

SAUNA[∞] Fest

5-25 OCTOMBRIE

Program 05-25oct.
Schedule 05-25 Oct.

**Trăiește spectacolul simțurilor
la intensitate maximă!**

**Immerse your senses in a
spectacle of pure intensity!**

- Peste 800 de spectacole și experiențe unice
- 100+ Maeștri Aufguss din 29 de țări
- Sauna Village & terapie ghidată Cold Plunge
- Stand-up în saună, muzică live & experiențe speciale

-
- Over 800 unique shows and experiences
 - 100+ Aufguss Masters from 29 countries
 - Sauna Village and guided Cold Plunge sessions
 - Stand-up comedy in the sauna, live music, and special experiences

Descoperă arta stării de bine la cea de-a 8-a ediție Sauna Fest!

Bine ai venit la cel mai mare festival din lume dedicat spectacolului în saună! **Între 5 și 25 octombrie**, la **Therme București** teatrul, muzica, costumele și arta mănuirii prosopului se contopesc natural la peste 70°C.

Timp de 21 de zile consecutive, **peste 100 de Maeștri Aufguss internaționali** din 29 de țări își unesc energia pentru a-ți oferi peste 800 de show-uri multisenzoriale de neuitat. Un spectacol te va purta prin povești adânci, altul te va face să râzi cu poftă, iar altul îți va dăruir pur și simplu 15 minute de liniște deplină. Ediția din acest an aduce spectacole de stand-up comedy la peste 70°C, teatru imersiv olfactiv cu proiecții vizuale, dans contemporan, muzică live a cappella, ateliere de teatru și creație pentru copii în zona Galaxy Relax și un meniu special inspirat din gastronomia nordică.

În plus, **între 16-25 octombrie**, pe plaja Sands of Therme te bucuri și de **Sauna Village**, cel mai mare spațiu din România unde poți testa saune de la cei mai mari producători locali și internaționali. De asemenea, nu rata sesiunile ghidate **Cold Plunge** menite să-ți reactiveze starea naturală de bine.

Toate momentele sunt incluse în biletul de acces pentru zona Elysium. Accesul la show-uri se face cu 15 minute înainte (sauna se eliberează pentru pregătiri), în limita locurilor disponibile.

Aufguss: 15 minute de reset total

Dacă este prima ta întâlnire cu Sauna Fest, pregătește-te pentru o experiență care îți va schimba definitiv percepția despre saună. Un spectacol de Aufguss este o operă de artă live: un Maestru Aufguss folosește bulgări de gheață cu uleiuri esențiale naturale, recuzită, costume și regie muzicală. Prin mișcări din prosop sau steag orchestrate cu măiestrie, Maestrul Aufguss distribuie aerul cald participanților la show. Rezultatul? Un moment teatral multisenzorial desăvârșit, pe care îl trăiești prin fiecare por.

La sfârșitul zilei, dincolo de spectacole, teatru și muzică, Sauna Fest este despre acel moment rar în care timpul pare că se oprește în loc doar pentru tine și începi din nou să simți. Vii pentru show-uri și pleci acasă mai ușor, mai liniștit, mai tu.

Relaxare plăcută și experiențe memorabile!

* Activitățile prezentate în acest material sunt disponibile doar în cadrul Sauna Fest 2026. Vezi programul complet de activități zilnice pe therme.ro și în aplicația **myTherme**.

Discover the art of wellbeing at the 8th edition of Sauna Fest!

Welcome to the world's largest festival dedicated to the art of sauna shows! **From 5 to 25 October**, theatre, music, costumes, and the art of towel waving merge naturally at over 70°C at **Therme București**.

For 21 consecutive days, **over 100 international Aufguss Masters** from 29 countries join forces to bring you more than 800 unforgettable multisensory shows. One performance will sweep you up in deep storytelling, another will have you laughing out loud, while another will simply give you 15 minutes of pure peace. This year's edition introduces stand-up comedy at over 70°C, immersive scent theatre with visual projections, contemporary dance, live a cappella music, theatre and creative workshops for children in the Galaxy Relax area, and a special menu inspired by Nordic cuisine.

What's more, **from 16 to 25 October** on the Sands of Therme beach, you can also enjoy the **Sauna Village**, Romania's largest venue where you can try out saunas from top local and international manufacturers. Be sure not to miss the guided **Cold Plunge** sessions either, designed to reactivate your natural sense of wellbeing.

All experiences are included in your Elysium area admission ticket. Access to the shows starts 15 minutes before showtime (the sauna is cleared beforehand for preparations), subject to availability.

Aufguss: 15 minutes of total reset

If this is your first time at Sauna Fest, prepare yourself for an experience that will permanently change how you view saunas. An Aufguss show is a live work of art: an Aufguss Master uses ice balls infused with natural essential oils, props, costumes, and music direction. Through expertly orchestrated movements with towels or flags, the Aufguss Master distributes the warm air to everyone in the sauna. The result? A complete multisensory theatrical performance that you feel through every single pore.

At the end of the day, regardless of the shows, theatre, and music, Sauna Fest is about that rare moment when time seems to stand still just for you and you begin to feel again. You come for the shows and leave feeling lighter, calmer, and more like yourself.

Enjoy and may you have an unforgettable Sauna Fest experience!

* The activities highlighted in this material are available exclusively during Sauna Fest 2026. For the full daily activities schedule, visit therme.ro or check out the **myTherme** app.

Theatre of scent

Când parfumul devine spectacol imersiv. În premieră la Sauna Fest 2026, Therme și casa românească de parfumerie **Necalli** prezintă **THEATRE OF SCENT**, un concept artistic în care sauna devine scenă poveștii de creație a unui parfum. În Hollywood Sauna, singura saună-cinema din România, teatrul, video design-ul creat de artistul vizual Tony Macpela, muzica, lumina și ritualul Aufguss se întâlnesc la peste 60°C. Aici vei face parte din poveste, o trăiești, o respiri și o simți pe propria piele.

Stand-up și dans

Comedie la temperaturi înalte și dans. George Tănase, primul comediant român care a susținut un show de stand-up în saună, revine pe scenă pentru o nouă porție de râs la peste 60°C. În paralel, în sauna Provence, spectacolul **HEAT IN MOTION** îl aduce pe performerul Ryan Pavel într-o fuziune explozivă de breaking și dans contemporan, realizată alături de un Maestru Aufguss.

A capella by Octagroove

Muzică pură și armonie vocală. Fondat de Ioana Pînzariu, compozitor, profesor și doctor în muzică, centrul de arte **OctaGroove** a revoluționat educația muzicală din România, ducând tinerii artiști pe scene din peste 15 țări. La Sauna Fest 2026, OctaGroove transformă sauna într-un templu al sunetului prin momente imersive a cappella, pentru o experiență acustică rară.

Theatre of scent

When fragrance becomes an immersive performance. For the first time ever at Sauna Fest 2026, Therme and the Romanian perfume house **Necalli** present **THEATRE OF SCENT**, an artistic concept where the sauna becomes the stage for the creation story of a perfume. In the Hollywood Sauna, Romania's only cinema sauna, theatre, video design created by visual artist Tony Macpela, music, light, and the Aufguss ritual meet at over 60°C. Here, you will become part of the story, living it, breathing it, and feeling it on your very skin.

Stand-up and dance

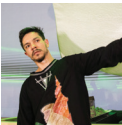
Comedy at soaring temperatures and dance. George Tănase, the first Romanian comedian to perform stand-up comedy in a sauna, returns to the stage for another healthy dose of laughter at over 60°C. Meanwhile, in the Provence sauna, the **HEAT IN MOTION** show features performer Ryan Pavel in an explosive fusion of breaking and contemporary dance, brought to life alongside an Aufguss Master.

A cappella by Octagroove

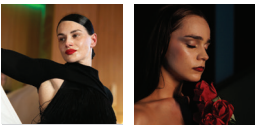
Pure music and vocal harmony. Founded by Ioana Pinzariu, composer, teacher, and holder of a PhD in music, the **OctaGroove** arts centre has revolutionised music education in Romania, taking young artists to stages in more than 15 countries. At Sauna Fest 2026, OctaGroove transforms the sauna into a temple of sound through immersive a cappella performances for a rare acoustic experience.



Adrian Manolache
• *The Mask*



Andrei Șerban
• *My Style*
• *Soul Society*



Elena Balica & Vanesa Slota
• *The Silent Twins*



Liviu Lubene
• *Atma*
• *Manase*



Mihai Ciusă
• *Story of a Man*



Gabriel Acrivopol
• *Return to the Fire*



Andreea Broștiuc
• *Nordic Spirit*



Carmen Iacob
• *From Love, to Me*



Elena Balica
• *Delusion*



Petronela Ungureanu
• *Morărița*
• *Reflection*



Mara Gane
• *K-Pop Aufguss*



Izabela Olteanu
• *Cinderella 2.0*



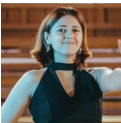
Alexandra Dragomirescu
• *Kupala*
• *Mulan*



Rareș Matei
• *Freestyle*
• *Nea Marin Miliardar*
• *Break from the Show*



Vanesa Slota
• *Audrey*



Alexandra Panduru
• *Jalovec*
• *Okiku*



George Tanase
• *Stand-up Comedy*



Necalli & Tony Macpela
• *Azad*
• *Narcis*



Alex Hoge & Gabriel Acrivopol
• *Yabba Dabba Heat*



Petronela Ungureanu & Rareș Matei
• *La Casa de Papel*



Roxana Oprea
• *Behind the Spotlight*



Ryan Pavel
• *Heat in Motion*



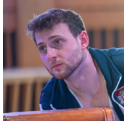
OctaGroove & Ioana Pinzariu
• *Live Music*

SĂPTĂMÂNA 1 WEEK 1

5-11 oct.

