

oasi

WELLNESS & SPA



THE SPA – OUR TIPS

Welcome to the SPA OASI at Hotel EUROPA.

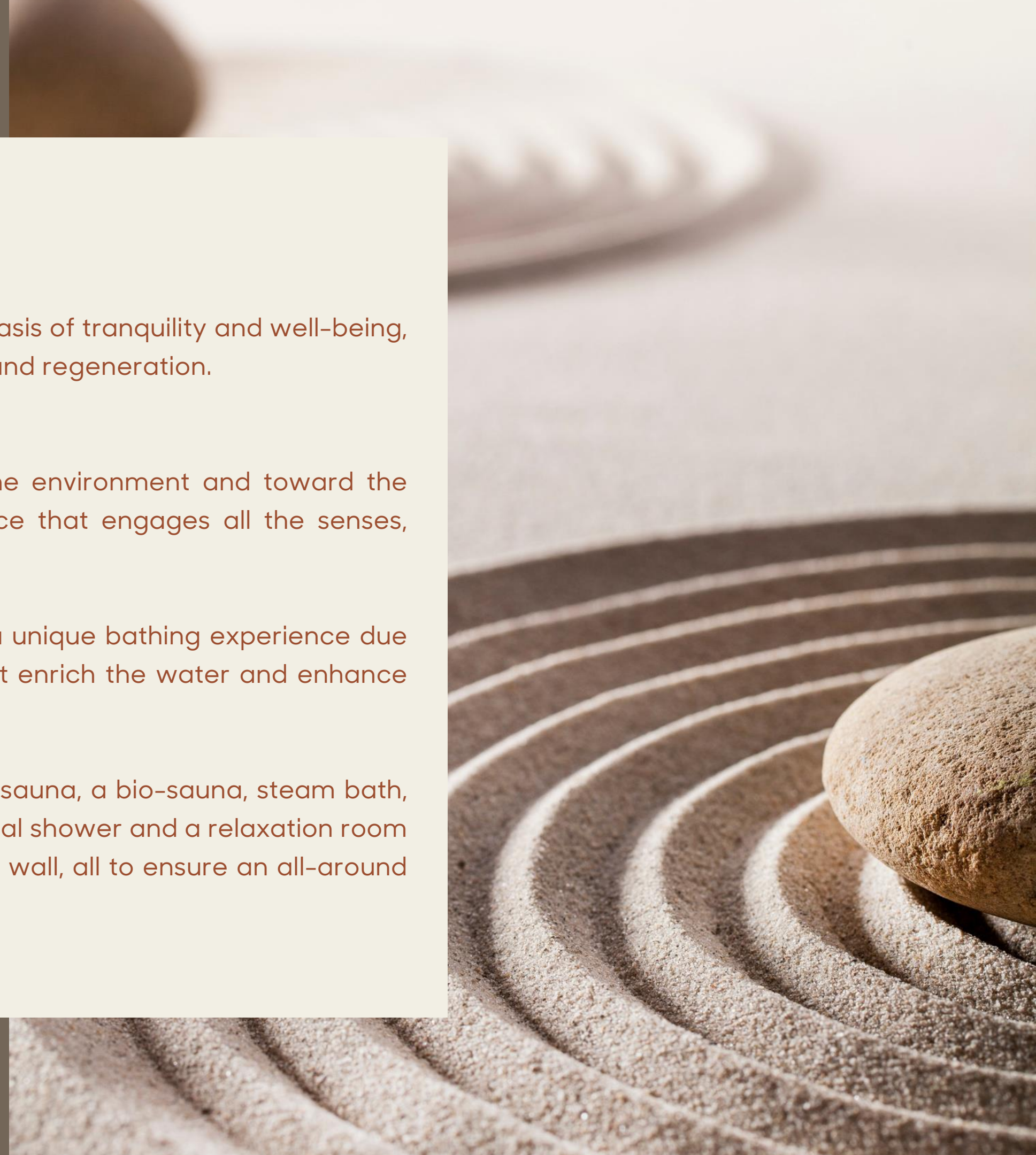
We are pleased to welcome you to our exclusive Spa, a 500m² Oasis of tranquility and well-being, where you can indulge in a well-deserved moment of relaxation and regeneration.

