The second secon	2 laconicum cool and clean seats with shower > normal shower cold, if possible	recommended	17
	3 tepidarium 39° > normal shower > frigidarium 12° bucket - kneipp	yes	20
A March 1997	4 finnish sauna 90° > frigidarium 12° <i>ice - kneipp</i>	yes	10
	floor O possible applications (hey or swiss pine bath, essential oils bath, body and face massage) bathro		
CAPTURE OF THE PARTY OF THE PAR			
	5 relax 32° conversation - reading - water, tea or juice > frigidarium 12° kneipp	yes	20
T1100	6 finnish sauna 90° > frigidarium 12° bucket - ice or cold shower	yes	07
	7 tepidarium 39° aromatherapy	yes	15
fire	circuit for the natural stimulation of blood-vessels according to dr. kneipp		
	we advise you to read carefully the general instructions below,		
	in case of disease you must stop immediately and refer to the staff for help.		
The Market			
strengthening	itinerary 2, time without applications on floor 0: 2.00 - 2.15	towels	minutes
	1 disinfection for feet > normal shower > frigidarium 12° kneipp	no	03
and the state of the state of	2 hammam oman cold water passage 15° - cool and clean seats with shower	no	10
The Part of the State of the St			
The state of the s	3 aroma shower > relax 32° conversation - reading - music > normal shower warm	yes	12
A STATE OF THE PARTY OF THE PAR	4 natatio (bathing suit) jacuzzi whirlpool - neck-waterfalls - geyser - easy swimming - hot shower	yes	10
	5 relax 32° water, tea or juice > frigidarium 12° bucket	yes	05
water	6 calidarium cool and clean seats with shower > normal shower	no	10
Assatore	floor O possible applications (jacuzzi whirlpool, massage) shower - bathrobe		
$-\lambda \lambda)(IIPY)$	7 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower	no	10
VVUUUI	8 tepidarium 39° <i>music</i> > frigidarium 12° <i>kneipp</i> > normal shower <i>warm</i>	yes	20
		recommended	15
	10 tepidarium 39° music	yes	20
	circuit according to ayurvedic philosophy and middle-eastern spa culture (turkish hammam).		
	we advise you to read carefully the general instructions below,		
	in case of disease you must stop immediately and refer to the staff for help.		
Marie State of the			
stimulating	itinerary 3, time without applications on floor 0: 1.30 - 1.45	towels	minutes
	1 disinfection for feet > normal shower > frigidarium 12° kneipp	no	03
自由 · · · · · · · · · · · · · · · · · · ·	2 tepidarium 39° music - aromatherapy - water, tea or juice > aroma shower	yes	15
The state of the s	3 laconicum cool and clean seats with shower	recommended	15
则分别对为 57 所持线器	4 frigidarium 12° kneipp	no	03
	5 relax 32° conversation - water, tea or juice	yes	20
MINITED AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF T		Jw	20
Constitute the title of the	floor 0 possibile applications (massages) bathrobe > frigidarium 12° kneipp		
111000	6 calidarium cool and clean seats with shower > frigidarium 12° bucket - ice - kneipp	no	10
	7 tepidarium 39° reading - tea	yes	20
****	etage 0 reccomended applications (manicure - pedicure)		
信号的 流音的过去式和过去分词	circuit according to dr. kneipp and roman bioclimatical application method.		
1 2 4 5 W M M M M M M M M M M M M M M M M M M			
《新班班》	circuit according to an knopp and roman blockmaster application method.		
建	Circuit according to an incepp and format accommutation application method.		
建筑是是	Processing to an incept and communical application method.		
新疆			
建设设施			
	we advise you to read carefully the general instructions below,		
	we advise you to read carefully the general instructions below,		
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help.	towels	winutes
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55		minutes
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp	no	03
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55		
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp	no	03
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower	no no	03 10
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm	no no yes	03 10 10
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower	no no yes yes recommended	03 10 10 20 20
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket	no no yes yes recommended no	03 10 10 20 20 03
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower	no no yes yes recommended	03 10 10 20 20
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower	no no yes yes recommended no	03 10 10 20 20 03
rebalancing	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas.	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower natatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas.	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas.	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower natatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas.	no no yes yes recommended no yes	03 10 10 20 20 03 10
