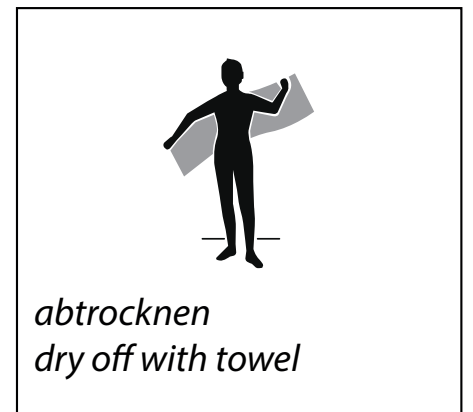
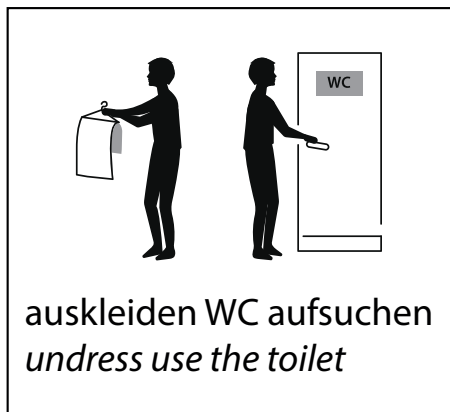


# RICHTIG SAUNABADEN

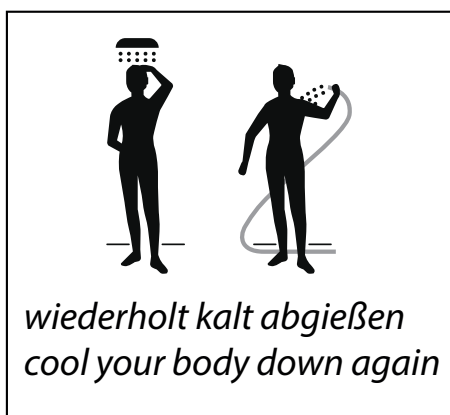
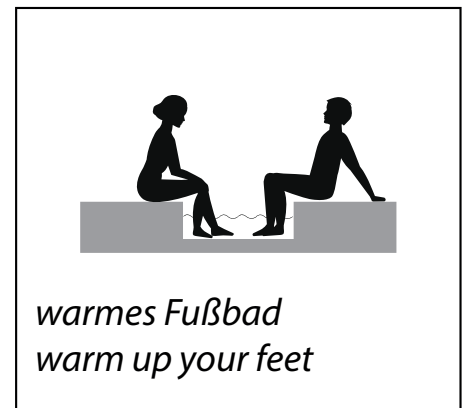
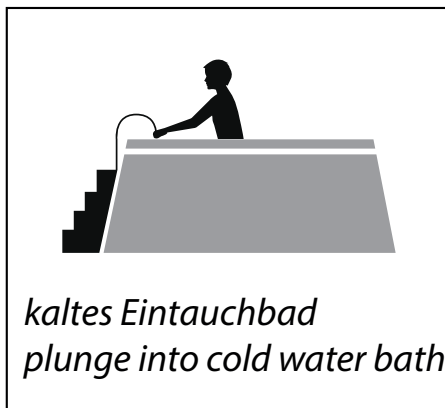
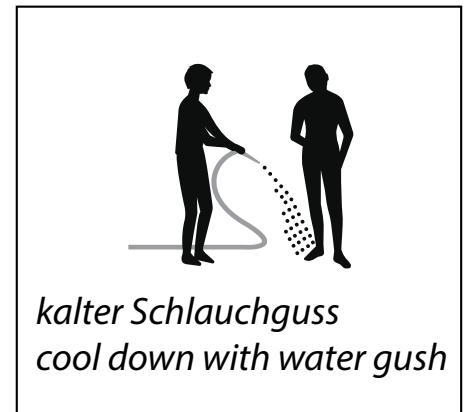
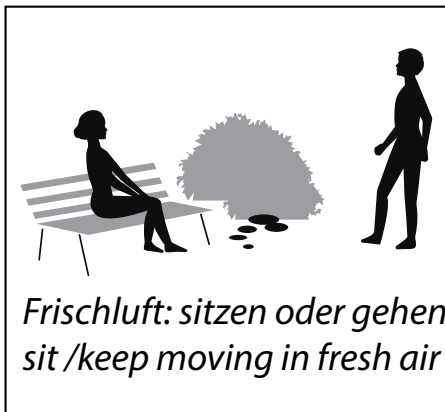
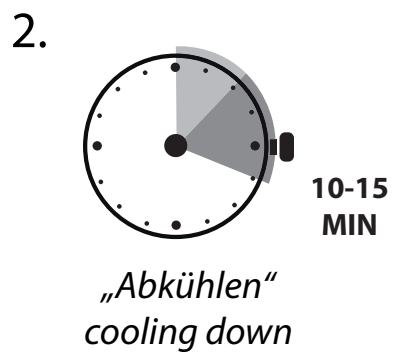
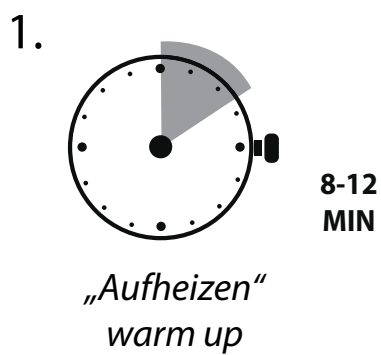
## TAKING A SAUNA THE RIGHT WAY

### VORBEREITUNG | PREPARATION PHASE

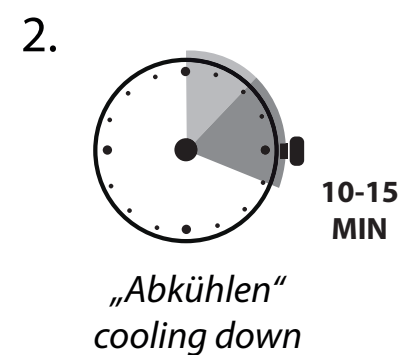
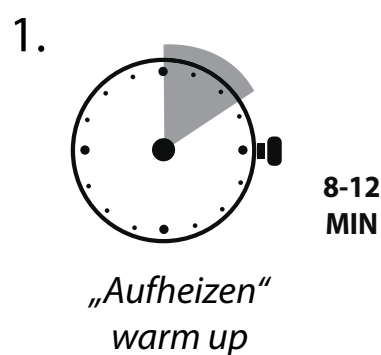


### SAUNAGANG | SAUNA SESSION

Erster Saunagang  
First sauna session



2. & 3. Saunagang  
(wie 1. Saunagang)  
2nd & 3rd session  
(like 1st session)



### ENTSPANNEN | RELAX



LEMON GRASS

RESTAURANT

Säfte & Smoothies in  
unserem Saunabistro  
juices & smoothies in  
our sauna bistro