derma-KEY has revolutionised the world of cosmetics. Originally developed in a medical context, the new concept works with impulse-based phoresis. Using one-of-a-kind bio-regulation impulse technology, it measures specific sets of data within the body and adapts to the exact needs of your skin during every treatment: Every change in your skin is automatically registered and triggers a matching im-pulse. Phoresis skincare has long become a staple treatment in cosmetics and perfectly complements all types of facials by facilitating the introduction of essential active ingredients, while stimulating and harmonising a number of skin functions. It also features a toning and lifting programme that will leave your skin looking fresh, healthy and radiant the natural way.

Individualised Dr. Boos facials using Dermakey technology

Approx. 85 minutes 125,00 Euro



Beauty Extras

Eyebrow shaping	13,00 Euro
Eyelash tinting	24,00 Euro
Eyebrow tinting	17,00 Euro
Eyebrow and eyelash tinting	34,00 Euro

Depilation

Bikini line	21,00 Euro
Armpits	13,00 Euro
Upper lip and chin	13,00 Euro
Arms	23,00 Euro
Half legs	23,00 Euro
Full legs	41,00 Euro
Back or chest	23,00 Euro
Solarium	15,00 Euro



Phyto Art

Organic natural cosmetics from South Tyrol

The four elements – water, fire, air and earth – are an integral part of every living being. These inexhaustible sources of energy maintain a natural balance in the body, mind and soul. If one of these elements dominates inside our bodies, the effects will also be visible on our skin. Phyto Art aims to restore the balance using officinal plants and crystals. Phyto Art, for a beauty that takes root and blooms in all its splendour.



PHYTO facial

Applied after cleansing, all classic facials using Phyto Art natural skincare are tailor-made to suit your individual skin type. The treatment consists of a complete, profound cleansing of the skin, eyebrow shaping, massage and face pack and a short joint relaxation.

. Activ-Lift Balance

Treatment to activate cell renewal and counteract the aging process of the skin. The high-quality herbal extracts in combination with natural hyaluronic acid support the transport of oxygen, promote collagen production and give you new vitality.

. Hydro-Sensitiv Balance

The classic Phyto Art facial treatment is individually tailored to your skin type after cleansing. A special treat for dry, dehydrated skin that is prone to irritation. This particularly mild care supplies all skin cells with moisture and protects the hydrolipid layer.

. Pure Balance

A soothing, clearing treatment to remove impurities and minimize sebum flow. High-quality herbs regulate the lipid content of the skin, constrict the pores and have anti-inflammatory effects.

Approx. 80 minutes 108,00 Euro

Express Cleanse

Deep cleansing for a clear, fresh complexion.

Approx. 40 minutes 59,00 Euro

Eye balance with facial lymph drainage

The special massage of the eye area with the crystals, the revitalizing serum and the eye alginate mask smooth and tighten wrinkles around the eyes. High-quality active ingredients counteract bags and dark circles under the eyes and vitalize the sensitive area around the eyes.

Approx. 50 minutes 75,00 Euro



Eyelash lifting

New swing for your eyelashes!

Get rid of the eyelash curler, because from now on the eyelash wave will shape your eyelashes permanently! Regardless of whether you have short or long lashes: the eyelash wave works for every lash length.

. comfortable

The lashes are in shape for 6-8 weeks with one session.

. attractive

Always big shining eyes due to permanent shaping.

. safe

No breaking of the eyelashes by the eyelash curler.

ONLY mascara - done!

Eyelash wave incl. eyelash tinting

Approx. 70 minutes 75,00 Euro



NUI-Cosmetics

Make-up consultation with natural products from NUI Cosmetics

... skillfully draw attention to you true beauty...

Whether day make-up or make-up for special occasions. Create a look with step by step professional guidance. The professional tips and tricks are designed to help you highlight your assets even more with little effort.

