



Awaken your senses with multisensory wellness experiences



THERME WELLNESS ACTIVITIES

Treat your body and mind to over 45 daily experiences designed to restore inner balance and shield your skin from thermal stress. From plant-based therapies and multisensory rituals to treatments that care for your skin and overall wellbeing, each session is crafted by specialists to help you feel your best right here, right now.

For improved posture and deep muscular release, explore our dedicated Postural Alignment programmes, powered by state-of-the-art body assessment and correction technology. All activities and therapies listed in this brochure are included in your admission fee.

THERME
B U C U R E Ş T I

Monday - Thursday

ELYSIUM 11:00	Liquid Gold	Provence	Skin Health	
THE PALM 11:30	Salt Ritual	Rainforest	Skin Health	
THE PALM 11:30	Water Aerobics check p. 6	Main Pool	Water activities	
ELYSIUM 12:00	Fruity Ice	Amazon	Respiratory Therapy	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin Health	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00-15:00	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 13:00	Minty Exploration	Bavaria	Respiratory Therapy	
ELYSIUM 13:00	K-Beauty (Women only)	Provence	Skin Health	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 14:00-17:00	Just Coffee	Amazon	Acclimation	
ELYSIUM 14:00	Aloe Regen	A Terra	Skin Health	
ELYSIUM 14:00	Shamanic Dreaming	Hollywood	Respiratory Therapy	
THE PALM 14:30	Foam Skincare	Rainforest	Skin Health	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 15:00	Cold Skincare	Provence	Skin Health	
ELYSIUM 15:00	Mineralis	Aegir	Skin Health	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	Acclimation	
ELYSIUM 15:30-16:00	Citrus Infusion	Ad Astra	Acclimation	
THE PALM 15:30	Salt Ritual	Rainforest	Skin Health	
ELYSIUM 16:00	Tea Bathing	Alhambra	Skin Health	
ELYSIUM 16:00	Blooming	Hollywood	Acclimation	
THE PALM 16:00	Postural Alignment	Main Pool	Water activities	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin Health	

THE PALM 16:30	Foam Skincare	Rainforest	Skin Health	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 17:00	Cold Skincare	Provence	Skin Health	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	Acclimation	
ELYSIUM 17:30-18:00	Herbal Infusion	A Terra	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 18:00	Freestyle Battle	Ad Astra	Acclimation	
ELYSIUM 18:00	Mineralis	Aegir	Skin Health	
ELYSIUM 18:30-19:00	Woody Infusion	Hollywood	Acclimation	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
THE PALM 18:30	Water Aerobics check p. 6	Main Pool	Water activities	
ELYSIUM 19:00	Desert Shrub	Alhambra	Skin Health	
ELYSIUM 19:00	Siberian Aufguss	Bavaria	Respiratory Therapy	
ELYSIUM 19:30-20:00	Drying Wood	A Terra	Respiratory Therapy	
THE PALM 19:30	Salt Ritual	Rainforest	Skin Health	
ELYSIUM 20:00	K-Beauty (Women only)	Provence	Skin Health	
ELYSIUM 20:00	Essential Chill	Amazon	Respiratory Therapy	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin Health	
ELYSIUM 20:30-21:00	Floral Infusion	Hollywood	Respiratory Therapy	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Silk Road	Alhambra	Acclimation	
ELYSIUM 21:00	Sirocco	Bavaria	Acclimation	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 22:00-22:30	Mint Infusion	Amazon	Respiratory Therapy	
ELYSIUM 22:00	Night Sky	Ad Astra	Acclimation	

Friday – Sunday

ELYSIUM 10:00	Liquid Gold	Provence	Skin Health	
ELYSIUM 11:00	Maur Saga	Alhambra	Skin Health	
THE PALM 11:30	Salt Ritual	Rainforest	Skin Health	
ELYSIUM 11:30-12:00	Mint Infusion	Hollywood	Respiratory Therapy	
ELYSIUM 11:30-12:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 12:00	Aloe Regen	A Terra	Skin Health	
ELYSIUM 12:00	Fruity Ice	Amazon	Respiratory Therapy	
THE PALM 12:30	Water Aerobics check p. 6	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin Health	
ELYSIUM 12:30-13:00	Floral Infusion	Alhambra	Respiratory Therapy	
ELYSIUM 13:00-16:00	Just Coffee	Amazon	Acclimation	
ELYSIUM 13:00	Scandinavian Rain	Bavaria	Acclimation	
ELYSIUM 13:00	Cold Skincare	Provence	Skin Health	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 13:30-14:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 14:00	Tea Bathing	Alhambra	Skin Health	
ELYSIUM 14:00	Blooming	Hollywood	Acclimation	
ELYSIUM 14:00	Mineralis	Aegir	Skin Health	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin Health	
THE PALM 14:30	Foam Skincare	Rainforest	Skin Health	
ELYSIUM 15:00	Minty Exploration	Bavaria	Respiratory Therapy	
ELYSIUM 15:00	K-Beauty (Women only)	Provence	Skin Health	
THE PALM 15:30	Salt Ritual	Rainforest	Skin Health	
THE PALM 15:30	Postural Alignment	Main Pool	Water activities	
ELYSIUM 15:30-16:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 16:00	Tonic (Men only)	Aegir	Skin Health	
ELYSIUM 16:00	Herbarium	A Terra	Respiratory Therapy	
ELYSIUM 16:00	Light Storm	Hollywood	Acclimation	

