

SAUNA Fest

7-27 October

**Program săptămâna 7-13 oct.
Schedule for week 7-13 Oct.**



Mai mult decât un festival.

Mai mult decât o experiență de saună.

More than just a festival.

More than just a sauna experience.

Therme București te invită să trăiești peste 500 de spectacole în cadrul celui mai mare festival cu experiențe în saună din lume! Bucură-te de un show multisenzorial complet alături de peste 80 dintre cei mai buni Maeștri Aufguss internaționali.

Therme București invites you to enjoy over 500 performances at the world's largest festival of sauna experiences! Immerse yourself in a full multisensory journey with more than 80 of the best international Aufguss Masters.

www.therme.ro

THERME
BUCUREȘTI

#SaunaFest2024

Descoperă beneficiile spectacolelor în saună susținute la peste 70°C, create special pentru ca tu să te simți bine aici și acum. Toate experiențele Sauna Fest sunt incluse în biletul de acces pentru zona Elysium.

Specialiști din peste 18 țări se reunesc la Therme pentru a-ți oferi momente memorabile în saună. Ai ocazia rară de a face "Ice Bathing" cu Unbounded din Canada sau "Bathe in Nature", o experiență aparte alături de Jobi Manson din Statele Unite ale Americii.

Ritualul Aufguss este creat de un Maestru Aufguss care folosește bulgări de gheață și combinații unice de uleiuri esențiale naturale pentru crearea vaporilor de apă, apoi, prin mișcări spectaculoase din prosop (sau steag, după caz) distribuie aburul către participanții la saună. Rezultatul este o experiență senzorială desăvârșită, benefică pentru minte și corp.

Dacă ești la prima ta experiență Sauna Fest, îți urăm bun venit și să te bucuri din plin de fiecare moment petrecut în saună alături de specialiști și terapeuți din toate colțurile lumii.

Va fi epic!

* Activitățile prezentate în acest material sunt disponibile doar în cadrul Sauna Fest 2024.

Vezi programul complet de activități zilnice pe therme.ro și în aplicația **myTherme**.

#SaunaFest2024

Discover the benefits of sauna shows performed at over 70°C, specially crafted to help you feel your best every moment. All Sauna Fest experiences are included in the entry ticket for the Elysium area.

Experts from more than 18 countries are gathering at Therme to offer you unforgettable moments in the sauna. Don't miss the rare opportunity to try "Ice Bathing" with Unbounded from Canada or "Bathe in Nature," an exceptional experience led by Jobi Manson from the USA.

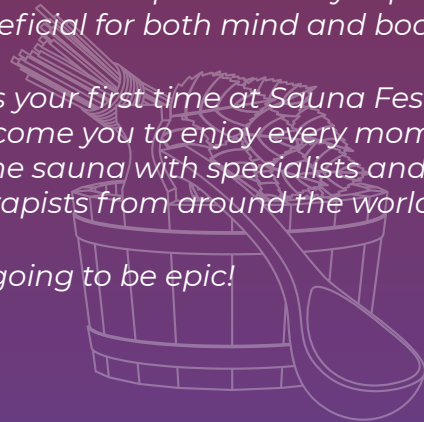
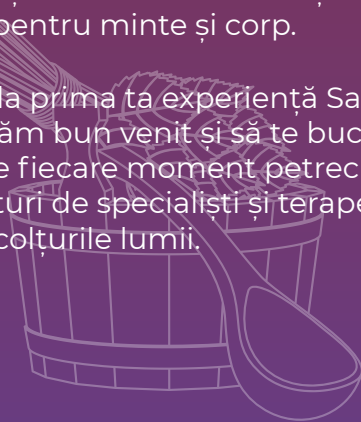
The Aufguss ritual is brought to life by an Aufguss Master, who uses ice balls and unique blends of natural essential oils to create steam. Then, through spectacular movements with a towel (or flag), they distribute the steam to sauna participants. The result is a complete sensory experience, beneficial for both mind and body.

If it's your first time at Sauna Fest, we welcome you to enjoy every moment in the sauna with specialists and therapists from around the world.

It's going to be epic!

* The activities highlighted in this material are available exclusively during Sauna Fest 2024.

