

Thermal Zone

Our thermal zone consists of a sequence of heated up rooms with progressively rising temperatures as well as a few cooling showers and ice.

* *Alpine sauna* – Traditional Scandinavian dry bath with low humidity and temperatures between 85°C and 105°C.

* *Infrared sauna* – The infrared sauna uses dry heat and helps to cleanse and detoxify your whole body as well as to promote good health. The heat therapy draws out toxins, helps clean clogged pores, kills harmful bacteria and viruses, better circulation and enhances the immune system much more effectively than the traditional sauna.

* *Kneipp bath* – The Kneipp spa therapy is an advisable complement to every sauna ritual. This hydrotherapy alternates between hot and cold water, thus supporting tissue metabolism and capillary circulation. Clients are seated on a bench with two basins in front of them on the ground. One is filled with cold and the other with hot water. The whole treatment consists of alternate diving of feet into the basins.

* *Hot stone*

* *Ice fountain* – an extraordinary experience with cold water

* *Decorative medium-size fountain*

* *Heated bench*

* *Laconium* – It is a dry-heat treatment room which heats the body up slowly and gradually. The room is cooler than the traditional Finnish sauna – up to 60°C – and provides for a more relaxing, less intense experience. The Laconium also has low humidity, 15-20%, which makes it feel cooler than a steam room set at the same temperature. The purpose of the Laconium is to purify and detoxify the body by stimulating blood circulation.

* *Aroma Steam Bath* - It works as both a steam and inhalation bath. The heated-up benches and walls provide comfort with bath temperatures between 42°C and 45°C. The Aromatherapy in the steam room makes for a wonderful experience. In addition to stress relief, the steam room benefits include deep skin cleansing, sinus congestion relief as well as muscle and joint stiffness and tension relief.

* *Showers* – The amazing snail-shaped showers are a technical perfection created for your pleasure.

In order to use the Thermal Zone you need to wear a swimsuit.



Indoor and outdoor swimming pools - adults 40 lv.

Indoor and outdoor swimming pools - children (13.99 years old) 20 lv.

Thermal zone and swimming pools - adults 60 lv.

Thermal zone and swimming pools - children (13.99 years old) 30 lv.

Thermal zone and swimming pools - adults - 5 days 270 lv.

Thermal zone and swimming pools - children (13.99 years old) - 5 days 135 lv.

Thermal zone and swimming pools - adults - 10 days 459 lv.

Thermal zone and swimming pools - children (13.99 years old) - 10 days 230 lv.

Thermal zone and swimming pools - adults - 30 days 840 lv.

Thermal zone and swimming pools - children (13.99 years old) - 30 days 420 lv.