



herbarium

FESTIVAL

05 – 18 mai 2025

**Descoperă cel mai mare festival
dedicat terapiilor cu plante!**

**Discover the largest festival
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Descoperă un gust rar pentru stare de bine naturală

Original din Coreea de Sud, fructul de Omija este cunoscut de secole pentru proprietățile sale regenerante și gustul unic, care îmbină cinci arome: dulce, acru, amar, sărat și iute. Considerat un superaliment, omija susține imunitatea, echilibrul hormonal, energia mentală și sănătatea ficatului.

Acum, acest super-fruct este disponibil exclusiv în **Therme București** sub forma unui sirop concentrat, disponibil în ambalaj de 330 ml.

Adaugă-l în apă rece, ceai, smoothie-uri sau deserturi și bucură-te de un gust rar, cu beneficii reale pentru corp și minte.

Discover a rare taste for natural wellbeing

Originally from South Korea, the Omija berry has been prized for centuries for its regenerative properties and unique flavour profile, combining **five tastes** in one: sweet, sour, bitter, salty and spicy. Considered a superfood, omija supports immunity, hormonal balance, mental energy and liver health.

Now, this super-fruit is available exclusively in **Therme București** as a concentrated syrup, in a practical 330 ml format.

Add it to cold water, tea, smoothies or desserts and enjoy a rare taste with real benefits for both body and mind.

**Lasă natura să te surprindă
în fiecare zi.**

#HerbariumFestival2025

Pe unele le cunoști, pe altele abia acum le vei descoperi. Unele ți-au alinat durerile, altele ți-au parfumat serile de vară. Acum, pentru al 3-lea an consecutiv, plantele revin în prim-plan la Herbarium Festival. Aici, îți regăsești drumul spre echilibrul interior. Fii parte dintr-un ecosistem viu, unde natura îți devine aliat și te călăuzește înapoi spre tine însuși. Timp de două săptămâni, între 5 și 18 mai, Therme București se transformă într-un spațiu în care leacurile străvechi, condimentele și energia elementelor naturale se împletesc armonios în peste **450 de experiențe unice**.

Zilnic, ai acces la peste 50 de ritualuri, terapii și momente speciale incluse în biletul de acces pentru zona Elysium, toate concepute pentru vindecare și echilibrare. Mai mult de **70 de maeștri internaționali**, experți în Aufguss, erboriști, aromaterapeuți și terapeuți holistici din **peste 20 de țări** dau viață saunelor prin infuzii cu plante proaspete, fumigații, tradiții culturale, sesiuni de meditație ghidată, terapii prin sunet, tratamente pentru înfrumusețare, imersiuni în apă rece și ritualuri rare cu plante locale culese special pentru Herbarium Festival.

Nu uita să te hidratezi înainte și după fiecare sesiune de saună. În plus, la Hydration Corner, disponibil doar în anumite intervale de timp, poți degusta ceaiuri aromate și băuturi revigorante de la Omija 5 Secrets și Fares, perfecte pentru un plus de stare de bine.

* Participarea la Herbarium Festival este **inclusă în tariful de acces pentru zona Elysium**. Fiecare experiență din cadrul festivalului are un **număr limitat de locuri și necesită o brățară dedicată. Accesul se face exclusiv pe baza unei brățări de festival, care corespunde unei singure experiențe**. Poți obține brățara, gratuit, direct de la **Welcome Point Herbarium**, amplasat în zona Elysium - Calla Shower. Brățările se oferă în ordinea solicitărilor, în limita locurilor disponibile.

Let nature surprise you every day.

#HerbariumFestival2025

Some plants you already know, others you're just about to discover. Some have soothed your aches, others have scented your summer evenings. Now, for the third year in a row, plants take centre stage at Herbarium Festival. Here, you'll find your way back to inner balance. Step into a living ecosystem, where nature becomes your ally, guiding you back to yourself. Over two weeks, from 5–18 May, Therme București transforms into a space where ancient remedies, natural elements and aromatic herbs seamlessly infuse into **more than 450 unique experiences**.

Every day, you can enjoy over 50 rituals, therapies and special moments, all included in your Elysium access ticket – each one designed for healing and rebalancing. **More than 70 international masters** – Aufguss experts, herbalists, aromatherapists and holistic therapists from **over 20 countries** – bring the saunas to life with fresh herb infusions, smudging rituals, cultural traditions, guided meditations, sound therapy, beauty treatments, cold water immersions, and rare local plant-based rituals, specially created for the Herbarium Festival.

Don't forget to hydrate before and after every sauna session. Additionally, at the Hydration Corner – available only during specific time slots – you can enjoy aromatic teas and refreshing drinks from Omija 5 Secrets and Fares – perfect for a wellbeing boost.

* Participation in the Herbarium Festival is **included in the Elysium area access ticket**. Each experience has **limited availability and requires a dedicated wristband. Access is granted exclusively with a festival wristband, valid for a single experience**. You can collect your wristband for free from the **Welcome Point Herbarium**, located in the Elysium area – Calla Shower. Wristbands are distributed on a first-come, first-served basis, subject to availability.

Țările participante la Herbarium Festival 2025



Albania

La Herbarium Festival 2025, Albania aduce o colecție de experiențe mistice și profunde, semnate de Edison Cenaj. Bucură-te de ritualurile **Eclipse** și **The Hidden Path**, inspirate din tradiții sacre și infuzii cu plante rare sau scrub-urile **Mystic Earth & Ocean** și **Spirit of the Wild Herbs**, ce îmbină argila și mierea cu plantele proaspete culese de pe plaiurile albaneze.



Austria

Cu plante aromatice proaspete și uleiuri esențiale alese cu grijă, Jessie Schüller aduce în saună forța elementelor naturii. Fiecare ritual purifică, revigorează și eliberează stresul acumulat. Muzica perioadei “Golden Oldies” aduce o atmosferă caldă și reconfortantă în saună, în timp ce plantele atent selecționate te vor purta într-o călătorie spre starea de bine deplină.



Belgia

Echipa din Belgia creează ritualuri care combină tradițiile nordice cu plantele sălbatice și esențele naturale. Arome de lemn de pin, mesteacăn, lavandă și lăcrămioare aduc echilibru, curățare profundă și regenerare a pielii. Ritualurile inspirate din pădurile belgiene și nordice induc relaxarea, îmbunătățesc respirația și revitalizează corpul, pentru o experiență în completă armonie cu natura.



Participating countries at Herbarium Festival 2025



Albania

At Herbarium Festival 2025, Albania unveils a mystical and grounding collection of experiences curated by Edison Cenaj. Explore the sacred rituals **Eclipse** and **The Hidden Path**, inspired by ancient traditions and rare herbal infusions. Don't miss the earthy scrubs **Mystic Earth & Ocean** and **Spirit of the Wild Herbs**, blending clay, honey, and fresh herbs handpicked from the Albanian hillsides.



Austria

With carefully selected essential oils and fresh aromatic herbs, Jessie Schüller brings the power of the natural elements into the sauna. Each ritual purifies, refreshes and helps release built-up stress. The sounds of the “Golden Oldies” add a warm and comforting atmosphere, while the thoughtfully chosen plants guide you towards a state of complete wellbeing.



Belgium

The Belgian team combines Nordic traditions with wild plants and natural essences. Scents of pine wood, birch, lavender and lily of the valley bring balance, deep cleansing and skin renewal. Inspired by the forests of Belgium and the North, these rituals promote relaxation, enhance breathing and revitalise the body, offering a complete harmony with nature.

Canada

Echipa “Unbounded” revine la Herbarium Festival cu una dintre cele mai așteptate experiențe din ultimii ani: Ice Bath! Pregătește-te pentru senzațiile unice oferite de terapia cald/rece! După o sesiune de saună revigorantă, vei face imersiunea în apa rece, o provocare care îți va energiza corpul și mintea. Printre beneficiile acestei terapii se numără: îmbunătățirea circulației sanguine, întărirea sistemului imunitar, reducerea stresului și anxietății și o calitate mult mai bună a somnului. Nu rata această experiență unică!

Cehia

Experiențele unice create de David Kraus și Spakova Zuzana te vor surprinde și transforma. Cu plante proaspăt culese, ingrediente naturale, măturici de saună și uleiuri esențiale pure, aceștia aduc cu sine esența vindecării și purificării. Ritualurile lor sunt inspirate de echilibrul dintre lumină și întuneric, combinând sesiuni de fumigație și practici de curățare spirituală și fizică pentru o revitalizare completă a corpului și minții. Experiențele cu origini vikinge și tradițiile slave oferă o conexiune profundă cu natura.

Cuba

Yosvani Gonzales te poartă într-o călătorie senzorială în inima Havanei prin ritualuri cu moringa și oregano, două plante sacre în cultura cubaneză. Moringa, considerată o comoară națională, calmează profund și redă echilibrul interior, în timp ce oregano, cu efecte antimicrobiene, revigorează prin aroma sa energizantă. Pentru o experiență desăvârșită, nu pierde scrubul cu sare, oregano, ulei de cocos și aloe vera! Un mix revigorant pentru sănătatea pielii tale.

Danemarca

Mette Korsholm vine cu ritualurile sale inspirate din înțelepciunea ayurvedică și stilul de viață nordic. Ritualurile **Balance** și **Strength** sunt concepute pentru a-ți revitaliza întreg organismul utilizând o combinație de plante vindecătoare, uleiuri esențiale și infuzii care te vor ajuta să te reconectezi cu sinele. Fiecare experiență oferă relaxare profundă și o curățare holistică, stimulând circulația sângelui, detoxifierea și echilibrul mental.

Canada

The “Unbounded” team returns with one of the most eagerly awaited experiences: the Ice Bath! Get ready for the hot/cold therapy that will awaken your senses. After a revitalising sauna session, plunge into cold water – a challenge that energises both body and mind. Benefits include improved circulation, a stronger immune system, reduced stress and anxiety, and better sleep quality. Don’t miss this unforgettable experience!

Czech Republic

David Kraus and Spakova Zuzana offer transformational experiences using freshly picked herbs, natural ingredients, sauna whisks, and pure essential oils. Their rituals are inspired by the balance of light and dark, combining smudging practices and spiritual cleansing to fully revitalise body and mind. Drawing from Viking origins and Slavic traditions, these sessions foster a deep connection with nature.

Cuba

Let Yosvani Gonzales take you on a sensory journey to the heart of Havana, through rituals rooted in Cuba's sacred botanicals: moringa and oregano. Moringa, cherished as a national treasure, soothes deeply and restores emotional balance, while oregano's antimicrobial kick and uplifting scent re-energise the senses. Don't miss the scrub, a vibrant blend of salt, oregano, coconut oil, and aloe vera. A refreshing ritual for radiant, healthy skin.

Denmark

Mette Korsholm brings rituals rooted in Ayurvedic wisdom and the Nordic lifestyle. **Balance** and **Strength** are designed to reinvigorate your whole being, using a blend of healing herbs, essential oils and infusions to help you reconnect with yourself. Each experience provides deep relaxation and holistic cleansing, boosting circulation, detoxification and mental clarity.



Estonia

Descoperă ritualurile tradiționale estoniene alături de Kolkina Ksenia: mănunchiuri de stejar, fum de rășină de molid, infuzii cu miere și conuri de pin pentru imunitate și respirație profundă. Bucură-te de scrub cu turbă și mască din argilă albastră, ideale pentru detox și sănătatea pielii. Completează experiența cu o sesiune de aromaterapie și ceai de cătină, în armonie cu natura nordică.