For the full daily activities schedule, visit therme.ro or check out the **myTherme** app.



SĂPTĂMÂNA 1 7-13 oct.

WEEK 1



Romania



Andrei Șerban

- *Magic Aufguss*
- *Do Not Forget*



Elena Balica & Carmen Iacob

- *Noroc*
- *2nd Chance*



Diana Boamfă

- *Simulation of a Broken Heart*



Alexandra Drilea & Alexandru Hogeș

- *Eschimoo*



Andrei Șerban & Carmen Iacob

- *Romeo & Juliet*



Elena Balica & Rareș Matei

- *La Casa de Papel*



Adrian Manolache

- *My Signature*

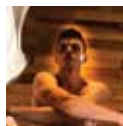


Andreea Broștiuc

- *Harriet Tubman*
- *Married at 18?*



Czech Republic – Sauna Masters



Mark Badura

- *If it is Not Impossible*
- *Split*



Adela Cervena

- *Be like Water*



Barbora Tarabcová

- *Avatar - Nothing is Lost*



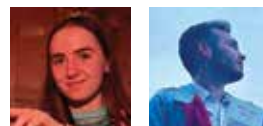
Patrik Toman

- *The Little Prince*



Adela Cervena & Mark Badura

- *H.E.R*



Barbora Tarabcová & Patrik Toman

- *Present Moment*

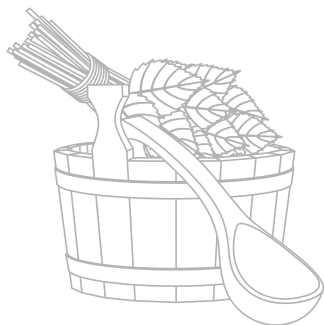


Ukraine



Georgii Kopylov

- *Valhalla's Reach*
- *Asgard after Ragnarok*
- *The Ritual*



SĂPTĂMÂNA 1

WEEK 1

7-13 oct.

Belgium – Sauna Wizards



Yvan Fermyn

- *Whisk Ritual*
- *A Moment to Relax*



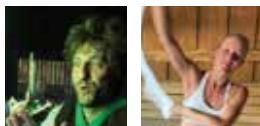
Katrijn Van Uytvanck

- *Folk*
- *Back in time*



Alex Radaman

- *Love & Life*
- *Cinderelloo*
- *Mr. Unstoppable*



Alex Radaman & Katrijn Van Uytvanck

- *Barbie & Ken*

Japan



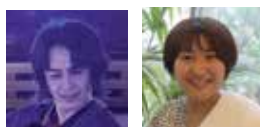
Yujiro Otsuka

- *Kagura*



Nozomi Nagira

- *Japan Travel*



Yujiro Otsuka & Nozomi Nagira

- *Shugendo Ritual*
- *Matsuri*

Belgium



Bart de Backer & Nathan Pruvoost

- *Sweat Another Day*
- *Back to Nature*
- *The 6th Day*

Germany – Therme Euskirchen



Anita Barian

- *Circus Circus*



Anita Barian & Doreen Josten

- *2 Witches*

Germany



Lennart Kloß

- *Crossover*
- *Blast*
- *Free*

Denmark & Germany – Team Bear



Kim P. Pedersen

- *Nordic Whisking*
- *Tales from the North*
- *Nordic Dreams*



Rasmus Bæk Thomsen

- *Battle*
- *15th Century*
- *The Greatest Showman*
- *Viking*



René Hoppstock

- *Vitalian Symphonie*
- *Faust's Tragic Pact*
- *Fun with Towels*

SĂPTĂMÎNA 1 7-13 oct.

