SAUNA INFUSIONS

	MON	TUE	WED	THU	FRI	SAT	SUN
10.30	Classic *	Morning Freshness *	Start the Day *	Autumn Morning *	Vital Morning *	Art Infusion *	Classic *
11.30	Rhassoul**	Steam Bath Peeling **	Steam Bath Peeling **	Rhassoul **	Autumn Breeze	Fresh & Fruity	Clear Mind
12.30	Fresh & Fruity	Clear Mind	Autumn Breeze	Fresh Mint	Natural Balance	Herb Garden	Vitality
13.30	Nature's Energy	Forest Walk	Natural Balance	Herb Garden	Fresh & Fruity	Sun Salutation	Forest Time
14.30	Forest Calm	Wood & Resin	Forest Walk	Golden Forest	Autumn Gold	Wood & Resin	Nature's Energy
15.30	Fresh Breeze	Autumn Breeze	Heat Effect	Fresh & Fruity	Art Infusion	Fresh Mint	Autumn Breeze
16.30	Autumn Magic	Colours of Autumn	Golden Forest	Misty Forest	Art Infusion	Autumn Magic	Colours of Autumn
17.30	Spice Moment	Heat Effect	Harvest Time	Spice Magic	Art Infusion	Fire & Ice	Spice Moment
18.30	After Work	Evening Sun	Autumn Magic	After Work	Art Infusion	Evening Sun	Harmony
19.30	Golden Hour	Quiet Moment	Harmony	Evening Magic	Heat Effect	Harmony	Quiet Moment
20.30	Good Night	Wind Down	Evening Calm	Quiet Moment	Good Night	Wind Down	Evening Magic

Sauna sessions take place in the Panorama Sauna. | *Sauna sessions take place in the Limmat Sauna.** | ** Steam sessions take place in the Steam Bath.
Sauna sessions are held with a minimum of 4 participants. In the event of high demand, sessions will take place in the Panorama Sauna. | Please refer to the screens in the thermal bath for the latest schedule.