Germany

Cum sună o sesiune de yoga în saună sau o călătorie senzorială prin pădurile de pin și ritualuri celtice? Echipa Germaniei te invită într-un univers al relaxării profunde și al reconectării cu natura. Experiențele lor îmbină miresme de mesteacăn, salvie, pin, rozmarin, lavandă, lotus sau cacao cu ritualuri ancestrale și tehnici moderne de îngrijire a pielii. Yoga în saună, peelinguri cu argilă roșie, scruburi cu miere, infuzii de plante și fumigații te poartă spre purificare, regenerare și echilibru interior. *Willkommen im Zauber der Natur!*



Italia

Italia, în toată splendoarea ei! Descoperă liniștea interioară prin plante și ingrediente esențiale, de la lavandă și lemn de santal, la flori de portocal și bergamotă. Tradiția din Piemont se întâlnește cu aromele de cafea, ulei de măsline și lapte de alun, iar pădurile alpine sunt evocate prin sare fină, ulei de măsline și ace de pin. O serie de experiențe revitalizante, din Alpi până în Sicilia!



Japania

Yujiro Otsuka, Tomoko Hasegawa și Aki Yoshino aduc la Herbarium Festival esența ritualurilor tradiționale japoneze, profund înrădăcinate în cultura niponă. Cu ingrediente naturale transmise din generație în generație, aceste practici de înfrumusețare și purificare oferă o conexiune autentică cu natura și înțelepciunea străveche. Nu rata experiențele unice oferite de aceștia: **Yutate-Kagura, Ceremonia ceaiului japonez, Plantele din Tanegashima** sau ritualul **Shugendo**.



Estonia

Experience traditional Estonian rituals with Kolkina Ksenia: oak bundles, spruce resin smoke, honey infusions, and pinecones – all supporting immunity and deep breathing. Indulge in a peat scrub and a blue clay mask for detox and skin health. Complete your journey with aromatherapy and sea buckthorn tea in true Nordic harmony.



Germany

Ever wondered what yoga in a sauna feels like, or how a sensory journey through pine forests and Celtic rituals might unfold? The Germany team invites you into a world of deep relaxation and reconnection with nature. Their experiences blend scents of birch, sage, pine, rosemary, lavender, lotus, and cacao with ancient rituals and modern skincare techniques. Sauna yoga, red clay peels, honey scrubs, plant infusions, and smudging rituals guide you towards purification, regeneration, and inner balance. *Willkommen im Zauber der Natur!*



Italy

Italy in all its splendour! Discover inner peace through lavender, sandalwood, orange blossom and bergamot. Piedmontese traditions meet the scents of coffee, olive oil and hazelnut milk, while the Alpine forests are evoked with fine salt, olive oil and pine needles. A revitalising journey from the Alps to Sicily.



Japan

Yujiro Otsuka, Tomoko Hasegawa and Aki Yoshino bring the essence of traditional Japanese rituals, deeply rooted in Japanese culture. With natural ingredients passed down through generations, these beauty and purification practices offer an authentic connection with nature and ancient wisdom. Don't miss experiences like **Yutate-Kagura, The Japanese Tea Ceremony, Plants from Tanegashima**, or the sacred **Shugendo** ritual.

Letonia

Redescoperă starea de bine desăvârșită cu ritualurile create de Lienīte Vītiņa și Santa Matveja. **Underworld** onorează rădăcinile celor doi maeștri, în timp ce **On the Surface** aduce la suprafață energia plantelor strămoșești. Nu rata nici Scrubul **Synergy**, care detoxifică profund cu argilă, cenușă și flori, oferind pielii sănătatea de care are nevoie.

Lituania

Pregătește-te pentru o experiență de saună ce combină puterea plantelor și a ingredientelor naturale pentru o relaxare totală. Uleiurile esențiale de lavandă, eucalipt și mușețel se amestecă cu plante uscate precum salvia și rozmarinul, pentru detoxifierea organismului și îmbunătățirea circulației. Sarea de mare purifică căile respiratorii, în timp ce mierea, lemnul de cedru și florile de hibiscus hidratează pielea, aducând un echilibru perfect între minte și corp.

Marea Britanie

Hannah, alături de Deborah și Monika, te invită într-o călătorie senzorială ce te poartă de la Highlands până în inima Australiei botanice, cu ritualuri inspirate de plantele native și energizante. Respiră adânc și lasă-te purtat de infuzii aromate și scrub-uri revitalizante, ce îți vor aduce o stare de bine profundă. Wendy Liu adaugă un strop de armonie, prin **Harmony of the Forest**, o experiență care combină puterea pădurii finlandeze cu ciupercile chinezești pentru o curățare și revitalizare profundă a corpului și minții. Ritualurile de saună **Daoist Flow** și **Mulan - The Warrior's Steam** aduc echilibru și putere interioară prin energia elementelor naturale utilizate.

Latvia

Rediscover complete wellbeing with rituals from Lienīte Vītiņa and Santa Matveja. **Underworld** honours their ancestral roots, while **On the Surface** draws out the energy of heritage plants. Try the **Synergy** scrub – a deep detox using clay, ash and flowers – to nourish your skin with exactly what it needs.

Lithuania

Prepare for a sauna experience combining the power of herbs and natural ingredients for total relaxation. Essential oils of lavender, eucalyptus and chamomile blend with dried herbs like sage and rosemary to detoxify and improve circulation. Sea salt clears the respiratory system, while honey, cedarwood and hibiscus flowers hydrate the skin, bringing perfect harmony between body and mind.

United Kingdom

Hannah, Deborah and Monika invite you on a sensory journey from the Scottish Highlands to the heart of botanical Australia, with rituals inspired by native, energising plants. Breathe deeply and enjoy aromatic infusions and revitalising scrubs that bring deep wellbeing. Wendy Liu adds a touch of forest harmony with **Harmony of the Forest**, combining Finnish woods and Chinese mushrooms to cleanse and revitalise body and mind. The sauna rituals **Daoist Flow** and **Mulan – The Warrior's Steam** bring strength and inner balance through the energy of natural elements.





Moldova

La **Woloshin Banya**, ritualurile se transformă în adevărate experiențe pentru simțuri. Arome fine de miere, cafea și vanilie se împletesc cu sunetele hipnotizante ale handpan-ului și vibrațiile bolurilor tibetane, pentru un răsfăț absolut. Totul se încheie într-o horă aromatică, plină de vitalitate și energie în care aromele de pin, mentă și eucalipt înviorează corpul și spiritul.



Mexic

În premieră pentru România, maestrul de saună Amairani aduce la Herbarium Festival ritualul ancestral mexican **Temazcal**, o ceremonie profundă de purificare și reconectare cu sinele. Temazcal reprezintă o întoarcere în pântecul Mamei Natură, un act sacru de regăsire a echilibrului interior. Apă și foc, căldură și recunoștință, apă și suflet; aceste elemente formează esența ritualului, care rămâne un instrument de auto-vindecare și comuniune cu universul. O experiență transformatoare pe care merită să o trăiești măcar o dată în viață!



Norvegia

Chris Shenkle și Cañon Nicholas te invită să te reconectezi cu natura prin ritualuri ce combină tradiții ancestrale și ingrediente locale. De la purificarea energetică cu vetiver și citrice, la ritualuri inspirate din pădurile amazoniene cu plante medicinale, maestrul promit momente de relaxare cum n-ai mai trăit vreodată. Scruburile cu fructe amazoniene și mure nordice îți hrănesc pielea, iar ritmurile atent alese creează o atmosferă de unitate și echilibru.



Olanda

Dennis Kokmeijer, campion mondial în Herbal Cup 2024, aduce la Herbarium Festival 2025 ritualuri care te reconectează cu natura sacră. Fumigația de molid și tuia curăță spațiul, iar plantele nordice te vor ghida într-o stare de meditație autentică. Ritualul **Northern Lights** include un tratament cu mușchi islandez, argilă glaciară și cătină. Experiența se încheie cu **Journey of the Drum**, o imersiune senzorială în energia primară și forțele ancestrale ale naturii.



Moldova

At **Woloshin Banya**, rituals become a feast for the senses. Delicate aromas of honey, coffee and vanilla are paired with hypnotic handpan rhythms and the vibrations of Tibetan bowls – the ultimate indulgence. Everything ends in an aromatic hora, full of vitality and energy, where pine, mint and eucalyptus awaken both body and spirit.



Mexico

For the first time in Romania, sauna master Amairani presents the ancestral **Temazcal** ritual – a profound ceremony of purification and reconnection. Temazcal is a symbolic return to Mother Nature's womb, a sacred act of rediscovering inner balance. Water and fire, heat and gratitude, soul and steam – these elements form the essence of this healing ritual, offering a once-in-a-lifetime transformational experience.



Norway

Chris Shenkle and Cañon Nicholas invite you to reconnect with nature through rituals blending ancient traditions and local ingredients. From energy cleansing with vetiver and citrus, to rainforest-inspired ceremonies with medicinal plants, their sessions offer relaxation like no other. Scrubs with Amazonian fruits and northern berries nourish your skin, while carefully selected rhythms create an atmosphere of unity and balance.



The Netherlands

Dennis Kokmeijer, 2024 Herbal Cup world champion, brings rituals that reconnect you with the sacredness of nature. Spruce and thuja smudging clears the space, while Nordic plants guide you into deep meditation. **Northern Lights** features a treatment with Icelandic moss, glacial clay and sea buckthorn. The experience ends with **Journey of the Drum**, a sensory immersion in the primal energy and ancestral forces of nature.

 România

Redescoperă tradițiile românești cu leacuri din inima Carpaților: mușetel, mentă, gălbenele, tei, brad, salvie, lavandă, coadă șoricelului, ienupăr, urzică, cimbru, hamei, trifoi roșu și arnică. Trăiește ritualuri în saună cu infuzii și esențe naturale din aceste plante, care alină alergiile, readuc starea de bine, stimulează regenerarea, hidratarea și detoxifierea pielii. Trăiește o experiență autentică cu darurile naturii românești!

 Statele Unite ale Americii

Fii zen la Herbarium Festival, cu sesiunile de meditație ghidată de reprezentanții SUA. Reconectează-te cu natura prin practici de mindfulness și echilibru energetic. Descoperă beneficiile salviei spaniole pentru sănătatea mentală și fizică. Bucură-te de exfolierea și hidratarea profundă cu scrubul de grapefruit și unt de shea, alături de tehnici tradiționale de gua sha pentru îmbunătățirea circulației și sănătății pielii.

 Ucraina

Nu rata experiențele multisenzoriale propuse de maestrul ucrainean Georgii, în care plantele medicinale, infuziile de laur, flori de tei, scorțișoară și fum de copal trezesc amintiri și emoții profunde. Bucură-te de un scrub regenerant pe bază de semințe de mac și extracte naturale, urmat de o mască vitaminizantă pentru față. În **Nordick Hot Ritual**, pădurile sălbatice prind viață prin arome de pin, molid, mesteacăn și stejar. O invitație deschisă la introspecție și reconectare cu natura.

 Ungaria

Gergő Lukács vine cu o serie de experiențe senzoriale rafinate. **The Soul of Coffee** îmbină aromele cafelei cu note de lemn de santal, mentă, lavandă și busuioc, pentru o stare de relaxare profundă. În **The Bazaar of Senses**, arome orientale precum tonka, trandafir și oud creează o atmosferă mistică. Bineînțeles, nu rata sesiune de scrub **Spiced Warmth** cu miere, zahăr brun și scorțișoară, răsfăță pielea și simțurile.

 Romania

Rediscover traditional Romanian remedies from the heart of the Carpathians: chamomile, mint, calendula, linden, fir, sage, lavender, yarrow, juniper, nettle, thyme, hops, red clover and arnica. Enjoy sauna rituals with natural plant infusions and essences that soothe allergies, restore wellbeing, and support skin hydration, detox and regeneration. An authentic experience with the gifts of Romanian nature!

 United States of America

Find your zen at Herbarium Festival with guided meditation sessions from the USA team. Reconnect with nature through mindfulness and energy balancing practices. Discover the benefits of white sage for mental and physical health. Enjoy deep exfoliation and hydration with a grapefruit and shea butter scrub, paired with traditional gua sha techniques to improve circulation and skin vitality.