WEEK 1



Netherlands – Happy Aufguss



Djuri Reijnen & Charlotte Reijnen & Davey van Keulen & Shannon Kooistra & Iris Boerman & Joes Hermsen

- *80's Love!*
- *Let's Go to Movies*
- *The Tale of the Three Brothers*



Iris Boerman & Shannon Kooistra

- *Dreaming*



Shannon Kooistra & Iris Boerman & Djuri Reijnen

- *Alchemist Unleashed*



Shannon Kooistra

- *Light of the Seven*



Davey van Keulen

- *Plaguedoctor*



Joes Hermsen

- *Japanese Dream*



Iris Boerman & Djuri Reijnen

- *Shadows of the Bayou*
- *Bad Romance*



Italy



Michael Niedermair

- *Make it Happen*
- *7even*
- *Time*



Poland



Katarzyna Klajn

- *Black Swan*
- *Ann*













Bosnia and Herzegovina



Indir Kurdic

- *Bosnia meets Bucharest*
- *Oriental Night*
- *Vikings*
- *Black Forest Party*

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	The Little Prince by Patrik Toman / CZ	Provence	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Water Aerobics	Main Pool	
ELYSIUM 12:00	Folk by Katrijn Van Uytvanck / BE	Alhambra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30	Halo Mint	Himalaya	
ELYSIUM 13:00	Whisk Ritual by Yvan Fermyn / BE	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	
ELYSIUM 13:30	Back in Time by Katrijn Van Uytvanck / BE	Provence	
ELYSIUM 14:00	Love & Life by Alex Radaman / BE	Alhambra	
ELYSIUM 14:00	Present Moment by Barbora Tarabcová & Patrik Toman / CZ	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Valhalla's Reach by Georgii Kopylov / UA	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30	A Moment to Relax by Yvan Fermyn / BE	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
ELYSIUM 16:00	Cinderelloo by Alex Radaman / BE	Hollywood	
ELYSIUM 16:30	Halo Mint	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Be Like Water by Adéla Cervená / CZ	Provence	


ELYSIUM 17:00	Asgard After Ragnarok by Georgii Kopylov / UA	Bavaria	
ELYSIUM 17:30	If it is Not Impossible by Mark Badura / CZ	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Avatar – Nothing is Lost by Barbora Tarabcová / CZ	Amazon	
ELYSIUM 18:00	Mysterious Incense	Alhambra	
THE PALM 18:30	Water Aerobics	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Magic Aufguss by Andrei Șerban / RO	Bavaria	
ELYSIUM 19:00	Mr. Unstoppable by Alex Radaman / BE	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	H.E.R by Adéla Cervená & Mark Badura / CZ	Hollywood	
ELYSIUM 20:00	The Ritual by Georgii Kopylov / UA	Alhambra	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	Barbie & Ken by Alex Radaman & Katrijn Van Uytvanck / BE	Provence	
ELYSIUM 21:00	Noroc by Elena Balica & Carmen Iacob / RO	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	



ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Valhalla's Reach <i>by Georgii Kopylov / UA</i>	Provence	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Water Aerobics	Main Pool	
ELYSIUM 12:00	Silk Road	Alhambra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Herbarium Aufguss	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	
ELYSIUM 13:30	Back in Time <i>by Katrijn Van Uytvanck / BE</i>	Provence	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:00	H.E.R <i>by Adéla Cervená & Mark Badura / CZ</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Barbie & Ken <i>by Alex Radaman & Katrijn Van Uytvanck / BE</i>	Provence	
ELYSIUM 15:30	Magic Aufguss <i>by Andrei Șerban / RO</i>	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30	The Ritual <i>by Georgii Kopylov / UA</i>	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
ELYSIUM 16:00	Present Moment <i>by Barbora Tarabcová & Patrik Toman / CZ</i>	Hollywood	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Split <i>by Mark Badura / CZ</i>	Provence	

ELYSIUM 17:00	Asgard After Ragnarok <i>by Georgii Kopylov / UA</i>	Bavaria	
ELYSIUM 17:30	2nd Chance <i>by Elena Balica & Carmen Iacob / RO</i>	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Avatar – Nothing is Lost <i>by Barbora Tarabcová / CZ</i>	Amazon	
ELYSIUM 18:00	A Moment to Relax <i>by Yvan Fermyn / BE</i>	Alhambra	
THE PALM 18:30	Water Aerobics	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Noroc <i>by Elena Balica & Carmen Iacob / RO</i>	Bavaria	
ELYSIUM 19:00	Be Like Water <i>by Adéla Cervená / CZ</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	If it is Not Impossible <i>by Mark Badura / CZ</i>	Hollywood	
ELYSIUM 20:00	Maur Saga	Alhambra	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	The Little Prince <i>by Patrik Toman / CZ</i>	Provence	
ELYSIUM 21:00	Whisk Ritual <i>by Yvan Fermyn / BE</i>	Bavaria	
ELYSIUM 21:30	Folk <i>by Katrijn Van Uytvanck / BE</i>	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	






















ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Valhalla's Reach <i>by Georgii Kopylov / UA</i>	Provence	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Water Aerobics	Main Pool	
ELYSIUM 12:00	Cinderello <i>by Alex Radaman / BE</i>	Hollywood	
THE PALM 12:00	Silk Road	Alhambra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Whisk Ritual <i>by Yvan Fermyn / BE</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 13:30	Kagura <i>by Yujiro Otsuka / JP</i>	Amazon	
ELYSIUM 13:30	The Little Prince <i>by Patrik Toman / CZ</i>	Provence	
ELYSIUM 14:00	Avatar – Nothing is Lost <i>by Barbora Tarabcová / CZ</i>	Amazon	
ELYSIUM 14:00	Folk <i>by Katrijn Van Uytvanck / BE</i>	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Mr. Unstoppable <i>by Alex Radaman</i>	Provence	
ELYSIUM 15:30	Asgard After Ragnarok <i>by Georgii Kopylov / UA</i>	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30	Shugendo Ritual <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
ELYSIUM 16:00	Present Moment <i>by Barbora Tarabcová & Patrik Toman / CZ</i>	Hollywood	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	

GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Bosnia Meets Bucharest <i>by Indir Kurdic / BIH</i>	Provence	
ELYSIUM 17:00	Magic Aufguss <i>by Andrei Șerban / RO</i>	Bavaria	
ELYSIUM 17:30	H.E.R <i>by Adéla Cervená & Mark Badura / CZ</i>	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Circus Circus <i>by Anita Barian / DE</i>	Amazon	
ELYSIUM 18:00	A Moment to Relax <i>by Yvan Fermyn / BE</i>	Alhambra	
THE PALM 18:30	Water Aerobics	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Crossover <i>by Lennart Kloß / DE</i>	Bavaria	
ELYSIUM 19:00	Matsuri <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	If it is Not Impossible <i>by Mark Badura / CZ</i>	Hollywood	
ELYSIUM 20:00	The Ritual <i>by Georgii Kopylov / UA</i>	Alhambra	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	Barbie & Ken <i>by Alex Radaman & Katrijn Van Uytvanck / BE</i>	Provence	
ELYSIUM 21:00	2 Witches <i>by Anita Barian & Doreen Josten / DE</i>	Bavaria	
ELYSIUM 21:30	Oriental Night <i>by Indir Kurdic / BIH</i>	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Blast <i>by Lennart Kloß / DE</i>	Amazon	



ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Split by Mark Badura / CZ	Provence	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Water Aerobics	Main Pool	
ELYSIUM 12:00	Japan Travel by Nozomi Nagira / JP	Alhambra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Battle by Rasmus Thomsen / DK	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 13:30	Avatar – Nothing is Lost by Barbora Tarabcová / CZ	Amazon	
ELYSIUM 13:30	The Little Prince by Patrik Toman / CZ	Provence	
ELYSIUM 14:00	H.E.R by Adéla Cervená & Mark Badura / CZ	Hollywood	
ELYSIUM 14:00	Shugendo Ritual by Yujiro Otsuka & Nozomi Nagira / JP	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Bosnia Meets Bucharest by Indir Kurdic / BIH	Provence	
ELYSIUM 15:30	Nordik Whiskying by Kim P. Pedersen / DK	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30	Spice Bazaar	Alhambra	
ELYSIUM 16:00	Circus Circus by Anita Barian / DE	Amazon	
ELYSIUM 16:00	15th Century by Rasmus Thomsen / DK	Hollywood	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Japanese Dream by Joes Hermesen / NL	Provence	