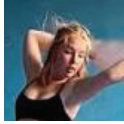


Czech Republic



Lukáš Kopecký

- *Stargazing*
- *Before the Silence of Hammelin*
- *Never Back Down*
- *Far Away*

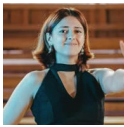
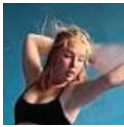


Zuzana Spáková

- *Carmen*
- *Gerdan*



Czech Republic & Romania



Zuzana Spáková & Alexandra Panduru

- *Burning Strings*
- *Captain of the Ship*



Denmark



Niklas Dolleris

- *Blood & Dust*
- *Happy*
- *Golden Touch*
- *Brain Off*



Kim Pedersen

- *Breath of the North*
- *Nordic Heat*
- *That Time of Day*
- *Spirit of Japan*



Poland



Łukasz Dłużniewski

- *Sadhu*
- *Slavic Breath and Voice*
- *Orenda*
- *Par Fume*



Doriss Stefańska

- *The Role*
- *Cycle of the Day*
- *Spirit of the Slavs*



Germany



Carlos Fritsch

- *Ragnarok*
- *Ghost*
- *System of Down*



Theresa Pfahler

- *"En Pointe" – Find your own style*
- *Melody of the Steamclock*



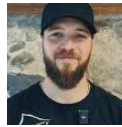
Darnell Memed

- *Free the Beat*



Anton Ziegler

- *Opinions*
- *Africa's Awakening*
- *Dreams*
- *Symphony of Voices and Emotions*

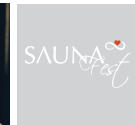
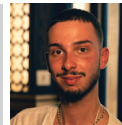


Kevin Reuschling

- *Disney Rock*
- *Freestyle*
- *Healing Art of the Orient*



Germany & Argentina



Theresa Pfahler, Carlos Fritsch, Darnell Memed, Laura Baulo

- *Bavarian Party*



Argentina



Laura Baulo

- *Breath in the Nature*
- *Sweet Halloween*

SĂPTĂMÎNA 15-11 oct.
WEEK 1

 Hungary



József Zsiga

- *Working Class Man*
- *The Judge*
- *Blind Love*



Nikolett Kuhn

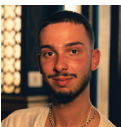
- *African Heart*
- *Bubble*
- *Waves*
- *I'm Just a Girl*



Daniel Egri

- *Special Occasion*
- *Desert Beats*
- *Slow Motion - MC*
- *After Dark*

 Hungary & Germany



József Zsiga & Darnell Memed

- *Back to the Future*

 Italy



Alex Cancian

- *Freestyle in Paris*
- *The Curse of the Pirate Stove*
- *A Night at the Club*

 USA



TJ Lupo

- *Heart Full of Love*
- *Fear of Growth*
- *The Last Cure*

 United Kingdom



Chandler Fox

- *Fire*
- *Commander Fox*
- *Summer Time*



Dan Lawson

- *Up Beat*
- *Magic Aufguss*



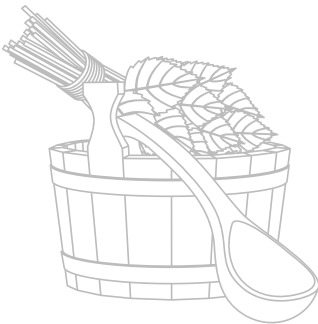
Dan Lawson & Chandler Fox

- *Boy Band*



Hannah Goodger

- *The Towel and the Orchestra*
- *Dear Diary*
- *Confessions of a Sauna Rookie*



ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Silk Road	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Stargazing by Lukas / CZ	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Yabba Dabba Heat by Alex & Gabriel / RO	Provence	
ELYSIUM 13:00	Siberian Aufguss	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00-14:30	Earthy Flavor	A Terra	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:30-15:00	Citrus Infusion	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Atma by Liviu / RO	A Terra	
ELYSIUM 15:00	Mineralis	Aegir	
ELYSIUM 15:00	Before the Silence of Hammelin by Lukas / CZ	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	

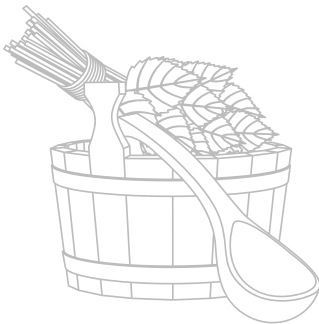
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Behind the Spotlight by Roxana / RO	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Never Back Down by Lukas / CZ	Ad Astra	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Soul Society by Andrei / RO	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	From Love, to Me by Carmen / RO	A Terra	
ELYSIUM 18:00	Cocha Cashu	Amazon	
ELYSIUM 18:00	Dalchini	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Blood & Dust by Niklas / DK	Ad Astra	
ELYSIUM 19:00	Rocky Mountains	Bavaria	
ELYSIUM 19:00	Kupala by Alexandra / RO	Provence	

SAUNA FEST

Luni / Monday

5 oct.

THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Smoke Ritual	A Terra	
ELYSIUM 20:00	Manase by Liviu / RO	Alhambra	
ELYSIUM 20:00-20:30	Woody Infusion	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	K-Pop Aufguss by Mara / RO	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Happy by Niklas / DK	Amazon	



SAUNA FEST

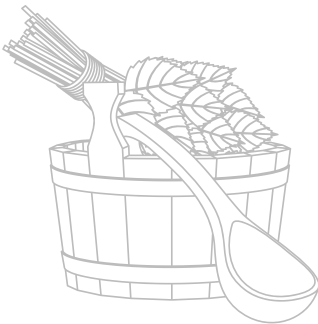
Martți / Tuesday

6 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Silk Road	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	Blood & Dust by Niklas / DK	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Sadhu by Łukasz / PL	Provence	
ELYSIUM 13:00	Morărița by Petronela / RO	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00-14:30	Earthy Flavor	A Terra	
ELYSIUM 14:00	Freestyle by Rareș / RO	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:30-15:00	Citrus Infusion	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Far Away by Lukas / CZ	A Terra	
ELYSIUM 15:00	Ragnarok by Carlos / DE	Aegir	
ELYSIUM 15:00	Free the Beat by Darnell / DE	Provence	
ELYSIUM 15:30-14:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	

ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Working Class Man by József / HU	Amazon	
ELYSIUM 16:00	Golden Touch by Niklas / DK	Hollywood	
ELYSIUM 16:00	Breath in the Nature by Laura / AR	Alhambra	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Never Back Down by Lukas / CZ	Ad Astra	
ELYSIUM 17:00	Cinderella 2.0 by Izabela / RO	Provence	
ELYSIUM 17:00	Slavic Breath and Voice by Łukasz / PL	Aegir	
ELYSIUM 17:00	La Casa de Papel by Petronela & Rareş / RO	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Back to the Future by József / HU & Darnell / DE	Hollywood	
ELYSIUM 18:00	From Love, to Me by Carmen / RO	A Terra	
ELYSIUM 18:00	Happy by Niklas / DK	Amazon	
ELYSIUM 18:00	“En Pointe” – Find your own style by Theresa / DE	Alhambra	
THE PALM 18:30	Hydro Balance	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Sweet Halloween by Laura / AR	Ad Astra	
ELYSIUM 19:00	Orenda by Łukasz / PL	Bavaria	

ELYSIUM 19:00	Before the Silence of Hammelin by Lukas / CZ	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Manase by Liviu / RO	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	Ghost by Carlos / DE	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	The Judge by József / HU	Provence	
ELYSIUM 21:00	Bavarian Party by Theresa / DE, by Laura / AR, Carlos / DE, Darnell / DE	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	Breath in the Nature by Laura / AR	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Never Back Down by Lukas / CZ	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Free the Beat by Darnell / DE	Provence	
ELYSIUM 13:00	System of Down by Carlos / DE	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Happy by Niklas / DK	Amazon	
ELYSIUM 14:00	“En Pointe” – Find your own style by Theresa / DE	Alhambra	
ELYSIUM 14:00-14:30	Citrus Infusion	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Herbarium	A Terra	
ELYSIUM 15:00	Ragnarok by Carlos / DE	Aegir	
ELYSIUM 15:00	Opinions by Anton / DE	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	

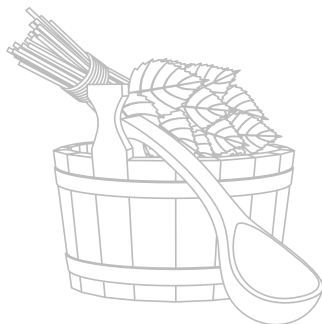
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Freestyle by Rareş / RO	Amazon	
ELYSIUM 16:00	Back to the Future by József / HU & Darnell / DE	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Delusion by Elena / RO	Provence	
ELYSIUM 17:00	Slavic Breath and Voice by Lukasz / PL	Aegir	
ELYSIUM 17:00	Blood & Dust by Niklas / DK	Ad Astra	
ELYSIUM 17:00	Bavarian Party by Theresa / DE, by Laura / AR, Carlos / DE, Darnell / DE	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	The Role by Doriss / PL	Hollywood	
ELYSIUM 18:00	Africa's Awakening by Anton / DE	A Terra	
ELYSIUM 18:00	Working Class Man by József / HU	Amazon	
ELYSIUM 18:00	Reflection by Petronela / RO	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Melody of the Steamclock by Theresa / DE	Ad Astra	
ELYSIUM 19:00	Nordic Spirit by Andreea / RO	Bavaria	
ELYSIUM 19:00	Sadhu by Lukasz / PL	Provence	

SAUNA FEST

Miercuri / Wednesday

7 oct.

THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	From Love, to Me by Carmen / RO	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	Ghost by Carlos / DE	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Brain Off by Niklas / DK	Aegir	
ELYSIUM 21:00	Cycle of the Day by Doriss / PL	Provence	
ELYSIUM 21:00	Orenda by Łukasz / PL	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	



SAUNA FEST

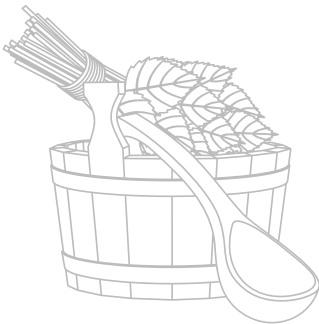
Joi / Thursday

8 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	“En Pointe” – Find your own style by Theresa / DE	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	Sweet Halloween by Laura / AR	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Free the Beat by Darnell / DE	Provence	
ELYSIUM 13:00	System of Dawn by Carlos / DE	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Breathe in Nature by Laura / AR	Alhambra	
ELYSIUM 14:00	Atma by Liviu / RO	A Terra	
ELYSIUM 14:00	Back to the Future by József / HU & Darnell / DE	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Breath of the North by Kim / DK	Aegir	
ELYSIUM 15:00	Par Fume by Łukasz / PL	Provence	
ELYSIUM 15:00	Bavarian Party by Theresa / DE, by Laura / AR, Carlos / DE, Darnell / DE	Bavaria	

THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Freestyle by Rareș / RO	Amazon	
ELYSIUM 16:00	Ghost by Carlos / DE	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Mulan by Alexandra / RO	Ad Astra	
ELYSIUM 17:00	Opinions by Anton / DE	Provence	
ELYSIUM 17:00	Spirit of the Slavs by Doriss / PL	Aegir	
ELYSIUM 17:00	Orenda by Łukasz / PL	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Break from the Show by Rareș / RO	A Terra	
ELYSIUM 18:00	Working Class Man by József / HU	Amazon	
ELYSIUM 18:00	Dalchini	Alhambra	
ELYSIUM 18:00	The Role by Doriss / PL	Hollywood	
THE PALM 18:30	Hydro Balance	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Dreams by Anton / DE	Ad Astra	
ELYSIUM 19:00	Nordic Heat by Kim / DK	Bavaria	

