



SAVINA

Wellness v sozvočju z naravo pomaga odkriti energijo in moč življenja. Harmonično zasnovani programi savne so namenjeni vzpostavljanju ravnovesja med zdravjem, lepoto in dobrim počutjem. Različne tehnike in metode edinstvenega razvajanja in nege so priljubljene željam in potrebam gostov Terme Olimia v edinstvenem Wellnesu Orhidelia, arhitekturni poeziji in kolažu luksuznih detajlov.

Je svet ... in je drugačen svet.

The wellness centre helps you discover the energy and power of life in harmony with nature. Harmonious sauna programmes are aimed at finding a balance between health, beauty, and well-being. Different techniques and methods of unique pampering and care services are tailored to the needs and preferences of Terme Olimia guests in Wellness Orhidelia, a unique architectural poetry and collage of luxurious details.

There is a world ... and then there is a different world.



Suha, finska savna SAVU

ima temperaturo od 80 do 100 stopinj Celzija in vlažnost od 15 do 30 odstotkov. V njej se izvajajo vrhunski programi vrtnčenja zraka. S polivanjem mešanice vode in arome po ogretyh kamnih dosežemo vroč val pare, ki dodatno ogreje prostor in pospeši znojenje telesa. S tem ga čisti, sprošča mišice in vpliva na vitalnost.

The dry SAVU Finnish sauna

has a temperature of 80 to 100°C and humidity of 15 to 30%. The sauna includes excellent air swirling programmes. By pouring a mixture of water and aromas over heated stones, a hot wave of steam is produced, which further heats the room, accelerates sweating and, consequently, cleanses the body, relaxes muscles, and affects vitality.

Bio savna Lavana

je kombinacija parno-finske savne s temperaturo od 55 do 65 stopinj Celzija in vlažnostjo od 50 do 60 odstotkov. Edinstvenost biosavne Lavana je v vplivu olimskih zelišč, ki se mešajo z nežno paro ter tako blagodejno vplivajo na dihalne poti in odpirajo pore. Popolno sproščenost v prijetni toploti pa lahko dosežemo ob zvokih tibetanskih posod.

The Lavana bio sauna

is a combination of steam and Finnish sauna with a temperature of 55 to 65°C and humidity of 50 to 60%. The uniqueness of the Lavana bio sauna lies in the herbs of Terme Olimia, which are mixed with a gentle steam, thus having a beneficial effect on the airways and opening pores. Complete relaxation in the pleasant warmth can be achieved through the sounds of Tibetan bowls.

Infrardeča savna Sonoran

je posebna savna s temperaturo od 40 do 50 stopinj Celzija, kjer infrardeči grelci oddajajo energijo, ki prodre 4 centimetre globoko v telesno tkivo. Energija v tej savni globinsko očisti kožo in poveča njeno elastičnost, kar je pogoj za nežen in mladosten videz.

The Sonoran infrared sauna

with a temperature of 40 to 50 °C, where the infrared heaters emit energy that penetrates 4-cm deep into the body tissue. The energy in the Sonoran infrared sauna thoroughly cleanses the skin and improves its elasticity, which is a precondition for a soft and youthful appearance. It increases the amount of blood flow through the heart.



Programska parna savna Mamosa

s povprečno temperaturo od 40 do 47 stopinj Celzija in vlažnostjo do 100 odstotkov očara s posebnimi rituali in oblogami, kar kožo dodatno obogati s hranljivimi sestavinami.

The Mamosa programmed steam sauna

with an average temperature of 40 to 47°C and humidity of up to 100% impresses with special rituals and wraps, further enriching the skin with nutrients.



Parna savna Amana

je mistično doživetje, kjer je povprečna temperatura okoli 45 stopinj Celzija in vlažnost do 100 odstotkov. Poseben vonj pospešuje celjenje ran, blagodejno vpliva pri prehladih in preprečuje utrujenost. Učinek parne kopeli se dopolnjuje z vtiranjem solnih kristalov kot posebnega pilinga za odstranjevanje poroženih celic s kože, medtem ko medena obloga ali posebna olimska čokolada kožo nahrani in učvrsti. Vonj čokolade vas bo prijetno spremljal še dolgo po odhodu.

The Amana steam sauna

is a mystical experience with an average temperature of around 45°C and humidity of up to 100%. A special scent promotes wound healing, has a beneficial effect on colds and prevents fatigue. The effect of the steam bath is complemented by rubbing salt crystals into the skin in order to remove horny cells from the skin, while the honey wrap or the special chocolate of Terme Olimia nourishes and strengthens the skin. The pleasant smell of chocolate will surround you long after.