ELYSIUM 17:00	Tales from the North by Kim P. Pedersen / DK	Bavaria	
ELYSIUM 17:30	Plaguedoctor by Davey van Keulen / NL	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Vikings by Indir Kurdic / BIH	Amazon	
ELYSIUM 18:00	Light of the Seven by Shannon Kooistra / NL	Alhambra	
THE PALM 18:30	Water Aerobics	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Crossover by Lennart Kloß / DE	Bavaria	
ELYSIUM 19:00	Matsuri by Yujiro Otsuka & Nozomi Nagira / JP	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Shadows of the Bayou by Iris Boerman & Djuri Reijnen / NL	Hollywood	
ELYSIUM 20:00	Oriental Night by Indir Kurdic / BIH	Amazon	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	The Greatest Showman by Rasmus Thomsen / DK	Provence	
ELYSIUM 21:00	2 Witches by Anita Barian & Doreen Josten / DE	Bavaria	
ELYSIUM 21:30	Free by Lennart Kloß / DE	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Kagura by Yujiro Otsuka / JP	Amazon	













ELYSIUM 10:00	Oriental Morning	Alhambra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Bosnia Meets Bucharest <i>by Indir Kurdic / BIH</i>	Provence	
ELYSIUM 11:30	Crossover <i>by Lennart Kloß / DE</i>	Bavaria	
ELYSIUM 11:30	Vitalian Symphonie <i>by René Hoppstock / DE</i>	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Circus Circus <i>by Anita Barian / DE</i>	Amazon	
ELYSIUM 12:00	Plaguedoctor <i>by Davey van Keulen / NL</i>	Hollywood	
THE PALM 12:30	Water Aerobics	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Black Forest Party <i>by Indir Kurdic / BIH</i>	Bavaria	
ELYSIUM 13:00	Japanese Dream <i>by Joes Hermsen / NL</i>	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Alchemist Unleashed <i>by Shannon Kooistra & Iris Boerman & Djuri Reijnen / NL</i>	Hollywood	
ELYSIUM 14:00	Blast <i>by Lennart Kloß / DE</i>	Amazon	
ELYSIUM 14:00	Japan Travel <i>by Nozomi Nagira / JP</i>	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Faust's Tragic Pact <i>by René Hoppstock / DE</i>	Provence	
ELYSIUM 15:00	Battle <i>by Rasmus Thomsen / DK</i>	Bavaria	

THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Nordik Whiskying <i>by Kim P. Pedersen / DK</i>	E Terra	
ELYSIUM 16:00	Light of the Seven <i>by Shannon Kooistra / NL</i>	Alhambra	
ELYSIUM 16:00	Herbarium Aufguss	Amazon	
ELYSIUM 16:00	Aufguss Show	Hollywood	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	
ELYSIUM 17:00	Simulation of a Broken Heart <i>by Diana Boamfä / RO</i>	Bavaria	
ELYSIUM 17:00	The Greatest Showman <i>by Rasmus Thomsen / DK</i>	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 17:30	Eschimoo <i>by Alexandra Drilea & Alex Hogeä / RO</i>	Hollywood	
ELYSIUM 18:00	Bad Romance <i>by Iris Boerman & Djuri Reijnen / NL</i>	Ad Astra	
ELYSIUM 18:00	Shugendo Ritual <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Alhambra	
ELYSIUM 18:00	Fun with Towels <i>by René Hoppstock / DE</i>	Amazon	
THE PALM 18:30	Water Aerobics	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Sweat Another Day <i>by Bart De Backer & Nathan Pruvoost / BE</i>	Provence	
ELYSIUM 19:00	Nordic Dreams <i>by Kim P. Pedersen / DK</i>	E Terra	
ELYSIUM 19:00	Precious Wood	Bavaria	
ELYSIUM 19:30	15th Century <i>by Rasmus Thomsen / DK</i>	Hollywood	

SAUNA FEST

Vineri / Friday



11 oct.

THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Mysterious Incense	Alhambra	
ELYSIUM 20:00	80's Love! <i>by Team Happy Aufguss / NL</i>	Ad Astra	SAUNA 
ELYSIUM 20:00	Equilibrium	Amazon	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	Matsuri <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Provence	SAUNA 
ELYSIUM 21:00	Tales from the North <i>by Kim P. Pedersen / DK</i>	Bavaria	SAUNA 
ELYSIUM 21:30	Dreaming <i>by Iris Boerman & Shannon Kooistra / NL</i>	Amazon	SAUNA 
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Maur Saga	Alhambra	

SAUNA FEST

Sâmbătă / Saturday

12 oct.