 Ukraine

Don't miss the multisensory experiences crafted by Ukrainian master Georgii, where medicinal plants, laurel infusions, linden flowers, cinnamon, and copal smoke awaken deep memories and emotions. Indulge in a skin-renewing scrub made with poppy seeds and natural extracts, followed by a vitamin-rich facial mask. In the **Nordick Hot Ritual**, wild forests come alive through the scents of pine, spruce, birch, and oak. This is an open invitation to introspection and a deeper connection with nature..

 Hungary

Gergő Lukács presents a series of refined sensory experiences. **The Soul of Coffee** blends the rich aromas of coffee with notes of sandalwood, mint, lavender, and basil for a deep sense of relaxation. In **The Bazaar of Senses**, exotic fragrances like tonka, rose, and oud create a mystical atmosphere. And of course, don't miss the **Spiced Warmth** scrub session with honey, brown sugar, and cinnamon – pampering both your skin and senses.

 Olanda

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Fii zen la Herbarium Festival, cu sesiunile de meditație ghidată de reprezentanții SUA. Reconectează-te cu natura prin practici de mindfulness și echilibru energetic. Descoperă beneficiile salviei spaniole pentru sănătatea mentală și fizică. Bucură-te de exfolierea și hidratarea profundă cu scrubul de grapefruit și unt de shea, alături de tehnici tradiționale de gua sha pentru îmbunătățirea circulației și sănătății pielii.

 Ungaria

Gergő Lukács vine cu o serie de experiențe senzoriale rafinate. **The Soul of Coffee** îmbină aromele cafelei cu note de lemn de santal, mentă, lavandă și busuioc, pentru o stare de relaxare profundă. În **The Bazaar of Senses**, arome orientale precum tonka, trandafir și oud creează o atmosferă mistică. Bineînțeles, nu rata sesiune de scrub **Spiced Warmth** cu miere, zahăr brun și scortişoară, răsfăță pielea și simțurile.

 The Netherlands

Dennis Kokmeijer, 2024 Herbal Cup world champion, brings rituals that reconnect you with the sacredness of nature. Spruce and thuja smudging clears the space, while Nordic plants guide you into deep meditation. **Northern Lights** features a treatment with Icelandic moss, glacial clay and sea buckthorn. The experience ends with **Journey of the Drum**, a sensory immersion in the primal energy and ancestral forces of nature.

 Romania

Rediscover traditional Romanian remedies from the heart of the Carpathians: chamomile, mint, calendula, linden, fir, sage, lavender, yarrow, juniper, nettle, thyme, hops, red clover and arnica. Enjoy sauna rituals with natural plant infusions and essences that soothe allergies, restore wellbeing, and support skin hydration, detox and regeneration. An authentic experience with the gifts of Romanian nature!

 United States of America

Find your zen at Herbarium Festival with guided meditation sessions from the USA team. Reconnect with nature through mindfulness and energy balancing practices. Discover the benefits of white sage for mental and physical health. Enjoy deep exfoliation and hydration with a grapefruit and shea butter scrub, paired with traditional gua sha techniques to improve circulation and skin vitality.

 Hungary

Gergő Lukács presents a series of refined sensory experiences. **The Soul of Coffee** blends the rich aromas of coffee with notes of sandalwood, mint, lavender, and basil for a deep sense of relaxation. In **The Bazaar of Senses**, exotic fragrances like tonka, rose, and oud create a mystical atmosphere. And of course, don't miss the **Spiced Warmth** scrub session with honey, brown sugar, and cinnamon – pampering both your skin and senses.

HERBARIUM FESTIVAL

Monday – 05 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Silk Road	Alhambra	Acclimation	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Kineto	Main Pool	Water activities	
ELYSIUM 12:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania	
THE PALM 12:30	Mineral Peeling <i>by Mihai Ciusă</i>	Rainforest	Romania	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
ELYSIUM 13:00-13:30	Earthy Flavor	A Terra	Respiratory Therapy	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30-14:00	Herbal Infusion	Provence	Respiratory Therapy	
ELYSIUM 14:00	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania	
THE PALM 14:30	Peat Scrub <i>by Ivan Hudik</i>	Rainforest	Estonia	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 15:00	Eclipse Ritual <i>by Edison Cenaj</i>	A Terra	Albania	
ELYSIUM 15:00	L'Âme du Café <i>by Gergo Lukacs</i>	Provence	Hungary	

 Auffuss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 15:30	Estonian Wheat <i>by Ksenia Kolkina & Ivan Hudik</i>	Bavaria	Estonia	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 16:00	Fruity Ice	Amazon	Respiratory Therapy	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
THE PALM 16:30	Spiced Warmth <i>by Gergo Lukacs</i>	Rainforest	Hungary	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Awakening The Inner Spirit <i>by Dennis Kokmeijer</i>	Provence	Netherlands	
ELYSIUM 17:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 17:00	Doctorii din Folclor <i>by Gabriel Acrivopol</i>	Bavaria	Romania	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Estonian Ancient Session <i>by Ksenia Kolkina & Ivan Hudik</i>	A Terra	Estonia	
ELYSIUM 18:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 18:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania	
THE PALM 18:30	Aqua Gym	Main Pool	Water activities	
THE PALM 18:30	The Northern Lights Ritual <i>by Dennis Kokmeijer</i>	Rainforest	Netherlands	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL
Monday – 05 May

ELYSIUM 19:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 19:00	Hidden Path <i>by Edison Cenaj</i>	Bavaria	Albania 	
ELYSIUM 19:00	Hibiscus Rosa <i>by Rareş Matei</i>	Provence	Romania 	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Journey of the Drum <i>by Dennis Kokmeijer</i>	A Terra	Netherlands 	
ELYSIUM 20:00	Le Souk des Sens <i>by Gergo Lukacs</i>	Alhambra	Hungary 	
THE PALM 20:30	Mystic Ocean & Earth <i>by Edison Cenaj</i>	Rainforest	Albania 	
ELYSIUM 20:30-21:00	Woody Infusion	Hollywood	Acclimation	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Almond Beauty	Provence	Skin care and protection	
ELYSIUM 21:00	Zahara <i>by Diana Boamfă</i>	Bavaria	Romania 	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	Acclimation	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	



 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL
Tuesday – 06 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Le Souk des Sens <i>by Gergo Lukacs</i>	Alhambra	Hungary 	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Shape	Main Pool	Water activities	
ELYSIUM 12:00	Persea Americana <i>by Izabela Olteanu</i>	Provence	Romania 	
THE PALM 12:30	The Northern Lights Ritual <i>by Dennis Kokmeijer</i>	Rainforest	Netherlands 	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Hidden Path <i>by Edison Cenaj</i>	Bavaria	Albania 	
ELYSIUM 13:00	Estonian Ancient Session <i>by Ksenia Kolkina & Ivan Hudik</i>	A Terra	Estonia 	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30-14:00	Herbal Infusion	Provence	Respiratory Therapy	
ELYSIUM 14:00	Oriental Time	Alhambra	Acclimation	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
THE PALM 14:30	Spiced Warmth <i>by Gergo Lukacs</i>	Rainforest	Hungary 	
ELYSIUM 15:00	Eclipse Ritual <i>by Edison Cenaj</i>	A Terra	Albania 	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Tuesday – 06 May

ELYSIUM 15:00	Awakening The Inner Spirit <i>by Dennis Kokmeijer</i>	Provence	Netherlands	
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	Acclimation	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 16:00	Indios <i>by Alberto Grazioli</i>	Amazon	Italy	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
THE PALM 16:30	Mystic Ocean & Earth <i>by Edison Cenaj</i>	Rainforest	Albania	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania	
ELYSIUM 17:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 17:00	Estonian Wheat <i>by Ksenia Kolkina & Ivan Hudik</i>	Bavaria	Estonia	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Journey of the Drum <i>by Dennis Kokmeijer</i>	A Terra	Netherlands	
ELYSIUM 18:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 18:00	Dalchini	Alhambra	Respiratory Therapy	

THE PALM 18:30	Kintsugi <i>by Alberto Grazioli</i>	Rainforest	Italy	
THE PALM 18:30	Hydro Balance	Main Pool	Water activities	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 19:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
ELYSIUM 19:00	Hibiscus Rosa <i>by Rareș Matei</i>	Provence	Romania	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Father Time <i>by Alberto Grazioli</i>	A Terra	Italy	
ELYSIUM 20:00	Golden Mint <i>by Petronela Ungureanu</i>	Alhambra	Romania	
THE PALM 20:30	Peat Scrub <i>by Ksenia Kolkina</i>	Rainforest	Estonia	
ELYSIUM 20:30-21:00	Woody Infusion	Hollywood	Acclimation	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	L'Âme du Café <i>by Gergo Lukacs</i>	Provence	Hungary	
ELYSIUM 21:00	Doctorii din Folclor <i>by Gabriel Acrivopol</i>	Bavaria	Romania	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	Acclimation	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	



HERBARIUM FESTIVAL

Wednesday – 07 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Silk Road	Alhambra	Acclimation	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Kineto	Main Pool	Water activities	
ELYSIUM 12:00	L'Âme du Café by Gergo Lukacs	Provence	Hungary	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
THE PALM 12:30	Mystic Ocean & Earth by Edison Cenaj	Rainforest	Albania	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Precious Wood	Bavaria	Acclimation	
ELYSIUM 13:00	Journey of the Drum by Dennis Kokmeijer	A Terra	Netherlands	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30	Indios by Alberto Grazioli	Amazon	Italy	
ELYSIUM 13:30	Persea Americana by Izabela Olteanu	Provence	Romania	
ELYSIUM 14:00	Walk of Rejuvenation by Adrian Manolache	Alhambra	Romania	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
THE PALM 14:30	Peat Scrub by Ksenia Kolkina	Rainforest	Estonia	
ELYSIUM 15:00	Father Time by Alberto Grazioli	A Terra	Italy	
ELYSIUM 15:00	Journey Down Under by Hannah Goodger	Provence	UK	

 Auffguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 15:30	Estonian Wheat by Ksenia Kolkina & Ivan Hudik	Bavaria	Estonia	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30	Le Souk des Sens by Gergo Lukacs	Alhambra	Hungary	
ELYSIUM 16:00	Fruity Ice	Amazon	Respiratory Therapy	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
THE PALM 16:30	Spiced Warmth by Gergo Lukacs	Rainforest	Hungary	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Awakening The Inner Spirit by Dennis Kokmeijer	Provence	Netherlands	
ELYSIUM 17:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 17:00	Bavarian Bliss by Alexandra Dragomirescu	Bavaria	Romania	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	On the Surface by Lienite Vitina & Santa Matveja	A Terra	Latvia	
ELYSIUM 18:00	Dioica by Alexandru Hoge	Amazon	Romania	
ELYSIUM 18:00	Golden Mint by Petronela Ungureanu	Alhambra	Romania	
THE PALM 18:30	Kintsugi by Alberto Grazioli	Rainforest	Italy	
THE PALM 18:30	Aqua Gym	Main Pool	Water activities	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Wednesday – 07 May

