

# AUFGUSS, SCRUB, RELAXATION & RITUALS



**INTENSE  
AUGUSS**



**RITUALS**



**RELAX**

	<b>11:30</b>	<b>Scrub Session in the Steambath</b>	(Moenia - Nude)
	<b>12:30</b>	<b>Scrub Session in the Steambath</b>	(Curia - Swimsuit)
	<b>13:00</b>	<b>Halotherapy in the Salt Chamber</b>	(Between scanner 2 & 3)
	<b>13:30</b>	<b>Singing bowls meditation</b>	(Silence bar - Moenia Nude)
	<b>14:30</b>	<b>Aromatherapy with essential oils “Breathe Freely”</b> Salt Stone Sauna (Moenia - Nude)	
	<b>15:30</b>	<b>Aufguss in the Castle Sauna</b>	(Moenia - Nude)
	<b>16:00</b>	<b>Aufguss in the Kelo Sauna</b>	(Curia - Swimsuit)
	<b>17:00</b>	<b>Halotherapy in the Salt Chamber</b>	(Between scanner 2 & 3)
	<b>17:30</b>	<b>Aufguss in the Mine Sauna</b>	(Moenia - Nude)
	<b>18:30</b>	<b>Singing bowls meditation</b>	(Silence bar - Moenia Nude)
	<b>19:45</b>	<b>Herbal Scrub in the Steambath</b>	(Moenia - Nude)
	<b>20:30</b>	<b>Aufguss in the Castle Sauna</b>	(Moenia - Nude)
	<b>21:30</b>	<b>Aromatherapy with essential oils “Sleep Tight”</b> Salt Stone Sauna (Moenia - Nude)	

ENKEL OP DONDERDAG / UNIQUEMENT À JEUDI / ONLY ON THURSDAYS



**19:00 Banja session in the Steambath** (Moenia - Nude)