ELYSIUM 19:00	Sadhu by Łukasz / PL	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Symphony of Voices and Emotions by Anton / DE	A Terra	
ELYSIUM 20:00	Reflection by Petronela / RO	Alhambra	
ELYSIUM 20:00	Azad by Necalli / RO	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Cycle of the Day by Doriss / PL	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30	That Time of Day by Kim / DK	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	



ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Dreams by Anton / DE	Ad Astra	
ELYSIUM 11:00	Cycle of the Day by Doriss / PL	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Back to the Future by József / HU	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Nordic Spirit by Andreea / RO	Bavaria	
ELYSIUM 13:00	Africa's Awakening by Anton / DE	A Terra	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	African Heart by Nikolett / HU	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Narcis by Necalli / RO	Hollywood	
ELYSIUM 14:00	Working Class Man by József / HU	Amazon	
ELYSIUM 14:00	Special Occasion by Daniel / HU	Ad Astra	

ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Atma by Liviu / RO	A Terra	
ELYSIUM 15:00	Kupala by Alexandra / RO	Provence	
ELYSIUM 15:00	Spirit of the Slavs by Doriss / PL	Aegir	
ELYSIUM 15:00	Bubble by Nikolett / HU	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	That Time of Day by Kim / DK	Alhambra	
ELYSIUM 16:00	Freestyle in Paris by Alex / IT	Amazon	
ELYSIUM 16:00	Behind the Spotlight by Roxana / RO	Hollywood	
ELYSIUM 16:00	Blind Love by József / HU	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Disney Rock by Kevin / DE	Bavaria	
ELYSIUM 17:00	Waves by Nikolett / HU	A Terra	
ELYSIUM 17:00	Audrey by Vanesa / RO	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Breath of the North by Kim / DK	Aegir	



Aufguss



Infusion



Scrub & Face Mask



Water activities

SAUNA FEST

Vineri / Friday

9 oct.

ELYSIUM 18:00	The Role <i>by Doriss / PL</i>	Hollywood	
ELYSIUM 18:00	Desert Beats <i>by Daniel / HU</i>	Alhambra	
ELYSIUM 18:00	Cocha Cashu	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	The Curse of the Pirate Stove <i>by Alex / IT</i>	Ad Astra	
ELYSIUM 19:00	Nea Marin Miliardar <i>by Rareș / RO</i>	Provence	
ELYSIUM 19:00	Return to the Fire <i>by Gabriel / RO</i>	Bavaria	
ELYSIUM 19:00	Freestyle <i>by Kevin / DE</i>	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	Azad <i>by Necalli / RO</i>	Hollywood	
ELYSIUM 20:00	Slow Motion - MC <i>by Daniel / HU</i>	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	A Night at the Club <i>by Alex / IT</i>	Provence	
ELYSIUM 21:00	Nordic Heat <i>by Kim / DK</i>	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Healing Art of the Orient <i>by Kevin / DE</i>	Ad Astra	

SAUNA FEST

Sâmbătă / Saturday

10 oct.

ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	I'm Just a Girl <i>by Nikolett / HU</i>	Ad Astra	
ELYSIUM 11:00	Story of a Man <i>by Mihai / RO</i>	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Desert Beats <i>by Daniel / HU</i>	Alhambra	
ELYSIUM 12:00	Freestyle <i>by Kevin / DE</i>	Amazon	
ELYSIUM 12:00	Boy Band <i>by Dan & Chandler / UK</i>	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Rocky Mountains	Bavaria	
ELYSIUM 13:00	Breath of the North <i>by Kim / DK</i>	Aegir	
ELYSIUM 13:00	Jalovec <i>by Alexandra P. / RO</i>	A Terra	
ELYSIUM 13:00	Carmen <i>by Zuzana / CZ</i>	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	The Mask <i>by Adrian / RO</i>	Hollywood	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	The Curse of the Pirate Stove <i>by Alex / IT</i>	Ad Astra	

ELYSIUM 14:00	The Towel and the Orchestra by Hannah / UK	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Gerdan by Zuzana / CZ	A Terra	
ELYSIUM 15:00	After Dark by Daniel / HU	Provence	
ELYSIUM 15:00	Fire by Chandler / UK	Aegir	
ELYSIUM 15:00	Nordic Heat by Kim / DK	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Oriental Time	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	Heat in Motion by Ryan / RO	Provence	
ELYSIUM 16:00	Narcis by Necalli / RO	Hollywood	
ELYSIUM 16:00	Healing Art of the Orient by Kevin / DE	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
ELYSIUM 17:00	Dear Diary by Hannah / UK	A Terra	
ELYSIUM 17:00	African Heart by Nikolett / HU	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Leacuri	Aegir	
ELYSIUM 18:00	The Silent Twins by Elena & Vanesa / RO	Hollywood	

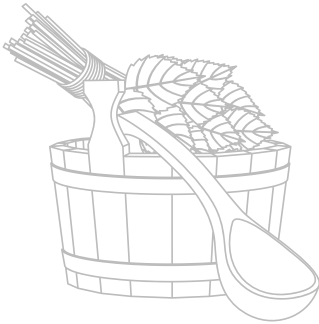
ELYSIUM 18:00	Spirit of Japan by Kim / DK	Alhambra	
ELYSIUM 18:00	Freestyle in Paris by Alex / IT	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Special Occasion by Daniel / HU	Ad Astra	
ELYSIUM 19:00	Burning Strings by Zuzana / CZ & Alexandra P. / RO	Provence	
ELYSIUM 19:00	Disney Rock by Kevin / DE	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Commander Fox by Chandler / UK	Hollywood	
ELYSIUM 20:00	Up Beat by Dan / UK	Alhambra	
ELYSIUM 20:00	Waves by Nikolett / HU	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	A Night at the Club by Alex / IT	Provence	
ELYSIUM 21:00	Return to the Fire by Gabriel / RO	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Captain of the Ship by Zuzana / CZ & Alexandra P. / RO	Ad Astra	
ELYSIUM 22:00	Confessions of a Sauna Rookie by Hannah / UK	Hollywood	

ELYSIUM 10:00	Spirit of Japan <i>by Kim / DK</i>	Alhambra	
ELYSIUM 10:00	Healing Art of the Orient <i>by Kevin / DE</i>	Ad Astra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	African Heart <i>by Nikolett / HU</i>	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Desert Beats <i>by Daniel / HU</i>	Alhambra	
ELYSIUM 12:00	The Curse of the Pirate Stove <i>by Alex / IT</i>	Ad Astra	
ELYSIUM 12:00	Commander Fox <i>by Chandler / UK</i>	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Nordic Heat <i>by Kim / DK</i>	Bavaria	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	Dear Diary <i>by Hannah / UK</i>	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Boy Band <i>by Hannah / UK</i>	Hollywood	

ELYSIUM 14:00	Freestyle <i>by Kevin / DE</i>	Amazon	
ELYSIUM 14:00	Captain of the Ship <i>by Zuzana / CZ & Alexandra P. / RO</i>	Ad Astra	
ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Waves <i>by Nikolett / HU</i>	A Terra	
ELYSIUM 15:00	Heart Full of Love <i>by TJ Lupo / USA</i>	Provence	
ELYSIUM 15:00	Breath of the North <i>by Kim / DK</i>	Aegir	
ELYSIUM 15:00	Disney Rock <i>by Kevin / DE</i>	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Up Beat <i>by Chandler / UK</i>	Alhambra	
ELYSIUM 16:00	Freestyle in Paris <i>by Alex / IT</i>	Amazon	
ELYSIUM 16:00	Confessions of a Sauna Rookie <i>by Hannah / UK</i>	Hollywood	
ELYSIUM 16:00	Special Occasion <i>by Daniel / HU</i>	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Fear of Growth <i>by TJ Lupo / USA</i>	Bavaria	

ELYSIUM 17:00	Herbarium	A Terra	
ELYSIUM 17:00	Stand-up Comedy by George Tanase / RO	Hollywood	
ELYSIUM 17:00	Burning Strings by Zuzana / CZ & Alexandra P. / RO	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Leacuri	Aegir	
ELYSIUM 18:00	Live Music by OctaGroove	Hollywood	
ELYSIUM 18:00	The Towel and the Ochestra by Hannah / UK	Alhambra	
ELYSIUM 18:00	Summer Time by Chandler / UK	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	I'm Just a Girl by Nikolett / HU	Ad Astra	
ELYSIUM 19:00	After Dark by Daniel / HU	Provence	
ELYSIUM 19:00	My Style by Andrei / RO	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	The Last Cure by TJ Lupo / USA	Hollywood	
ELYSIUM 20:00	Gerdan by Zuzana / CZ	A Terra	

ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Magic Aufguss by Chandler / UK	Provence	
ELYSIUM 21:00	Return to the Fire by Gabriel / RO	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Okiku by Alexandra P. / RO	Ad Astra	



Theatre of scent

Când parfumul devine spectacol imersiv. În premieră la Sauna Fest 2026, Therme și casa românească de parfumerie **Necalli** prezintă **THEATRE OF SCENT**, un concept artistic în care sauna devine scenă poveștii de creație a unui parfum. În Hollywood Sauna, singura saună-cinema din România, teatrul, video design-ul creat de artistul vizual Tony Macpela, muzica, lumina și ritualul Aufguss se întâlnesc la peste 60°C. Aici vei face parte din poveste, o trăiești, o respiri și o simți pe propria piele.

Stand-up comedy

E OK să aplauzi în saună și la aterizare? Starea de bine începe cu un zâmbet la temperaturi înalte. Comedianții **George Tănase și Alexandru Minculescu** te vor face să râzi cu poftă în sesiuni de stand-up comedy de câte 15-20 minute, la peste 60°C, în sauna Hollywood, singura saună cinema din România.

Sauna Village și Cold Plunge

Trăiește experiența nordică desăvârșită! **Între 16 și 25 octombrie, descoperă Sauna Village, pe plaja Sands of Therme. Testează saune unice** create de producători internaționali și locali și bucură-te de ritualul complet cald-rece: după căldura din saună, **poți intra în piscina de pe plajă**, la o temperatură de 12-14°C. În plus, între 22 și 25 octombrie, ai **sesiuni de Cold Plunge ghidate** de experții canadieni din echipa UNBOUNDED pentru un plus de energie, imunitate și stare de bine.

Theatre of scent

When fragrance becomes an immersive performance. For the first time ever at Sauna Fest 2026, Therme and the Romanian perfume house **Necalli** present **THEATRE OF SCENT**, an artistic concept where the sauna becomes the stage for the creation story of a perfume. In the Hollywood Sauna, Romania's only cinema sauna, theatre, video design created by visual artist Tony Macpela, music, light, and the Aufguss ritual meet at over 60°C. Here, you will become part of the story, living it, breathing it, and feeling it on your very skin.