ELYSIUM 19:00	Levender Whisper <i>by Hannah Goodger</i>	Ad Astra		
ELYSIUM 19:00	Plante Românești <i>by Andrei Șerban</i>	Bavaria		
ELYSIUM 19:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence		
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Estonian Ancient Session <i>by Ksenia Kolkina & Ivan Hudik</i>	A Terra		
ELYSIUM 20:00	Underworld <i>by Lienite Vitina & Santa Matveja</i>	Aegir		
ELYSIUM 20:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra		
THE PALM 20:30	The Northern Lights Ritual <i>by Dennis Kokmeijer</i>	Rainforest		
ELYSIUM 20:30-21:00	Woody Infusion	Hollywood	Acclimation	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Almond Beauty	Provence	Skin care and protection	
ELYSIUM 21:00	Hidden Path <i>by Edison Cenaj</i>	Bavaria		
ELYSIUM 21:30	Touch of Basil <i>by Vanesa Slota</i>	Alhambra		
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Thursday – 08 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra		
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Shape	Main Pool	Water activities	
ELYSIUM 12:00	Persea Americana <i>by Izabela Olteanu</i>	Provence		
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
THE PALM 12:30	Synergy <i>by Lienite Vitina & Santa Matveja</i>	Rainforest		
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Estonian Wheat <i>by Ksenia Kolkina & Ivan Hudik</i>	Bavaria		
ELYSIUM 13:00	Father Time <i>by Alberto Grazioli</i>	A Terra		
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30-14:00	Herbal Infusion	Provence	Respiratory Therapy	
ELYSIUM 14:00	Oriental Time	Alhambra	Acclimation	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 15:00	Estonian Ancient Session <i>by Ksenia Kolkina & Ivan Hudik</i>	A Terra		
ELYSIUM 15:00	Journey Down Under <i>by Hannah Goodger</i>	Provence		
ELYSIUM 15:30-16:00	Woody Infusion	Bavaria	Acclimation	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Thursday – 08 May

ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 16:00	Indios <i>by Alberto Grazioli</i>	Amazon	Italy 	
ELYSIUM 16:00	Underworld <i>by Lienite Vitina & Santa Matveja</i>	Aegir	Latvia 	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania 	
ELYSIUM 17:00	Levender Whisper <i>by Hannah Goodger</i>	Ad Astra	UK 	
ELYSIUM 17:00	Joints Recovery <i>by Mihai Ciusă</i>	Bavaria	Romania 	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Restart <i>by Andrei Șerban</i>	A Terra	Romania 	
ELYSIUM 18:00	Cocha Cashu	Amazon	Acclimation	
ELYSIUM 18:00	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania 	
THE PALM 18:30	Steam and Stillness <i>by Hannah Goodger</i>	Rainforest	UK 	
THE PALM 18:30	Hydro Balance	Main Pool	Water activities	
ELYSIUM 18:30	Halo Mint	Himalaya	Respiratory Therapy	

ELYSIUM 19:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 19:00	Zahara <i>by Diana Boamfă</i>	Bavaria	Romania 	
ELYSIUM 19:00	Ierburi pentru Inimă <i>by Liviu Lubene</i>	Provence	Romania 	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	On the Surface <i>by Lienite Vitina & Santa Matveja</i>	A Terra	Latvia 	
ELYSIUM 20:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania 	
ELYSIUM 20:30-21:00	Woody Infusion	Hollywood	Acclimation	
THE PALM 20:30	Outback Essence <i>by Hannah Goodger</i>	Rainforest	UK 	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Almond Beauty	Provence	Skin care and protection	
ELYSIUM 21:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania 	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	Acclimation	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	



HERBARIUM FESTIVAL

Friday – 09 May

ELYSIUM 10:00	Maur Saga	Alhambra	Skin care and protection	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	Respiratory Therapy	
ELYSIUM 10:30-11:00	Botanical Infusion	A Terra	Acclimation	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Solar Wind	Ad Astra	Acclimation	
ELYSIUM 11:00	Journey Down Under by Hannah Goodger	Provence	UK 	
ELYSIUM 11:30	Joints Recovery by Mihai Ciusă	Bavaria	Romania 	
ELYSIUM 11:30	Spa Sensory Journey by Phyt's	Alhambra	Romania 	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 12:00	Ritualuri din Natură by Fares	Amazon	Romania 	
ELYSIUM 12:00	Savonia Rituals by Savonia	Hollywood	Romania 	
ELYSIUM 12:30	Steam and Stillness by Hannah Goodger	Rainforest	UK 	
ELYSIUM 12:30	Aqua Gym	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Herb Mystery by Woloshin Team	Bavaria	Moldova 	
ELYSIUM 13:00	Mineral Skin by Aromen	Aegir	Belgium 	
ELYSIUM 13:00	The 4 Elements by Jessica Anna	Provence	Austria 	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop by Aimée	Elysium Terrace	Romania 	
ELYSIUM 14:00	Herbagen Mint Leaves by Herbagen	Hollywood	Romania 	
ELYSIUM 14:00	Nature Cleanse by Doda Natural	Amazon	Romania 	
ELYSIUM 14:00	Levender Whisper by Hannah Goodger	Ad Astra	UK 	
ELYSIUM 14:30	Synergy by Lienite Vitina & Santa Matveja	Rainforest	Latvia 	
ELYSIUM 14:30	Touch of Basil by Vanesa Slota	Alhambra	Romania 	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	Heaven Scent by TrioVerde	A Terra	Romania 	
ELYSIUM 15:00	Rădăcini din Nord by Carmen Iacob	Provence	Romania 	
ELYSIUM 15:00	Pine Harmony by Woloshin Team	Bavaria	Moldova 	
THE PALM 15:30	Salt Ritual by Skintesece	Rainforest	Romania 	
ELYSIUM 15:30	The Essence of Beauty by Vivasan	Elysium Terrace	Romania 	
ELYSIUM 16:00	Wildflower Glow by Alexandra Drilea	Alhambra	Romania 	
ELYSIUM 16:00	Mindful Breathing by Aimée	Amazon	Romania 	
ELYSIUM 16:00	The Journey of Inner Light by Jessica Anna	Ad Astra	Austria 	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Friday – 09 May

ELYSIUM 16:30	Outback Essence <i>by Hannah Goodger</i>	Rainforest	UK 	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 16:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova 	
ELYSIUM 16:30	Nature's Perfume Journey <i>by Matca Naturals</i>	Elysium Terrace	Romania 	
ELYSIUM 17:00	Doctorii din Folclor <i>by Gabriel Acrivopol</i>	Bavaria	Romania 	
ELYSIUM 17:00	On the Surface <i>by Lienite Vitina & Santa Matveja</i>	A Terra	Latvia 	
ELYSIUM 17:00	Ierburi pentru Inimă <i>by Liviu Lubene</i>	Provence	Romania 	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Lavender Storm <i>by Fleurane</i>	Hollywood	Romania 	
ELYSIUM 18:00	Mineral Skin <i>by Aromen</i>	Aegir	Belgium 	
ELYSIUM 18:00	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra	Romania 	
ELYSIUM 18:00	Inner Flow <i>by Vivasan</i>	Amazon	Romania 	
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania 	
THE PALM 18:30	Detox for Body & Soul <i>by Jessica Anna</i>	Rainforest	Austria 	
ELYSIUM 18:30	Aqua Fun	Main Pool	Water activities	
GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 18:30	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania 	
ELYSIUM 19:00	Hora <i>by Woloshin Team</i>	Ad Astra	Moldova 	
ELYSIUM 19:00	Liquid Gold <i>by Apiland</i>	Provence	Romania 	
ELYSIUM 19:00	Soc <i>by Elena Balica</i>	Bavaria	Romania 	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	Respiratory Therapy	
ELYSIUM 19:30	Aromen - Behind the Essential Oils	Hollywood	Belgium 	
THE PALM 19:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico 	
ELYSIUM 20:00	Underworld <i>by Lienite Vitina & Santa Matveja</i>	Aegir	Latvia 	
ELYSIUM 20:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania 	
ELYSIUM 20:00	Restart <i>by Andrei Șerban</i>	A Terra	Romania 	
THE PALM 20:30	Pine Ice Disc <i>by Woloshin Team</i>	Rainforest	Moldova 	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Gastronomic Aroma <i>by Woloshin Team</i>	Provence	Moldova 	
ELYSIUM 21:00	Zahara <i>by Diana Boamfă</i>	Bavaria	Romania 	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	Respiratory Therapy	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Void	Hollywood	Acclimation	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Saturday – 10 May

ELYSIUM 10:00	Heaven Scent <i>by TrioVerde</i>	Alhambra	Romania	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	Respiratory Therapy	
ELYSIUM 10:30-11:00	Botanical Infusion	A Terra	Acclimation	
ELYSIUM 10:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova	
ELYSIUM 11:00	Hora <i>by Woloshin Team</i>	Ad Astra	Moldova	
ELYSIUM 11:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania	
ELYSIUM 11:30	Ritualuri din Natură <i>by Fares</i>	Bavaria	Romania	
ELYSIUM 11:30	Spa Sensory Journey <i>by Phyt's</i>	Alhambra	Romania	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 12:00	Mindful Breathing <i>by Aimée</i>	Amazon	Romania	
ELYSIUM 12:00	Herbagen Mint Leaves <i>by Herbagen</i>	Hollywood	Romania	
THE PALM 12:30	Detox for Body & Soul <i>by Jessica Anna</i>	Rainforest	Austria	
THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Joints Recovery <i>by Mihai Ciusă</i>	Bavaria	Romania	
ELYSIUM 13:00	Casa Părintească <i>by Liviu Lubene</i>	Provence	Romania	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 13:00	Mineral Skin <i>by Aromen</i>	Aegir	Belgium	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop <i>by Aimée</i>	Elysium Terrace	Romania	
ELYSIUM 14:00	Savonia Rituals <i>by Savonia</i>	Hollywood	Romania	
ELYSIUM 14:00	Nature Cleanse <i>by Doda Natural</i>	Amazon	Romania	
ELYSIUM 14:00	Mindful Breathing <i>by Aimée</i>	Ad Astra	Romania	
ELYSIUM 14:30	Wildflower Glow <i>by Alexandra Drilea</i>	Alhambra	Romania	
THE PALM 14:30	The Piedmontese Hazelnut <i>by Cristiano Ungaro</i>	Rainforest	Italy	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	Smoke Ritual	A Terra	Acclimation	
ELYSIUM 15:00	Gastronomic Aroma <i>by Woloshin Team</i>	Provence	Moldova	
ELYSIUM 15:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
THE PALM 15:30	Salt Ritual <i>by Skintessence</i>	Rainforest	Romania	
ELYSIUM 15:30	The Essence of Beauty <i>by Vivasan</i>	Elysium Terrace	Romania	
ELYSIUM 16:00	Golden Mint <i>by Petronela Ungureanu</i>	Alhambra	Romania	
ELYSIUM 16:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Saturday – 10 May

ELYSIUM 16:00	The Journey of Inner Light <i>by Jessica Anna</i>	Ad Astra	Austria	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
THE PALM 16:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
ELYSIUM 16:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova	
ELYSIUM 16:30	Nature's Perfume Journey <i>by Matca Naturals</i>	Elysium Terrace	Romania	
ELYSIUM 17:00	Nordik <i>by Armin Plaickner</i>	Bavaria	Germany	
ELYSIUM 17:00	Herbarium	A Terra	Respiratory Therapy	
ELYSIUM 17:00	Rădăcini din Nord <i>by Carmen Iacob</i>	Provence	Romania	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Lavender Storm <i>by Fleurane</i>	Hollywood	Romania	
ELYSIUM 18:00	Mineral Skin <i>by Aromen</i>	Aegir	Belgium	
ELYSIUM 18:00	Merchant of Venice <i>by Cristiano Ungaro</i>	Alhambra	Italy	
ELYSIUM 18:00	Inner Flow <i>by Vivasan</i>	Amazon	Romania	
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania	
THE PALM 18:30	Aqua Fun	Main Pool	Water activities	
THE PALM 18:30	Pine Ice Disc <i>by Woloshin Team</i>	Rainforest	Moldova	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 18:30	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania	
ELYSIUM 19:00	Home Town <i>by Armin Plaickner</i>	Ad Astra	Germany	
ELYSIUM 19:00	The 4 Elements <i>by Jessica Anna</i>	Provence	Austria	
ELYSIUM 19:00	Herb Mystery <i>by Woloshin Team</i>	Bavaria	Moldova	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	Respiratory Therapy	
ELYSIUM 19:30	Aromen - Behind the Essential Oils	Hollywood	Belgium	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Dalchini	Alhambra	Respiratory Therapy	
ELYSIUM 20:00	The Gardens of Sicily <i>by Cristiano Ungaro</i>	A Terra	Italy	
ELYSIUM 20:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova	
THE PALM 20:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
ELYSIUM 21:00	Italian Aufguss <i>by Armin Plaickner</i>	Provence	Germany	
ELYSIUM 21:00	Pine Harmony <i>by Woloshin Team</i>	Bavaria	Moldova	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	Respiratory Therapy	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Void	Hollywood	Acclimation	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.



