



monart  
the great escape  
5 star - destination spa

### *The Thermal Spa @ Monart*

The thermal spa is a unique and complimentary offering to the guests at Monart and is an area of heating and cooling therapies designed to benefit circulation and to perspire all the toxins out of the system. It is also a great relaxing journey for all.



### *Heated Benches and footbaths, and Kneippe Cure Pool*

This area is where you are welcomed into the spa by a Spa Attendant and are encouraged into a relaxed state of wellbeing. Firstly the client walks through the cooling cure pool, walking along the polished pebbles. The cold water will stimulate and relax tired legs and the pebbles gently massage the pressure points in the foot. Then you sit on the polished granite benches that are heated to 50° and relax your feet into the heated footbath. A Spa Attendant will perform a welcome foot rub whilst explaining the benefits of all the different heating and cooling experiences.



### *Caldarium*

A 2,000 year old Roman tradition, where the floor, benches and walls are heated offering a dry, warm environment to relax and ease any minor aches and pains. This is an essential experience to ensure that the body prepares itself for the more intense heat experiences. The beautiful view from the caldarium overlooks the waterfall and lake, and with its low-level lighting creates a unique, relaxing environment. Recommended time is anything up to 45mins



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## *Experience Showers*

There are a range of different showers, including an ice rain, tropical rain and waterfall showers which cleanse the body and are used in between each experience.

## *Sauna*

This Finnish tradition offers an intense dry heat. The chamber is heated to 70° with 0% humidity that creates an ideal environment to relax, unravel your mind and rest tired, aching muscles. Guests are encouraged to disperse water over the coals to create warmth and essence in the cabin. The heat promotes excretion of impurities from the pores of the skin through perspiration.



## *Salt Grotto*

The Salt Grotto is a relaxing treatment of salt and steam mainly used to increase the circulation, to soften the skin and ease respiratory difficulties. The benches are heated to 50° and the walls at 60°. A salt solution is released into the air by pressing the button. This is a therapeutic experience and is heating the body up and preparing it for the next step. There is also black ash twigs located in the salt grotto which water cascades down. The water is mixed with a 9% salt solution, which adds to the salt content within the room. The salt content helps any respiratory issues and aids breathing, a must for any suffering colds or asthmatics. If possible, it is recommended to stay for 15-20 minutes in this experience.



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### *Outdoor Sauna*

The Outdoor Sauna is similar to the indoor, but is kept at 90° for a more intense experience. The Outdoor Sauna also has an antechamber where guests can exit the Sauna for the more authentic Finnish experience. To also add to the authenticity there is a pull down bucket shower and an ice shower outside the Sauna to create the hot to cold experience.

### *Aromatic Steam Room*

This is a full aromatic steam room with strong eucalyptus vapour designed to revitalize the body and mind. The steam room is heated to 47°, and the heat from the benches combined with 100% humidity creates the perfect environment to open the pores and cleanse the impurities from the skin. It is important to shower before and have a cold shower afterwards or go to the ice fountain to close the pores.

### *Hydrotherapy Pool*

The hydrotherapy pool operates around 5 stations situated in different areas of the pool. The hydrotherapy pool is kept at 29 – 31 degrees, and is 1m 350mm deep, and is 12 metres long by 5 metres wide. The stations activate at different intervals, each for estimated five-minute duration. By working around each station the major muscle groups within the body will be stimulated providing the next best thing to a full body massage.





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## *Sanarium*

This is a luxurious timber chamber, combining the traditional pleasures of a Finish sauna with the added benefits of steam infusion and mood lighting. The cabin is heated to 60°, but the added 15% humidity allows clients to spend longer in the cabin so the heat can deeply penetrate the body and soothe joints and muscles. The experience seems one of intense heat as the body is heated both internally and externally through the air temperature and humidity.