PROSTOR ZA POČITEK | RESTING AREA



Pravilno savnanje poteka v intervalih. Pomembno je predvsem, da poslušamo svoje telo in ne pretiravamo. Počitek je sestavni del celotnega procesa. Počivališča v Wellnessu Orhidelia so tematska in prilagojena tudi izvajanju posebnih tehnik pomladitve in sprostitve.

Na voljo so:

- zvočne terapije s planetarnimi gongi,
- sprostitvev z zvokom kristalnih posod,
- pomlajevanje s tibetanskimi vajami,
- zvočna kopel z gongom.

Počivališča z vodnimi posteljami, ogrevani ležalniki, lesena jama, nudistična terasa z bazenom in whirlpools – vse to je namenjeno le vam. V počivališčih se udobno namestimo in si vzamemo čas samo zase, vodne postelje z glasbeno spremljavo ali ogrevani ležalniki pa bodo naše telo popolnoma sprostili.

Saunas are properly used at intervals. It is particularly important that you listen to your body and do not exaggerate. Resting is an integral part of the use of sauna. Resting areas in Wellness Orhidelia are thematic and adapted to special rejuvenation and relaxation techniques.

- sound therapies with planetary gongs;
- relaxation with the sound of crystal bowls;
- rejuvenation with Tibetan exercises;
- sound bath with a gong.

Resting areas with waterbeds, heated deckchairs, a wooden cave, and a nudist terrace with pool and whirlpools. Make yourself comfortable and take some time for yourself. Waterbeds with background music or heated deckchairs will completely relax your body.

ZAUPAJTE TERMALNI VODI | TRUST THE THERMAL WATER



Olimska termalna voda dokazano ugodno vpliva na zdravje ter odpravljanje negativnih posledic stresa, ki je spremljevalec sodobnega načina življenja. Kopeli v termalni vodi sproščajo napetost v mišicah, povečujejo prekrvavitev tkiv ter poživljajo in krepijo obrambne mehanizme telesa.

Številni otočki v bazenih Wellnessa Orhidelia omogočajo umik v samoto; masažni ležalniki v bazenih zagotavljajo takojšnjo sprostitev, gejzirji, whirlpoola, počasna reka in svetlobna jama pa posebne užitke. Posebno glasbeno doživetje je v edinstvenem glasbenem bazenu, kjer nas energija vode ob zvokih klasične glasbe posebej prevzame.

Sprostitev med savnanjem ali po njem priporočamo tudi na nudistični terasi in v zunanjih bazenih, kjer je temperatura vode od 29 do 32 stopinj Celzija.

The thermal water of Terme Olimia has proven beneficial effects on health, mitigating the negative effects of stress, a companion to the modern lifestyle. Bathing in thermal water relaxes muscle tensions and stimulates blood circulation in tissue, as well as invigorates and strengthens the body's defence mechanisms.

Numerous islands in the pool area of Wellness Orhidelia allow you to enjoy solitude; massage deckchairs, geysers, 2 whirlpools, lazy river, and light cave provide immediate relaxation. The unique musical pool provides you with a special musical experience, ensuring that you are overwhelmed by the energy of water and the sounds of classical music.

Between or after the use of sauna, we recommend that you relax on the nudist terrace and outdoor pools with water temperature of 29 to 32°C.

PREDNOSTI SAVNANJA | ADVANTAGES OF THE USE OF SAUNAS



- pospešuje krvni obtok,
- razstruplja telo,
- utrjuje imunski sistem in preprečuje prehlade,
- krepi srce in znižuje krvni tlak,
- pospešuje presnovo in pomaga pri odpravi odvečnih kilogramov,
- učinkovito neguje in čisti kožo,
- blaži poškodbe, revmatična obolenja, artritis,
- blagodejno vpliva na dihala,
- zmanjšuje telesno in psihično napetost kot posledico stresa.

Uporaba savne pripomore k izboljšanju počutja in sprostitvi, poleg tega pa ima številne zdravilne učinke. Z rednim obiskovanjem savn boste okrepili imunski sistem, iz telesa izločili številne strupe, izboljšali delovanje srca in ožilja ter odpravili težave, povezane s stresom. Savnanje pozitivno učinkuje tudi na videz kože.