- . Natural make-up
Approx. 40 minutes **63,00 Euro**
- . Make-up for special occasions
Approx. 60 minutes **83,00 Euro**
- . Make-up consultation
Approx. 80 minutes **126,00 Euro**



Hand- and footcare

Manicure

- . An invigorating cleanse followed by hand, nail and cuticle care and a relaxing hand massage
Approx. 40 minutes **47,00 Euro**
- . An invigorating cleanse with nail polish
Approx. 50 minutes **50,00 Euro**
- . An invigorating cleanse with permanent nail polish
Approx. 60 minutes **70,00 Euro**
(incl. a removal kit to take home)

Pedicure

- . An invigorating cleanse followed by foot, nail and cuticle care and a relaxing foot massage
Approx. 50 minutes **52,00 Euro**
- . An invigorating cleanse with nail polish
Approx. 50 minutes **54,00 Euro**
- . An invigorating cleanse with permanent nail polish
Approx. 60 minutes **70,00 Euro**
(incl. a removal kit to take home)

Extras

- . Removal of permanent nail polish
- . Application of nail polish
- . Nail decoration with rhinestones
Approx. 10-15 minutes **14,00 Euro**





It's a man's world

SPA treatment for gentleman

- Dr.Boos - Spa treatment for gentlemen**
Treat yourself to a truly extraordinary facial: Tailor-made for sensitive, reactive skin, this facial and revitalising face head and neck massage will restore your skin to a natural, healthy look.

Approx. 70 minutes 102,00 Euro

- Phyto Art - Hydro Man Balance**
Deep cleansing facial treatment especially for sensitive male skin. The combination of various herbs and a gemstone massage strengthens the skin and gives it new vitality.

Approx. 80 minutes 108,00 Euro

Hand- and footcare for gentleman

- Gentleman's manicure**
An invigorating cleanse followed by hand, nail and cuticle care and a relaxing hand massage

Approx. 40 minutes 45,00 Euro

- Gentleman's pedicure**
An invigorating cleanse followed by foot, nail and cuticle care and a relaxing foot massage

Approx. 50 minutes 50,00 Euro

Kids & Teens

To make even our youngest guests relax and feel radiant

- Relaxing aroma massage**
for children aged 12 and under

Approx. 25 minutes 40,00 Euro

- Full body aroma massage**
for the youths aged 12-18

Approx. 50 minutes 70,00 Euro

- Small facial using DR. BOOS**
Individualised treatment, tailor-made for young skin

Approx. 50 minutes 72,00 Euro

- Manicure for kids and teenagers**
with hand massage plus nail design: nails filed, varnished and decorated with rhinestones

Approx. 40 minutes 42,00 Euro



Our Mum-to-be treatments

Undwind with our Mum-to-be treatments

Relaxation massage (for after the 4th month of pregnancy)

Relaxing feel-good massage that stimulates the entire metabolism and possibly alleviates discomfort. The body feeling improves and a relaxing mother-child relationship is promoted even during pregnancy.

Approx. 50 minutes 77,00 Euro

Craniosacral balance

Gentle application to relax the expectant mother. Pregnancy complaints and tension can be eased with gentle movements. The application helps to recharge your batteries.

Approx. 50 minutes 75,00 Euro

Lymphatic leg massage (for after the 4th month of pregnancy)

A form of gentle massage that encourages the movement of lymph fluids in the legs. Optimal prevention against heavy legs and overloading of the blood vessels.

Approx. 40 minutes 60,00 Euro

A skin like velvet and silk

Body scrub

A body scrub gently removes dead skin and has an invigorating effect for a healthy, youthful glow.

- **Mountain-salt scrub scented with sea buckthorn essence**
Soothingly scented exfoliation by Dr. Boos for very dry skin
- **Alkaline-salt exfoliating scrub with honey**
Lymphatic massage using honey and salt crystals to help the body cleanse and drain out acids
- **Mountain-salt scrub scented with stone pine**
Soothing exfoliation made with salt crystals and Stone pine for extra smooth skin and deep relaxation

Approx. 25 minutes **43,00 Euro**

DR. BOOS body treatment

Treat yourself to an energising spa body cleanse with exfoliating gloves, essential oils and a lush pomegranate-shea butter body pack to gently remove dead skin cells and reveal a smoother, healthier complexion with a rejuvenated glow. During the wrap we pamper you with a soothing facial massage.

Approx. 80 minutes **110,00 Euro**



Vitalising wraps

Hay baths

“Bathing” in fragrant South Tyrolean mountain hay boosts the immune system and has a deeply invigorating effect on the circulation and the entire musculo-skeletal system. The sweat-inducing heat opens your pores and encourages the body to rid itself of toxins, while essential oils made from herbs grown on local mountain pastures will help you relax and feel completely at ease.