OUR PHILOSOPHY

At the heart of our spa is a deep philosophy of respect for the environment and toward the individual needs of our guests. We strive to offer an experience that engages all the senses, stimulating mind, body and spirit for holistic wellness.

The indoor pool equipped with Cannon jet and whirlpool offers a unique bathing experience due to the presence of magnesium and potassium, two minerals that enrich the water and enhance the relaxation experience.

The wet area of the Oasi Spa provides our guests with a Finnish sauna, a bio-sauna, steam bath, an infrared sauna with two loungers, the ice waterfall, an emotional shower and a relaxation room with different types of loungers, herbal tea room and double salt wall, all to ensure an all-around rejuvenating experience.





Treat yourself to an 'exclusive experience of wellness and relaxation at our Oasis SPA by following some of our dedicated tips and pathways.

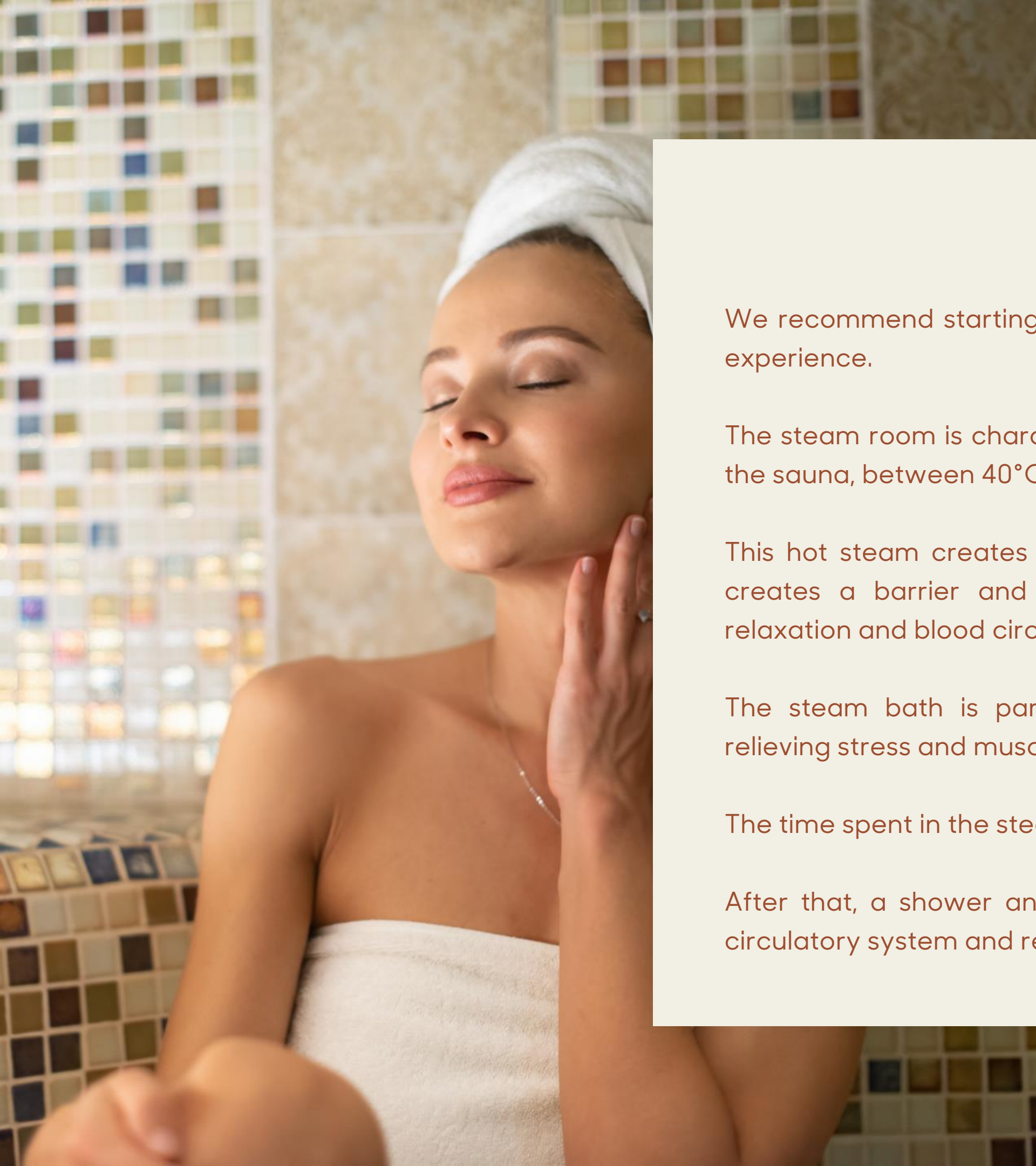
Both steam baths and saunas offer health and wellness benefits, but they differ in the way they produce heat and humidity, and thus in their effects on the body.

