

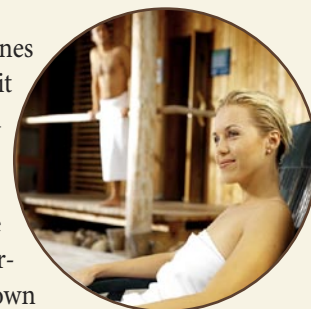


FOR THOSE WHO LIKE SAUNAING WHAT TYPES OF SAUNAS ARE AVAILABLE IN TERME KRKA?

Classic Finnish sauna

Typically, a Finnish sauna is a closed wooden room. There is a heater in the corner for warming up stones and wooden benches along the walls, set up like terraces one above the other, for the visitors to sit down. There is a bucket of water besides the heater, from which the sauna attendant takes water and spills it over hot stones. Water evaporates immediately and heats up the room. After spilling water on hot stones, there comes a wave of heat that causes a sensation on the verge of pain, which is nevertheless the best way to clean and renew our body and mind. Air temperature ranks between 40 °C on the floor and 100 °C under the ceiling while there is only 15% relative humidity in the air. It is very important to perform the alternation ritual, namely, to heat our body in the sauna first and then cool it down slowly in the air and with cold water.

You can visit Finnish saunas in **Terme Krka**. In some saunas, the comfort is further upgraded by chromotherapy and rock salt crystals which increase the concentration of negative ions, thus creating a beneficial and healthy atmosphere. We would like to especially recommend that you try the open-air sauna – the bungalow on the wooden nudist terrace of the **Balnea Wellness Centre in Dolenjske Toplice**. Or maybe try the Belokranjski hram, i.e. the rustic Finnish sauna in **Vitarium Aqua in Šmarješke Toplice**, which will remind you of a wooden hut on the skirt of birch woods in Bela Krajina. You can cool down with ice from the glacier fountain. You will enjoy the **panoramic Finnish sauna** with the view of the seawater pool and the Mediterranean plants at **Talaso Strunjan**.



Sanarium (biosauna)



Typical for this sauna is the combination of comfortable warmth and humidity, various aromas and colours which allow for perfect relaxation and rest and stimulate our senses for reestablishment of the balance between the body and the mind. The temperature of the air is between 55 °C – 60 °C, and air humidity around 55%. In this sauna, you will also be stimulated by a spectre of colours that change in different time intervals.

The **red colour** is stimulating, highlights fertility, stable health and vitality. We use red in chromotherapy if we want to get the accumulated energy running. Red stimulates blood circulation and digestion.

The **yellow colour** gives us the feeling of summer and has beneficial impact on the soul and the feelings. It is very welcome for the treatment of depressions. It raises blood pressure and alleviates stomach or kidney problems. It has a cleansing and healing effect on the skin.

The **blue colour** will make you want to dream and concentrate on your internal feelings. It decreases the body temperature and alleviates various inflammations. The blue colour also balances body energy and reduces (too)high blood pressure.

The **green colour** will calm you down. It is beneficial for the eyes and it will make you feel rested. It slows down the rhythm of the body and the soul and creates harmony between them. The green colour has positive effects on bronchial diseases, asthma, cough, inflammation of joints and swellings.

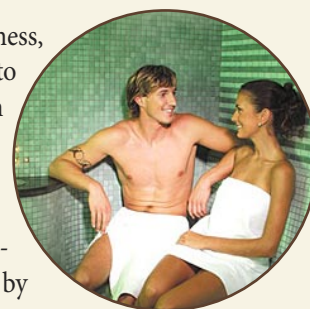
Sanarium is located in **Balnea Wellness Centre in Dolenjske Toplice**.

Turkish steam bath

The temperatures in Turkish saunas are considerably lower compared to traditional Finnish saunas; however, the humidity is considerably greater (almost 100%). The Turkish steam bath will revitalise your respiratory tract. The fine water steam should be

inhaled deeply. It will moisten your respiratory channels and clean them: good for cold, cough, hoarseness, even chronic inflammation of the nasal cavity, jaws and cranial cavity. It opens the pores of the skin to clean the body and stimulates blood circulation. The moistening warmth at 45 °C is ideal for the skin and relaxes muscles. We can feel the warm humid atmosphere working beneficially on our psyche and suppressing aggressiveness.

