

## FINNISH SAUNA RITUAL

**Time: 15 min**

**Where: WHISK sauna**

**On Wednesdays at 15.00, 17.30, 20.00**

**FREE OF CHARGE**

During the ritual, the sauna temperature is gradually raised by throwing water on the stones, until high heat is reached. During the ritual, you can enjoy icy cool-down and whisking to stimulate your vascular system. Throw some water on the stones – it is good for your health!

*It is not possible to prebook a time for the Finnish sauna and aroma rituals.*

## AROMA RITUAL

**Time: 15 min**

**Where: WHISK sauna**

**On Thursdays at 15.00, 17.30, 20.00**

**FREE OF CHARGE**

During the ritual, you can sense different aromas that bring relaxation and help you forget about your daily worries. The aromas will pamper your senses and give you new vitality.

## PRIVATE WHISKING

**Time: 15 minutes**

**Where: WHISK sauna**

**On Wednesdays and Thursdays at 16.00, 16.45, 18.30, 19.15**

**Price: €12 for one, €20 for two**

**A maximum of 2 people at a time**

During the ritual, you can choose a whisk to your liking: oak, birch or juniper. The sauna master will whisk you on the sauna stage while introducing the peculiarities of a whisk and its benefits on the body.

***Booking: at the spa bar, at the spa receptionist or by the phone 440 1014***