We recommend starting your wellness journey with the lower temperatures of the steam room or bio sauna and ending with the higher temperatures of the Finnish sauna.

A relaxing break between sessions will help you rebalance your circulatory system and bring your body back to an ideal temperature. Even just a ten-minute rest will relieve your body and help you better enjoy the next wellness session.

You will find hydrating and refreshing drinks available, from mineral and flavored water to herbal teas to ensure constant hydration throughout your stay in the wet area.

It is important to listen to your body's signals throughout your journey in our wet zone and leave if you feel exhausted or tired.



STEAM BATH

We recommend starting your wellness journey from the Turkish bath for a relaxing steam experience.

The steam room is characterized by high humidity and more moderate temperatures than the sauna, between 40°C and 50°C. The humidity, can range from 90% to 100%.

This hot steam creates a sensation of embracing, moist heat, which, resting on the skin creates a barrier and allows stimulating the internal metabolism, promoting muscle relaxation and blood circulation.

The steam bath is particularly suitable for body detoxification, blood circulation and relieving stress and muscle tension. It is also a valuable ally for respiratory problems.

The time spent in the steam bath, varies from 10 to 20 minutes.

After that, a shower and at least 15 minutes of rest is recommended to rebalance the circulatory system and reduce fatigue.



BIOSAUNA

The temperature of the biosauna is usually between 50°C and 60°C, with slightly higher humidity than the Finnish sauna.

The environment is more humid and mild compared to the Finnish sauna.

A comfortable environment, it promotes relaxation, stimulates blood circulation, facilitates the elimination of toxins, and may be more tolerable for those with respiratory problems.

Benefits to breathing without overdoing the heat.

The recommended duration of a biosauna session may vary depending on personal preferences and individual health conditions.

We recommend spending 10 to 20 minutes inside the biosauna to maximize the thermal and relaxation benefits, always maintaining good hydration and listening to your body.

After that, we always recommend a shower and at least 15 minutes of relaxation to rebalance the circulatory system and reduce fatigue.



INFRA-RED SAUNA

The infrared sauna, similar to the sun's rays, is recommended for treating muscle aches and pains.

The infrared sauna uses infrared rays to heat the body directly, rather than the surrounding air as in the Finnish sauna.

This type of sauna has milder temperatures, generally between 40°C and 60°C, making it more tolerable for many people.

Indeed, the average dwell time is 30 minutes but can be as long as 45 minutes.

In general, the course in the infrared sauna aims at the improvement of blood circulation, detoxification of the body through sweating, muscle relaxation, and pain relief.

