

AUFGUSS, SCRUB, RELAXATION & RITUALS



INTENSE
AUGUSS



RITUALS



RELAX



11:30

Scrub Session in the Steambath

(Moenia - Nude)



12:30

Scrub Session in the Steambath

(Curia - Swimsuit)



13:00

Halotherapy in the Salt Chamber

(Between scanner 2 & 3)



13:30

Singing bowls meditation

(Silence bar - Moenia Nude)



14:30

Aufguss in the Castle Sauna

(Moenia - Nude)



15:30

Aromatherapy with essential oils “Breathe Freely”

Salt Stone Sauna (Moenia - Nude)



16:00

Aufguss in the Kelo Sauna

(Curia - Swimsuit)



17:00

Halotherapy in the Salt Chamber

(Between scanner 2 & 3)



17:30

Aufguss in the Mine Sauna

(Moenia - Nude)



18:30

Singing bowls meditation

(Silence bar - Moenia Nude)



19:45

Herbal Scrub in the Steambath

(Moenia - Nude)



20:30

Aufguss in the Castle Sauna

(Moenia - Nude)



21:30

Aromatherapy with essential oils “Sleep Tight”

Salt Stone Sauna (Moenia - Nude)

ENKEL OP DONDERDAG / UNIQUEMENT À JEUDI / ONLY ON THURSDAYS



19:00

Banja session in the Steambath

(Moenia - Nude)