

relaxing

fire

itinerary 1, time without applications on floor 0: 1.30 - 1.50

		towels	minutes
1	disinfection for feet > normal shower > frigidarium 12° <i>kneipp</i>	no	03
2	laconicum <i>cool and clean seats with shower</i> > normal shower <i>cold, if possible</i>	recommended	17
3	tepidarium 39° > normal shower > frigidarium 12° <i>bucket - kneipp</i>	yes	20
4	finnish sauna 90° > frigidarium 12° <i>ice - kneipp</i>	yes	10
floor 0 possible applications (<i>hey or swiss pine bath, essential oils bath, body and face massage</i>) <i>bathrobe</i>			
5	relax 32° <i>conversation - reading - water, tea or juice</i> > frigidarium 12° <i>kneipp</i>	yes	20
6	finnish sauna 90° > frigidarium 12° <i>bucket - ice or cold shower</i>	yes	07
7	tepidarium 39° <i>aromatherapy</i>	yes	15

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.

strengthening

water

itinerary 2, time without applications on floor 0: 2.00 - 2.15

		towels	minutes
1	disinfection for feet > normal shower > frigidarium 12° <i>kneipp</i>	no	03
2	hammam oman <i>cold water passage 15° - cool and clean seats with shower</i>	no	10
3	aroma shower > relax 32° <i>conversation - reading - music</i> > normal shower <i>warm</i>	yes	12
4	natatio (<i>bathing suit</i>) <i>jacuzzi whirlpool - neck-waterfalls - geyser - easy swimming - hot shower</i>	yes	10
5	relax 32° <i>water, tea or juice</i> > frigidarium 12° <i>bucket</i>	yes	05
6	calidarium <i>cool and clean seats with shower</i> > normal shower	no	10
floor 0 possible applications (<i>jacuzzi whirlpool, massage</i>) <i>shower - bathrobe</i>			
7	hammam oman <i>cold water passage 15° - cool and clean seats with shower</i> > aroma shower	no	10
8	tepidarium 39° <i>music</i> > frigidarium 12° <i>kneipp</i> > normal shower <i>warm</i>	yes	20
9	laconicum <i>cool and clean seats with shower</i> > frigidarium 12° <i>cold shower</i>	recommended	15
10	tepidarium 39° <i>music</i>	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.

stimulating

wood

itinerary 3, time without applications on floor 0: 1.30 - 1.45

		towels	minutes
1	disinfection for feet > normal shower > frigidarium 12° <i>kneipp</i>	no	03
2	tepidarium 39° <i>music - aromatherapy - water, tea or juice</i> > aroma shower	yes	15
3	laconicum <i>cool and clean seats with shower</i>	recommended	15
4	frigidarium 12° <i>kneipp</i>	no	03
5	relax 32° <i>conversation - water, tea or juice</i>	yes	20
floor 0 possible applications (<i>massages</i>) <i>bathrobe</i> > frigidarium 12° <i>kneipp</i>			
6	calidarium <i>cool and clean seats with shower</i> > frigidarium 12° <i>bucket - ice - kneipp</i>	no	10
7	tepidarium 39° <i>reading - tea</i>	yes	20
etage 0 recommended applications (<i>manicure - pedicure</i>)			

circuit according to dr. kneipp and roman bioclimatical application method.

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.

rebalancing

metal

itinerary 4, time without applications on floor 0: 1.45 - 1.55

		towels	minutes
1	disinfection for feet > frigidarium 12° <i>kneipp</i>	no	03
2	hammam oman <i>cold water passage 15° - cool and clean seats with shower</i> > aroma shower	no	10
3	natatio (<i>bathing suit</i>) <i>jacuzzi whirlpool - normal shower warm</i>	yes	10
4	tepidarium 39° <i>water, tea or juice - music</i> > normal shower <i>warm</i>	yes	20
5	laconicum <i>cool and clean seats with shower</i>	recommended	20
6	frigidarium 12° <i>kneipp - ice - bucket</i>	no	03
7	finnish sauna 90° > frigidarium 12° <i>shower</i>	yes	10
floor 0 possible applications (<i>jacuzzi whirlpool, massage, facial treatments</i>) <i>bathrobe</i>			
8	frigidarium 12° <i>kneipp - ice - bucket</i> > normal shower <i>warm</i>	no	03
9	tepidarium 39° <i>music - water, tea or juice</i> > frigidarium 12° <i>kneipp</i> > normal shower <i>warm</i>	yes	20

circuit according to the ancient ayurvedic 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.

