

### Prices

For all the prices for the thermal baths, the sauna area and all other additional services, please refer to our separate flyer.

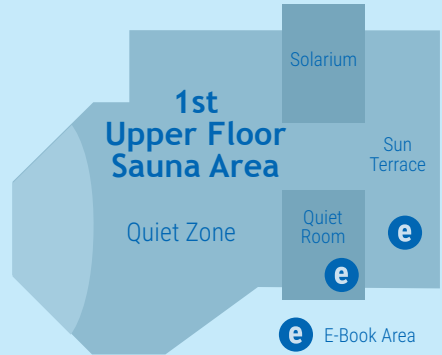
### Opening Times

Thermal baths open daily 9-22.00\*  
Sauna landscape open daily 10-22.00\*

\*special opening times on  
24.12 and 31.12 of each year

You can find information about the spa  
via telephone on +49 (0) 761 21 05 8963.

Date January 2016



### Sauna Area



### Offers

All offers relating to the sauna area and bathing area can be found in separate offer flyers.

Discover little oases such as our boules court and the badminton net in the thermal baths area.

Or break new ground on the bare-foot path and refresh yourself at any time of the year in the natural bathing pond of the sauna area.

## Flexible payment system

During your visit, you can use all services without cash:

<p><b>1</b></p> <p>You receive the chip coin at the till or at the machine in the foyer.</p>	<p><b>2</b></p> <p>With the chip coin, you pass the turnstile. You take the coin with you.</p>	<p><b>3</b></p> <p>Fill a locker in the thermal baths or the sauna area.</p>
<p><b>4</b></p> <p>Insert the chip coin into the locker key.</p>	<p><b>5</b></p> <p>Additional items such as massages or food are simply booked onto the chip coin.</p>	<p><b>6</b></p> <p>At the end of the visit, the key remains in the locker – take the chip coin with you.</p>
<p><b>7</b></p> <p>You can settle unpaid amounts at the extra payment terminals or till.</p>	<p><b>8</b></p> <p>With the chip coin, please go to the turnstile at the exit and insert it.</p>	<p><b>9</b></p> <p>The chip coin is kept by the system.</p>

### Valuables

Please deposit your valuables in a safe at the bathing supervision point or in the sauna area if you are visiting the sauna.

The till and bathing supervision personnel will be happy to provide you with further help.

### Bathing Regulations

Please note that you automatically acknowledging the house and bathing regulations automatically upon entering the establishment.

### Rented and Purchased Items

You can borrow bathrobes and towels for a rental fee or purchase them. Bathing shoes and towels can also be purchased at the reception.

### Showering

Please shower thoroughly before bathing. This way you will be helping to keep the baths hygienic.

### Bistro Bar

For your refreshment, drinks and food are available at our bistro.



## Sauna Area

**A sauna is good for body and soul. The cardio-vascular system is stabilised and the immune system is strengthened.**

**So that you can make the best possible use of the sauna for your health, we have gathered a few useful tips for you here:**

### What you will need:

Large sauna towel, steam bath sitting mat, towels, bathrobe and bathing shoes

### Important Rules

Before going in the sauna, shower thoroughly to clean yourself.

Take the sauna while unclothed on a body-size sauna towel. The sauna towel must be placed under the entire body.

Skin must not touch the wood.

Only stay in the heat for as long as you feel comfortable (maximum 12 min.).

You are requested to maintain a relaxing and quiet peace during the sauna.

Each hot phase is followed by a longer cooling-down phase.

### Number of Sauna Cycles

Only if the warming-up and cooling-down phases are carried out in the right sequence, you will achieve health-promoting effects. It is recommended to undergo three cycles (3 warming-ups and 3 cooling-down phases). Additional phases will not bring any additional health benefits and may lead to the fatiguing of bodily functions.

## Sequence of a Sauna Visit

### Hot Phase:

It is better to have a shorter but hot sauna session (middle or top bench) than a longer, less hot one (bottom bench) in the sauna cabin. If you take the sauna in a lying position, sit up straight for the last 2 minutes and move your feet to stimulate your circulation.

### Cooling-Down Phase:

Now go out into the fresh air for two minutes to restore your oxygen balance and stabilise your circulation. Then rinse the sweat off your legs starting with a cold hose or a shower and cool down.

Immediately after using the sauna, never only immerse yourself for a short while in the plunge pool. Guests with high blood pressure should refrain from using the plunge pool and choose other cold-water applications.

A lukewarm foot bath, ankle-high at the most and lasting 2-3 minutes, helps the body to give off the absorbed heat.

### Rest Phase:

Treat yourself to at least 20 minutes of recovery and drink sufficient water or diluted fruit juices to compensate for the loss of fluids.

### Infusion:

At every full and half hour, 7-10 minutes infusions are carried out in different saunas. Through the targeted increasing of the air moisture and air movement by fanning, the desired heat input into the body can be assisted and the effect of the sauna strengthened.