Alkaline salt wraps

This unique, all natural alkali salt by E&M Vital contains precious mineral nutrients and energising gemstones, carefully ground into the very finest powder to help lower the body’s acidity levels. It revitalises tired joints, activates the cells’ meta-bolism and leaves the skin smooth and supple.



Muscle and joint wraps

A harmonious blend of mud from the local mountains and St John’s wort which helps to increase blood circulation in the muscles and relax the nervous system.

Fresh seaweed body wraps

High-quality seaweed helps to stimulate the cells’ metabolism and flush out harmful substances, while detoxifying and leaving the tissue visibly toned.

Stone pine wraps

Thanks to its exquisite scent and many beneficial effects, traditional Stone pine essence has been used for several centuries to improve the health.

Feel-good wraps

Our orange-scented essential oils made from sea buckthorn are rich in vitamins and will boost your skin’s ability to rejuvenate and balance out any irregularities. It increases the cell regeneration process and leaves the skin flexible and smooth.

Pure relaxation wraps

Lavender is famous for its calming and relaxing effect. It restores the natural harmony of the body, mind and soul and helps with sleeping problems.

Approx. 25 minutes **44,00 Euro**

Vital Detox

Detox Special

A special, powerful massage technique with a peeling based on honey and alkaline salt. This loosens adhesions and waste products and activates the lymphatic system. Vital pack in combination with a liver wrap promotes detoxification on a physical and emotional level.

Approx. 80 minutes112,00 Euro

Anti-cellulite alkaline compresses

The package starts with a vigorous massage and DermaKEY treatment to activate the metabolism, telling the system to release and drain waste products and toxins. This cleansing process is then boosted with the help of alkaline compresses while you're left to blissfully relax in the softpack lounger.

. Heat-based anti-cellulite treatment
for lumpy, toxin-troubled connective tissue

. Cooling anti-cellulite treatment
for heavy legs with fluid retention

Approx. 80 minutes112,00 Euro

Alkaline body care

Full-body treatment using a special massage brush to activate the circulation and the natural drainage of the lymphatic system, releasing waste products, toxins and clots in the connective tissue.

Approx. 50 minutes78,00 Euro

Intense purifying

This full-body massage followed by a body wrap made of seaweed stimulates the lymphatic system to free the tissue and joints from accumulated waste products and toxins. Optimal treatment for hyperacidity and joint problems.

Approx. 80 minutes112,00 Euro

Lymphatic massage

A form of gentle massage that encourages the movement of lymph fluids around the body.

. Full body Approx. 50 minutes77,00 Euro
. Legs Approx. 40 minutes60,00 Euro
. Face Approx. 25 minutes42,00 Euro

Belly rubs „for the centre of our emotions“

This multi-technique treatment vitalises the belly, stimulates the bowels and creates a deep sense of relaxation. Belly massages can help „digest“ blocked emotions.

Approx. 50 minutes77,00 Euro



SIGNATURE
treatments

The power of stones and forest essences

signature treatments

Symphony VITAL FORCE

This special full-body ritual with the warm South Tyrolean serpentinite stones and cool mountain crystals gives you new nerve strength and inner peace. By stimulating the entire meridian nerve pathways, overload and stress are relieved. With the power of St. John's wort oil and various forest essences, the union of body, mind and soul is activated for new vitality and enjoyment of life.

Approx. 80 minutes	118,00 Euro
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Symphony WEIGHTLESSNESS

By combining this back and feet ritual with the help of warm South Tyrolean serpentinite stones, cold precious stones and a special pressure point massage, deep-seated tension and blockages are released. Ideal for increasing and balancing the energy circulation of the entire body.

Approx. 70 minutes	110,00 Euro
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Symphony FREEDOM OF THOUGHTS

Treating acupressure points in the head, face and neck area with the purest precious stones activates the microcirculation and brings new life energy to flow. Any tension from blocked muscles and stressful thoughts dissolve and ensure a pleasant ease and freedom.

Approx. 50 minutes	84,00 Euro
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Symphony REMINISCENCE

Deeply relaxing combination of forest scents, sounds of Tibetan singing bowls and precious stones to restore harmony in all areas of life and to strengthen self-healing powers. No manual massage, but the finest fragrances and sound frequencies that encourage letting go of deep-seated tension in the nervous system.

