

WELLNESS, ESTAVAYER-LE-LAC

# LES RIVES ZEN

Nestled along the picturesque shores of Lake Neuchâtel, this ephemeral hideaway is a rejuvenating retreat. Visitors will discover a carefully designed relaxation programme, combining the invigorating benefits of the sauna, the comforting warmth of the gypsy caravan and the invigorating experience of cryotherapy in the cold waters.

## OPENING HOURS

From 19 Oct 2024 to 13 Apr 2025	18:00 - 21:00
Monday - Tuesday	16:00 - 21:00
Wednesday	17:00 - 21:00
Thursday	16:00 - 22:00
Friday	13:00 - 22:00
Saturday	11:00 - 21:00
Sunday	

## PRICES

Admission	CHF 20.-
Admission	

## GOOD TO KNOW

- The complex comprises :
- A sauna caravan (max 12 people) with a panoramic view of the lake.
- A Finnish bath on the beach.
- A yurt (6 metres in diameter) used as a reception and meeting area, where you can also drink herbal tea or other detox drinks between two sauna sessions.
- A dome (6 metres in diameter) fitted out as a relaxation room and treatment area for massages.
- Direct access to the beach for a cold-water swim.
- Access to washrooms with showers and toilets.
- The complex is privatized between 19:00 and 22:30 on weekends.



## CONTACT

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