

The Nordic bath is wood-fired. It's environmentally friendly: it doesn't have the disadvantages associated with the use of electricity, as is the case with a jacuzzi.

Outdoors enjoying nature, under the trees and **close to our horses**, you can hear the crackle of the fire and smell the smoke. It's an experience you can only get in a Nordic bath!

As with saunas, there are many **physical and mental benefits to be** gained. The best of all, of course, is immersion in nature and the luxury of wood. Here are the benefits you're sure to experience after a Nordic bath session.

- **Muscle relaxation**

The Nordic bath is ideal for releasing all the tension accumulated in the muscles. The warmth of the bath relaxes the body and relieves pressure by stimulating endorphins. **There's nothing better after a walk or bike ride.** This type of relaxation is also recommended for sportsmen and women with muscular tension, as well as for those who work in front of a computer.

- **Elimination of toxins**

After 20 minutes in the Nordic bath, you can take a very cool shower and then return to the bath. **Alternating between hot and cold** will encourage the body to perspire and expel toxins. We also recommend drinking water before and after the bath. This is essential to promote the elimination of toxins circulating in the body.

- **Relaxing the mind**

Allowing yourself to relax is the first step towards lightening your mental load! There's nothing more relaxing for the mind than feeling **at one with nature**. During the day, you can observe the surroundings, the horses and hear the birdsong. In the evening and at night, the sky offers one of the most enchanting spectacles nature has to offer. A Nordic bath allows you to totally disconnect your brain and reconnect with what really matters: **the present moment**.

- **Reconnecting with yourself and others**

The Nordic bath is a moment taken out of time. And when it's enjoyed by several people, it's often the perfect opportunity for a quiet chat and to really listen to each other. The Miramont Nordic bath can accommodate up to 6 people.

- **Preventing winter ailments**

Nordic bathing is also recommended in winter, even in snowy weather. Nordic bathing sessions are reputed to reduce illness and boost the immune system.

- **Restful sleep**

The relaxation provided by a Nordic bath promotes a restful night's sleep. The quality of sleep has a major impact on our general state of mental and physical health. Sleep plays a key role in **maintaining and regulating various vital functions**. Good sleep boosts the immune system, acts on the nervous system and memory, and recharges the batteries. It improves metabolism, regenerates cells, stimulates hormone secretion and converts fat into muscle.

Booking recommendation

Our baths are **private and therefore prepared especially for you**. Our priority is hygiene, so the water is changed completely between each rental. This takes time. We recommend booking as early as possible to ensure availability. Combine this pleasure with a stay of two or more nights at Miramont, and you'll be able to take full advantage of our facilities and services, as well as benefit from preferential rates!