

RULES

Contact the staff in charge for the times and methods of the routes and the location of the treatments you have booked.

Read the privacy policy and complete the release form first

JACUZZI INTERIOR IN STONE

As soon as you enter you can find on the left the fountain for the anti-mycotic foot treatment.

Following the mandatory shower before dive (forbidden shampoo or soaps).

The water in the tub is always maintained between 37 and 38 degrees. Available the cot, benches and armchairs for the whirlpool that comes operated by the appropriate buttons. All the jets are timed according to the times of the routes.

OUTDOOR SALT TANK

Temperature 38 °

The water has a concentration of salt equal to that of the sea, this will allow you to float easily and remain immersed listening to the sounds that some speakers produce under the surface of the water.

RIVER ROUTE (KNEIPP)

Slowly move from one tank to the other barefoot on the river pebbles, giving your body time and way to get used to the different temperatures, 40 ° in the hot tub and 18 ° in the cold tubs.

FINNISH SAUNA

Built with the Emlock wood, which gives off its characteristic scent, it reaches 90 ° in the upper positions with very little humidity. Adjust the hourglass according to your schedule, but do not hesitate to go out if you feel oppression or drop in blood pressure. If necessary, press the red button for the alarm. On leaving go to the emotional shower then to the relaxation room.

EMOTIONAL SHOWER

It is operated with the button inside the shower.

The lighting of a blue light will warn you before the release of a jet of tiny cold drops enriched with essences of mint and eucalyptus.

STEAM BATH

It is an immersion in a warm atmosphere (50 °) saturated with steam up to 100% humidity. These conditions favour the opening of the pores of the skin and the expulsion of accumulated toxins. Afterwards emotional shower and relax.

RELAXATION ROOM

Always remember to take liquids, the ideal would be a hot herbal tea. Lie down in silence, perhaps under a blanket and listen to your body seeking its natural balance.

RASUL (TREATMENT CABIN) – FOR A FEE

First dry phase with temperature around 50 °.

As soon as you are acclimatized, natural mud will be brought to you, which you will sprinkle throughout your body.

After about 10 minutes, a program will start in which dry and wet conditions will alternate every two minutes which will favour the opening of the pores and the absorption of the active ingredients.

After about 15 minutes, the operator will invite you to wash yourself with plenty of fresh water, then sprinkle the body with salt and wine and perform an energetic scrub. At this point you will be ready for a nice massage.

BIO- SAUNA

It combines the characteristics of the sauna and the steam bath with a temperature of 50 ° and a humidity of 90%. During the treatment in the air effluvium of natural herbs and aromatic essences will be released.