V savni se temperatura kože zviša za deset stopinj, v notranjosti telesa pa za eno stopinjo. Samo deset minut v savni je dovolj, da organizem povprečno izloči od 0,6 do 1,2 litra znoja in tako odstrani strupe iz telesa in spodbudi osvoboditev obrambnih celic, ki ščitijo telo pred virusi in bakterijami.

- stimulates blood circulation;
- has an impact on body detoxification;
- strengthens the immune system and prevents colds;
- strengthens the heart and reduced blood pressure;
- stimulates metabolism and helps lose excess weight;
- effectively nourishes and cleanses the skin;
- eases injuries, rheumatic diseases, arthritis;
- has a beneficial effect on the respiratory system;
- relieves physical and mental tension as a consequence of stress.

The use of saunas helps you improve your well-being and relax, while it also has many healing effects. If you visit the saunas regularly, you will strengthen your immune system, eliminate many toxins from the body, improve the functioning of your cardiovascular system, and resolve problems associated with stress. The use of sauna also has a positive effect on the appearance of your skin.

In the sauna, the skin temperature is increased by 10°C, while the temperature inside your body grows by 1°C. Only 10 minutes in the sauna is enough for the organism to eliminate 0.6 to 1.2l of sweat, removing toxins from the body and stimulating the release of immune cells, which protect the body from viruses and bacteria.

ZLATA PRAVILA SAVNANJA

GOLDEN RULES OF THE USE OF SAUNA



V savni smo vedno goli, oviti v brisačo ali pa na njej sedimo. Na brisači so tudi stopala.

Preden stopimo v savno, se pod prho umijemo z mlačno vodo. Poznejše umivanje ni priporočljivo. Pred vsakim tuširanjem in po njem se obrišemo do suhega.

Ko sedimo, naj bodo noge v višini telesa, da se telo enakomerno pregreje.

Priporočamo, da v savno vstopate s toplimi nogami (zaradi boljšega krvnega pretoka).

Pri izhodu iz savne se takoj oprhamo z mlačno vodo, nato sledi obisk bazena s hladno vodo.

V savno vstopamo v intervalih. Pomembno je predvsem, da poslušamo svoje telo in ne pretiravamo.

Za vsakim ciklusom savnanja počivamo dvakrat toliko časa, kot smo v savni. Vse skupaj ponovimo trikrat.

Med savnanjem moramo popiti veliko tekočine. Najbolje je, da uživamo vodo ali nesladkane zeliščne čaje.

Always be naked in the sauna, wrapped in or sitting on a towel. Put your feet on the towel.

Before entering the sauna, wash yourself in the shower with lukewarm water. It is not recommended to wash later. Before and after taking a shower, dry yourself.

When seated, make sure that your legs are at the height of the body in order to heat up the body evenly.

With a view to better blood circulation, we recommend that you enter the sauna with warm feet.

When leaving the sauna, immediately wash yourself with lukewarm water and go to the cold pool.

Use the sauna at intervals. It is particularly important that you listen to your body and do not exaggerate.

After each sauna cycle, rest twice as long as you used the sauna. Such sauna cycles should be repeated three times.

During the use of sauna, drink plenty of fluids, preferably water or unsweetened herbal tea.



NASVETI ZA PRAVILNO SAVNANJE

TIPS FOR THE CORRECT USE OF SAUNA



Za savnanje si vzamemo dovolj časa, saj se bomo le tako lahko popolnoma sprostili.

Allow yourself enough time for the use of sauna in order to relax completely.

V savno prihajamo spočiti, vsaj uro pred tem pa ne priporočamo prehranjevanja.

Enter the sauna rested and, if possible, do not eat at least one hour before the use of sauna.

Po drugem ali tretjem krogu savnanja, ko je mišičevje že dovolj sproščeno, je primerna masaža v ogretyh whirlpoolih. To naj traja približno 10 do 15 minut.

After the second or third sauna cycle, when the muscles are relaxed enough, it is recommended to have a massage in heated whirlpools. It should last 10 to 15 minutes.

Vsaka savna ima na notranji strani ob vratih SOS-stikalo, ki je namenjeno klicu kopaljškega mojstra v primeru slabosti ali poškodb.

Each sauna includes an SOS switch, situated on the inner side at the doors, which should be used for calling the lifeguard in case of nausea or injury.

V savni ne nosimo nakita.

Do not wear jewellery in the sauna.

Preden zapustimo prostore savn, se tako ohladimo, da se ne potimo več.

Before leaving the sauna area, cool down to such a degree that you do not sweat anymore.

