OUR FACILITIES

IMMERSION AREA

The different immersion areas of our thermal circuit invite you to discover the power of water in its many forms.

The thermal water pool, the central element of the circuit, features underwater jets at different heights (feet, legs and back) as well as a swan neck, cervical waterfall, lumbar massage seats, a counter-current swimming jet and a water volcano emerging from the floor, creating a dynamic and revitalising experience.

The round thermal pool offers a different concept: an intimate and calm space designed for floating. With no jets and a lower temperature, its high salt concentration allows effortless floating, promoting deep relaxation and a pleasant thermal contrast.

Our thermal bathtubs, available for single or double use, reach higher temperatures and are designed for a more personalised experience. This 15 minute thermal bath is included in all treatments and requires prior reservation, as it is not part of the general thermal circuit.

*Wearing swimwear is compulsory in these areas.

SAUNA AND STEAM

Steam bath. An artificial cave with view to the exterior area. The thermal vapor is created by the impact of the water on the rocks and reaches a temperature of 36 to 39°C.

Finnish sauna. Dry heat, a temperature of 90°C and a relative humidity of 5-10%. Anti-inflammatory and relaxing effect, detoxification and muscle relaxation are supported.

*Wearing swimwear is compulsory in these areas. Please use a towel for hygienic reasons.

TONIFICATION AREA

Ice fountain. Fundamental to create a thermic contrast. Boost of the immune system, detoxification and release of endorphins.

Bucket shower. A true cascade of cold water that has a stimulating effect on the blood circulation and revives the muscles.

Shower of sensations. Revitalizing and relaxing at the same time. Stimulates the blood circulation.

*We recommend to enter the sauna with dry skin and to always keep an eye on the time. To make sure the sauna enfolds its full effect of well-being, it's important to alternate sessions of 15 minutes with resting or outdoor phases. It's recommendable to always start a session in the lower areas of the sauna and to change to the upper areas later. A good sauna visit includes 4 heat sessions of 15 minutes each followed by one cooling phase.

QUIET ROOM

A room where relaxation can fully expand: daylight and soft sandstone create a cosy and calm atmosphere.

WATER BEDS

An exclusive area with water beds that deepen the relaxing and recreational effects of a thermal bath in the healing mineral water.

EXTERIOR AREA

An area in a beautiful setting where you can relax in your lounger and enjoy the sun.
In our thermal bath, you'll find a selection of fresh seasonal fruit, dried fruit and infused water to hydrate your body and deliver new minerals.

GYM

In this room you'll find a treadmill, a cross trainer, a fitness bike, dumbbells, a rowing machine, yoga mats and pilates balls.

ACCESS TO THESE AREAS IS INCLUDED FOR OUR GUESTS.