In addition, the infrared sauna can aid in weight loss and improve the quality of the skin, making it firmer and brighter and promoting a general feeling of well-being.

We always recommend a shower and at least 10 minutes of rest and relaxation to rebalance the body.

A close-up photograph of a hand with black nail polish holding a wooden ladle, pouring water onto a bed of dark, smooth stones in a sauna. The stones are arranged on a metal grate. The background shows the wooden interior of the sauna.

FINNISH SAUNA

The Finnish sauna usually has a temperature between 70°C and 100°C, with relatively low humidity. Volcanic stones generate dry heat. It promotes sweating, detoxification and muscle relaxation.

For an optimal experience, on your first entry we recommend that you bring a towel with you and spend about 8 to 10 minutes in the lowest part of the sauna using the hourglass inside the sauna to manage time.

After a rejuvenating shower, we recommend that you lie down in our relaxation area for 10-15 minutes, allowing your circulatory system to restore itself. Afterwards, you can make another entrance into the sauna for another 10-15 minutes at most.

If you wish, after relaxing, you can repeat the experience for an additional entry.

Adding water to the stones, known as "löyly" in Finnish, does not necessarily increase the temperature of the room, but it does increase the humidity. This can create a stronger feeling of heat and may also promote deeper sweating.

However, it is important to do this carefully, adding only small amounts of water at a time.

A shower and at least 15 minutes of rest is always recommended to rebalance the circulatory system and reduce fatigue.



EMOTIONAL SHOWER

The emotional shower is a unique sensory experience with thermal and color effects, involving different elements to stimulate the senses and promote well-being.

Through the use of different water temperatures, relaxing lights and scents, this shower offers a revitalizing and rejuvenating experience for body and mind.

Different settings, such as aromatic rain, waterfall or tropical mist, allow the experience to be customized to individual preferences.

The experience shower is ideal for relaxing between sauna or steam bath sessions or as part of a complete wellness journey.

After taking an emotional shower, always give yourself a moment of relaxation to allow your body to restore its body temperature.

A photograph of a spa's ice waterfall feature. Water is cascading down a dark, textured rock wall into a clear glass basin filled with ice cubes. The background is a solid dark brown color.

ICE WATERFALL

When using the ice waterfall in the spa, we recommend following these steps:

Before approaching the ice waterfall, make sure you are properly wrapped in a towel.

Approach the ice waterfall and take a handful of ice from the provided container.

Using gentle movements, massage the ice onto desired areas of the body such as the face, neck, arms or legs.

Use the ice to gently massage the skin, making circular or linear movements. This will help stimulate blood circulation and relieve any swelling or muscle tension.

Limit the time of ice exposure, especially if it is the first time. Start with short sessions of 1 minute and gradually increase the duration according to personal tolerance.

After using the ice waterfall, always give yourself a moment of relaxation to allow your body to adjust to the change in temperature.



SALT WALL

The salt wall relaxation room offers benefits such as air purification, skin improvement and relaxing effects.

Inhaling salt particles reduces skin inflammation and promotes breathing. This tranquil environment can reduce stress, improve sleep and support the immune system. Spending time here may help foster restful and deep sleep.

The presence of negative ions stimulates the immune system and promotes overall health. In summary, the salt wall relaxation room offers a complete solution for physical and mental well-being, improving the quality of life.

After each sauna or steam room session, we recommend that you take time to fully relax. Close your eyes and soak in the tranquil atmosphere in our relaxation area, letting the gentle, soothing melodies accompany your moment of well-being.

Maintaining silence is essential, to fully enjoy the relaxation experience and respect the privacy and peacefulness of all guests.



THE INDOOR POOL WITH MINERAL SALTS

Our whirlpool and cannon jet pool, enriched with minerals such as magnesium and potassium, offers a range of benefits:

- Reduces stress.
- Eases muscle and joint pain.-Promotes sleep.
- Softens the skin, making it velvety and healthy.
- Gives a feeling of vitality and well-being.
- Contributes to environmental sustainability.