Approx. 50 minutes	82,00 Euro
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Alpen Tesitin specials

Intensive back massage Johannes Salchenegger

This approach developed by massage therapist Johannes Salchenegger combines classic techniques with fascia massage elements, trigger points and cupping to create a deep sense of relaxation among the muscles of the back. The intensity and technique used in this massage allow the practitioner to activate the back's energy flow, increase the mobility of both the spine and the head and relieve even the most basic tension in the back, lower back and neck. Strategic, intensive treatments such as this massage can soothe headaches, dizziness and back pain.

Approx. 50 minutes	79,00 Euro
Follow-up treatment Approx. 25 minutes	46,00 Euro
Partial body massages using trigger points	

Craniosacral balance

Restoring the mobility of the skull, its bones and connected membranes, fasciae and nervous tissue has proven to be a beneficial addition to traditional manual therapy methods: Imbalances in the cranial system can block and clog all kinds of parts in the body. With the help of a minimal-impulse method, this gentle treatment activates the body's self-healing powers and allows us to let go and unwind.

Adults Approx. 70 minutes	98,00 Euro
Pregnant women Approx. 50 minutes	75,00 Euro
Teenagers Approx. 40 minutes	60,00 Euro
Babies and infants Approx. 25 minutes	50,00 Euro

Straightening of the spine

Our vertebral column is the backbone of both our body and our soul: It transmits the energy and information flowing from the brain through our body – and therefore expresses both our inner and our physical posture. This special treatment includes an analysis of the spine with the help of foot reflexology, the mobilisation of the jointstructures and a gentle straightening of the spine using careful stretching and joint mobilisation exercises developed by therapist and spine expert Maximilian Huber. The aim of the treatment is to individually assess and understand what blocks your muscles or causes tension, to take strain off the intervertebral discs and joints and to better supply the organs with what they need to function well.

First treatment Approx. 80 minutes	112,00 Euro
Follow-up treatments Approx. 50 minutes	79,00 Euro
Kids Approx. 50 minutes	72,00 Euro

Segmental massage

Intensive reflex back massage, which improves the reflex zones and their nerve connections to the organs, muscles and bones through specific stimulating grips. By increasing the blood circulation, tensions and blockages are released. The vegetative nervous system is positively influenced and thus balances out a lot of disharmony in the body and increases well-being.

Approx. 50 Minuten	79,00 Euro
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Feel good massage

Belvita Premium SPA full body massage

In the Belvita hotels in South Tyrol, which carry the „Premium Spa“ quality label, guests enjoy deep relaxation from head to toe. Experience a sense of well-being that spreads to your body and mind. This treatment can be booked as a relaxing massage or active massage.

- **Relaxing massage**
Bergila's high-quality hypericum oil and balancing massage strokes provide deep relaxation and regeneration of all nerves.
- **Active massage**
The precious mountain pine and arnica oils of Bergila combined with powerful massage movements activate and bleed our musculoskeletal system after a tiring sports day.

Approx. 50 minutes **82,00 Euro**

Classic relaxation

Get taken care of with beneficial massage for body and soul.

- **Full body massage** Approx. 50 minutes **77,00 Euro**
- **Back massage** Approx. 25 minutes **42,00 Euro**
- **Shoulder & neck massage** Approx. 25 minutes **42,00 Euro**

Belvita active sports massage

A vigorous massage with herbal ointments ideal for those who exercise a lot: The treatment relaxes tired muscles and stimulates the blood flow, followed by a refreshing tonic made out of arnica and mountain pine applied to cool and revitalise your legs.

- **Sport massage back and legs** Approx. 50 minutes **79,00 Euro**
- **Sport massage legs** Approx. 25 minutes **44,00 Euro**

Foot reflexology and foot baths

Gentle pressure is applied to the reflex zones of the feet to stimulate the body as a whole as well as its individual functions.

Approx. 50 minutes **77,00 Euro**

Honey Massage

This specially-developed technique applies and massages wholesome honey into the skin of your back. With the help of intensive plucking, clots in the tissue are dissolved to stimulate the circulation and relieve tension in the muscles, after which warm compresses are applied and the rest of the body is gently massaged with precious honey oil.

