



Immerse yourself in our SPA world!

Our thermal area is a sequence of several heated rooms with progressively rising temperatures, while at the same time there are cooling showers and ice.

* *Mountain sauna* - Traditional Scandinavian dry bath with low humidity and temperature from 85 ° C to 105 ° C.

* *Infrared sauna* - uses dry heat and helps cleanse and detoxify the whole body and contributes to good health. This heat therapy removes toxins, cleans clogged pores, kills harmful bacteria and viruses, increases blood circulation and strengthens the immune system much more effectively than a traditional sauna.

* *Kneipp bench* - Kneipp SPA therapy is a desirable compliment to any sauna - ritual. This hydrotherapy alternates between hot and cold water which maintains tissue metabolism and capillary circulation. The guest sits on a bench in two pools in front of him on the ground. One of them is full of cold water and the other of hot water. The whole procedure consists of alternately immersing the feet in a cold and warm bath.

* *Hot stone*

* *Ice fountain* - an unusual experience with cold water

* *Heat bench*

* *Laconium* - A comfortable dry, healthy bath that allows the body to warm up gradually and gently. The room is more humid than a traditional Finnish sauna (up to 60 ° C) and provides a more relaxing and less intense experience. Laconium also has low humidity (15-20 ° C) and at the same temperature it feels cooler than the steam bath. The purpose of laconium is to cleanse the body by stimulating circulation.

* *Aromatic Steam Bath* - Works as a steam and inhalation bath. The heated benches and walls provide convenience and comfort, and the temperature of the bathroom is 42-45 ° C. Aroma therapy used in the steam bath creates a wonderful experience. In addition to reducing stress, its benefits are deep cleansing of the skin, sinuses and reduction of muscle tension and stiffness in the joints.

* *Showers* - Wonderful snail-shaped showers are a technical perfection created for your enjoyment.

You need a bathing suit for the thermal area.

External guests

<i>Indoor and outdoor swimming pools - adults</i>	40 BGN
<i>Indoor and outdoor swimming pools - children*</i>	40 BGN
<i>Thermal zone and swimming pools - adults</i>	60 BGN
<i>Thermal zone and swimming pools - 4 adults</i>	160 BGN
<i>Thermal zone and swimming pools - children*</i>	30 BGN
<i>Thermal zone and swimming pools - adults - 5 days</i>	270 BGN
<i>Thermal zone and swimming pools - children* - 5 days</i>	135 BGN
<i>Thermal zone and swimming pools - adults - 10 days</i>	459 BGN
<i>Thermal zone and swimming pools - children* - 10 days</i>	230 BGN
<i>Thermal zone and swimming pools - adults - 30 days</i>	840 BGN
<i>Thermal zone and swimming pools - children* - 30 days</i>	420 BGN

* Children from 7 years of age up to 13.99.

T: +359 882 810 233

E: spa@piringolf.bg