You can visit Turkish steam baths in **Terme Krka**. We would especially recommend you to visit the sauna in the **Balnea Wellness Centre in Dolenjske Toplice**, where the pleasant feelings will be enhanced by the starry sky or in **Vitarium Aqua in Šmarješke Toplice** where you will be surrounded by the astrological signs in the steam bath.



Aroma Sauna

The aroma sauna is a steam bath to which we add herbal and spice extracts which additionally coddles our respiratory tract and increases the feeling of comfort and relaxation. Fragrances and essences in the herbal sauna are beneficial to the human body. Eucalyptus, mint and lemon tree have pleasant affect on respiratory tract, rosemary invigorates, lavender and balm-mint relax, and camomile cleans skin. (**Wellness centre Balnea** in Dolenjske Toplice and **Talaso Strunjan**)

Japanese sweating bath



Sweating bath is an important part of the Japanese culture. Soaking in hot thermal water coming from the cracks of the volcanic rocks is an indispensable tradition in Japan. The Japanese are convinced that their bath helps them achieve a higher level of thinking and reasoning. Great philosophers took a Japanese bath before all important events or tasks to indulge in the warm caress of water and set their minds at rest. Hot water is soothing; it washes off the sweat in the summer and warms up the body in the winter. A rest in hot thermal bath will purge your body and relieve you of mental stress. You will forget all about the everyday worries and feel comfortable and at peace.

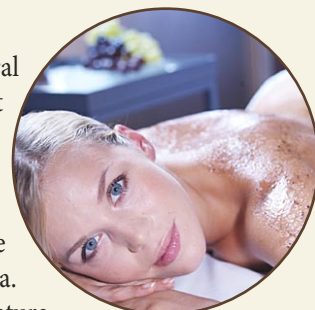
A Japanese bath in the form of a pool with a cascade – the temperature of the thermal water is higher than that of a human body – is the only such bath here. It is used as a unique cleansing ritual and is available in **Balnea Wellness Centre in Dolenjske Toplice**.

Herbal Sauna

A sauna with a combination of lower but extremely pleasant temperature, suitable humidity and natural steam from the herbs is ideal at the beginning and at the end of the alternating hot and cold baths. It is suitable for all those who cannot stand high temperatures.

Beneficial atmosphere with natural aerosols will clean your skin and respiratory tract gently but thoroughly. Nice warmth will relax your tense muscles and soothe the overburdened nervous system. The alternating heating and cooling of the body guarantees optimal training of vessel walls, improves the supply of oxygen and increase body resistance. Slow but deep breathing is recommended in the sauna.

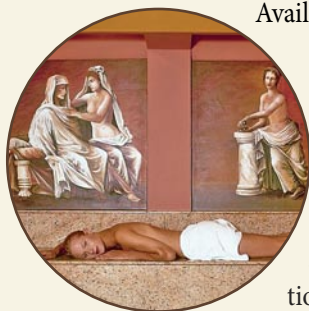
You can visit the sauna in **Vitarium Aqua in Šmarješke Toplice**. The sauna has another special feature, namely the rejuvenating cream »Vino Vitarium« or the detoxicating cream made of clay.



Roman sauna

Gentle and pleasantly smelling sauna that is reminiscent of the ancient Roman baths. Intended for all those who prefer lower temperatures and desire more relaxed company.

Available in **Vitarium Aqua in Šmarješke Toplice**.



Infrared sauna

The infrared radiation in sauna emits pleasant energy that penetrates deeper into the body tissue. The energy of the IR sauna is two to three times more efficient than the one in the Finnish sauna, as it effects at much lower temperature of 50-60°C. Lower temperature is as well safer for people with cardiovascular system trouble. There are numerous effects of the IR sauna; faster recovery after injuries, pain alleviation, improved metabolism, detoxification, better calorie consumption, improved blood circulation, better oxygen supply to the brain, cosmetic effects on skin, regulation of the immune system, and stress reducing. You are kindly invited to the seaside into the infrared sauna at **Talaso Strunjan**.