complete

earth

itinerary 5, time without applications on floor 0: 2.30 - 2.45

		towels	minutes
1	disinfection for feet > normal shower <i>warm</i> > frigidarium 12° <i>kneipp</i>	yes	03
2	hammam oman <i>cold water passage 15° - cool and clean seats with shower</i> > aroma shower	no	15
3	tepidarium 39° <i>conversation - reading - music</i> > frigidarium 12° <i>ice - bucket</i>	yes	15
4	finnish sauna 90° > normal shower <i>hot</i>	yes	12
5	relax 32° <i>water, tea or juice</i> > frigidarium 12° <i>cold shower - bucket</i>	yes	15
6	calidarium <i>cool and clean seats with shower</i> > normal shower <i>warm or cold</i>	yes	15
floor 0 possible applications (<i>hey or swiss pine bath</i>) <i>bathrobe</i>			
7	hammam oman <i>cold water passage 15° - cool and clean seats with shower</i> > aroma shower	yes	10
8	tepidarium 39° <i>conversation - reading - music</i> > natatio (<i>bathing suit</i>)	yes	20
9	laconicum <i>cool and clean seats with shower</i> > normal shower <i>warm</i>	recommended	15
10	natatio (<i>bathing suit</i>) <i>jacuzzi whirlpool - neck-waterfalls - geyser - easy swimming</i> > normal shower <i>warm</i>	yes	10
11	tepidarium 39° <i>music</i>	yes	20

circuit according to the theories of dr. kneipp, roman bio climatic application, ayurvedic philosophy, middle eastern spa cultures wellas nordic methods for the stimulation of blood vessels with big temperature differences.

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.

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.
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 interdicted. For this reason 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 pregnant women.
The Hotel Management shall not be liable for any damage or discomfort occurred in the Wellness-Farm to guests not having

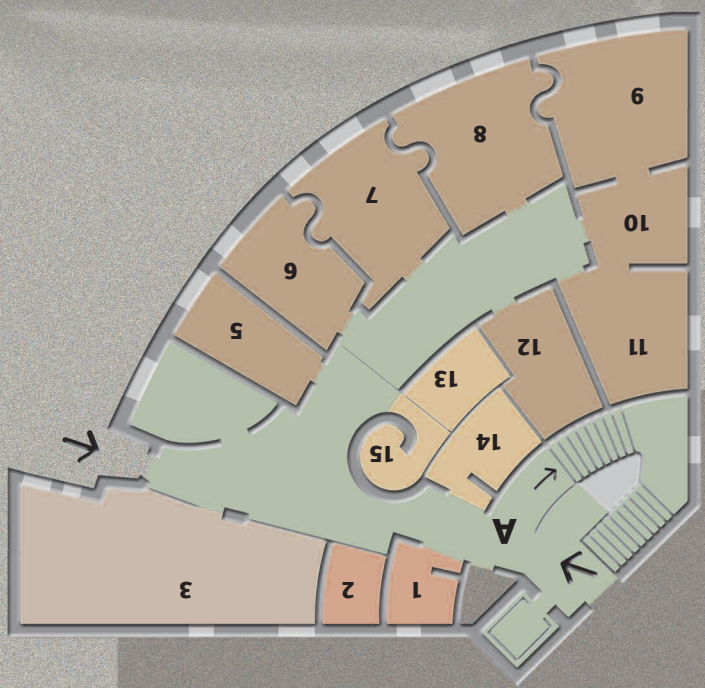
forwarded a medical certificate of ability. If you take a sauna for the first time, **you are recommended** to ask our staff for advices and to avoid strong changes of temperature.

