



Sauna master Enea Cakiroglu prepares for a session of aufguss at the Alpin Resort Sacher. Below, Rita leads guests in the singing bowl deep relaxation sessions. Pictures: Suzanne Morphet

**FROM PAGE 7**

“I’m here just for sauna and wellness,” then tells me I should aim for three sessions in a row. I had planned to try the “singing bowl deep relaxation” therapy, which is about to start in the studio nearby. I guess I could do it and be back in time for the next session in the sauna. Minutes later I’m lying with my eyes closed, listening to the soothing sounds of brass bowls being gently struck with a mallet. This is more my style. The notes peal and mingle like bells ringing. The experience is unexpectedly pleasing, perhaps because I know that soon I’ll be back in the sauna, sweating my way to wellness.

Suzanne Morphet visited as a guest of the Alpin Resort Sacher. It did not review or approve this article.

**WYNTK**  
what you need to know

- Alpin Resort Sacher: [seefeld.sacher.com/en/](https://seefeld.sacher.com/en/)
- Day guests are also welcome to use the spa at the Alpin Resort Sacher.



A sign at the entry to the spa at the Alpin Resort Sacher alerts guests to the area where you cannot wear clothing. Below, sauna master Enea Cakiroglu.



The cosy bar, a casual dining spot and spa day beds at the resort.