Stand-up comedy

Is it acceptable to applaud in a sauna as well as on plane landings? Wellness starts with a smile at high temperatures. Comedians **George Tănase and Alexandru Minculescu** will have you laughing out loud during individual 15 to 20 minute stand-up comedy sessions at over 60°C, hosted in the Hollywood sauna, Romania's only cinema sauna.

Sauna Village and Cold Plunge

Experience the ultimate Nordic ritual! **From October 16th to 25th, discover Sauna Village on the Sands of Therme beach. Test unique saunas** crafted by top international and local makers, and enjoy the complete hot-to-cold ritual: after the heat of the sauna, **you can step into the outdoor pool** at 12-14°C. Plus, from October 22nd to 25th, **join guided Cold Plunge sessions** with Canadian experts from the UNBOUNDED team to boost your energy, immunity, and overall well-being.

SĂPTĂMÂNĂ 2 12-18 oct. WEEK 2



Romania



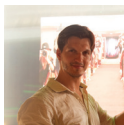
Andrei Șerban

- *My Style*
- *Soul Society*
- *The Sculptor*



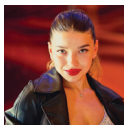
Adrian Manolache

- *Aladdin*
- *Guardian of Time*



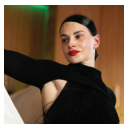
Mihai Ciusă

- *Story of a Man*
- *Artefacto*



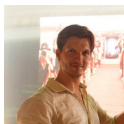
Carmen Iacob

- *The Last Wish*
- *From Love, to Me*



Elena Balica & Vanesa Slota

- *The Silent Twins*



Mihai Ciusă & Rareș Matei

- *Now and Then*



Liviu Lubene

- *Atma*
- *Bro Help Me*
- *Judiciu*



Rareș Matei

- *Freestyle*
- *Nea Marin Miliardar*
- *Break from the Show*



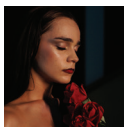
Alexandra Dragomirescu

- *Kupala*



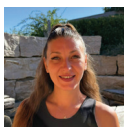
Gabriel Acrivopol

- *Călușarul*



Vanesa Slota

- *Audrey*

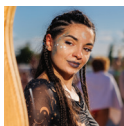


Izabela Olteanu

- *Cinderella 2.0*



Romania



Petronela Ungureanu

- *Morărița*
- *Reflection*



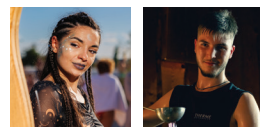
Alex Hoge & Gabriel Acrivopol

- *Yabba Dabba Heat*



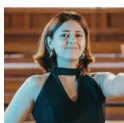
Mara Gane

- *Crybaby*
- *K-Pop Aufguss*



Petronela Ungureanu & Rareș Matei

- *La Casa de Papel*



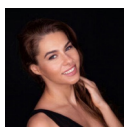
Alexandra Panduru

- *Okiku*



Necalli & Tony Macpela

- *Azad*
- *Narcis*



Sense4FIT: Raluca Popescu

- *House Yoga*

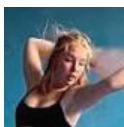


Sense4FIT: Ana Hoanta & Bianca Zainea

- *Pilates*



Czech Republic & Romania

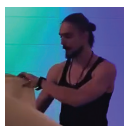


Zuzana Spakova & Alexandra Panduru

- *Burning Strings*
- *Captain of the Ship*



Poland



Jakub Jakonis

- *Slavic Rite*
- *Red Cross*
- *Lazarus*
- *Gates of the Rising Sun*

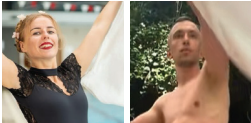
SĂPTĂMÂNĂ 2 12-18 oct. WEEK 2

Hungary



Marton Decsi

- *Man vs. Bee*
- *Nevermind!*
- *Freestyle*



Judit Jozsa & Romeo Gajnok

- *Spirit of Hungary*
- *Backstreet's Back*



Judit Jozsa

- *Feeling of Hollywood*
- *Inside My Mind*



Romeo Gajnok

- *Embrancing The Present*
- *Death Note*

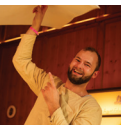
Denmark



Rasmus Baek Thomsen

- *Freestyle*
- *Thor's Wedding*

Denmark & Czech Republic



Rasmus Baek Thom & David Kraus

- *Kaze No Mai*

Hungary & Denmark & Czech Republic



Marton Decsi & Rasmus Baek Thom & David Kraus

- *Home Alone*

Czech Republic



Zuzana Spakova

- *Gerdan*



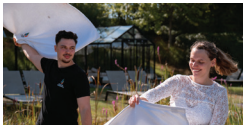
David Kraus

- *Modern Classic*
- *300: Battle of Thermopylae*



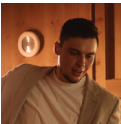
Adela Cervena

- *Double Minded*
- *Crossroads*



Adela Cervena & Mark Badura

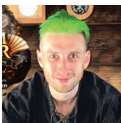
- *Locke and Key*



Mark Badura

- *Split*
- *Purification*

Germany



Christian Brandenburg

- *Freestyle*
- *Forest Fire*
- *Rise of a King*
- *Horseman Death*



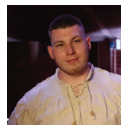
Lennart Kloss

- *Surface of the Soul*
- *Bad Therapy*
- *Forest to Flame*



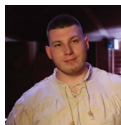
Emma Eichhorn

- *Red Velvet*
- *Four Season*



Ramon-Damian Marx

- *The Lonely Moments of Emotion*
- *Freestyle*
- *The Courier*



Emma Eichhorn & Ramon-Damian Marx

- *Dragon Warrior*

SÄPTÄMÄNA 2 12-18 oct.

WEEK 2



Hristina Sergejeva
• *The Birth of Aurora*



Karl Peeter Kangur
• *Inner Journey*
• *The Norsemen Fire*
• *The Secret*
• *World Traveling Raver*



Hanna-Lisett Koppel
• *A Girl in the Bookshelf*



Hristina Sergejeva & Hanna-Lisett Koppel
• *Traditional Estonian Leil*
• *Improvised Duo*



TJ Lupo
• *Heart Full of Love*
• *Fear of Growth*
• *The Last Cure*



Joli Irvine & Alexi Irvine
• *Earth*
• *The Magic Within*
• *Goddess*



Roberto Cherubini
• *Floating*
• *Tango*
• *Jack's Adventures*



Simone Manelli
• *W.I.W.T.D*
• *Freestyle*
• *Stem*



Simone Manelli & Roberto Cherubini
• *For Humanity*



Chandler Fox
• *Commander Fox*
• *Summer Time*



Dan Lawson
• *Up Beat*
• *Magic Aufguss*



Dan Lawson & Chandler Fox
• *Boy Band*



Hannah Goodger
• *Confessions of a Sauna Rookie*



Michelle Scheuren
• *Ritual*
• *The Witch*
• *The Chocolate Girl*
• *Waves of Emotion*



Eden Billooye
• *Freak Show*
• *Shiva Stotram*
• *Lost Civilization*



Viktória Holková
• *A Touch of Summer*
• *Modern Classic*



Filip Stehlik
• *Embrace Calmness*
• *Freestyle*
• *Son of the Greatest*
• *Hope*



Viktória Holková & Filip Stehlik
• *The Battle of Time*

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Upbeat <i>by Hannah / UK</i>	Alhambra	
ELYSIUM 11:00	Kaze No Mai <i>by Rasmus / DK & David / CZ</i>	Provence	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Captain of the Ship <i>by Zuzana / CZ & Alexandra P. / RO</i>	Ad Astra	
ELYSIUM 12:00	Confessions of a Sauna Rookie <i>by Hannah / UK</i>	Hollywood	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Magic Aufguss <i>by Chandler / UK</i>	Provence	
ELYSIUM 13:00	Fear of Growth <i>by TJ Lupo / USA</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Freestyle <i>by Rareş / RO</i>	Amazon	
ELYSIUM 14:00	Nevermind <i>by Marton / HU</i>	Ad Astra	
ELYSIUM 14:00	Earth <i>by Joli & Alexi / USA</i>	Alhambra	
ELYSIUM 14:00	Commander Fox <i>by Chandler / UK</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Gerdan <i>by Zuzana / CZ</i>	A Terra	
ELYSIUM 15:00	Inner Journey <i>by Karl / EE</i>	Aegir	
ELYSIUM 15:00	Dear Diary <i>by Hannah / UK</i>	Provence	

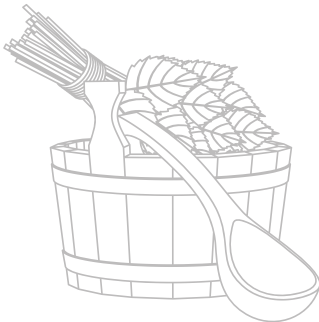
ELYSIUM 15:30-14:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Modern Classic <i>by David / CZ</i>	Alhambra	
ELYSIUM 16:00	Freestyle <i>by Christian / DE</i>	Amazon	
ELYSIUM 16:00	Boy Band <i>by Chandler / UK</i>	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	The Secret <i>by Karl / EE</i>	Ad Astra	
ELYSIUM 17:00	Burning Strings <i>by Zuzana / CZ & Alexandra P. / RO</i>	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Traditional Estonian Leil <i>by Hanna & Hristina / EE</i>	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	The Last Cure <i>by TJ Lupo / USA</i>	Hollywood	
ELYSIUM 18:00	Summer Time <i>by Chandler / UK</i>	Amazon	
ELYSIUM 18:00	Surface of the Soul <i>by Lennart / DE</i>	A Terra	
ELYSIUM 18:00	Reflection <i>by Petronela / RO</i>	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	

SAUNA FEST

Luni / Monday

12 oct.

