



SLOW DOWN  
& BREATHE

# THERMAL SUITE

This spacious, tranquil sanctuary is designed for guests to relax and luxuriate in. To enjoy the full benefit of the thermal suite it is recommended that you arrive 1 hour prior to your treatment.

Enjoy the detoxifying, soothing warmth of the specialised dry and wet heat cabins as you voyage between the rock sauna, steam room and aroma grotto before refreshing under the tropical rain showers or cool yourself with the ice fountain.

Our Thermal Suite includes the following:

## FOOT SPAS

To enhance the thermal experience, feet can be warmed and soothed in two individual foot baths. A wonderful way to relax with a partner or friend.

## ROCK SAUNA

A classic sauna with a temperature of 80-100 degrees having a purifying effect on the body.

## STEAM ROOM

With temperatures of around 43-46 degrees plus 100% humidity, the steam room is especially beneficial for cleansing the respiratory system.

## SALT GROTTTO

The salt grotto is decorated with mosaics and filled with mist containing mineral salts. The inhalation of the salts and aromas aid breathing and increase metabolism. It is especially beneficial for people with respiratory ailments such as asthma. Recapture the healing essence of the sea with each breath.

## ICE FOUNTAIN

For cooling and refreshing between heat treatments.

## LIFESTYLE SHOWERS

The showers simulate tropical rain or cool mist which cleanses and prepares your skin for further heat treatments.

## OUTDOOR ROCK POOL

Experience our exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen Garden.

## GARDEN CONSERVATORY

Complete your journey by relaxing in our own indoor garden sanctuary. Ease tired and aching muscles while gazing out at the Zen garden. Tailored for your utmost comfort, this room will take you into a world of ultimate relaxation.

## THERMAL SUITE

60mins

€15 (excludes rasul chamber)

## SPA VISITORS

Complimentary use of Thermal Suite with spa treatments booked.

## RASUL CHAMBER

Upgrade your Thermal Suite experience and enjoy the sensation of mud therapy in the intimate surroundings of your own private chamber with post shower and vanity area. A rasul treatment leaves your skin feeling very soft and "plumped", as you expire toxins and absorb moisturising minerals.

40 mins

min 2 people/€30 per person