

NATURE'S BREATH

Aromas – Immersion – Regeneration

An immersive wellness experience that transforms the sauna into a truly sensory journey.

Three rituals, three atmospheres and three immersive experiences guided by natural aromas and exfoliating scrubs inspired by the forest and the crisp mountain air, designed to awaken the senses and enhance every breath.

As natural essences are released onto the glowing coals, three aromatic rituals envelop the senses and guide the body into a state of deep relaxation, balance and regeneration.

Natural fragrances, warmth and mindful breathing come together in a deeply restorative experience where both body and mind can recharge and reconnect.

Inspired by the surrounding landscape and deeply connected to nature, this timeless journey transforms scent, heat and breath into tools for renewal.

INCLUDES

- Local essential oils and Himalayan salt scrub kit
- Aromatic Finnish sauna
- Sensory shower with chromotherapy
- Panoramic lakeside relaxation area
- Outdoor panoramic whirlpool
- Panoramic relaxation area
- Flavoured water and a selection of local organic herbal infusions
- Spa kit (bathrobe, sauna towel and relaxation towel)

Advance booking required

Duration: 120 minutes

Price: €40 per person

Available Options

Should you have any special requests or personalised requirements (including allergies or intolerances), please contact us by phone or email so we can tailor the experience to your needs.

To ensure an exclusive experience and accommodate your preferred time and schedule, we kindly recommend booking in advance.