ELYSIUM 10:00	Japan Travel <i>by Nozomi Nagira / JP</i>	Alhambra	SAUNA 
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Black Swan <i>by Katarzyna Klajn / PL</i>	Provence	SAUNA 
ELYSIUM 11:30	Tales from the North <i>by Kim P. Pedersen / DK</i>	Bavaria	SAUNA 
ELYSIUM 11:30	Vitalian Symphonie <i>by René Hoppstock / DE</i>	Alhambra	SAUNA 
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Viking <i>by Rasmus Thomsen / DK</i>	E Terra	SAUNA 
ELYSIUM 12:00	Plaguedoctor <i>by Davey van Keulen / NL</i>	Hollywood	SAUNA 
THE PALM 12:30	Water Aerobics	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Let's Go to Movies <i>by Team Happy Aufguss / NL</i>	Bavaria	SAUNA 
ELYSIUM 13:00	Make it Happen <i>by Michael Niedermair / IT</i>	Ad Astra	SAUNA 
ELYSIUM 13:00	Matsuri <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Provence	SAUNA 
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Alchemist Unleashed <i>by Shannon Kooistra & Iris Boerman & Djuri Reijnen / NL</i>	Hollywood	SAUNA 
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Silk Road	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	

















 Aufguss  Infusion  Scrub & Face Mask  Water activities

GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Romeo & Juliet <i>by Andrei Șerban & Carmen Iacob / RO</i>	Ad Astra	
ELYSIUM 15:00	7even <i>by Michael Niedermair / IT</i>	Provence	
ELYSIUM 15:00	Back to Nature <i>by Bart De Backer & Nathan Pruvoost / BE</i>	E Terra	
ELYSIUM 15:00	Scandinavian Rain	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00-16:30	Spicy Infusion	Alhambra	
ELYSIUM 16:00	Kagura <i>by Yujiro Otsuka / JP</i>	Amazon	
ELYSIUM 16:00	The Tale of the Three Brothers <i>by Team Happy Aufguss / NL</i>	Hollywood	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	
ELYSIUM 17:00	La Casa de Papel <i>by Elena Balica & Rareș Matei / RO</i>	Bavaria	
ELYSIUM 17:00	Faust's Tragic Pact <i>by René Hoppstock / DE</i>	Ad Astra	
ELYSIUM 17:00	Japanese Dream <i>by Joes Hermsen / NL</i>	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 17:30	Shadows of the Bayou <i>by Iris Boerman & Djuri Reijnen / NL</i>	Hollywood	
ELYSIUM 18:00	Shugendo Ritual <i>by Yujiro Otsuka & Nozomi Nagira / JP</i>	Alhambra	
ELYSIUM 18:00	Nordic Whisking <i>by Kim P. Pedersen / DK</i>	E Terra	
ELYSIUM 18:00	Essential Chill	Amazon	
THE PALM 18:30	Water Aerobics	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	

ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Ann <i>by Katarzyna Klajn / PL</i>	Provence	
ELYSIUM 19:00	The 6th Day <i>by Bart De Backer & Nathan Pruvoost / BE</i>	Ad Astra	
ELYSIUM 19:00	Noroc <i>by Elena Balica & Carmen Iacob / RO</i>	Bavaria	
ELYSIUM 19:30	15th Century <i>by Rasmus Thomsen / DK</i>	Hollywood	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Light of the Seven <i>by Shannon Kooistra / NL</i>	Alhambra	
ELYSIUM 20:00	Fun with Towels <i>by René Hoppstock / DE</i>	Amazon	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	Nordic Dreams <i>by Kim P. Pedersen / DK</i>	E Terra	
ELYSIUM 21:00	Sweat Another Day <i>by Bart De Backer & Nathan Pruvoost / BE</i>	Provence	
ELYSIUM 21:00	Battle <i>by Rasmus Thomsen / DK</i>	Bavaria	
ELYSIUM 21:30	Dreaming <i>by Iris Boerman & Shannon Kooistra / NL</i>	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Maur Saga	Alhambra	