HERBARIUM FESTIVAL

Sunday – 11 May

ELYSIUM 10:00	Liquid Gold <i>by Apiland</i>	Alhambra	Romania	
THE PALM 10:30	Pine Ice Disc <i>by Woloshin Team</i>	Rainforest	Moldova	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	Respiratory Therapy	
ELYSIUM 10:30	Heaven Scent <i>by TrioVerde</i>	A Terra	Romania	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Spa Sensory Journey <i>by Phyt's</i>	Ad Astra	Romania	
ELYSIUM 11:00	The 4 Elements <i>by Jessica Anna</i>	Provence	Austria	
ELYSIUM 11:30	Alaska White <i>by Andreea Broștiuc</i>	Bavaria	Romania	
ELYSIUM 11:30-12:30	Spice Bazaar	Alhambra	Respiratory Therapy	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 12:00	Ritualuri din Natură <i>by Fares</i>	Amazon	Romania	
ELYSIUM 12:00	Herbagen Mint Leaves <i>by Herbagen</i>	Hollywood	Romania	
THE PALM 12:30	The Piedmontese Hazelnut <i>by Cristiano Ungaro</i>	Rainforest	Italy	
THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Nordik <i>by Armin Plaickner</i>	Bavaria	Germany	
ELYSIUM 13:00	Mineral Skin <i>by Aromen</i>	Aegir	Belgium	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 13:00	Gastronomic Aroma <i>by Woloshin Team</i>	Provence	Moldova	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop <i>by Aimée</i>	Elysium Terrace	Romania	
ELYSIUM 14:00	Savonia Rituals <i>by Savonia</i>	Hollywood	Romania	
ELYSIUM 14:00	Mindful Breathing <i>by Aimée</i>	Amazon	Romania	
ELYSIUM 14:00	Hora <i>by Woloshin Team</i>	Ad Astra	Moldova	
THE PALM 14:30	Detox for Body & Soul <i>by Jessica Anna</i>	Rainforest	Austria	
ELYSIUM 14:30	Inner Flow <i>by Vivasan</i>	Alhambra	Romania	
ELYSIUM 14:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	The Gardens of Sicily <i>by Cristiano Ungaro</i>	A Terra	Italy	
ELYSIUM 15:00	Hibiscus Rosa <i>by Rareș Matei</i>	Provence	Romania	
ELYSIUM 15:00	Joints Recovery <i>by Mihai Ciusă</i>	Bavaria	Romania	
THE PALM 15:30	Salt Ritual <i>by Skinteseence</i>	Rainforest	Romania	
ELYSIUM 15:30	The Essence of Beauty <i>by Vivasan</i>	Elysium Terrace	Romania	
ELYSIUM 16:00	The Journey of the Breath <i>by Jessica Anna</i>	Aegir	Austria	
ELYSIUM 16:00	Wildflower Glow <i>by Alexandra Drilea</i>	Alhambra	Romania	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Sunday – 11 May

ELYSIUM 16:00	Nature Cleanse <i>by Doda Natural</i>	Amazon	Romania	
ELYSIUM 16:00	Home Town <i>by Armin Plaickner</i>	Ad Astra	Germany	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
THE PALM 16:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 16:30	Nature's Perfume Journey <i>by Matca Naturals</i>	Elysium Terrace	Romania	
ELYSIUM 17:00	Herb Mystery <i>by Woloshin Team</i>	Bavaria	Moldova	
ELYSIUM 17:00	Herbarium <i>by Farmec</i>	A Terra	Romania	
ELYSIUM 17:00	Casa Părintescă <i>by Liviu Lubene</i>	Provence	Romania	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Lavender Storm <i>by Fleurane</i>	Hollywood	Romania	
ELYSIUM 18:00	Mineral Skin <i>by Aromen</i>	Aegir	Belgium	
ELYSIUM 18:00	Merchant of Venice <i>by Cristiano Ungaro</i>	Alhambra	Italy	
ELYSIUM 18:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania	
THE PALM 18:30	Aqua Fun	Main Pool	Water activities	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

THE PALM 18:30	Pistachio Dream <i>by Carmen Iacob</i>	Rainforest	Romania	
GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 18:30	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania	
ELYSIUM 19:00	The Journey of Inner Light <i>by Jessica Anna</i>	Ad Astra	Austria	
ELYSIUM 19:00	Italian Aufguss <i>by Armin Plaickner</i>	Provence	Germany	
ELYSIUM 19:00	Pine Harmony <i>by Woloshin Team</i>	Bavaria	Moldova	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	Respiratory Therapy	
ELYSIUM 19:30	Aromen - Behind the Essential Oils	Hollywood	Belgium	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Golden Mint <i>by Petronela Ungureanu</i>	Alhambra	Romania	
ELYSIUM 20:00	Herbarium	A Terra	Respiratory Therapy	
THE PALM 20:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
ELYSIUM 20:30	Sound Therapy <i>by Woloshin Team</i>	Himalaya	Moldova	
ELYSIUM 21:00	Rădăcini din Nord <i>by Carmen Iacob</i>	Provence	Romania	
ELYSIUM 21:00	Doctorii din Folclor <i>by Gabriel Acrivopol</i>	Bavaria	Romania	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	Respiratory Therapy	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Void	Hollywood	Acclimation	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Monday – 12 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Silk Road	Alhambra	Acclimation	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Kineto	Main Pool	Water activities	
ELYSIUM 12:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania	
THE PALM 12:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Nordik <i>by Armin Plaickner</i>	Bavaria	Germany	
ELYSIUM 13:00	Bathe in Nature <i>by Jobi Manson</i>	Sands of Therme	USA	
ELYSIUM 13:00-13:30	Earthy Flavor	A Terra	Respiratory Therapy	
THE PALM 13:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30	Hibiscus Rosa <i>by Rareș Matei</i>	Provence	Romania	
ELYSIUM 14:00	Golden Mint <i>by Petronela Ungureanu</i>	Alhambra	Romania	
THE PALM 14:30	Thunderstorm Purification <i>by Chris Shenkle</i>	Rainforest	Norway	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 15:00	Restart <i>by Andrei Șerban</i>	A Terra	Romania	

 Auffguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 15:00	Italian Aufguss <i>by Armin Plaickner</i>	Provence	Germany	
ELYSIUM 15:30	Soc <i>by Elena Balica</i>	Bavaria	Romania	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania	
ELYSIUM 16:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
THE PALM 16:30	Bluphoria <i>by Anita Barian</i>	Rainforest	Germany	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Green Cuba <i>by Yosvany Gonzales</i>	Provence	Cuba	
ELYSIUM 17:00	Home Town <i>by Armin Plaickner</i>	Ad Astra	Germany	
ELYSIUM 17:00	Nordik Hot <i>by Georgi Kopylov</i>	Bavaria	Ukraine	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico	
ELYSIUM 18:00	The Humming of the Colibri <i>by Nicolas Canon</i>	A Terra	Norway	
ELYSIUM 18:00	Halotherapy <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Amazon	Lithuania	
ELYSIUM 18:00	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra	Romania	
THE PALM 18:30	Healing Peeling <i>by Georgi Kopylov</i>	Rainforest	Ukraine	
THE PALM 18:30	Aqua Gym	Main Pool	Water activities	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Monday – 12 May

ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	The Druid and Her King <i>by Anita Barian</i>	Ad Astra	Germany 	
ELYSIUM 19:00	Birch Forest <i>by Naomi Boßler</i>	Bavaria	Germany 	
ELYSIUM 19:00	Thunderstorm <i>by Chris Shenkle</i>	Provence	Norway 	
THE PALM 19:30	Sultan's Glow <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Rainforest	Lithuania 	
ELYSIUM 20:00	Memory <i>by Georgi Kopylov</i>	A Terra	Ukraine 	
ELYSIUM 20:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA 	
ELYSIUM 20:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania 	
THE PALM 20:30	Cuba Scrub <i>by Yosvany Gonzales</i>	Rainforest	Cuba 	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30	Sauna Yoga <i>by Anita Barian</i>	Himalaya	Germany 	
ELYSIUM 21:00	Herbal Pharmacy <i>by Naomi Boßler</i>	Provence	Germany 	
ELYSIUM 21:00	Heat of Jungle <i>by Nicolas Canon</i>	Bavaria	Norway 	
ELYSIUM 21:30	Midnight Bloom <i>by Chris Shenkle</i>	Alhambra	Norway 	
THE PALM 21:30	Temazcal <i>by Amairani Peña Guzmán</i>	Rainforest	Mexico 	
ELYSIUM 22:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA 	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Tuesday – 13 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania 	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Shape	Main Pool	Water activities	
ELYSIUM 12:00	Green Cuba <i>by Yosvany Gonzales</i>	Provence	Cuba 	
THE PALM 12:30	Healing Peeling <i>by Georgi Kopylov</i>	Rainforest	Ukraine 	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 12:30	Sauna Yoga <i>by Anita Barian</i>	Himalaya	Germany 	
ELYSIUM 13:00	Bathe in Nature <i>by Jobi Manson</i>	Sands of Therme	USA 	
ELYSIUM 13:00	Wood Experience <i>by Jos Van Campenhout</i>	Bavaria	Belgium 	
ELYSIUM 13:00	Touch of Nature <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	A Terra	Lithuania 	
THE PALM 13:30	Jumis <i>by Erwin Degryse</i>	Rainforest	Belgium 	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30	Thunderstorm <i>by Chris Shenkle</i>	Provence	Norway 	
ELYSIUM 14:00	Oriental Time	Alhambra	Acclimation	
THE PALM 14:30	Cuba Scrub <i>by Yosvany Gonzales</i>	Rainforest	Cuba 	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 15:00	Memory <i>by Georgi Kopylov</i>	A Terra	Ukraine 	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Tuesday – 13 May

ELYSIUM 15:00	Herbal Pharmacy <i>by Naomi Boßler</i>	Provence	Germany	
ELYSIUM 15:30	Heat of Jungle <i>by Nicolas Canon</i>	Bavaria	Norway	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30-16:30	Spice Bazaar	Alhambra	Respiratory Therapy	
ELYSIUM 16:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 16:00	Fire & Flow (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
THE PALM 16:30	Cleansing Ritual <i>by Naomi Boßler</i>	Rainforest	Germany	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	The Four Elements <i>by Erwin Degryse</i>	Provence	Belgium	
ELYSIUM 17:00	The Druid and Her King <i>by Anita Barian</i>	Ad Astra	Germany	
ELYSIUM 17:00	Nordik <i>by Armin Plaickner</i>	Bavaria	Germany	
ELYSIUM 17:30	Horizon (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Operatic Catharsis Aufguss <i>by Chris Shenkle</i>	A Terra	Norway	
ELYSIUM 18:00	Halotherapy <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Amazon	Lithuania	
ELYSIUM 18:00	Dalchini	Alhambra	Respiratory Therapy	

Aufguss Infusion Scrub & Face Mask Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