ELYSIUM 19:00	Okiku <i>by Alexandra P. / RO</i>	Ad Astra	
ELYSIUM 19:00	The Norsemen Fire <i>by Karl / EE</i>	Bavaria	
ELYSIUM 19:00	The Magic Within <i>by Joli & Alexi / USA</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Improvised Duo <i>by Hanna & Hristina / EE</i>	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	Home Alone <i>by Marton / HU & Rasmus / DK & David / CZ</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Goddess <i>by Joli & Alexi / USA</i>	Ad Astra	
ELYSIUM 21:00	Heart Full of Love <i>by TJ Lupo / USA</i>	Provence	
ELYSIUM 21:00	Forest Fire <i>by Christian / DE</i>	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Bad Therapy <i>by Lennart / DE</i>	Amazon	



SAUNA FEST

Martți / Tuesday

13 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Freestyle <i>by Rasmus / DK</i>	Alhambra	
ELYSIUM 11:00	The Secret <i>by Karl / EE</i>	Ad Astra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	The Lonely Moments of Emotion <i>by Ramon / DE</i>	A Terra	
ELYSIUM 12:00	Rise of a King <i>by Christian / DE</i>	Hollywood	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Heart Full of Love <i>by TJ Lupo / USA</i>	Provence	
ELYSIUM 13:00	Traditional Estonian Leil <i>by Hanna & Hristina / EE</i>	Bavaria	
ELYSIUM 13:00	Red Velvet <i>by Emma / DE</i>	Ad Astra	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Bad Therapy <i>by Lennart / DE</i>	Amazon	
ELYSIUM 14:00	Earthy Flavor <i>by Joli & Alexi / USA</i>	Alhambra	
ELYSIUM 14:00	Man vs. Bee <i>by Marton / HU</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Ritual <i>by Michelle / BE</i>	Aegir	
ELYSIUM 15:00	World Traveling Raver <i>by Karl / EE</i>	Provence	

ELYSIUM 15:00	300: Battle of Thermopylae <i>by David / CZ</i>	Ad Astra	
ELYSIUM 15:00	Fear of Growth <i>by TJ Lupo / USA</i>	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Floating <i>by Roberto / IT</i>	A Terra	
ELYSIUM 16:00	Freestyle <i>by Christian / DE</i>	Amazon	
ELYSIUM 16:00	The Birth of Aurora <i>by Hristina / EE</i>	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	The Witch <i>by Michelle / BE</i>	Provence	
ELYSIUM 17:00	Forest to Flame <i>by Lennart / DE</i>	Ad Astra	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	W.I.W.T.D <i>by Simone / IT</i>	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	The Last Cure <i>by TJ Lupo / USA</i>	Hollywood	
ELYSIUM 18:00	Freestyle <i>by Marton / HU</i>	Amazon	
ELYSIUM 18:00	Improvised Duo <i>by Hanna & Hristina / EE</i>	A Terra	
ELYSIUM 18:00	Freestyle <i>by Ramon / DE</i>	Alhambra	
THE PALM 18:30	Hydro Balance	Main Pool	

ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Goddess <i>by Joli & Alexi / USA</i>	Ad Astra	
ELYSIUM 19:00	The Norsemen Fire <i>by Karl / EE</i>	Bavaria	
ELYSIUM 19:00	Kaze No Mai <i>by Rasmus / DK & David / CZ</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Surface of the Soul <i>by Lennart / DE</i>	A Terra	
ELYSIUM 20:00	Tango <i>by Roberto / IT</i>	Alhambra	
ELYSIUM 20:00	A Girl in the Bookshelf <i>by Hanna / EE</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Horseman Death <i>by Christian / DE</i>	Ad Astra	
ELYSIUM 21:00	The Magic Within <i>by Joli & Alexi / USA</i>	Provence	
ELYSIUM 21:00	Four Season <i>by Emma / DE</i>	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Home Alone <i>by Rasmus / DK & David / CZ & Marton / HU</i>	Hollywood	
ELYSIUM 22:00	Freestyle <i>by Simone / IT</i>	Amazon	

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Tango <i>by Roberto / IT</i>	Alhambra	
ELYSIUM 11:00	Forest to Flame <i>by Lennart / DE</i>	Ad Astra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Improvised Duo <i>by Hanna & Hristina / EE</i>	A Terra	
ELYSIUM 12:00	Rise of a King <i>by Christian / DE</i>	Hollywood	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	The Witch <i>by Michelle / BE</i>	Provence	
ELYSIUM 13:00	300: Battle of Thermopylae <i>by David / CZ</i>	Ad Astra	
ELYSIUM 13:00	My Style <i>by Andrei / RO</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Bad Therapy <i>by Lennart / DE</i>	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:00	A Girl in the Bookshelf <i>by Hanna / EE</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Mineralis	Aegir	
ELYSIUM 15:00	Dragon Warrior <i>by Emma & Ramon / DE</i>	Ad Astra	
ELYSIUM 15:00	Kaze No Mai <i>by Rasmus / DK & David / CZ</i>	Provence	

ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
ELYSIUM 16:00	Freestyle <i>by Marton / HU</i>	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	The Birth of Aurora <i>by Hristina / EE</i>	Hollywood	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Red Velvet <i>by Emma / DE</i>	Ad Astra	
ELYSIUM 17:00	Jack's Adventures <i>by Roberto / IT</i>	Provence	
ELYSIUM 17:00	Ritual <i>by Michelle / BE</i>	Aegir	
ELYSIUM 17:00	W.I.W.T.D <i>by Simone / IT</i>	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Home Alone <i>by Rasmus / DK & David / CZ & Marton / HU</i>	Hollywood	
ELYSIUM 18:00	A Touch of Summer <i>by Viktória / SK</i>	Amazon	
ELYSIUM 18:00	Embrace Calmness <i>by Filip / SK</i>	A Terra	
ELYSIUM 18:00	Dalchini	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	

SAUNA FEST

Miercuri / Wednesday

14 oct.

ELYSIUM 19:00	Stem <i>by Simone / IT</i>	Ad Astra	
ELYSIUM 19:00	Traditional Estonian Leil <i>by Hanna & Hristina / EE</i>	Bavaria	
ELYSIUM 19:00	The Courier <i>by Ramon / DE</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Floating <i>by Roberto / IT</i>	A Terra	
ELYSIUM 20:00	Modern Classic <i>by Viktória / SK</i>	Alhambra	
ELYSIUM 20:00	Man vs. Bee <i>by Marton / HU</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Thor's Wedding <i>by Rasmus / DK</i>	Ad Astra	
ELYSIUM 21:00	The Chocolate Girl <i>by Michelle / BE</i>	Provence	
ELYSIUM 21:00	Freestyle <i>by Filip / SK</i>	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	The Lonely Moments of Emotion <i>by Ramon / DE</i>	A Terra	
ELYSIUM 22:00	For Humanity <i>by Simone & Roberto / IT</i>	Hollywood	
ELYSIUM 22:00	Equilibrium	Amazon	

SAUNA FEST

Joi / Thursday

15 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Modern Classic <i>by David / CZ</i>	Alhambra	
ELYSIUM 11:00	Dragon Warrior <i>by Emma & Ramon / DE</i>	Ad Astra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	Lazarus <i>by Jakub / PL</i>	Hollywood	
ELYSIUM 12:00	Waves of Emotion <i>by Michelle / BE</i>	A Terra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Son of the Greatest <i>by Filip / SK</i>	Provence	
ELYSIUM 13:00	Freak Show <i>by Eden / BE</i>	Ad Astra	
ELYSIUM 13:00	W.I.W.T.D <i>by Simone / IT</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Modern Classic <i>by Viktória / SK</i>	Alhambra	
ELYSIUM 14:00	Man vs. Bee <i>by Marton / HU</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Red Cross <i>by Jakub / PL</i>	Ad Astra	
ELYSIUM 15:00	Mineralis	Aegir	

ELYSIUM 15:00	Cinderella 2.0 <i>by Izabela / RO</i>	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	A Touch of Summer <i>by Viktória / SK</i>	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Tango <i>by Roberto / IT</i>	Alhambra	
ELYSIUM 16:00	The Mask <i>by Adrian / RO</i>	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Hope <i>by Filip / SK</i>	Ad Astra	
ELYSIUM 17:00	Soul Society <i>by Andrei / RO</i>	Provence	
ELYSIUM 17:00	Slavic Rite <i>by Jakub / PL</i>	Aegir	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	For Humanity <i>by Simone & Roberto / IT</i>	Hollywood	
ELYSIUM 18:00	Cocha Cashu	Amazon	
ELYSIUM 18:00	Shiva Stotram <i>by Eden / BE</i>	A Terra	
ELYSIUM 18:00	Dalchini	Alhambra	
THE PALM 18:30	Hydro Balance	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	

ELYSIUM 19:00	Nevermind! <i>by Marton / HU</i>	Ad Astra	
ELYSIUM 19:00	Rocky Mountains	Bavaria	
ELYSIUM 19:00	The Battle of Time <i>by Viktória / SK</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Break from the Show <i>by Rareș / RO</i>	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	Lost Civilization <i>by Eden / BE</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Stem <i>by Simone / IT</i>	Ad Astra	
ELYSIUM 21:00	Jack's Adventures <i>by Roberto / IT</i>	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	

ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Solar Wind	Ad Astra	
ELYSIUM 11:00	Son of the Greatest by Filip / SK	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Shamanic Dreaming	Hollywood	
THE PALM 12:00	Pilates by Sense4FIT Summit Team: Ana Hoanta & Bianca Zainea / RO	Rotonda restaurant Humboldt	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Rocky Mountains	Bavaria	
ELYSIUM 13:00	Slavic Rite by Jakub / PL	Aegir	
ELYSIUM 13:00	Bro Help Me by Liviu / RO	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Azad by Necalli / RO	Hollywood	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	The Sculptor by Andrei / RO	Ad Astra	
ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	

ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Shiva Stotram by Eden / BE	A Terra	
ELYSIUM 15:00	The Battle of Time by Viktória & Filip / SK	Provence	
ELYSIUM 15:00	Tonic (Men Only)	Aegir	
ELYSIUM 15:00	Siberian Aufguss	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Oriental Time	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	The Silent Twins by Elena & Vanesa / RO	Hollywood	
ELYSIUM 16:00	Red Cross by Jakub / PL	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
ELYSIUM 17:00	Herbarium	A Terra	
ELYSIUM 17:00	Yabba Dabba Heat by Alex & Gabriel / RO	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	
ELYSIUM 18:00	Lost Civilization by Eden / BE	Hollywood	
ELYSIUM 18:00	The Art of Letting Go by Liz / USA	Alhambra	
ELYSIUM 18:00	A Touch of Summer by Viktória / SK	Amazon	



Aufguss



Infusion



Scrub & Face Mask



Water activities

SAUNA FEST

Vineri / Friday

16 oct.

THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Hope by Filip / SK	Ad Astra	
ELYSIUM 19:00	Almond Beauty	Provence	
ELYSIUM 19:00	La Casa De Papel by Petronela & Rareș / RO	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Lazarus by Jakub / PL	Hollywood	
ELYSIUM 20:00	Modern Classic by Viktória / SK	Alhambra	
ELYSIUM 20:00	Mysterious Incense	A Terra	
20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Audrey by Vanesa / RO	Provence	
ELYSIUM 21:00	Freak Show by Eden / BE	Ad Astra	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Călușarul by Gabriel / RO	Ad Astra	

SAUNA FEST

Sâmbătă / Saturday

17 oct.

ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:00	Spirit of Hungary by Judit & Romeo / HU	A Terra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Gates of the Rising Sun by Jakub / PL	Ad Astra	
ELYSIUM 11:00	Story of a Man by Mihai / RO	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Narcis by Necalli / RO	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Rocky Mountains	Bavaria	
ELYSIUM 13:00	Slavic Rite by Jakub / PL	Aegir	
ELYSIUM 13:00	Feeling of Hollywood by Judit / HU	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	The Last Wish by Carmen / RO	Hollywood	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Embrancing The Present by Romeo / HU	Ad Astra	

ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Smoke Ritual	A Terra	
THE PALM 15:00	House Yoga by Sense4FIT Summit Team: Raluca Popescu / RO	Rotonda restaurant Humboldt	
ELYSIUM 15:00	Aladdin by Adrian / RO	Provence	
ELYSIUM 15:00	Tonic (Men Only)	Aegir	
ELYSIUM 15:00	Morarita by Petronela / RO	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Oriental Time	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	Lazarus by Jakub / PL	Hollywood	
ELYSIUM 16:00	Judicium by Liviu / RO	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
ELYSIUM 17:00	Break from the Show by Rareș / RO	A Terra	
ELYSIUM 17:00	Kupala by Alexandra / RO	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	
ELYSIUM 18:00	Death Note by Romeo / HU	Hollywood	

ELYSIUM 18:00	Reflection by Petronela / RO	Alhambra	
ELYSIUM 18:00	Essential Chill	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Red Cross by Jakub / PL	Ad Astra	
ELYSIUM 19:00	Split by Mark / CZ	Provence	
ELYSIUM 19:00	Precious Wood	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Inside My Mind by Judit / HU	Hollywood	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	From Love, to Me by Carmen / RO	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Double Minded by Adela / CZ	Provence	
ELYSIUM 21:00	La Casa De Papel by Petronela & Rareș / RO	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Crybaby by Mara / RO	Ad Astra	

ELYSIUM 10:00	Purification <i>by Mark / CZ</i>	Alhambra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Solar Wind	Ad Astra	
ELYSIUM 11:00	Bro Help Me <i>by Liviu / RO</i>	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Inside My Mind <i>by Judit / HU</i>	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Rocky Mountains	Bavaria	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	K-Pop Aufguss <i>by Mara / RO</i>	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Locke and Key <i>by Adela & Mark / CZ</i>	Hollywood	
ELYSIUM 14:00	Freestyle <i>by Rareș / RO</i>	Amazon	
ELYSIUM 14:00	Embrancing the Present <i>by Romeo / HU</i>	Ad Astra	

ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Atma <i>by Liviu / RO</i>	A Terra	
ELYSIUM 15:00	Feeling of Hollywood <i>by Judit / HU</i>	Provence	
ELYSIUM 15:00	Tonic <i>(Men Only)</i>	Aegir	
ELYSIUM 15:00	Siberian Aufguss	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Oriental Time	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	Death Note <i>by Romeo / HU</i>	Hollywood	
ELYSIUM 16:00	Artefacto <i>by Mihai / RO</i>	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
ELYSIUM 17:00	From Love, to Me <i>by Carmen / RO</i>	A Terra	
ELYSIUM 17:00	Double Minded <i>by Adela / CZ</i>	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	

SAUNA FEST
Duminică / Sunday

18 oct.

ELYSIUM 18:00	Now and Then <i>by Rareș & Mihai / RO</i>	Hollywood	
ELYSIUM 18:00	Mystery Bazaar	Alhambra	
ELYSIUM 18:00	Backstreet's Back <i>by Romeo & Judit / HU</i>	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Guardian of Time <i>by Adrian / RO</i>	Ad Astra	
ELYSIUM 19:00	Split <i>by Mark / CZ</i>	Provence	
ELYSIUM 19:00	Precious Wood	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Azad <i>by Necalli / RO</i>	Hollywood	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	Crossroads <i>by Adela / CZ</i>	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Nea Marin Miliardar <i>by Rareș / RO</i>	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Celestial	Ad Astra	

SĂPTĂMÂNA 3 19-25 oct.
WEEK 3

 Romania



Andrei Șerban
• *The Sculptor*



Andreea Broștiuc & Mara Gane
• *Home Sweet Home*



Alexandra Dragomirescu
• *Kupala*



Carmen Iacob
• *The Last Wish*



Adrian Manolache
• *Guardian of Time*



Petronela Ungureanu
• *Reflection*



Liviu Lubene
• *Atma*
• *Manase*



Rareș Matei
• *Freestyle*
• *Nea Marin Miliardar*
• *Break from the Show*



Izabela Olteanu
• *Cinderella 2.0*



Gabriel Acrivopol
• *Return to the Fire*



Sense4FIT: Denisa Enache
• *Sound Therapy*

SĂPTĂMÂNA 3 19-25 oct. WEEK 3



Romania



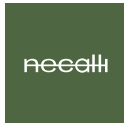
George Tanase

- *Stand-up Comedy*



Mincu

- *Stand-up Comedy*



Necalli & Tony Macpela

- *Azad*
- *Narcis*



Czech Republic



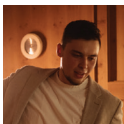
Adela Cervena

- *Crossroads*



Adela Cervena & Mark Badura

- *Locke and Key*



Mark Badura

- *Split*
- *Purification*



Albín Balát

- *Crossroads*
- *Express 141 - The Heart of Bohemia*
- *Perpetuum Mobile*



Anet Těšínová

- *Cinematic Love*
- *Neverending Story*
- *What Is Really Important?*
- *When I Look Into Your Eyes*



Jan Jakub Baroň

- *Bruno Mars*
- *Gladiator*
- *Godly Lesson*
- *Michael Myers*



Ukraine



Vadym Shlehel

- *Found My Way*
- *Project Manhattan*
- *The Story of the Ukrainian Voice*



Czech Republic & Ukraine



Albín Balát & Vadym Shlehel

- *Pat & Mat*



Hungary



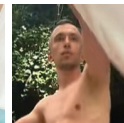
Judit Jozsa

- *Feeling of Hollywood*
- *Inside My Mind*



Romeo Gajnok

- *Embracing The Present*
- *Death Note*



Judit Jozsa & Romeo Gajnok

- *Backstreet's Back*

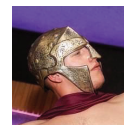


Slovenia



Gasper Krivec

- *Balkan Freestyle*
- *Error 666*
- *Papa Can You Hear Me?*



Zan Harapin

- *African MC*
- *Casino Royal*
- *Gentleman Vol 2*



Gasper Krivec & Zan Harapin

- *Freestyle Battle*
- *Modern Classic*

SĂPTĂMÂNA 3 19-25 oct.

WEEK 3

 Netherlands



Robin Lukassen
• *Genie in the Stove*



Ashley Fijma & Gideon Fijma
• *Grease*



Desiree
• *A Million Dreams*
• *Secret Garden*



Gideon Fijma
• *Forged by a Whisper*



Robin Lukassen & Desiree
• *Between the Pages*





Happy Aufguss
Djuri Reijnen, Iris Boerman, Charlotte Reijnen, Serena van der Rijk, Aimée van der Horst, René Duits, Savanne Maas

- *A Christmas Carol*
 - *An Ancient Story*
 - *Bad Boys!*
 - *Dreaming*
 - *Ha! 80's Love*
 - *Odin's Path*
- *Olympus*
 - *Plague Doctors*
 - *See Us Now*
 - *Shadow of the Bayou*
 - *Snowborn*
 - *When Life Gives You*

 Italy



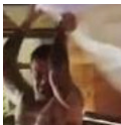
Michael Niedermair
• *Seven*
• *Behind the Door*



Armin Plaickner
• *Believe in Yourself*



Armin Plaickner & Jana Steger
• *Balance of Elements*
• *Modern Classic*
• *Nordic Heat*
• *When the World Remembered the Balance of the Elements*



Enrico Ganassin & Riccardo Marzi
• *Everything is Transformed*
• *Indians 2.0*
• *Modern Classic*
• *Nightwish*

 Poland



Kasia Klajn
• *Black Swan*
• *Ann*

 Italy & Poland



Michael Niedermair & Kasia Klajn
• *Copelius*

SĂPTĂMÂNĂ 3 19-25 oct.

WEEK 3



Marie Isabelle Diehl

- *Guest Passion Championship*



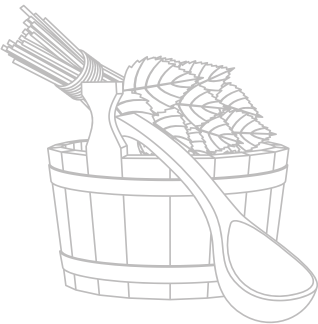
Marie Isabelle Diehl & Daniel Geib

- *Feel the Moment*
- *Rock the Heat*
- *Typical German Authority*



Unbounded

- *Polar Playground*
- *Fire and Ice*



ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Purification <i>by Mark / CZ</i>	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Embrancing The Present <i>by Romeo / HU</i>	Ad Astra	
ELYSIUM 12:00	The Last Wish <i>by Carmen / RO</i>	Hollywood	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Split <i>by Mark / CZ</i>	Provence	
ELYSIUM 13:00	Return to the Fire <i>by Gabriel / RO</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Freestyle <i>by Rareş / RO</i>	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:00	Crossroads <i>by Adela / CZ</i>	A Terra	
ELYSIUM 14:00	Inside My Mind <i>by Judit / HU</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Odin's Path <i>by Happy Aufguss / NL</i>	Ad Astra	
ELYSIUM 15:00	Mineralis	Aegir	
ELYSIUM 15:00	When Life Gives You <i>by Happy Aufguss / NL</i>	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	

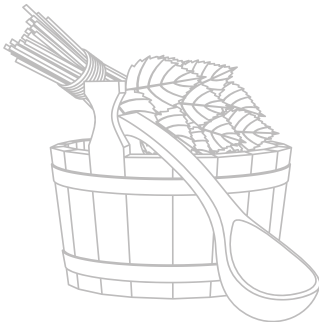
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Backstreet's Back <i>by Romeo & Judit / HU</i>	Amazon	
ELYSIUM 16:00	Locke and Key <i>by Adela & Mark / CZ</i>	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Nightwish <i>by Enrico & Riccardo / IT</i>	Ad Astra	
ELYSIUM 17:00	When the World Remembered the Balance of the Elements <i>by Armin & Jana / IT</i>	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Death Note <i>by Romeo / HU</i>	Hollywood	
ELYSIUM 18:00	Cocha Cashu	Amazon	
ELYSIUM 18:00	Olympus <i>by Happy Aufguss / NL</i>	A Terra	
ELYSIUM 18:00	Dreaming <i>by Happy Aufguss / NL</i>	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Believe in Yourself <i>by Armin / IT</i>	Ad Astra	

SAUNA FEST

Luni / Monday

19 oct.

