



piena muiža

*Berghof*

## SAUNAS AND SAUNA RITUALS 2016

### SAUNA COMPLEX IN THE MASTER'S HOUSE

For family: € 49.00 / 1.3h / 2 adults and 2 kids\*

Adults: € 17.00 1h / pers. \*\*

Kids and teens from 7 to 12 years old: € 8.50/ 1h / pers.\*\*

Kids up to 7 years old: free of charge \*\*

Group visits starting from 6 persons: € 119.00/ 1h \*

ROMANTIC FIREPLACE HALL

SWIMMING POOL WITH BACK FLOW

WET SAUNA

STEAM BATH

To satisfy your thirst we offer you refreshing birch sap and herbal tea.

\* Sauna towel is included.

\*\* Sauna towel, bathrobe, bath slippers are included.

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## COUNTRY SAUNAS WITH MASTER'S RITUALS

*There is a Holiday house in the Estate complex, where we offer the chance to experience unique and reinforcing sauna and bath rituals. In the Holiday house, there are apartments with well-equipped kitchen and lounge zone for guests who wish to enjoy a calm country weekend atmosphere, while sauna rituals fans can use the White country sauna and the real Black stone sauna at the basement with the separate entrance doors. The skills of our sauna Master combined with the knowledge learned from our ancestors will let you feel the mind & body purifying and reinforcing bath ritual.*

*Milk manor sauna rituals are more than just flopping and steaming – gradually it help you to achieve harmony with own body, to listen and feel yourself from within. As there are no two identical people, there are no two identical bath flopping rituals in the Milk manor. Our individual feelings, our level of reliance make each sauna visit unique and meant only for ourselves. The sauna Master only has to listen to this inner voice and choose the right sauna whisks, ritual speed or length.*

### **WHITE COUNTRY SAUNA**

*Sauna rent, including bathrobes, slippers and towels,  
and heating up 6 hours before the visit: € 119.00*

*Sauna Master ritual: € 67.00 / 1 pers./ \*Reservation made from 2 persons up.*

*Flopping ritual with the fresh and vigorous whisks; individually prepared body scrub with the mighty forest breath; Master's flops with soul purifying green whisks; skilled appliance of the reviving water procedure! To satisfy your thirst we offer you sparkling birch sap and teas.*

*Cancellation of reservations at least 24 hours before the arranged time.*

### **BLACK STONE SAUNA**

*Sauna rent, including bathrobes, slippers and towels  
and heating up 12 hours before the visit: € 149.00*

*Sauna Master ritual: € 67.00 / 1 pers./ \*Reservation made from 2 persons up.*

*It starts with the initiation ritual to calm down feelings and emotional inner world. Healing scrub of blooming forest gifts. Master's flops with the soul purifying green whisks. Ziemeupe seacoast stones will tone up and pleasantly warm up the backbone; professionally applied reviving water ritual will greatly compliment to the soul, mind and body strength. To the conclusion of the ritual, the rich "1000 nature powers" compress will be applied. To satisfy your thirst we offer you sparkling birch sap and teas.*

*Cancellation of reservations at least 24 hours before the arranged time.*

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