THE PALM 18:30	Nordic Berries Scrub <i>by Nicolas Canon</i>	Rainforest	Norway	
THE PALM 18:30	Hydro Balance	Main Pool	Water activities	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	Home Town <i>by Armin Plaickner</i>	Ad Astra	Germany	
ELYSIUM 19:00	Birch Forest <i>by Naomi Boßler</i>	Bavaria	Germany	
ELYSIUM 19:00	Camargue <i>by Jos Van Campenhout</i>	Provence	Belgium	
THE PALM 19:30	Sultan's Glow <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Rainforest	Lithuania	
ELYSIUM 20:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA	
ELYSIUM 20:00	The Humming of the Colibri <i>by Nicolas Canon</i>	A Terra	Norway	
ELYSIUM 20:00	Midnight Bloom <i>by Chris Shenkle</i>	Alhambra	Norway	
THE PALM 20:30	Bluphoria <i>by Anita Barian</i>	Rainforest	Germany	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Jumis <i>by Erwin Degryse</i>	Ad Astra	Belgium	
ELYSIUM 21:00	Italian Aufguss <i>by Armin Plaickner</i>	Provence	Germany	
ELYSIUM 21:00	Nordik Hot <i>by Georgi Kopylov</i>	Bavaria	Ukraine	
ELYSIUM 21:30-22:00	Spicy Infusion	Alhambra	Acclimation	
THE PALM 21:30	Belgian Ardens <i>by Jos Van Campenhout</i>	Rainforest	Belgium	
ELYSIUM 22:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	

Water activities Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Wednesday – 14 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra	Romania 	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Kineto	Main Pool	Water activities	
ELYSIUM 12:00	Herbal Pharmacy <i>by Naomi Boßler</i>	Provence	Germany 	
THE PALM 12:30	Bluphoria <i>by Anita Barian</i>	Rainforest	Germany 	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Joints Recovery <i>by Mihai Ciusă</i>	Bavaria	Romania 	
ELYSIUM 13:00	Bathe in Nature <i>by Jobi Manson</i>	Sands of Therme	USA 	
ELYSIUM 13:00	Memory <i>by Georgi Kopylov</i>	A Terra	Ukraine 	
THE PALM 13:30	Belgian Ardens <i>by Jos Van Campenhout</i>	Rainforest	Belgium 	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30	Vocal Activation <i>by Nicolas Canon</i>	Provence	Norway 	
ELYSIUM 14:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania 	
ELYSIUM 14:30	Sauna Yoga <i>by Anita Barian</i>	Himalaya	Germany 	
THE PALM 14:30	Meadow Glow Scrub <i>by Chris Shenkle</i>	Rainforest	Norway 	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 15:00	Touch of Nature <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	A Terra	Lithuania 	
ELYSIUM 15:00	Green Cuba <i>by Yosvany Gonzales</i>	Provence	Cuba 	
ELYSIUM 15:30	Nordik Hot <i>by Georgi Kopylov</i>	Bavaria	Ukraine 	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania 	
ELYSIUM 16:00	Fruity Ice	Amazon	Respiratory Therapy	
ELYSIUM 16:00	Fire & Flow (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada 	
THE PALM 16:30	Healing Peeling <i>by Georgi Kopylov</i>	Rainforest	Ukraine 	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Thunderstorm <i>by Chris Shenkle</i>	Provence	Norway 	
ELYSIUM 17:00	Jumis <i>by Erwin Degryse</i>	Ad Astra	Belgium 	
ELYSIUM 17:00	Wood Experience <i>by Jos Van Campenhout</i>	Bavaria	Belgium 	
ELYSIUM 17:30	Horizon (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada 	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	The Humming of the Colibri <i>by Nicolas Canon</i>	A Terra	Norway 	
ELYSIUM 18:00	Halotherapy <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Amazon	Lithuania 	
ELYSIUM 18:00	Roots - Heart - Mind <i>by Mirah Burmann</i>	Alhambra	Germany 	
THE PALM 18:30	Aqua Gym	Main Pool	Water activities	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL
Wednesday – 14 May

THE PALM 18:30	Jumis <i>by Erwin Degryse</i>	Rainforest	Belgium	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	The Ritual of Three Waves <i>by Tina Meier-Schlabeck</i>	Ad Astra	Germany	
ELYSIUM 19:00	Scotland <i>by Imke Timmermann</i>	Bavaria	Germany	
ELYSIUM 19:00	Camargue <i>by Jos Van Campenhout</i>	Provence	Belgium	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA	
ELYSIUM 20:00	Operatic Catharsis Aufguss <i>by Chris Shenkle</i>	A Terra	Norway	
ELYSIUM 20:00	Modern Classic <i>by Michelle Scheuren</i>	Alhambra	Germany	
THE PALM 20:30	Sultan's Glow <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Rainforest	Lithuania	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	The Four Elements <i>by Erwin Degryse</i>	Provence	Belgium	
ELYSIUM 21:00	Heat of Jungle <i>by Nicolas Canon</i>	Bavaria	Norway	
ELYSIUM 21:30	Eclipse Dance of Sun and Moon <i>by Tina Meier-Schlabeck</i>	Alhambra	Germany	
THE PALM 21:30	Pine Forest Peeling <i>by Imke Timmermann</i>	Rainforest	Germany	
ELYSIUM 22:00	Under African Skies <i>by Jobi Manson & Caleb Spaulding</i>	Hollywood	USA	
ELYSIUM 22:00	Equilibrium	Amazon	Acclimation	

 Auffuss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL
Thursday – 15 May

ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Golden Mint <i>by Petronela Ungureanu</i>	Alhambra	Romania	
THE PALM 11:30	Salt Ritual	Rainforest	Skin care and protection	
THE PALM 11:30	Aqua Shape	Main Pool	Water activities	
ELYSIUM 12:00	Camargue <i>by Jos Van Campenhout</i>	Provence	Belgium	
GALAXY 12:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
THE PALM 12:30	Lomi-Lomi Ritual <i>by Tina Meier-Schlabeck</i>	Rainforest	Germany	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 13:00	Scotland <i>by Imke Timmermann</i>	Bavaria	Germany	
ELYSIUM 13:00	The Humming of the Colibri <i>by Nicolas Canon</i>	A Terra	Norway	
THE PALM 13:30	Forest Bathing <i>by Mirah Burmann</i>	Rainforest	Germany	
ELYSIUM 13:30-14:00	Citrus Infusion	Amazon	Acclimation	
ELYSIUM 13:30	Thunderstorm <i>by Chris Shenkle</i>	Provence	Norway	
ELYSIUM 14:00	Eclipse Dance of Sun and Moon <i>by Tina Meier-Schlabeck</i>	Alhambra	Germany	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
THE PALM 14:30	Amazon Fruit Scrub <i>by Nicolas Canon</i>	Rainforest	Norway	
ELYSIUM 15:00	Restart <i>by Andrei Șerban</i>	A Terra	Romania	
ELYSIUM 15:00	Pirts Session Energetic <i>by Michelle Scheuren</i>	Provence	Germany	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Thursday – 15 May

ELYSIUM 15:30	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
THE PALM 15:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 15:30	Midnight Bloom <i>by Chris Shenkle</i>	Alhambra	Norway	
ELYSIUM 16:00	Halotherapy <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Amazon	Lithuania	
ELYSIUM 16:00	Mulan - The Warrior's Steam <i>by Wendy Liu</i>	Aegir	UK	
ELYSIUM 16:00	Blossom	Hollywood	Acclimation	
THE PALM 16:30	Pine Forest Peeling <i>by Imke Timmermann</i>	Rainforest	Germany	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
GALAXY 16:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 17:00	Connect to Your Inner Nature <i>by Mirah Burmann</i>	Provence	Germany	
ELYSIUM 17:00	Skald <i>by Zuzana Špaková</i>	Ad Astra	Czech Republic	
ELYSIUM 17:00	Heat of Jungle <i>by Nicolas Canon</i>	Bavaria	Norway	
ELYSIUM 17:30-18:00	Mint Infusion	Hollywood	Respiratory Therapy	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Touch of Nature <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	A Terra	Lithuania	
ELYSIUM 18:00	Harmony of the Forest <i>by Wendy Liu</i>	Amazon	UK	
ELYSIUM 18:00	Modern Classic <i>by Michelle Scheuren</i>	Alhambra	Germany	
THE PALM 18:30	Belgian Ardens <i>by Jos Van Campenhout</i>	Rainforest	Belgium	

Aufguss Infusion Scrub & Face Mask Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 18:30	Fire & Flow (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
THE PALM 18:30	Hydro Balance	Main Pool	Water activities	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	The Ritual of Three Waves <i>by Tina Meier-Schlabeck</i>	Ad Astra	Germany	
ELYSIUM 19:00	Doctorii din Folclor <i>by Gabriel Acrivopol</i>	Bavaria	Romania	
ELYSIUM 19:00	Hymn to the Pinaceae <i>by Imke Timmermann</i>	Provence	Germany	
ELYSIUM 19:30	Horizon (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
THE PALM 19:30	Japanese Tea Ceremony <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan	
ELYSIUM 20:00	Breath of Middle Earth <i>by David Kraus</i>	Aegir	Czech Republic	
ELYSIUM 20:00	Operatic Catharsis Aufguss <i>by Chris Shenkle</i>	A Terra	Norway	
ELYSIUM 20:00	Roots - Heart - Mind <i>by Mirah Burmann</i>	Alhambra	Germany	
THE PALM 20:30	Sultan's Glow <i>by Jokubauskas Vladas & Mikalauskas Marius</i>	Rainforest	Lithuania	
GALAXY 20:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 20:30	Daoist Flow <i>by Wendy Liu</i>	Himalaya	UK	
ELYSIUM 21:00	Pirts Session Relax <i>by Michelle Scheuren</i>	Provence	Germany	
ELYSIUM 21:00	Wood Experience <i>by Jos Van Campenhout</i>	Bavaria	Belgium	
ELYSIUM 21:30	Shugendo <i>by Yujiro Otsuka</i>	Alhambra	Japan	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	

Water activities Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Friday – 16 May

ELYSIUM 10:00	Glow Session <i>by Nuca Organic</i>	Alhambra	Romania	
ELYSIUM 10:30-11:00	Herbal Infusion	Amazon	Respiratory Therapy	
ELYSIUM 10:30	Mindful Breathing <i>by Aimée</i>	A Terra	Romania	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Spa Sensory Journey <i>by Phyt's</i>	Ad Astra	Romania	
ELYSIUM 11:00	Camargue <i>by Jos Van Campenhout</i>	Provence	Belgium	
ELYSIUM 11:30	Alaska White <i>by Andreea Broștiuc</i>	Bavaria	Romania	
ELYSIUM 11:30	Modern Classic <i>by Michelle Scheuren</i>	Alhambra	Germany	
THE PALM 11:30	Touch & Scent <i>by Savonia</i>	Rainforest	Romania	
ELYSIUM 12:00	Ritualuri din Natură <i>by Fares</i>	Amazon	Romania	
ELYSIUM 12:00	Mulan - The Warrior's Steam <i>by Wendy Liu</i>	Aegir	UK	
ELYSIUM 12:00	Calm <i>by Mette Korsholm</i>	Hollywood	Denmark	
THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
THE PALM 12:30	Forest Bathing <i>by Mirah Burmann</i>	Rainforest	Germany	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 12:30	Revive with Techir	Himalaya	Romania	
ELYSIUM 13:00	Wood Experience <i>by Jos Van Campenhout</i>	Bavaria	Belgium	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 13:00	Hymn to the Pinaceae <i>by Imke Timmermann</i>	Provence	Germany	
THE PALM 13:30	Sweet Gommage <i>by Herbagen</i>	Rainforest	Romania	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop <i>by Aimée</i>	Elysium Terrace	Romania	
ELYSIUM 14:00	Sound Healing <i>by Paige LaBreche & Maggie Reil</i>	Hollywood	USA	
ELYSIUM 14:00	Răsfăț Deplin <i>by Deplin</i>	Amazon	Romania	
ELYSIUM 14:00	Ritual Înmiresmat <i>by Înmiresmat</i>	Ad Astra	Romania	
THE PALM 14:30	Belgian Ardens <i>by Jos Van Campenhout</i>	Rainforest	Belgium	
ELYSIUM 14:30	Wildflower Glow <i>by Alexandra Drilea</i>	Alhambra	Romania	
ELYSIUM 14:30	Daoist Flow <i>by Wendy Liu</i>	Himalaya	UK	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	Yutate-Kagura <i>by Yujiro Otsuka & Aki Yohino</i>	A Terra	Japan	
ELYSIUM 15:00	Pirts Session Energetic <i>by Michelle Scheuren</i>	Provence	Germany	
ELYSIUM 15:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
ELYSIUM 15:00	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania	
THE PALM 15:30	Salt Ritual <i>by Skintesence</i>	Rainforest	Romania	
ELYSIUM 16:00	Roots - Heart - Mind <i>by Mirah Burmann</i>	Alhambra	Germany	
ELYSIUM 16:00	Dioica <i>by Alexandru Hogeia</i>	Amazon	Romania	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Friday – 16 May