ELYSIUM 19:00	Modern Classic by Jana / IT	Bavaria	SAUNA
ELYSIUM 19:00	Feeling of Hollywood by Judit / HU	Provence	SAUNA
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Modern Classic by Enrico & Riccardo / IT	A Terra	SAUNA
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	A Christmas Carol by Happy Aufguss / NL	Hollywood	SAUNA
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Indians 2.0 by Enrico & Riccardo / IT	Ad Astra	SAUNA
ELYSIUM 21:00	Ha! 80's Love by Happy Aufguss / NL	Provence	SAUNA
ELYSIUM 21:00	Nordic Heat by Armin & Jana / IT	Bavaria	SAUNA
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	An Ancient Story by Happy Aufguss / NL	Hollywood	SAUNA
ELYSIUM 22:00	See Us Now by Happy Aufguss / NL	Amazon	SAUNA



SAUNA FEST

Martí / Tuesday

20 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Dreaming by Happy Aufguss / NL	Alhambra	SAUNA
ELYSIUM 11:00	Modern Classic by Armin & Jana / IT	A Terra	SAUNA
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	Indians 2.0 by Enrico & Riccardo / IT	Ad Astra	SAUNA
ELYSIUM 12:00	The Last Wish by Carmen / RO	Hollywood	SAUNA
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Balance of Elements by Armin & Jana / IT	Provence	SAUNA
ELYSIUM 13:00	Siberian Aufguss	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:00	Aloe Regen	A Terra	
ELYSIUM 14:00	A Christmas Carol by Happy Aufguss / NL	Hollywood	SAUNA
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	The Sculptor by Andrei / RO	Ad Astra	SAUNA
ELYSIUM 15:00	Mineralis	Aegir	

ELYSIUM 15:00	Ha! 80's Love <i>by Happy Aufguss / NL</i>	Provence	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Shadow of the Bayou <i>by Happy Aufguss / NL</i>	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	Forged by a Whisper <i>by Gideon / NL</i>	Ad Astra	
ELYSIUM 17:00	When Life Gives You <i>by Happy Aufguss / NL</i>	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Nordic Heat <i>by Armin & Jana / IT</i>	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	An Ancient Story <i>by Happy Aufguss / NL</i>	Hollywood	
ELYSIUM 18:00	See Us Now <i>by Happy Aufguss / NL</i>	Amazon	
ELYSIUM 18:00	Secret Garden <i>by Desiree / NL</i>	A Terra	
ELYSIUM 18:00	Dalchini	Alhambra	
THE PALM 18:30	Hydro Balance	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	

ELYSIUM 19:00	Genie in the Stove <i>by Robin / NL</i>	Ad Astra	
ELYSIUM 19:00	Rocky Mountains	Bavaria	
ELYSIUM 19:00	Grease <i>by Ashley & Gideon / NL</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Modern Classic <i>by Enrico & Riccardo / IT</i>	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00	Snowborn <i>by Happy Aufguss / NL</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Pleague Doctors <i>by Happy Aufguss / NL</i>	Ad Astra	
ELYSIUM 21:00	Between the Pages <i>by Desiree & Robin / NL</i>	Provence	
ELYSIUM 21:00	Bad Boys! <i>by Happy Aufguss / NL</i>	Bavaria	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Equilibrium	Amazon	
ELYSIUM 22:00	Everything is Transformed <i>by Enrico & Riccardo / IT</i>	Hollywood	

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Dreaming by Happy Aufguss / NL	Alhambra	
ELYSIUM 11:00	Odin's Path by Happy Aufguss / NL	A Terra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Kineto	Main Pool	
ELYSIUM 12:00	Snowborn by Happy Aufguss / NL	Hollywood	
ELYSIUM 12:00	Indians 2.0 by Enrico & Riccardo / IT	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	When Life Gives You by Happy Aufguss / NL	Provence	
ELYSIUM 13:00	Nordic Heat by Armin & Jana / IT	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	See Us Now by Happy Aufguss / NL	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
ELYSIUM 14:00	Soluna by Ashley & Robin / NL	A Terra	
ELYSIUM 14:00	Everything is Transformed by Enrico & Riccardo / IT	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Forged by a Whisper by Gideon / NL	Ad Astra	
ELYSIUM 15:00	Mineralis	Aegir	
ELYSIUM 15:00	A Million Dreams by Desiree / NL	Provence	

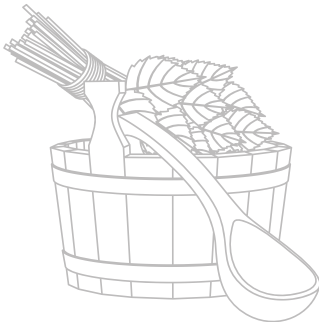
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Found My Way by Vadym / UA	Alhambra	
ELYSIUM 16:00	Fruity Ice	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
ELYSIUM 16:00	Modern Classic by Enrico & Riccardo / IT	A Terra	
ELYSIUM 16:00	A Christmas Carol by Happy Aufguss / NL	Hollywood	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 17:00	The Wedding by Ashley / NL	Ad Astra	
ELYSIUM 17:00	Between the Pages by Robin & Desiree / NL	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Bad Boys! by Happy Aufguss / NL	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	Fire of Sól by Gideon / NL	Hollywood	
ELYSIUM 18:00	Dutch Goodbye by Happy Aufguss / NL	A Terra	
ELYSIUM 18:00	Cocha Cashu	Amazon	
ELYSIUM 18:00	Manase by Liviu / RO	Alhambra	
THE PALM 18:30	Aqua Gym	Main Pool	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	

SAUNA FEST

Miercuri / Wednesday

21 oct.

ELYSIUM 19:00	Pat and Mat <i>by Albín / CZ & Vadym / UA</i>	Ad Astra	
ELYSIUM 19:00	Return to the Fire <i>by Gabriel / RO</i>	Bavaria	
ELYSIUM 19:00	Balance of Elements <i>by Armin & Jana / IT</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Secret Garden <i>by Desiree / NL</i>	A Terra	
ELYSIUM 20:00	Desert Shrub	Alhambra	
ELYSIUM 20:00-20:30	Woody Infusion	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Genie in the Stove <i>by Robin / NL</i>	Ad Astra	
ELYSIUM 21:00	Grease <i>by Ashley & Gideon / NL</i>	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Perpetuum Mobile <i>by Albín / CZ</i>	A Terra	
ELYSIUM 22:00	Project Manhattan <i>by Vadym / UA</i>	Hollywood	



SAUNA FEST

Joi / Thursday

22 oct.

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Silk Road	Alhambra	
ELYSIUM 11:00	Soluna <i>by Ashley & Robin / NL</i>	A Terra	
THE PALM 11:30	Salt Ritual	Rainforest	
THE PALM 11:30	Aqua Shape	Main Pool	
ELYSIUM 12:00	The Story of the Ukrainian Voice <i>by Vadym / UA</i>	Ad Astra	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Grease <i>by Ashley & Gideon / NL</i>	Provence	
ELYSIUM 13:00	Bruno Mars <i>by Jan / CZ</i>	Bavaria	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Oriental Time	Alhambra	
THE PALM 14:00	Polar Playground - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 14:00-14:30	Earthy Flavor	A Terra	
ELYSIUM 14:00	Express 141 - The Heart of Bohemia <i>by Albín / CZ</i>	Hollywood	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
ELYSIUM 15:00	Forged by a Whisper <i>by Gideon / NL</i>	Ad Astra	
ELYSIUM 15:00	Mineralis	Aegir	

ELYSIUM 15:00	Between the Pages <i>by Robin & Desiree / NL</i>	Provence	
ELYSIUM 15:00	When I Look Into Your Eyes <i>by Anet / CZ</i>	Bavaria	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	
ELYSIUM 16:00	Modern Classic <i>by Gasper & Zan / SL</i>	Amazon	
THE PALM 16:00	Postural Alignment	Main Pool	
THE PALM 16:00	Fire and Ice - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 16:00	Project Manhattan <i>by Vadym / UA</i>	Hollywood	
GALAXY 16:30	Herbal Scrub	Herbal Essences	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Genie in the Stove <i>by Robin / NL</i>	Ad Astra	
ELYSIUM 17:00	A Million Dreams <i>by Desiree / NL</i>	Provence	
ELYSIUM 17:00	Mineralis	Aegir	
ELYSIUM 17:00	Rock the Heat <i>by Marie Isabelle & Daniel / DE</i>	Bavaria	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00	What Is Really Important? <i>by Anet / CZ</i>	Hollywood	
ELYSIUM 18:00	Freestyle <i>by Rareş / RO</i>	Amazon	
ELYSIUM 18:00	Gladiator <i>by Jan / CZ</i>	A Terra	
ELYSIUM 18:00	Dalchini	Alhambra	
THE PALM 18:30	Hydro Balance	Main Pool	

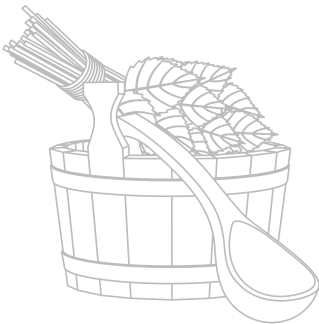
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Pat & Mat <i>by Albin / CZ & Vadym / UA</i>	Ad Astra	
ELYSIUM 19:00	Balkan Freestyle <i>by Gasper / SL</i>	Bavaria	
ELYSIUM 19:00	Guest Passion Championship <i>by Marie / DE</i>	Provence	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Cinematic Love <i>by Anet / CZ</i>	A Terra	
ELYSIUM 20:00	Manase <i>by Liviu / RO</i>	Alhambra	
ELYSIUM 20:00	Godly Lesson <i>by Jan / CZ</i>	Hollywood	
GALAXY 20:30	Oriental Scrub	Oriental Garden	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Typical German Authority <i>by Marie Isabelle & Daniel / DE</i>	Ad Astra	
ELYSIUM 21:00	Crossroads <i>by Albin / CZ</i>	Provence	
ELYSIUM 21:00	African MC <i>by Zan / SL</i>	Bavaria	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Found My Way <i>by Vadym / UA</i>	Alhambra	
ELYSIUM 22:00	Equilibrium	Amazon	

ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:30-11:0	Herbal Infusion	Amazon	
10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Typical German Authority by Marie Isabelle & Daniel / DE	Ad Astra	
ELYSIUM 11:00	Papa Can You Hear Me? by Gasper / SL	Provence	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Express 141 - The Heart of Bohemia by Albin / CZ	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Balkan Freestyle by Gasper / SL	Bavaria	
ELYSIUM 13:00	Gladiator by Jan / CZ	A Terra	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	The Story of the Ukrainian Voice by Vadym / UA	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	The Last Wish by Carmen / RO	Hollywood	