THE PALM 16:30	Foam Skincare	Rainforest	Skin Health	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin Health	
ELYSIUM 16:30-17:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 16:30-17:00	Botanical Infusion	Provence	Acclimation	
ELYSIUM 17:00-18:00	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 17:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 17:00	Siberian Aufguss	Bavaria	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 17:30-18:00	Woody Infusion	Hollywood	Acclimation	
ELYSIUM 17:30-18:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 18:00	Mineralis	Aegir	Skin Health	
ELYSIUM 18:00	Essential Chill	Amazon	Respiratory Therapy	
ELYSIUM 18:00	Cold Skincare	Provence	Skin Health	
GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin Health	
THE PALM 18:30	Water Aerobics check p. 6	Main Pool	Water activities	
ELYSIUM 18:30-19:00	Mint Infusion	Hollywood	Respiratory Therapy	
ELYSIUM 19:00	Desert Shrub	Alhambra	Skin Health	
ELYSIUM 19:00	Freestyle Battle	Ad Astra	Acclimation	
THE PALM 19:30	Salt Ritual	Rainforest	Skin Health	
ELYSIUM 19:30-20:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 19:30-20:00	Medicinal Herbs	Bavaria	Respiratory Therapy	
ELYSIUM 19:30-20:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 20:00	Mysterious Incense	A Terra	Acclimation	
ELYSIUM 20:00	Liquid Gold	Provence	Skin Health	
ELYSIUM 21:00	Rocky Mountains	Bavaria	Acclimation	
ELYSIUM 21:00	Night Sky	Ad Astra	Acclimation	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin Health	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	Respiratory Therapy	
ELYSIUM 21:30-22:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 22:00	Shamanic Dreaming	Hollywood	Respiratory Therapy	



DISCOVER THE THREE SAUNAS ON ELYSIUM TERRACE



Aegir Sauna
The Aegir Sauna is the newest sauna in Therme București, designed as a first-of-its-kind project by students from NTNU University in Norway.

Built entirely in Nordic wood and built to Scandinavian standards, it blends minimalist design with a unique therapeutic experience. Enjoy a temperature of 70°C, humidity below 10%, and a microclimate enriched with Dead Sea salt aerosols, nebulised to support easier breathing, relieve allergies, and promote skin regeneration. Just twenty minutes here is enough to feel the scientifically proven benefits for the whole body. It's an experience that fuses the power of nature with Nordic innovation: a sauna like no other.

WATER AEROBICS SCHEDULE

Monday, Wednesday

THE PALM 11:30	Aqua Kinetio	Main Pool	Water activities	
THE PALM 16:00	Postural Alignment	Main Pool	Water activities	
THE PALM 18:30	Aqua Gym	Main Pool	Water activities	

Tuesday, Thursday

THE PALM 11:30	Aqua Shape	Main Pool	Water activities	
THE PALM 16:00	Postural Alignment	Main Pool	Water activities	
THE PALM 18:30	Hydro Balance	Main Pool	Water activities	

Friday - Sunday

THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
THE PALM 15:30	Postural Alignment	Main Pool	Water activities	
THE PALM 18:30	Aqua Fun	Main Pool	Water activities	

A Terra Sauna

Reconnect with nature in A Terra Sauna where tradition meets simplicity.



At over 70°C and a comfortable humidity of 30-40%, this sauna delivers deep relaxation with herb-infused rituals and panoramic views from the Elysium terrace. Rooted in natural elements and ancient practices, it's the perfect space to unwind, ground yourself, and breathe easy.



Ad Astra Sauna

From Earth to the stars in just a few steps. Ad Astra takes you on a sensory journey through heat, light, and sound.

With immersive Aufguss sessions using essential oils and ultra-dry air at 85°C, stress melts away with every deep breath. Recharge your mind, body, and soul while gazing out over the serene Elysium terrace.

Breathe easy

Relax and feel the immediate benefits to your respiratory system. Inhale the soothing scents of mint, cinnamon, and healing herbs known to open airways and improve oxygen flow. The anti-inflammatory and anti-allergenic properties of our essential oils help ease allergy symptoms and enhance lung capacity.

Get your skin summer-ready

Give your skin the best defence against thermal stress. Enjoy natural scrubs and plant-based treatments designed to keep your skin strong, healthy, and radiant throughout the season.

Thermal stress recovery treatments

Prepare your body for temperature extremes. Explore a wide range of daily rituals enriched with the healing powers of native medicinal plants, created to boost your natural resilience and your state of wellbeing.

Wellness Insider

Discover the Wellness Insider program and find out the real state of your body with the help of the most advanced postural and metabolic assessments. You receive clear recommendations for wellness activities in the daily schedule, depending on your goal: mobility, beauty or wellbeing. Available every Tuesday and Wednesday.

Wellness Insider is not included in the access ticket.