

Thermal Spa Journey

Up to 3 hours " 60

Up to 1 hour with treatments " 25

Our unique collection of cool, warm and hot speciality cabins are designed to offer you intense relaxation while gently restoring vitality and balance to your body and mind . literally!

This sublimely relaxing experience will take you through varying degrees of heat by way of steam and dry air and differences in temperature and humidity to suit every individuals likes and needs. Salt and aromatherapy essence inhalation just adds to your true Thermal Spa experience, cleansing the lungs and respiratory system, softening hair and skin, brightening the eyes and general complexion while detoxifying and rejuvenating.

Laconium

Laconium is a relaxing environment with a striking central wall lighting feature. Laconium is a very mild heat bath to cleanse and detoxify the body. The cabin temperature is mild, around 55°C, and the humidity very low, between 20-30%. It produces a dry, relaxing environment that was a favourite with the Roman Patricians. This makes it an ideal starting point for the whole spa experience. The body heats up slowly and gently and you start to perspire leaving your skin tingling and feeling refreshed.

Salt Grotto

Salt Grotto steam room with a central crystal giving a meditative Roman bathing experience stimulating and promoting blood circulation and detoxification. It offers a steam treatment which stimulates the blood circulation and initiates a purifying and detoxifying process combined. Moderate heat 40-42° with 90-100 % high humidity with sea salts permanently infused into cabin essence benefiting the respiratory system and if allowed to crystallize on the skin, acts as a mild exfoliate.

Herbal Sauna

An elegantly constructed timber sauna in abachi wood used for the benches with spruce wood used on the walls and ceiling, trimmed in natural rustic kelo wood trim gives a warm and dry heat experience. The body heats up quickly, which induces perspiration and opens up the pores. Its dry intense heat 60-65° cleanses the body of impurities and is thought to enhance the body's immune defences as well as relieving stress. Senses are further heightened by the fragrant aromas of essential oils automatically infused into the atmosphere from three different naturally dried herbs and flowers defused from a elegantly tiled central stove feature.

Steam Room

The steam room with attractive glass mosaic tiles giving a perfect environment to overcome fatigue and assisting to strengthen our immune system and overcome anxiety. The body heats up gently and you will start perspiring in the steam which stimulates the blood circulation and initiates a cleansing and detoxifying process. The temperature in this cabin reaches 40-42° C and the humidity amounts to 90 - 100%.

Experience Showers

The experience showers with their snail shell wall design gives easy access to the triple water experiences. Experience shower has a multi sensor shower allowing one to smell aromas and have visual experience with the warm lighting while cool or

warm water refreshes the body. In the first experience shower you will find Tropical Rain. Surrender yourself to a warm tropical storm-like rain, drenching one with droplets from the shower head. An essence is released to give a true tropical feeling. Six side body massage jets produces a vigorous massage to give an overall feeling of well being for a healthy body.

Spike shower a forceful shower experience allowing one to get an overhead massage with large water droplets falling from above. The second experience shower includes cold spray mist, with six body massage shower heads and Thunder Rain. This is a refreshing and revitalising shower experience.

The cold spray mist shower along with the cool thunder rain shower helps to reduce body temperature between thermal treatments and eliminate toxins waste after thermal experience while cleansing the body. This allows one to have a multi sensor shower with natural essence, light mist, invigorating side massage and revitalizing thunder rain allowing cool water to refresh ones body.