Priporočamo vam, da se pred obiskom savne posvetujete z zdravnikom.

We recommend that you seek medical advice before using the sauna.

BONTON V SAVNI | GOOD SAUNA MANNERS



Spoštujemo napisana in nenapisana pravila savne, v katero vstopamo.

Ko vstopamo v savno, kratko in ne preveč glasno pozdravimo.

Za prijetno razpoloženje v savni je potreben mir.

Uporaba mobilnih telefonov v prostorih savn ni dovoljena.

V vsaki savni velja osnovno pravilo higiene, in sicer da je treba les obvarovati pred znojem.

Za savnanje potrebujemo vsaj dve brisači.

V vseh savnah, razen v parnih, sedimo na brisačah.

Za gibanje po predprostorih je priporočljivo nositi natikače, v savne pa vstopamo bosi.

Po prihodu iz savne je najprej na vrsti zračna kopel, sledi prha in nato ohlajanje v bazenu s hladno vodo.

V savne vstopamo in izstopamo hitro, da jih ne ohladimo preveč.

Sami ne polivamo peči – to delo opravlja mojster savn.

V savnah lahko ležimo, če je dovolj prostora za vse obiskovalce.

Observe the written and unwritten rules of the sauna you are entering.

When you enter the sauna, say hello briefly and not too loudly.

A pleasant atmosphere in the sauna requires peace.

The use of mobile phones is not allowed in the sauna area.

Each sauna requires observation of the basic rules of hygiene, i.e. to protect the wood from sweat.

Two towels are needed in the sauna.

Sit on the towels, with the exception of steam saunas.

It is recommended to wear flip-flops in the area in front of the sauna and to enter the sauna barefoot.

After leaving the sauna, take an air bath and a shower and cool down in the cold pool.

Enter and leave the sauna quickly in order not to cool the sauna down.

Do not pour water over the stove on your own. Leave it to the sauna master.

You can only lie in the sauna if there is enough room for all visitors.

ZA KOGA SAVNA NI PRIPOROČLJIVA? WHO IS NOT RECOMMENDED TO USE THE SAUNA?



- za vse z akutnimi boleznimi (nalezljive bolezni, vročina) in boleznimi z napadi (epilepsija, krči),
- za osebe z obolenji srca in izrazito visokim krvnim tlakom,
- za osebe, ki imajo odprte rane,
- pri rakastih obolenjih (svetuje se le infrardeča savna, ki dokazano krepi imunski sistem).
- people suffering from acute diseases (infectious diseases, fever) or seizure diseases (epilepsy, cramps);
- people with heart diseases and distinctly high blood pressure;
- people with open wounds;
- people with cancer (the infrared sauna is advisable for them, which has been proved to enhance the immune system).



PREPUSTITE SE VETRU NAJBOLJŠIH MOJSTROV SAVNE V SLOVENIJI
ENJOY THE WIND OF THE BEST SAUNA MASTERS IN SLOVENIA.



Tradicija različnih dogodkov, povezanih s savno in vtkanih v pridobljeno znanje mojstrov savne, oblikuje posebno doživetje v čudovitem Wellnesu Orhidelia.

The tradition of different sauna events embedded in the knowledge of sauna masters creates a unique experience in the wonderful Wellness Orhidelia.

Izberite svoj dan in se prepustite:

Choose a date and enjoy the:

- klasičnim aromaterapijskim programom z dodatki medu ali jogurta, solnim in kavnim pilingom, ledeno masažo ali t. i. vihta programom z brezovimi vejami,
 - programom v parnih savnah s čokoladno zgodbo, razstrupljanjem ter mediteransko, medeno in sezamovo oblogo,
 - zvočnim programom v biosavni s himalajskimi skledami,
 - zvočnim programom v počivališčih savn s kristalnimi posodami in zvočnimi kopelmi z gongom.
- classic aroma programmes with honey, yoghurt, salt, and coffee peeling, ice massage or vihta programme with birch branches;
 - programme in the steam sauna with chocolate story, detox, Mediterranean, honey and sesame wraps;
 - sound programme in the bio sauna with Himalayan bowls;
 - sound programme in the resting areas with crystal bowls and sound baths with a gong.



Olimska čokolada za srečo!

Poskusite tudi na svoji koži.

Chocolate of Terme Olimia –
for good luck!

Try it on your skin.



Terme Olimia d.d. | Zdraviliška cesta 24, Podčetrtek | www.terme-olimia.com

December, 2015

