



# SEPTEMBRE AUFGÜSSE / INFUSIONS

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

灸 niveau d'intensité