ELYSIUM 10:00	Light of the Seven <i>by Shannon Kooistra / NL</i>	Alhambra	SAUNA 
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Japanese Dream <i>by Joes Hermsen / NL</i>	Provence	SAUNA 
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:00	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Alchemist Unleashed <i>by Shannon Kooistra & Iris Boerman & Djuri Reijnen / NL</i>	Hollywood	SAUNA 
ELYSIUM 12:00	Back to Nature <i>by Bart De Backer & Nathan Pruvost / BE</i>	E Terra	SAUNA 
THE PALM 12:30	Water Aerobics	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Halo Mint	Himalaya	
ELYSIUM 13:00	Tales from the North <i>by Kim P. Pedersen / DK</i>	Bavaria	SAUNA 
ELYSIUM 13:00	Black Swan <i>by Katarzyna Klajn / PL</i>	Provence	SAUNA 
ELYSIUM 13:00	Harriet Tubman <i>by Andreea Broștiuc / RO</i>	Ad Astra	SAUNA 
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	The Tale of the Three Brothers <i>by Team Happy Aufguss / NL</i>	Hollywood	SAUNA 
ELYSIUM 14:00	Kagura <i>by Yujiro Otsuka / JP</i>	Amazon	SAUNA 
ELYSIUM 14:00	Silk Road	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	

ELYSIUM 15:00	Sweet Another Day <i>by Bart De Backer & Nathan Pruvost / BE</i>	Provence	SAUNA 
ELYSIUM 15:00	Scandinavian Rain	Bavaria	
ELYSIUM 15:00	Make it Happen <i>by Michael Niedermair / IT</i>	Ad Astra	SAUNA 
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Japan Travel <i>by Nozomi Nagira / JP</i>	Alhambra	SAUNA 
ELYSIUM 16:00	Herbarium Aufguss	Amazon	
ELYSIUM 16:00	2nd Chance <i>by Elena Balica & Carmen Iacob / RO</i>	Hollywood	SAUNA 
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Halo Mint	Himalaya	
ELYSIUM 17:00	Simulation of a Broken Heart <i>by Diana Boamfă / RO</i>	Bavaria	SAUNA 
ELYSIUM 17:00	Ann <i>by Katarzyna Klajn / PL</i>	Provence	SAUNA 
ELYSIUM 17:00	The 6th Day <i>by Bart De Backer & Nathan Pruvost / BE</i>	Ad Astra	SAUNA 
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 17:30	Married at 18? <i>by Andreea Broștiuc / RO</i>	Hollywood	SAUNA 
ELYSIUM 18:00	Mystery Bazaar	Alhambra	
ELYSIUM 18:00	Essential Chill	Amazon	
ELYSIUM 18:00	Nordic Whisking <i>by Kim P. Pedersen / DK</i>	E Terra	SAUNA 
THE PALM 18:30	Water Aerobics	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	My Signature <i>by Adrian Manolache / RO</i>	Provence	SAUNA 



SAUNA FEST

Duminică / Sunday

13 oct.

ELYSIUM 19:00	La Casa de Papel by Elena Balica & Rareș Matei / RO	Bavaria	
ELYSIUM 19:00	Time by Michael Niedermair / IT	Ad Astra	
ELYSIUM 19:30	Do not forget by Andrei Șerban / RO	Hollywood	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Shugendo Ritual by Yujiro Otsuka & Nozomi Nagira / JP	Alhambra	
ELYSIUM 20:00	Equilibrium	Amazon	
ELYSIUM 20:30-21:00	Halo Mint	Himalaya	
ELYSIUM 21:00	7even by Michael Niedermair / IT	Provence	
ELYSIUM 21:00	Magic Aufguss by Andrei Șerban / RO	Bavaria	
ELYSIUM 21:00	Nordic Dreams by Kim P. Pedersen / DK	E Terra	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Maur Saga	Alhambra	

Scanează codul QR și nu rata show-urile tale preferate în saună.

