



4 elements spa

by Althoff

ERLEBNIS PROGRAMM SAUNA IM 4 ELEMENTS SPA BY ALTHOFF /
SAUNA EXPERIENCE AT THE 4 ELEMENTS SPA BY ALTHOFF

27.11.2023 – 03.12.2023

UHRZEIT TIME	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
8:45	Dampfbad Peeling <i>Steam bath peeling</i>	Dampfbad Peeling <i>Steam bath peeling</i>	Kaffee <i>coffee</i>	Eisminze <i>ice mint</i>	Kaffee <i>coffee</i>	Dampfbad Peeling <i>Steam bath peeling</i>	Dampfbad Peeling <i>Steam bath peeling</i>
13:30	Obstschale <i>fruit bowl</i>	Atemwohl <i>breath well</i>	Wald- spaziergang <i>forest walk</i>	Obstschale <i>fruit bowl</i>	Lemongras <i>lemongras</i>	Atemwohl <i>breath well</i>	Obstschale <i>fruit bowl</i>
15:00	Alpenkräuter <i>alpine herbs</i>	Tannenzapfen <i>pine cone</i>	Fruchtmix <i>fruit mix</i>	Bergluft <i>mountain air</i>	Menthol Kristall <i>menthol crystal</i>	Fruchtmix <i>fruit mix</i>	Lemongras <i>lemongras</i>
16:30	Lemongras <i>lemongras</i>	Kräutermix <i>herb mix</i>	Lavendel <i>lavender</i>	Atemwohl <i>breath well</i>	Fruchtig Frisch <i>fruity fresh</i>	Gletscher Eis <i>glacier ice</i>	Fichtennadel <i>pine cone</i>
18:00	Wald- spaziergang <i>forest walk</i>	Gletscher Eis <i>glacier ice</i>	Bräustüberl <i>white beer infusion</i>	Rosmarin Zitrone <i>rosemary lemon</i>	Kräutermix <i>herb mix</i>	Birkenkraft <i>birch power</i>	Bräustüberl <i>white beer infusion</i>