	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower natatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas.	no no yes yes recommended no yes no yes	03 10 10 20 20 03 10
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower natatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help.	no no yes yes recommended no yes no yes	03 10 10 20 20 03 10
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 1 disinfection for feet > normal shower warm > frigidarium 12° kneipp	no no yes yes recommended no yes no yes towels yes	03 10 20 20 03 10 03 20 minutes
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower natatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 33° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 12° kneipp - ice - bucket > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 disinfection for feet > normal shower warm > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower	no no yes yes recommended no yes no yes towels yes	03 10 20 20 03 10 03 20 minutes
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 1 disinfection for feet > normal shower warm > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket	no no yes yes recommended no yes no yes towels yes no yes	03 10 20 20 03 10 03 20 03 15 03 20
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 disinfection for feet > normal shower warm > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket	no no yes yes recommended no yes no yes towels yes	03 10 20 20 03 10 03 20 minutes 03 15 15 12
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 1 disinfection for feet > normal shower warm > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket	no no yes yes recommended no yes no yes towels yes no yes	03 10 20 20 03 10 03 20 03 15 03 20
metal	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 disinfection for feet > normal shower warm > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket	no no yes yes recommended no yes no yes towels yes no yes	03 10 20 20 03 10 03 20 minutes 03 15 15 12
metal complete	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 disinfection for feet > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower anatatio (bathing suit) jacuzzi whirlpool - normal shower warm tepidarium 39° water, tea or juice - music > normal shower warm laconicum cool and clean seats with shower frigidarium 12° kneipp - ice - bucket finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe frigidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 disinfection for feet > normal shower warm > frigidarium 12° kneipp hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket finnish sauna 90° > normal shower hot relax 32° water, tea or juice > frigidarium 12° cold shower - bucket	towels yes yes recommended no yes no yes	03 10 20 20 03 10 03 20 minutes 03 15 15 12
metal complete	we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 4, time without applications on floor 0: 1.45 - 1.55 1 disinfection for feet > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 natatio (bathing suit) jacuzzi whirlpool - normal shower warm 4 tepidarium 39° water, tea or juice - music > normal shower warm 5 laconicum cool and clean seats with shower 6 frigidarium 12° kneipp - ice - bucket 7 finnish sauna 90° > frigidarium 12° shower floor 0 possible applications (jacuzzi whirlpool, massage, facial treatments) bathrobe 8 frigidarium 12° kneipp - ice - bucket > normal shower warm 9 tepidarium 39° music - water, tea or juice > frigidarium 12° kneipp > normal shower warm circuit according to the ancient ayuredic medicine, roman and oriental bioclimatical spas. we advise you to read carefully the general instructions below, in case of disease you must stop immediately and refer to the staff for help. itinerary 5, time without applications on floor 0: 2.30 - 2.45 1 disinfection for feet > normal shower warm > frigidarium 12° kneipp 2 hammam oman cold water passage 15° - cool and clean seats with shower > aroma shower 3 tepidarium 39° conversation - reading - music > frigidarium 12° ice - bucket 4 finnish sauna 90° > normal shower hot 5 relax 32° water, tea or juice > frigidarium 12° cold shower - bucket 6 calidarium cool and clean seats with shower > normal shower warm or cold floor 0 possible applications (hey or swiss pine bath) bathrobe	towels yes no yes yes recommended no yes no yes	03 10 20 20 03 10 03 20 minutes 03 15 15 12 15 15
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itinerary 1, time without applications on floor 0: 1.30 - 1.50