Experiența Sauna Fest continuă până pe 27 octombrie, cu sute de spectacole memorabile și experiențe unice, precum “Ice Bathing” cu Unbounded din Canada sau “Bathe in Nature” alături de Jobi Manson din SUA – o sesiune de meditație senzorială ghidată pentru reconectarea cu sine și natura înconjurătoare.



Scan the QR code and don't miss your favourite sauna shows.

The Sauna Fest experience continues until 27th October, with hundreds of memorable performances and unique experiences, including ‘Ice Bathing’ with Unbounded from Canada or ‘Bathe in Nature’ with Jobi Manson from the USA – a guided sensory meditation session for reconnecting with yourself and the surrounding nature.



CITIȚI REGULAMENTUL ȘI INSTRUCȚIUNILE DE UTILIZARE A SAUNELOR ÎNAINTE DE A INTRA

- Temperatura diferă de la o saună la alta.
- Ședintele trebuie limitate la 10, maximum 15 minute.
- Dacă aveți stări de amețeață, moleșeață, greață sau insuficiență respiratorie, părăsiți sauna imediat.
- Folosiți dușul atât înainte, cât și după sesiunea de saună.
- Nu intrați în saună cu accesorii și bijuterii din metal, ochelari sau lentile de contact.
- Nu folosiți sauna decât după minimum o oră de la ultima masă.
- După sesiunea de saună, reduceți temperatura corpului treptat. Începeți cu terasa, unde puteți respira aer proaspăt. Apoi, faceți un duș rece, începând cu extremitățile corpului, pentru stimularea circulației. Pentru că dușul rece făcut prea repede după ieșirea din saună poate reprezenta un șoc pentru organism, acesta se face pe propria răspundere.
- Evitați să faceți efort pentru cel puțin 15 minute după ce ați ieșit din saună.

NU UTILIZAȚI SAUNA DACĂ:

- Aveți angină pectorală, tensiune arterială mică, bătăi anormale ale inimii, tulburări de ritm, dacă ați suferit de infarct miocardic sau afecțiuni coronariene.
- Suferiți de alte condiții medicale de risc mare precum: blocaj renal, deficiențe ale ficatului, tulburări cardiace.
- Vă simțiți rău, leșinați ușor, suferiți de oboseală cronică, epilepsie sau atacuri de panică sau luați medicamente ce previn transpirația corpului.
- Sunteți însărcinată, la menstruație, sunteți sub influența băuturilor alcoolice, a stimulentei, narcoticelor sau tranchilizantelor.

READ THE SAUNA-RELATED RECOMMENDATIONS & REGULATIONS BEFORE ENTERING THE SAUNA

- Temperatures and humidity vary from one sauna to another.
- A sauna session should be limited to 10, 15 minutes maximum.
- If you have nausea, sickness, or respiratory difficulties, please leave the sauna immediately. Prolonged exposure to high temperatures can have side effects and it may induce fainting.
- Use the shower both before and after your sauna session.
- Do not enter the sauna with accessories and metal jewellery, glasses or contact lenses.
- Do not use the sauna until at least one hour after the last meal.
- Cool down gradually after a sauna session. Start with a walk on the terrace where you can breathe fresh air, and your respiratory system will return to its normal temperature. Then take a cold shower, starting with the extremities of your body - cold showers stimulate blood flow. Do not take a cold shower immediately after a sauna session, because it can put the body into shock. You are fully responsible for the use of the cold shower.
- Avoid exercising for at least 15 minutes after leaving the sauna.

DO NOT USE THE SAUNA IF YOU:

- Have angina, low or high blood pressure, arrhythmia, or if you have suffered a stroke or coronary complications.
- Suffer from other high-risk medical conditions like renal blockage, liver problems, or heart complaints.
- Feel sick, faint easily, suffer from chronic fatigue, epilepsy, panic attacks, or take medicines that inhibit perspiration.
- Are pregnant, menstruating, or under the influence of alcohol, stimulants, narcotics or tranquillisers.

Descarcă aplicația **myTherme** și transformă experiența Sauna Fest 2024 în puncte Zen și avantaje pentru tine.



*Download the **myTherme** app and turn the Sauna Fest 2024 experience into Zen points and benefits for you.*





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