Approx. 50 minutes **77,00 Euro**

Stone pine massage

Feel pure nature on your skin! This massage is one of a kind: Using special Stone pine rods, the treatment relaxes tense muscles, while Stone pine essences cleanse the respiratory system and boost the immune system.

Approx. 50 minutes **77,00 Euro**

Relaxation for your back

Spoil yourself with a soothing back massage, cupping and a hot Kneipp water treatment to help ease tension in the back muscles and activate the lymphatic system, followed by a ritual with traditional singing bowls to bring peace and relaxation to your nervous system.

Approx. 50 minutes **77,00 Euro**

Alpen Tesitin’s herb pouch massages

Alpine herbs from the family-owned garden of Hotel Alpen Tesitin founders Elsa and Othmar, lovingly collected in therapeutic pouches or processed to become fine essential oils: Using soft, caressing touches, this massage with its warm, scented herb pouches soothes tense muscles and relieves fatigue.

Approx. 50 minutes **82,00 Euro**

Relaxing aroma massage new

A gentle body, head and face massage that will restore your balance. What makes this deeply relaxing massage special is the use of fragrant gemstone oil, which you can individually choose. The oil makes the skin soft and the gemstone essence activates the flow of energy in the body and creates a sense of profound relaxation.

Approx. 80 minutes **115,00 Euro**

Tesitin´s head and face massage

Warm, fragrant oils together with exquisite warm pouches containing flowers and petals make this treatment truly unique. A state of deep relaxation ensues, and the thoughts are once again free to flow, while blocked energy is released – for a sense of harmony and inner strength.

Approx. 50 minutes **77,00 Euro**

You can enjoy many of our massages for two in our special room for couple spa treatments!



Spa packages

AT Symphony

Vital force. Reminiscence. Weightlessness. Freedom of thoughts.

4 days354,00 Euro

Pamper your back

Muscle and joint wrap. Honey massage. Intensive back massage. Symphony weightlessnes.

3-4 days279,00 Euro

Tone and detox

Detox special. Lymphatic full body massage. Anti-cellulite alkaline compresses. Intense purifying.

3-4 days372,00 Euro

Pure relaxation

Pure relaxation wrap. Relaxing aroma massage. Tesitins head and face massage. Symphony Reminiscence.

1-2 days286,00 Euro

It's a man's world

Belvita Active sports massage back and legs. Dr. Boos spa treatment for gentlemen. Alkaline salt wrap. Shoulder and neck massage.

3-4 days240,00 Euro

Sport special

Premium Spa active massage. Belvita Active sports massage legs. Hay bath. Foot reflexology and foot baths.

3-4 days222,00 Euro

Stone pine special

Mountain-salt scrub scented with stone pine. Stone pine wraps. Stone pine massage.

2-3 days148,00 Euro

A time-out for mothers-to-be

Pedicure and manicure with nail polish. Classic facial using Dr. Boos. Lymphatic leg massage.

3-4 days239,00 Euro

Hair care

Pamper package ladies

Washing, cutting, blow-drying short hair	46,00 Euro
Washing, cutting, blow-drying long hair	52,00 Euro
Washing, blow-drying short hair	25,00 Euro
Washing, blow-drying long hair	30,00 Euro
Washing, styling short hair	24,00 Euro
Washing, hair pack & head massage short hair	41,00 Euro
Washing, hair pack & head massage long hair	48,00 Euro

Pamper package men

Cutting, blow-drying	24,00 Euro
Shave	12,00 Euro

Pamper package girls

0-10 years cutting, blow-drying	25,00 Euro
11-17 years cutting, blow-drying	35,00 Euro

Pamper package boys

0-10 years cutting, blow-drying	18,00 Euro
11-17 years cutting, blow-drying	22,00 Euro

Extras

Dying	45,00 - 65,00 Euro
Highlights whole head	70,00 Euro
Highlights half head	48,00 Euro
Highlights + glossing	90,00 Euro
Perm	46,00 Euro
Straightening or curling	10,00 Euro
Hair pack	10,00 Euro
Head massage	5,00 Euro
Braid	5,00 Euro
Updo hairstyling	30,00 Euro



Belvita sauna guide

The effects of sauna sessions

Sweating in the sauna trains the body's thermo-regulatory system. The switching between heat and cold stimulates the perfusion of the tissues in the respiratory tract and helps the body to adapt to different temperatures, making the immune response more efficient against cold- and flu viruses.