disinfection for feet > normal shower > frigidarium 12° kneipp

laconicum cool and clean seats with shower > normal shower cold, if possible

relaxing



General Instructions

Read carefully the general instructions listed below, in case of disease you must stop immediately and refer to the staff for help.

For a proper use of the Wellness-Farm we recommend the following:
Use the feet disinfection system and take a shower before entering the sauna area.
Access to the sauna area without bathing costumes, only with slippers and towel or bathrobe. Bathing costumes and underwear can bring bacteria into the cabins and stop or hinder the correct blood circulation.

can bring better into the capits and stop or hinder the correct blood circulation.

Children up to 16 years are not allowed to enter and use the saunas.

The use of shampoo, bubble baths or any kind of soap is interdiced. For this reason we addict to take a cleaning change in our we advice to take a cleaning shower in your room or in the showers indicated by our staff. After the sauna we recommend to wait for a couple of hours before showering with soap. A **cleaning shower** is not only a cause of discomfort and a source of undesired foam, but also deprives the skin of its natural defences, if taken after a natural sweating process.

Use a **towel or a bathrobe** in the relaxing areas as a sign of respect towards other

guests.
We kindly ask you to keep a lower tone in the rooms in order not to interrupt the privacy of the other guests.

Access to the Natatio area with a bathing

costume, slippers and a towel or bathrobe.

The Wellness-Farm treatments may be unsuitable in some cases. To take the most from the various treatments, please read the **instructions handed** by the Hotel Management.

Treatments are inadvisable for elderly people with heart or circulation disorders, for children and prognant women. The Hotel Management shall not be liable for any damage or discomfort occurred in the Wellness-Farm to guests not having

forwarded a medical certificate of ability. If you take a sauna for the first time, you are recommended to ask our staff for advices and to avoid strong changes of temperature.

towels

recommended

no

minutes

03

The use of mobile phones is not allowed. Smoking is also prohibited.

The circuits and times stated are indicative.

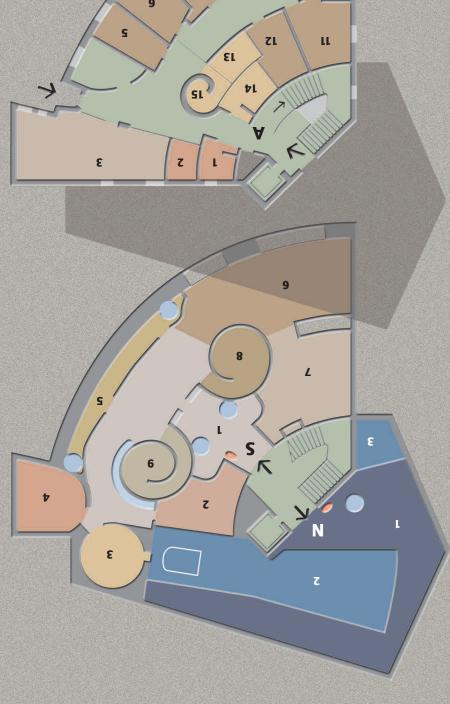
in our peaceful oasis. Yots gnixalor and traspold our offer. We wish you a sətəldunos səgassam to margord Jacuzzi". An extensive -trolmoX" sat ni slio larredte ovitatilaup dgid inoroffib diiw as milk, mineral and baths "Multi-Bath-Vitalis", as well

baths in the Dr. Jospeh Franz Dead Sea salt and Thalassic bum , beswass, said seiwe , yed individual advice. We offer treatments as well as for rol etesug ruo do Ineogeib sat ta si flats lanoisesforg bna Ayurvedic. Our experienced and Middle Eastern or such as Dr. Kneipp, Roman esirosat age enoirav no beend

tiuorio sifiosqe a ot bstosnnoo earth. Each element is of energy have been included: balance the five cyclical aspects To rediscover the primitive etnəməvom lautiriqe bənoitnəm. svoda sdt diw emin ruo sanil tnəmnovivnə ədt bna nəm petween men and nature or qidenoitalor tnatroqmi odt do

fire, water, wood, metal and

planning. The strong awareness odt ni indl geng Iens in the led us to include the Eastern balance. This object in view has varmi bna gnisd-llsw ,dimraw basic human needs: serenity, the intention to advance the The Centre was created with insight into the Wellness-Farm. un nol svig ot bespeld ern The Family Kostner and staff







15 reception Moor-pnissand Al 13 office

12 jacuzzi whirlpool

10 preparation room

beauty treatments

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A applications

looq s'nəvblidə

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namo mammed

*epidarium 39

aroma showers

°0e anuas Azinni?

shower/ disinfection for feet

musinosal 2

seunes s

neck-waterfall / whirpool

physiotherm, infrared sauna

frigidarium 12° / kneipp / cold shower

water stream / geyser / natatio / waterfall relax / shower / disinfection for feet

integral tan

EVEVV MELLNESS VLSOd.