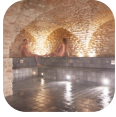


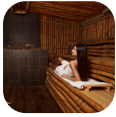
THERMAE.COM

BUCKETLIST 2020



Russian Aufguss (Every Thursday at 20:00 at Thermae Boetfort)

This is an original Aufguss session with birch twigs. An Aufguss master softly pats you on the back to improve your blood circulation and the working of your organs.



Bamboo Zen Session (Every Friday at 20:00 at Thermae Grimbergen)

During the Aufguss session, one of our Aufguss therapists will give you a brief massage with bamboo sticks. These sticks are warm, firm and flexible, giving them a very pleasant feel.



Show Aufguss in the Kelo Sauna (Thermae Grimbergen)

This sturdy sauna is built from Kelo wood, which comes from fir trees from Norway and Finland. Thanks to the theatre setup, everyone has a clear view of the show Aufguss.



Salt Chamber (Free sessions at Thermae Boetfort & Grimbergen)

The walls, ceiling and floors are covered with mineral salt stones and grains. Medicinal salt is sprayed during the session, which eases the symptoms of respiratory and skin diseases, and strengthens the immune system.



Detox Hammam ritual (Free sessions at Thermae Boetfort and Grimbergen)

This session starts with a purifying peeling to clear your skin, allowing the detox wrap you apply afterwards to work its magic. The ritual ends with a delicious detox tea.



Relaxation (Monday to Friday at 14:30 and 20:30 at Thermae Boetfort and at 16:00 at Thermae Grimbergen)

The Relaxpert will take you through a guided meditation. Close your eyes, enjoy the sounds of the singing bowls, gong, xylophone and ... relax to the fullest.



Mushara session at Thermae Grimbergen (Every day at 17:00 and 21:30)

During this session you salve yourself with the "Mushara" mixture. It's a combination of shea butter and essential oils to hydrate and soften the skin. You will feel reborn!



Natural swimming pond (Thermae Grimbergen - Nude area)

Only for the brave! Plunge into the swimming pond after an Aufguss session to cool your body. This feeling is unparalleled!



Singing bowls (Every Sunday at 20:30 at Thermae Boetfort and at 19:30 at Thermae Grimbergen.)

A session with singing bowls is very relaxing. Close your eyes, calm your breathing, bring your heart rate down and join us on a journey of scents and sounds.



Meditation

Meditate for half an hour by focussing on nothing but your breath. Practicing on being "here and now" will help you take charge of your mind and increase attention and awareness in your daily life.



Floating therapy

Floating effortlessly in salt water makes you experience a unique feeling of relaxation. The lack of gravity creates peace of mind.



Yoga session

Yoga is a gentle and low-key means of body workout. Yoga postures make you consciously use all your muscles. Not only does it make for a suppler body, but you can also relax more easily.