ELYSIUM 16:00	Skald <i>by Zuzana Špaková</i>	Ad Astra	Czech Republic		
THE PALM 16:30	Gua Sha <i>by Eden Bauer</i>	Rainforest	USA		
ELYSIUM 16:30	The Essence of Beauty <i>by Vivasan</i>	Elysium Terrace	Romania		
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection		
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy		
ELYSIUM 17:00	Scotland <i>by Imke Timmermann</i>	Bavaria	Germany		
ELYSIUM 17:00	Strength <i>by Mette Korsholm</i>	A Terra	Denmark		
ELYSIUM 17:00	Habon <i>by David Kraus</i>	Provence	Czech Republic		
THE PALM 17:30	Plants of Tanegashima <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan		
ELYSIUM 18:00	Shugendo <i>by Yujiro Otsuka</i>	Alhambra	Japan		
ELYSIUM 18:00	Smoke Ritual <i>by Enrico Nappi</i>	Aegir	Italy		
ELYSIUM 18:00	Harmony of the Forest <i>by Wendy Liu</i>	Amazon	UK		
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania		
ELYSIUM 18:30	Fire & Flow (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada		
THE PALM 18:30	Pine Forest Peeling <i>by Imke Timmermann</i>	Rainforest	Germany		
THE PALM 18:30	Aqua Fun	Main Pool	Water activities		
GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection		

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	Inner Flow by Vivasan	Ad Astra	Romania 	
ELYSIUM 19:00	Connect to Your Inner Nature by Mirah Burmann	Provence	Germany 	
ELYSIUM 19:00	A Tale of Needle by Sascha Burkhardt	Bavaria	Germany 	
ELYSIUM 19:30	Modern Classic by Enrico Nappi	Amazon	Italy 	
ELYSIUM 19:30	Horizon (Ice Bath) by Unbounded	Hollywood	Canada 	
THE PALM 19:30	Grapefruit Shea Butter by Eden Bauer	Rainforest	USA 	
ELYSIUM 20:00	15 Minutes Latvia by Sascha Burkhardt	Alhambra	Germany 	
ELYSIUM 20:00	Breath of Middle Earth by David Kraus	Aegir	Czech Republic 	
ELYSIUM 20:00	Smoke & Herbs by Zuzana Špaková	A Terra	Czech Republic 	
THE PALM 20:30	Cocoa Peeling by Imke Timmermann	Rainforest	Germany 	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 21:00	Pirts Session Relax by Michelle Scheuren	Provence	Germany 	
ELYSIUM 21:00	Doctorii din Folclor by Gabriel Acrivopol	Bavaria	Romania 	
ELYSIUM 21:30	Heaven Scent by TrioVerde	Amazon	Romania 	
THE PALM 21:30	Sauna Elixir by Paige LaBreche & Maggie Reil	Rainforest	USA 	
ELYSIUM 22:00	Void	Hollywood	Acclimation	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.



HERBARIUM FESTIVAL

Saturday – 17 May

ELYSIUM 10:00	Glow Session <i>by Nuca Organic</i>	Alhambra	Romania	
THE PALM 10:30	King of Black Forest <i>by Sascha Burkhardt</i>	Rainforest	Germany	
ELYSIUM 10:30	Mindful Breathing <i>by Aimée</i>	Amazon	Romania	
ELYSIUM 10:30	Smoke Ritual <i>by Enrico Nappi</i>	A Terra	Italy	
ELYSIUM 10:30-11:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 11:00	Heaven Scent <i>by TrioVerde</i>	Ad Astra	Romania	
ELYSIUM 11:00	Habon <i>by David Kraus</i>	Provence	Czech Republic	
ELYSIUM 11:30	Black Spruce <i>by Paige LaBreche & Maggie Reil</i>	Bavaria	USA	
ELYSIUM 11:30	Shugendo <i>by Yujiro Otsuka</i>	Alhambra	Japan	
THE PALM 11:30	Touch & Scent <i>by Savonia</i>	Rainforest	Romania	
ELYSIUM 12:00	Dioica <i>by Alexandru Hoge</i>	Amazon	Romania	
ELYSIUM 12:00	Mulan - The Warrior's Steam <i>by Wendy Liu</i>	Aegir	UK	
ELYSIUM 12:00	Calm <i>by Mette Korsholm</i>	Hollywood	Denmark	
THE PALM 12:30	Grapefruit Shea Butter <i>by Eden Bauer</i>	Rainforest	USA	
THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	

Aufguss Infusion Scrub & Face Mask Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 12:30	Revive <i>with Techir</i>	Himalaya	Romania	
ELYSIUM 13:00	A Tale of Needle <i>by Sascha Burkhardt</i>	Bavaria	Germany	
ELYSIUM 13:00	Royal Honey <i>by Andreea Broștiuc</i>	Provence	Romania	
THE PALM 13:30	Sweet Gommage <i>by Herbagen</i>	Rainforest	Romania	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop <i>by Aimée</i>	Elysium Terrace	Romania	
ELYSIUM 14:00	Ritualuri din Natură <i>by Fares</i>	Hollywood	Romania	
ELYSIUM 14:00	Harmony of the Forest <i>by Wendy Liu</i>	Amazon	UK	
ELYSIUM 14:00	Skald <i>by Zuzana Špaková</i>	Ad Astra	Czech Republic	
THE PALM 14:30	Sauna Elixir <i>by Paige LaBreche & Maggie Reil</i>	Rainforest	USA	
ELYSIUM 14:30	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra	Romania	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	Strength <i>by Mette Korsholm</i>	A Terra	Denmark	
ELYSIUM 15:00	La Vie en France <i>by Sven Schoofs</i>	Provence	Belgium	
ELYSIUM 15:00	Bavarian Bliss <i>by Alexandra Dragomirescu</i>	Bavaria	Romania	
ELYSIUM 15:00	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania	
THE PALM 15:30	Salt Ritual <i>by Skintese</i>	Rainforest	Romania	
ELYSIUM 16:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania	

Water activities Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Saturday – 17 May

ELYSIUM 16:00	Modern Classic <i>by Enrico Nappi</i>	Amazon	Italy	
ELYSIUM 16:00	Freestyle	Ad Astra	Acclimation	
ELYSIUM 16:30	The Essence of Beauty <i>by Vivasan</i>	Elysium Terrace	Romania	
THE PALM 16:30	Gua Sha <i>by Eden Bauer</i>	Rainforest	USA	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 16:30	Daoist Flow <i>by Wendy Liu</i>	Himalaya	UK	
ELYSIUM 17:00	Plante Românești <i>by Andrei Șerban</i>	Bavaria	Romania	
ELYSIUM 17:00	Yutate-Kagura <i>by Yujiro Otsuka & Aki Yohino</i>	A Terra	Japan	
ELYSIUM 17:00	Rădăcini din Nord <i>by Carmen Iacob</i>	Provence	Romania	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	15 Minutes Latvia <i>by Sascha Burkhardt</i>	Alhambra	Germany	
ELYSIUM 18:00	Balance <i>by Mette Korsholm</i>	Aegir	Denmark	
ELYSIUM 18:00	Răsfăț Deplin <i>by Deplin</i>	Amazon	Romania	
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania	
THE PALM 18:30	Aqua Fun	Main Pool	Water activities	
GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	

Aufguss Infusion Scrub & Face Mask Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

THE PALM 18:30	Plants of Tanegashima <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan	
ELYSIUM 18:30	Fire & Flow (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
ELYSIUM 19:00	Passeggiata a Napoli <i>by Enrico Nappi</i>	Ad Astra	Italy	
ELYSIUM 19:00	Hibiscus Rosa <i>by Rareș Matei</i>	Provence	Romania	
ELYSIUM 19:00	Zahara <i>by Diana Boamfă</i>	Bavaria	Romania	
ELYSIUM 19:30	Ritual Înmiresmat <i>by Înmiresmat</i>	Amazon	Romania	
ELYSIUM 19:30	Horizon (Ice Bath) <i>by Unbounded</i>	Hollywood	Canada	
THE PALM 19:30	La Scrub de "France" <i>by Sven Schoofs</i>	Rainforest	Belgium	
ELYSIUM 20:00	Breath of Middle Earth <i>by David Kraus</i>	Aegir	Czech Republic	
ELYSIUM 20:00	Spanish Sage <i>by Eden Bauer</i>	Alhambra	USA	
ELYSIUM 20:00	Smoke & Herbs <i>by Zuzana Špaková</i>	A Terra	Czech Republic	
THE PALM 20:30	Japanese Tea Ceremony <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan	
ELYSIUM 20:30	Daoist Flow <i>by Wendy Liu</i>	Himalaya	UK	
ELYSIUM 21:00	Spa Sensory Journey <i>by Phyt's</i>	Provence	Romania	
ELYSIUM 21:00	Letvian Journey <i>by Sven Schoofs</i>	Bavaria	Belgium	
ELYSIUM 21:30	Inner Flow <i>by Vivasan</i>	Amazon	Romania	
THE PALM 21:30	Habon Cleansing <i>by David Kraus</i>	Rainforest	Czech Republic	
ELYSIUM 22:00	Sound Healing <i>by Paige LaBreche & Maggie Reil</i>	Hollywood	USA	

Water activities Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Sunday – 18 May

ELYSIUM 10:00	15 Minutes Latvia <i>by Sascha Burkhardt</i>	Alhambra	Germany 	
ELYSIUM 10:30	Mindful Breathing <i>by Aimée</i>	Amazon	Romania 	
THE PALM 10:30	Plants of Tanegashima <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan 	
ELYSIUM 10:30-11:00	Botanical Infusion	A Terra	Acclimation	
ELYSIUM 10:30	Revive <i>with Techir</i>	Himalaya	Romania 	
ELYSIUM 11:00	Skald <i>by Zuzana Špaková</i>	Ad Astra	Czech Republic 	
ELYSIUM 11:00	Habon <i>by David Kraus</i>	Provence	Czech Republic 	
ELYSIUM 11:30	Black Spruce <i>by Paige LaBreche & Maggie Reil</i>	Bavaria	USA 	
ELYSIUM 11:30	Spanish Sage <i>by Eden Bauer</i>	Alhambra	USA 	
THE PALM 11:30	Touch & Scent <i>by Savonia</i>	Rainforest	Romania 	
ELYSIUM 12:00	Modern Classic <i>by Enrico Nappi</i>	Amazon	Italy 	
ELYSIUM 12:00	Ritualuri din Natură <i>by Fares</i>	Hollywood	Romania 	
THE PALM 12:30	Japanese Tea Ceremony <i>by Aki Yohino & Tomoko Hasegawa</i>	Rainforest	Japan 	
THE PALM 12:30	Aqua Gym	Main Pool	Water activities	
GALAXY 12:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 12:30-13:00	Tibetan Incense	Himalaya	Respiratory Therapy	

 Aufguss  Infusion  Scrub & Face Mask  Steam Bath Ritual

Flavours may vary. The schedule may undergo unexpected changes.

