WELLNESS, ESTAVAYER-LE-LAC

LES RIVES ZEN

Nestled on the shores of Lake Neuchâtel, this ephemeral refuge immerses you in a world inspired by Viking aesthetics, with decor that enhances its enchanting atmosphere. The relaxation journey blends the invigorating benefits of the sauna, the comforting warmth of the caravan, and the revitalising experience of cryotherapy in cold waters.



OPENING HOURS

From 12 Oct 2026 to 31 Mar 2027

Wednesday	15:00 - 21:00
Thursday	16:00 - 21:00
Friday	16:00 - 22:00
Saturday	11:00 - 22:00
Sunday	11:00 - 20:00

PRICES

Admission

Admission 2:00	CHF 25.-
Admission 3:00	CHF 35.-

GOOD TO KNOW

- Aufguss Ceremonies:
- On Wednesdays and Thursdays at 19:30, Aufguss sauna rituals are offered for an immersive relaxation experience.
- The complex consists of:
- A sauna wagon (max 12 people) with a panoramic view of the lake.
- A Finnish bath located on the beach.
- A yurt (6 metres in diameter) set up as a reception and meeting area, where you can also enjoy herbal tea or other detox drinks between sauna sessions.
- A dome (6 metres in diameter) arranged as a relaxation room and treatment area for massages.
- Direct access to the beach for a cold water swim.
- Access to sanitary facilities with showers and toilets.

CONTACT

Les Rives Zen
Plage communale 5
1470 Estavayer-le-Lac

+41765444016
lesriveszen@gmail.com
lesriveszen.ch



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