THE PALM 14:00	Polar Playground - Cold Plunge by Unbounded / CAN	Sauna Village	
ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Casino Royal by Zan / SL	Ad Astra	
ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Feel the Moment by Marie Isabelle & Daniel / DE	A Terra	
ELYSIUM 15:00	Crossroads by Albin / CZ	Provence	
ELYSIUM 15:00	Tonic (Men Only)	Aegir	
ELYSIUM 15:00	When I Look Into Your Eyes by Anet / CZ	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Found My Way by Vadym / UA	Alhambra	
THE PALM 16:00	Fire and Ice - Cold Plunge by Unbounded / CAN	Sauna Village	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	Narcis by Necalli / RO	Hollywood	
ELYSIUM 16:00	Error 666 by Gasper / SL	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	

ELYSIUM 17:00	Bruno Mars <i>by Jan / CZ</i>	Bavaria	
ELYSIUM 17:00	Break from the Show <i>by Rareş / RO</i>	A Terra	
ELYSIUM 17:00	Gentleman Vol 2 <i>by Zan / SL</i>	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	
ELYSIUM 18:00	What Is Really Important? <i>by Anet / CZ</i>	Hollywood	
ELYSIUM 18:00	Reflection <i>by Petronela / RO</i>	Alhambra	
THE PALM 18:00	Polar Playground - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 18:00	Essential Chill	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Pat & Mat <i>by Albín / CZ & Vadym / UA</i>	Ad Astra	
ELYSIUM 19:00	Cinderella 2.0 <i>by Izabela / RO</i>	Provence	
ELYSIUM 19:00	African MC <i>by Zan / SL</i>	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Godly Lesson <i>by Jan / CZ</i>	Hollywood	
ELYSIUM 20:00	Dalchini	Alhambra	

ELYSIUM 20:00	Atma <i>by Liviu / RO</i>	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	Neverending Story <i>by Anet / CZ</i>	Provence	
ELYSIUM 21:00	Rock the Heat <i>by Marie Isabelle & Daniel / DE</i>	Bavaria	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Freestyle Battle <i>by Gasper & Zan / SL</i>	Amazon	
ELYSIUM 22:00	Michael Myers <i>by Jan / CZ</i>	Ad Astra	

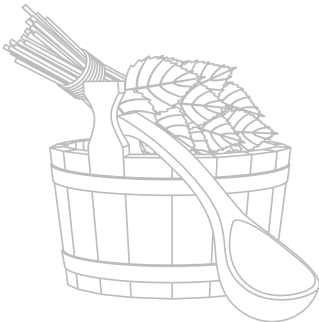


ELYSIUM 10:00	Found My Way <i>by Vadym / UA</i>	Alhambra	
ELYSIUM 10:00	Error 666 <i>by Gasper / SL</i>	Ad Astra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Gentleman Vol 2 <i>by Zan / SL</i>	Provence	
ELYSIUM 11:00	Break From the Show <i>by Rareș / RO</i>	A Terra	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Typical German Authority <i>by Marie Isabelle & Daniel / DE</i>	Ad Astra	
ELYSIUM 12:00	Azad <i>by Necalli / RO</i>	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	When I Look Into Your Eyes <i>by Anet / CZ</i>	Bavaria	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	Ann <i>by Kasia / PL</i>	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
ELYSIUM 14:00	Godly Lesson <i>by Jan / CZ</i>	Hollywood	

ELYSIUM 14:00	Freestyle <i>by Marie Isabelle & Daniel / DE</i>	Amazon	
THE PALM 14:00	Polar Playground - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 14:00	Casino Royal <i>by Zan / SL</i>	Ad Astra	
ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Perpetuum Mobile <i>by Albín / CZ</i>	A Terra	
ELYSIUM 15:00	Behind the Door <i>by Michael / IT</i>	Provence	
THE PALM 15:00	Sound Therapy <i>by Sense4FIT Summit Team: Denisa Enache / RO</i>	Rotonda restaurant Humboldt	
ELYSIUM 15:00	Tonic <i>(Men Only)</i>	Aegir	
ELYSIUM 15:00	Balkan Freestyle <i>by Gasper / SL</i>	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Reflection <i>by Petronela / RO</i>	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
ELYSIUM 16:00	What Is Really Important? <i>by Anet / CZ</i>	Hollywood	
THE PALM 16:00	Fire and Ice - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 16:00	Black Swan <i>by Kasia / PL</i>	Ad Astra	

GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Rock the Heat <i>by Marie Isabelle & Daniel / DE</i>	Bavaria	
ELYSIUM 17:00	Gladiator <i>by Jan / CZ</i>	A Terra	
ELYSIUM 17:00	Crossroads <i>by Albín / CZ</i>	Provence	
ELYSIUM 17:00	Stand-Up Comedy <i>by Mincu / RO</i>	Hollywood	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	
ELYSIUM 18:00	Copelius <i>by Kasia / PL & Michael / IT</i>	Hollywood	
ELYSIUM 18:00	Mystery Bazaar	Alhambra	
THE PALM 18:00	Polar Playground - Cold Plunge <i>by Unbounded / CAN</i>	Sauna Village	
ELYSIUM 18:00	Essential Chill	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Pat & Mat <i>by Albín / CZ & Vadym / UA</i>	Ad Astra	
ELYSIUM 19:00	Papa Can You Hear Me? <i>by Gasper / SL</i>	Provence	
ELYSIUM 19:00	African MC <i>by Zan / SL</i>	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	

THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	7even <i>by Michael / IT</i>	Hollywood	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	Cinematic Love <i>by Anet / CZ</i>	A Terra	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	The Story of the Ukrainian Voice <i>by Vadym / UA</i>	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Express 141 - The Heart of Bohemia <i>by Albín / CZ</i>	Hollywood	
ELYSIUM 22:00	Michael Myers <i>by Jan / CZ</i>	Ad Astra	

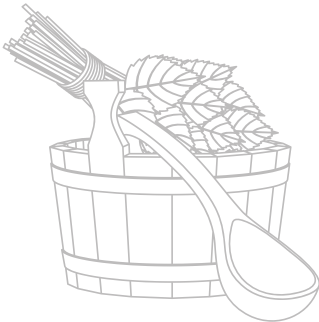


ELYSIUM 10:00	Maur Saga	Alhambra	
ELYSIUM 10:00	Typical German Authority by Marie Isabelle & Daniel / DE	Ad Astra	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	
ELYSIUM 11:00	Behind the Door by Michael / IT	Provence	
ELYSIUM 11:00	Perpetuum Mobile by Albin / CZ	A Terra	
ELYSIUM 11:30-12:00	Mint Infusion	Bavaria	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	
THE PALM 11:30	Salt Ritual	Rainforest	
ELYSIUM 12:00	Fruity Ice	Amazon	
ELYSIUM 12:00	Project Manhattan by Vadym / UA	Hollywood	
THE PALM 12:30	Aqua Gym	Main Pool	
GALAXY 12:30	Herbal Scrub	Herbal Essences	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	
ELYSIUM 13:00	Rock the Heat by Marie Isabelle & Daniel / DE	Bavaria	
ELYSIUM 13:00	Mineralis	Aegir	
ELYSIUM 13:00	Crossroads by Albin / CZ	Provence	
THE PALM 13:30	Sweet Gommage	Rainforest	
THE PALM 14:00	Polar Playground - Cold Plunge by Unbounded / CAN	Sauna Village	
ELYSIUM 14:00	7even by Michael / IT	Hollywood	

ELYSIUM 14:00	Citrus Breeze	Amazon	
ELYSIUM 14:00	Black Swan by Kasia / PL	Ad Astra	
ELYSIUM 14:30-15:00	Oriental Flowers	Alhambra	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	
GALAXY 14:30	Oriental Scrub	Oriental Garden	
ELYSIUM 15:00	Break From Show by Rareș / RO	A Terra	
ELYSIUM 15:00	Kupala by Alexandra / RO	Provence	
ELYSIUM 15:00	Tonic (Men Only)	Aegir	
ELYSIUM 15:00	Siberian Aufguss	Bavaria	
THE PALM 15:30	Postural Alignment	Main Pool	
THE PALM 15:30	Salt Ritual	Rainforest	
ELYSIUM 16:00	Oriental Time	Alhambra	
ELYSIUM 16:00	Cocha Cashu	Amazon	
THE PALM 16:00	Fire and Ice - Cold Plunge by Unbounded / CAN	Sauna Village	
ELYSIUM 16:00	Copelius by Kasia / PL & Michael / IT	Hollywood	
ELYSIUM 16:00	Pat and Mat by Albin / CZ & Vadym / UA	Ad Astra	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	
ELYSIUM 17:00	Scandinavian Rain	Bavaria	

ELYSIUM 17:00	Herbarium	A Terra	
ELYSIUM 17:00	Stand-Up Comedy by George Tanase / RO	Hollywood	
ELYSIUM 17:00	Nae Marin Miliardar by Rareș / RO	Provence	
THE PALM 17:30	Sweet Gommage	Rainforest	
ELYSIUM 18:00-18:30	Leacuri	Aegir	
THE PALM 18:00	Polar Playground - Cold Plunge by Unbounded / CAN	Sauna Village	
ELYSIUM 18:00	Express 141 - The Heart of Bohemia by Albín / CZ	Hollywood	
ELYSIUM 18:00	Found My Way by Vadym / UA	Alhambra	
ELYSIUM 18:00	Essential Chill	Amazon	
THE PALM 18:30	Aqua Fun	Main Pool	
GALAXY 18:30	Herbal Scrub	Herbal Essences	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	
ELYSIUM 19:00	Home Sweet Home by Andreea & Mara / RO	Ad Astra	
ELYSIUM 19:00	Ann by Kasia / PL	Provence	
ELYSIUM 19:00	Precious Wood	Bavaria	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	
THE PALM 19:30	Salt Ritual	Rainforest	
ELYSIUM 20:00	Narcis by Necalli / RO	Hollywood	
ELYSIUM 20:00	Dalchini	Alhambra	
ELYSIUM 20:00	Mysterious Incense	A Terra	

20:30-21:00	Tibetan Incense	Himalaya	
ELYSIUM 21:00	The Story of the Ukrainian Voice by Vadym / UA	Provence	
ELYSIUM 21:00	Sirocco	Bavaria	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	
THE PALM 21:30	Sweet Gommage	Rainforest	
ELYSIUM 22:00	Guardian of Time by Adrian / RO	Ad Astra	



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 amețeală, moleșeală, 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. First, walk on the terrace to breathe fresh air and let your respiratory system return to normal temperature. Then, take a cold shower – starting at your extremities to stimulate blood flow. Never shower cold immediately after a sauna, as it can put your body into shock; doing so is entirely your responsibility.
- 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 programul activităților.



Download the full schedule.



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