

Wellness Zone

The hottest place to meet in town!



WHAT'S THE BEST WAY TO ENJOY THE WELLNESS ZONE?

STEP 1: WARM UP

STEP 2: COOL DOWN

STEP 3: RELAX

WE RECOMMEND THE FOLLOWING STEPS, WHICH YOU CAN REPEAT AS OFTEN AS YOU LIKE, DEPENDING ON HOW YOU FEEL:

It's hot and humid in the Zone!

A cold shower is recommended after a session in the sauna or steam room.

STEAM BATH (10-20 MIN):

- has a great effect on the skin
- relax

AROMA BATH (10-20 MIN):

- improves your mood and concentration with the use of essential oils
- relax

OSMAN STEAM BATH (10-20 MIN):

- moisturize skin
- relax tense muscles

CALDARIUM (15-20 MIN):

- regenerate skin and hair
- improves your skin's breathability

DRY SAUNA (8-12 MIN):

- improves fitness levels
- relax
- removes toxins from your body



DO:

- remove footwear
- sit on your towel
- stay hydrated



DON'T:

- use the sauna or steam room straight after a large meal

Especially recommended after a session in the sauna or steam room!

SNOW CHAMBER (5-10 MIN):

- improved blood circulation
- reduction in muscle tension
- Increased immunity
- improved metabolism
- fast pain relief and anti-inflammatory properties

Notice:

At Mondays snow chamber is closed.



DO:

- remove footwear
- cool your body down with snow



DON'T:

- take physical exercise before and after a session in the snow chamber
- use the snow chamber straight after a large meal
- enter the snow chamber when snow is being made

After a session in the sauna, steam room and snow chamber, it's time for a rest!

(for as long as you like)

JACUZZI:

With their bubbling water and hydromassage, the large jacuzzis are the ideal place for several people to relax together.

SENSATION SHOWERS:

The open showers with sound, light and scent effects:

- Caribbean storm
- Arctic fresh
- Tropical storm

TEPIDARIUM:

A Roman-style chillout area, where you can relax on heated stone loungers.



DO:

- remove footwear before using the jacuzzis



DON'T:

- disturb the other guests relaxing in the zone

BEFORE USING THE WELLNESS ZONE:

1. Take off your jewellery
2. Take a shower
3. Disinfect your feet
4. Put on clean pool shoes

TREATMENTS SUBJECT TO AN ADDITIONAL CHARGE

HAMMAM CEREMONIAL

Based on Eastern philosophy, the Hammam Ceremonial comprises four stages:

- a warm-up in the Wellness Zone
- a nourishing Rhassoul ritual
- a skin-cleansing foam massage
- skin nourishing with natural aromatherapy oils

Spend some time just with yourself. Feel that you really are worth it. The Hammam Ceremonial brings out the beauty from within.

RASSOUL - MUD BATH

Combines the four elements: water, fire, earth and air and provides an incredible wellness experience.

The Rhassoul ritual begins with medicinal clay spread over your body. You then enter a cabin where hot air dries out the clay and the nourishing elements in it soak deep into the skin. After a while, the air gradually changes into steam and the clay begins to melt away; massaged into the skin, the clay exfoliates and cleanses it. Finally, a fine, warm rain falls to cleanse the whole body.

Totally unwind with a Rhassoul Ritual and restore harmony to your body and mind.

For further details, including prices and special offers, visit:

www.spabaltica.pl



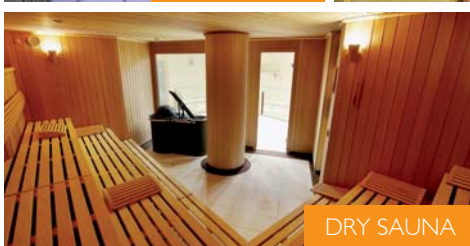
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