ELYSIUM 13:00	A Tale of Needle <i>by Sascha Burkhardt</i>	Bavaria	Germany 	
ELYSIUM 13:00	Breath of Middle Earth <i>by David Kraus</i>	Aegir	Czech Republic 	
ELYSIUM 13:00	Ierburi pentru Inimă <i>by Liviu Lubene</i>	Provence	Romania 	
THE PALM 13:30	Sweet Gommage <i>by Herbagen</i>	Rainforest	Romania 	
ELYSIUM 13:30	Layer Your Mood – Perfumes Workshop <i>by Aimée</i>	Elysium Terrace	Romania 	
ELYSIUM 14:00	Calm <i>by Mette Korsholm</i>	Hollywood	Denmark 	
ELYSIUM 14:00	Răsfăț Deplin <i>by Deplin</i>	Amazon	Romania 	
ELYSIUM 14:00	Passeggiata a Napoli <i>by Enrico Nappi</i>	Ad Astra	Italy 	
THE PALM 14:30	Gua Sha <i>by Eden Bauer</i>	Rainforest	USA 	
ELYSIUM 14:30	Shugendo <i>by Yujiro Otsuka</i>	Alhambra	Japan 	
ELYSIUM 14:30-15:00	Halo Mint	Himalaya	Respiratory Therapy	
GALAXY 14:30	Oriental Scrub	Oriental Garden	Skin care and protection	
ELYSIUM 15:00	Smoke & Herbs <i>by Zuzana Špaková</i>	A Terra	Czech Republic 	
ELYSIUM 15:00	Hibiscus Rosa <i>by Rareș Matei</i>	Provence	Romania 	
ELYSIUM 15:00	Letvian Journey <i>by Sven Schoofs</i>	Bavaria	Belgium 	
ELYSIUM 15:00	Deep Relief Ritual <i>by Vivasan</i>	Elysium Terrace	Romania 	
THE PALM 15:30	Salt Ritual <i>by Skintesece</i>	Rainforest	Romania 	
ELYSIUM 16:00	Touch of Basil <i>by Vanesa Slota</i>	Alhambra	Romania 	

 Water activities  Workshop

Flavours may vary. The schedule may undergo unexpected changes.

HERBARIUM FESTIVAL

Sunday – 18 May

ELYSIUM 16:00	Heaven Scent <i>by TrioVerde</i>	Amazon	Romania	
ELYSIUM 16:00	Ritual Înmiresmat <i>by Înmiresmat</i>	Ad Astra	Romania	
ELYSIUM 16:00	The Essence of Beauty <i>by Vivasan</i>	Elysium Terrace	Romania	
THE PALM 16:30	Sauna Elixir <i>by Paige LaBreche & Maggie Reil</i>	Rainforest	USA	
GALAXY 16:30	Caribbean Scrub	Tropical Rain	Skin care and protection	
ELYSIUM 16:30-17:00	Tibetan Incense	Himalaya	Respiratory Therapy	
ELYSIUM 17:00	Zahara <i>by Diana Boamfă</i>	Bavaria	Romania	
ELYSIUM 17:00	Strength <i>by Mette Korsholm</i>	A Terra	Denmark	
ELYSIUM 17:00	Inner Flow <i>by Vivasan</i>	Provence	Romania	
THE PALM 17:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 18:00	Light Storm <i>by Farmec</i>	Hollywood	Romania	
ELYSIUM 18:00	Grădina Tămăduirii <i>by Mădălina Mitrea</i>	Alhambra	Romania	
ELYSIUM 18:00	Spa Sensory Journey <i>by Phyt's</i>	Amazon	Romania	
ELYSIUM 18:15	Skin Reset Ritual <i>by Into Derma & Aimée</i>	Elysium Terrace	Romania	
THE PALM 18:30	Grapefruit Shea Butter <i>by Eden Bauer</i>	Rainforest	USA	
THE PALM 18:30	Aqua Fun	Main Pool	Water activities	

GALAXY 18:30	Herbal Scrub	Herbal Essences	Skin care and protection	
ELYSIUM 18:30-19:00	Halo Mint	Himalaya	Respiratory Therapy	
ELYSIUM 19:00	Foreglow	Ad Astra	Acclimation	
ELYSIUM 19:00	La Vie en France <i>by Sven Schoofs</i>	Provence	Belgium	
ELYSIUM 19:00	Plante Românești <i>by Andrei Șerban</i>	Bavaria	Romania	
ELYSIUM 19:30-20:00	Mediterranean Herbs	Amazon	Respiratory Therapy	
ELYSIUM 19:30	Sound Healing <i>by Paige LaBreche & Maggie Reil</i>	Hollywood	USA	
THE PALM 19:30	Salt Ritual	Rainforest	Skin care and protection	
ELYSIUM 20:00	Walk of Rejuvenation <i>by Adrian Manolache</i>	Alhambra	Romania	
ELYSIUM 20:00	Yutate-Kagura <i>by Yujiro Otsuka & Aki Yohino</i>	A Terra	Japan	
ELYSIUM 20:00	Balance <i>by Mette Korsholm</i>	Aegir	Denmark	
ELYSIUM 20:30-21:00	Tibetan Incense	Himalaya	Respiratory Therapy	
THE PALM 20:30	La Scrub de "France" <i>by Sven Schoofs</i>	Rainforest	Belgium	
ELYSIUM 21:00	Glow Session <i>by Nuca Organic</i>	Provence	Romania	
ELYSIUM 21:00	Soc <i>by Elena Balica</i>	Bavaria	Romania	
ELYSIUM 21:30-22:00	Mint Infusion	Amazon	Respiratory Therapy	
THE PALM 21:30	Sweet Gommage	Rainforest	Skin care and protection	
ELYSIUM 22:00	Void	Hollywood	Acclimation	



Herbarium Expo

9-11 & 16-18 mai, Terasa Elysium



Scents for everlasting moments.



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NATURO-ESTHETIQUE













Herbarium Expo

9-10-11 mai și 16-17-18 mai

Natura, în cele mai pure forme.

Descoperă peste 20 de branduri și sute de produse inspirate de natură.

În zilele de **9, 10, 11 și 16, 17, 18 mai**, pe **Terasa Elysium**, întâlnește-i pe cei peste 20 de creatori și expozanți români și internaționali care vin în fața ta cu produse de îngrijire 100% naturale. Uleiuri esențiale, săpunuri vegetale, produse cosmetice curate, siropuri din plante, suplimente pe bază de miere, săruri de baie, parfumuri din ingrediente botanice, smoothie-uri, infuzii și ceaiuri cu arome profunde – toate într-un singur loc, pentru ca tu să poți simți beneficiile autentice ale plantelor pe piele, în corp și în suflet.

Herbarium Expo aduce natura mai aproape de tine, în cea mai pură formă.

Atinge, inspiră, simte, testează!

La **Herbarium Expo**, natura devine profesor. Participă la zeci de workshop-uri și experiențe speciale în saunele Therme și la standurile de pe terasa Elysium. Descoperă ritualuri de îngrijire și hidratare, tehnici de extracție și rafinare, degustări de ceaiuri și lasă-te ghidat de aromele și texturile atent selecționate.

Pe **Terasa Elysium** explorezi, testezi și cumperi produse create cu grijă de branduri precum: Aimée, ApiLand, Aromen, Deplin, Doda Natural, Fares, Farmec, Fleurane, Herbagen, Înmiresmat, Matca Naturals, NUCA Organic, Omija 5 Secrets, PHYT'S, Skintesenca, Savonia, Techir, TrioVerde, Vivasan.

Herbarium Expo

9-10-11 May and 16-17-18 May

Nature, in its purest forms.

Discover over 20 brands and hundreds of nature-inspired products.

On **9, 10, 11 and 16, 17, 18 May**, join us on the Elysium Terrace, where more than 20 Romanian and international creators and exhibitors will showcase 100% natural care products. From essential oils and plant-based soaps to clean cosmetics, herbal syrups, honey-based supplements, bath salts, botanical perfumes, smoothies, herbal infusions and deeply aromatic teas – all in one place, so you can experience the true benefits of plants on your skin, in your body and in your soul.

Herbarium Expo brings you closer to nature in its purest form.

Touch, breathe in, feel, explore!

At **Herbarium Expo**, nature becomes the teacher. Take part in dozens of workshops and special experiences in the Therme saunas and at the terrace stands. Discover skincare and hydration rituals, extraction and refinement techniques, tea tastings, and let yourself be guided by carefully selected aromas and textures.

On the **Elysium Terrace**, you can explore, test and purchase lovingly crafted products from brands including: Aimée, ApiLand, Aromen, Deplin, Doda Natural, Fares, Farmec, Fleurane, Herbagen, Înmiresmat, Matca Naturals, NUCA Organic, Omija 5 Secrets, PHYT'S, Skintesenca, Savonia, Techir, TrioVerde, and Vivasan.



Sauna norvegiană "Aegir"

O călătorie multisenzorială unică

Experimentează sesiunile de "ice bathing" și cele 3 saune noi.

Începe-ți **călătoria Herbarium** în sauna **A Terra** cu temperaturi de peste 60°C, unde aromele plantelor și ritualurile tradiționale te vor reconecta cu Mama Natură.

Continuă în sauna **Ad Astra**, la peste 85°C, pentru o experiență multisenzorială profundă.

În premieră, explorează și **sauna norvegiană**, construită manual de studenții Universității NTNU din Trondheim, un proiect sustenabil, creat special pentru **Therme București**.

Trei lumi diferite, unite prin același scop: starea ta de bine.

În plus, dacă ai vrut vreodată să încerci experiența **ice bathing**, acum o poți face alături de echipa **Unbounded, Canada**.

Relaxare plăcută!

A Unique Multisensory Journey

Experience ice bathing and explore three new saunas.

Begin your **Herbarium journey** in the **A Terra** sauna – over 60°C – where herbal aromas and traditional rituals will reconnect you with nature.

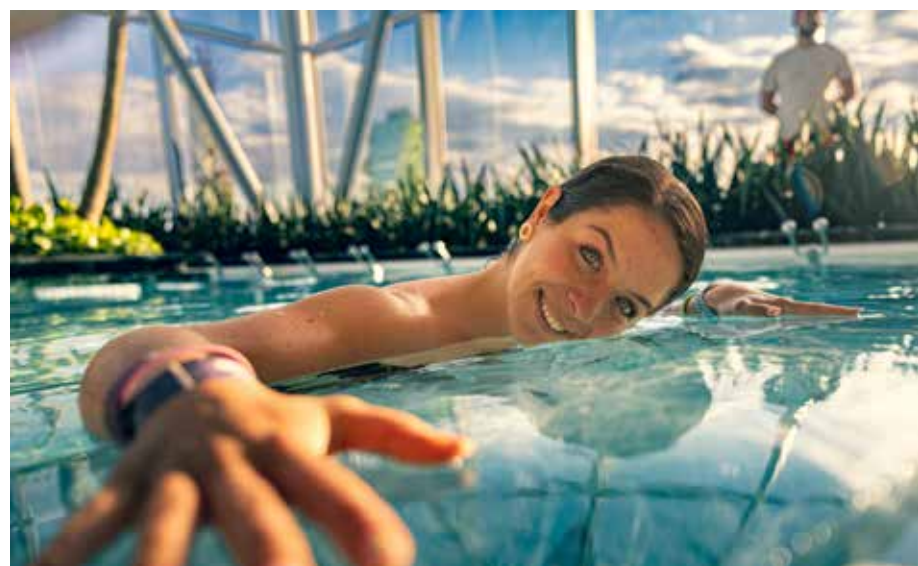
Continue in **Ad Astra**, at temperatures above 85°C, for a deeply immersive, multisensory experience.

And for the first time ever, step inside the handcrafted **Norwegian sauna**, built by students from NTNU University in Trondheim – a sustainable project designed exclusively for **Therme București**.

Three different worlds, all sharing one purpose: **your wellbeing**.

Plus, if you've ever wanted to try **ice bathing**, now's your chance – guided by the expert team from **Unbounded, Canada**.

Enjoy and unwind!



THERME

BUCUREȘTI

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