



AOÛT AUFGÜSSE / INFUSIONS

11H30 80° SAUNA 9-12 minutes	12H30 70° SAUNA 9-12 minutes	14H00 80° SAUNA 9-12 minutes	15H30 90° SAUNA (EXT) 9-30 minutes	17H00 80° SAUNA 9-12 minutes	18H30 90° SAUNA (EXT) 9-30 minutes	19H30 80° SAUNA 9-12 minutes
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LUNDI		Relax	Mint	Herbs	Fruits	Different	Forest
MARDI		Relax	Vitamins	Different	Mint	Mixed	Herbs
MERCREDI		Relax	Herbs	Forest	Mixed	Different	Mint
JEUDI		Relax	Fresh	Special	Mixed	Herbs	Fruits
VENDREDI		Relax	Mixed	Mint	Mixed	Different	Forest
SAMEDI	Relax	Relax	Fruits	Special	Herbs	Different	
DIMANCHE	Relax	Relax	Forest	Different			

 niveau d'intensité