

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.

PRICES

Admission
Admission

CHF 20.-

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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