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

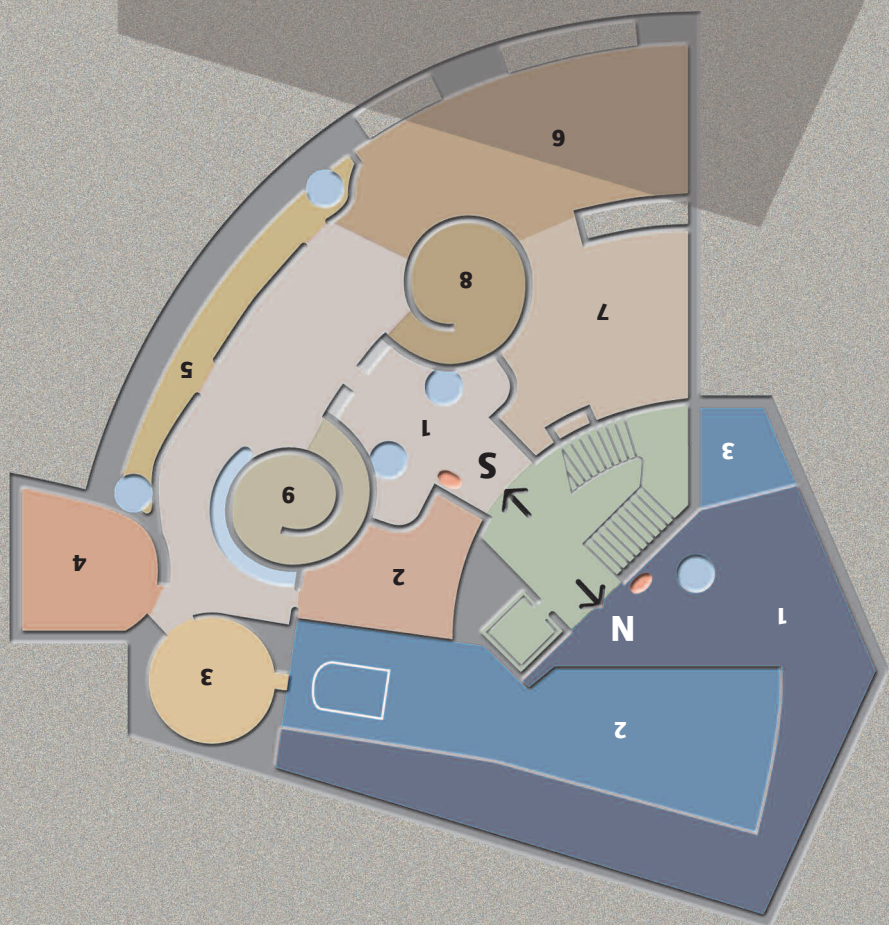
The circuits and times stated are indicative.



POSTA ZIRM WELLNESS FARM



- A applications**
- 1 face and décolleté solarium
 - 2 integral tan
 - 3 fitness
 - 5 massage
 - 6 massage
 - 7 beauty treatments
 - 8 massage
 - 9 hey and swiss pine bath "multi-bath-vitalis"
 - 10 preparation room
 - 11 relax room with water-beds
 - 12 jacuzzi whirlpool
 - 13 office
 - 14 dressing-room
 - 15 reception



- S saunas**
- 1 shower/disinfection for feet
 - 2 laconicum
 - 3 finnish sauna 90°
 - 4 frigidarium 12° / kneipp / cold shower
 - 5 aroma showers
 - 6 relax
 - 7 tepidarium 39°
 - 8 physiotherm, infrared sauna
 - 9 hammam oman
- N natatio**
- 1 relax / shower / disinfection for feet
 - 2 water stream / geyser / natatio / waterfall
 - 3 children's pool
 - neck-waterfall / whirlpool

The Family Kostner and staff are pleased to give you an insight into the Wellness-Farm. The Centre was created with the intention to advance the basic human needs: serenity, warmth, well-being and inner balance. This object in view has led us to include the Eastern philosophy of Feng Shui in the planning. The strong awareness of energy have been included: fire, water, wood, metal and earth. Each element is connected to a specific circuit of the important relationship between men and nature or men and the environment links our aims with the above mentioned spiritual movements. To rediscover the primitive balance the five cyclical aspects of energy have been included: treatments as well as for individual advice. We offer pleasant and relaxing stay in our peaceful oasis.

based on various spa theories such as Dr. Kneipp, Roman and Middle Eastern or Ayurvedic. Our experienced and professional staff is at the disposal of our guests for treatments as well as for individual advice. We offer pleasant and relaxing stay in our peaceful oasis.

"Multi-Bath-Vitalis", as well as milk, mineral and baths with different high qualitative etheral oils in the "Komfort-jacuzzi". An extensive program of massages completes our offer. We wish you a pleasant and relaxing stay in our peaceful oasis.