Steam baths

Steam rooms with high humidity levels have a number of beneficial effects on the respiratory tract and mucous membranes, especially when their antibacterial and energising effects are increased by aromatic essences and oils. Steam baths also have noticeable cosmetic benefits: Particularly if combined with exfoliations and treatments to balance the skin's lipid content, they help rejuvenate the skin's top layers.

Finnish sauna

Finnish sauna sessions are intervals in hot, dry air alternated with cooling breaks. If carried out correctly, this practice is proven to offer considerable health benefits. Exposure to hot and cold stimuli promotes the perfusion of the skin and mucous membranes, and gently trains the cardiovascular system to improve the blood flow and blood pressure regulation. Finnish sauna rituals also increase the body's defenses against infections, cleanse the skin, promote cell regeneration and help relax the mind as well as the muscles.

Use of the spa area

Access to the sauna area is limited to adults.

Saunas may only be used in the nude; clothes and bathing suits are therefore not allowed. T-shirts or similar garments are not permitted even outside the sauna rooms. Bath towels, bathrobes or sauna kilts are allowed.

Slippers must be worn in the entire spa facility, but left at the door before entering the sauna rooms, steam baths and dry saunas.

All guests must shower and towel-dry thoroughly before each sauna session. An appropriately sized bath towel to sit on must be placed on the benches, except for wet- and Belvita sauna guide steam saunas, where towels are not allowed and seats are rinsed with water before and after use.

Swimming- and plunge pools as well as jacuzzis may only be used after a thorough shower.

It is not permitted to modify the sauna settings. All changes in temperature, infusions, operation of ventilation equipment etc. must be carried out by the hotel staff. In the sauna area, the use of mobile phones, cameras and tablets as well as glasses, watches or any other device fitted with a camera is not permitted.

All guests are advised to carefully read the specific conditions of the sauna facilities, such as temperature and humidity, and be aware of their effect on the body. If you have a medical condition, we recommend seeking medical advice before starting a sauna session.

Because our sauna policy requires nudity, appropriate and respectful conduct is essential and must be maintained at all times. Noise and loud conversations must be avoided to guarantee a relaxing experience to all guests.

Tips for a perfect sauna experience

- . **Take your time!**
It takes at least two hours to fully enjoy a sauna session.
- . **Avoid all physical strain and stress!**
Use of the sauna should be all about quiet and relaxation.
- . **Start your sauna session neither hungry nor on a full stomach!**
Allow for a two-hour gap between your visit to the sauna and your last meal.
- . **Shower and towel dry thoroughly before**
entering the sauna rooms.
- . **Help your body warm up before a sauna session!**
Start with a warm footbath to facilitate the perspiration process.
- . **To allow the heat to reach your skin unhindered and**
to prevent skin irritation caused by sweat sticking to your body, do not wear any garments in the sauna.
- . **Do not exert yourself!**
Physical activities such as exercise may put a strain on your circulation and respiratory system.
- . **We recommend limiting sauna sessions to**
between 10 to 15 minutes, depending on your physical condition. If you no longer feel comfortable, leave the sauna room.
- . **After each sauna session, be sure to cool off:**
First help your airways cool down by breathing in some fresh air, then apply cold water or ice, working your way from the limbs towards the heart, i.e. from the arms and legs to the spine and torso and finally the head. To cool off completely, you may wish to take a dip in the plunge pool, but remember to always take a refreshing shower before diving into the cold water.

- . **To cool off completely,**
you may wish to take a dip in the plunge pool, but remember to always take a refreshing shower before diving into the cold water.
- . **After cooling off, gently warm up your feet**
with a warm footbath and wear woollen socks to maximise the beneficial effects.
- . **Take your time!**
It takes at least two hours to fully enjoy a sauna session.
- . **Repeat the sauna sessions up to three times at the most.**
Using the sauna can improve your health even in summer, as it strengthens the immune system and cools down the entire body.
- . **For any information, please contact our staff.**
They will be happy to advise you on the many available treatments, on the effects of sauna use and the daily schedule of infusions.





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