The effect of the mineral salts allows a significant reduction in the use of chemicals to keep the pool water disinfected and ensure its safety and hygiene.

We ask our guests to shower before entering the pool, not to eat by the pool, and to bathe without diving, maintaining a calm tone of voice to respect the well-being of all guests. Please note that cell phone use is prohibited.

SPA INFORMATION AND REGULATIONS

In order to ensure the best comfort, we advise our guests to follow certain rules:

The wet area of the spa is accessible daily from 2 pm to 8 pm. For access it is necessary to reserve the time slot of 3 consecutive hours at the spa or hotel reception.

Access is prohibited to persons under 16 years of age. Contraindications may include unstable health conditions such as high blood pressure, heart disease, severe respiratory illness, skin infections or open wounds.

Before entering the spa, please inform us about your health conditions, allergies, pregnancy or recent surgeries, possibly already when booking. Our therapists will personalize your stay to ensure maximum well-being.

Access to the indoor pool is available daily from 7:30 a.m. to 7:30 p.m.

Access to the fitness area is available daily from 7 a.m. to 8 p.m. We kindly ask you to use a towel on the gym equipment and on the loungers in the relaxation area for hygiene and respect of all guests.



The Spa is an oasis of tranquility and relaxation. Please maintain a calm tone and keep silence out of respect for all guests. It is appreciated to turn off mobile devices or leave your smartphone in your room or locker to fully enjoy the relaxation experience and respect the privacy and serenity of all guests.

We kindly ask you to come to the SPA wearing your bathrobe and without wearing jewelry. You will find bathrobe and towels in your room or inside the kit given at the reception.

In the Oasi Spa we follow the Nordic tradition: please remember that inside the sauna you are not allowed to wear a bathing suit and accessories. This is because at high temperatures the fabric of the costume may release potentially harmful substances, and accessories such as hooks, underwires, jewelry and glasses may overheat and become dangerous.

However, please use a towel both in the saunas and on the loungers and cover yourself with a towel or robe in the transition areas between rooms.

Smoking and consumption of food or beverages inside the spa is prohibited. However, water and herbal teas will always be available to you during your SPA stay.

The Oasi Spa reserves the right to change the opening and closing times during the year. We recommend prior reservation by contacting our front desk.



SPA FEES

WET AREA ENTRANCE (saunas, steam room, salt room)

Hotel Europa guests: € 15,00 per person

Prices include SPA KIT (bag, bathrobe, sauna towels, slippers)

Access to the indoor and outdoor pool as well as fitness area is included for all hotel guests.

OASI SPA ENTRANCE (saunas, steam room, salt room, indoor pool)

External guests: € 35,00 only entrance / € 40,00 entrance + SPA KIT (bag, bathrobe, sauna towels, slippers)

To reserve your spa session, it is preferable to book it in advance to ensure maximum availability.

Please kindly arrive 10 minutes before the time and wait on the designated chairs at the spa reception.

We ask our guests to cancel their reservation at least 8 hours in advance.

For cancellations made with less than 8 hours notice, the hotel will charge 50 % of the price of the price and in case of no-show, the full amount will be charged.



We dedicate every moment to your tranquility and well-being. We look forward to welcoming you to our SPA for a memorable experience.

For information on our massages, beauty treatments and wellness packages, we invite you to download our dedicated brochure.



OPENING HOURS

7.30 – 19.30 Indoor pool

8.00 – 20.00 Outdoor pool

7.00 – 20.00 Fitness room

14.00 – 20.00 Wet area
(upon reservation)

14.00 – 20.00 Treatments
(upon reservation)

Reservations:

Reception Hotel: Tel. 030919047

Via Liguria, 1

25019 – Colombare, Sirmione (BS)

Informazioni:

Email: info@europahotelsirmione.it