



# SAUNA INFUSION PLAN

## SAUNA WORLD THERME LAA

### INFUSIONS IN THE TEICH SAUNA (POND SAUNA)

#### Procedure for guided infusions

The classic sauna event at 90 °C room temperature and guided infusions ensuring intense sweating and stimulate the circulation. The fragrances change by seasons and promise a pleasant atmosphere and an entertaining experience.

#### Daily

- ◆ 11.00 am
- ◆ 12.30 pm
- ◆ 13.30 pm
- ◆ 15.00 pm
- ◆ 16.30 pm
- ◆ 18.30 pm

### INFUSIONS IN THE LOFT SAUNA

#### Procedure for special infusions

After a preheating phase of about 10 minutes in this 80 °C hot sauna, our sauna coaches will hand-out a body-cream or salt. Apply the cream or the salt generously on your body and massage in gently. Afterwards you sweat in the sauna, for a further 8 minutes. Then move out to the open air to cool off and get fresh air, for 7-8 minutes (3-4 minutes with salt infusion). Afterwards further cool off under the shower and thoroughly remove the residue on your skin. Outside the times of the special infusions automatic infusions take place every quarter and three quarters of an hour.

#### Daily entry

- ◆ 10.30 am: salt-peeling
- ◆ 14.00 pm: creme
- ◆ 16.00 pm: gel
- ◆ 19.30 pm: hemp milk

### STEAM BATH RITUALS

#### Procedure for steam bath rituals

Enjoy the 55 °C steam bath for about 10 minutes and afterwards you will receive a refreshing peeling or a delightfully soothing lotion from our sauna-coaches. Apply it on your body and relax for a while in the steam bath. Please use the steam bath without swimwear and without a bath towel. Please use the water hoses to clean your seat prior and after your stay.

#### Daily

- ◆ 13.00 pm: emulsion
- ◆ 19.00 pm: creme

### INFUSIONS IN THE ZIRBEN-SAUNA (PINE SAUNA)

#### Procedure for self-conducted infusions

At every half and full hour, our sauna coaches will serve you your sauna bucket with a fragrance of your choice. Please order your preferred fragrance well in advance, so that we can prepare it in a timely manner. At 90°C and in the pleasant pine ambience you arrange your infusions, as you like it best.

#### Daily

every half and full hour

### WEINVIERTLER SANARIUM

#### User explanations

With 60°C and with the relaxing scents of herbal essences you will find physical and mental-emotional tranquility. This enjoyment is particularly suitable for those, who do like to relax in a soft and gentle way. Recommended length of stay in the sanarium - 30 minutes.