



Action, Ladies and Gentlemen!

Whether you are a swimmer, an expert swimmer or a non-swimmer – enjoy activating your energy reserves with playful Aqua Sport!

You are guaranteed to have fun in the water with this effective whole-body training!

To the powerful beats, you circle your arms, patter with your feet and swing your hips in the water. Simply try out this varied aquatic sports programme for yourself!



Aqua-Sport Offers

- Aqua-Move
- Aqua-Fit
- Aqua-Cycling



Wellness

Arrive, lean back and feel good. Relax with a massage, with a visit to the infrared cabin or in the solarium. You will be astonished at what a few hours at the KEIDEL baths can do.

Find out about current feel-good offers today:

**Here at the reception,
by telephone on +49 (0) 761 21 05 850
or at www.keidelbad.de**

Feel-Good Offers

- | | |
|--------------------------------------|-------------------|
| Soap-Brush Massage | Solarium |
| Feel-Good Massage with aromatic oils | Hot Stone Massage |
| | Infrared Cabins |



Visit us:

**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**

The KEIDEL Baths is located just outside Freiburg in the southern part of the Mooswald. You can reach us conveniently by bike or the bus-line 34 from Munzinger Straße or by car via the autobahn exit Freiburg Süd.

**Your feel-good oasis is very close!
You can find information about the spa via
telephone on +49 (0) 761 21 05 8963.**

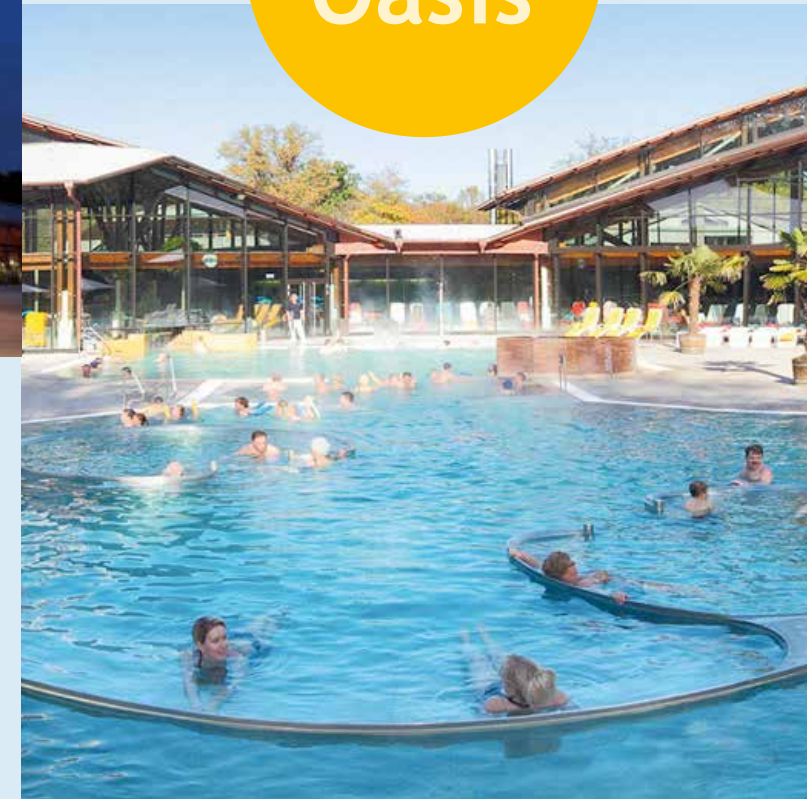
Date October 2016

KEIDEL Mineral-Thermalbad
An den Heilquellen 4
D-79111 Freiburg

Tel: +49 (0) 761 21 05 850
Fax: +49 (0) 761 21 05 870
E-Mail: info@keidelbad.de



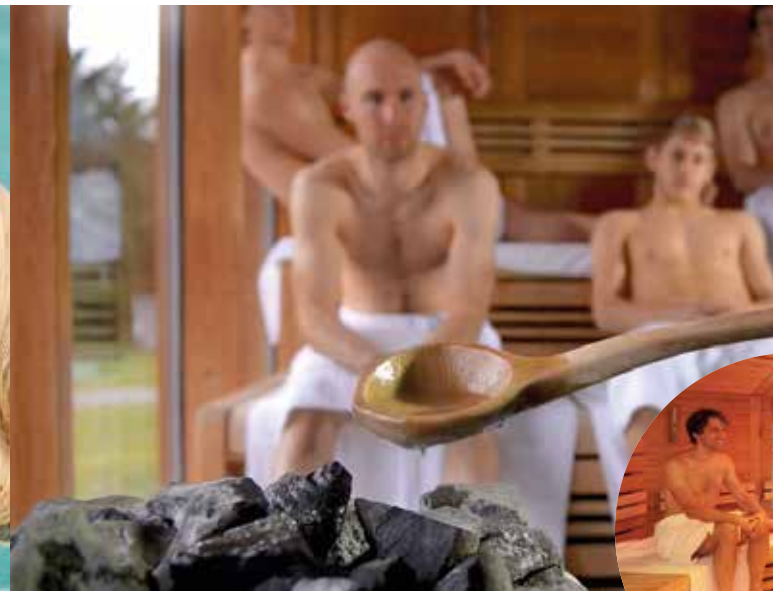
www.keidelbad.de



**Relax in Freiburg's beautiful thermal baths
and enjoy our range of feel-good
treatments and activities**



Freiburg's beautiful thermal baths.



Mineral and Thermal Baths Area

Therapies in the Thermal Baths

Sauna Area

Leave all your cares behind and enjoy a pleasurable bath in the beneficial mineral thermal water from our establishment's own source.

The bathing area consists of the generously sized indoor area, with lots of daylight and the extensive outdoor area, nestled in the Mooswald.

The water in the eight pools invigorates the body and promotes the activation of the immune system.

Therapy in the KEIDEL baths provides ideal conditions for the treatment of many complaints in the thermal waters as well on our premises.

The different types of therapy in the KEIDEL baths lead to stress reduction, muscle relaxation and the amelioration of pains and promote mobility.

The forms of therapy provide relief for an extremely wide range of motor and psychosomatic complaints.

Visit one of the most beautiful wellness and sauna areas in the tri-border region, in the heart of the Mooswald in Freiburg.

3 indoor and 4 outdoor pools, a Turkish Steam Bath, the pool in the sauna area and the natural bathing lake are at your disposal on an area of approx. 3,000 m².

An extensive range of saunas at different temperatures and therapeutic applications provide an ideal balance.

On cool days, the pleasantly warm oven in the fireplace by the lake makes for an idyllic feel-good atmosphere.

You can go for a stroll in the large sauna garden after your sauna.

Fresh snacks with regionally sourced ingredients and drinks are available to you in our sauna bistro.

TIP:
Save money with the Sauna ClubCard!

Outdoors

Swimming Pool 25 m 29° – 34°
Adventure Pool 34° – 38°
Outdoor Pool 33° – 36°

The water temperature can fluctuate slightly due to natural weather conditions.

Indoors

Active Pool 32° – 34°
Indoor Pool 33° – 35°
Spring Pool 38° – 40°
Warm Pool 34° – 36°
Bubbling Pool 33° – 35°
Fitness Pool 32° – 34°

*For therapy offers please see the flyer "Prices"



Indoors

Aufgussauna ca. 88°
Kräuterkessel ca. 75°
Aromasauna ca. 60°
Dampfkuppel ca. 45°

Outdoors

Gartensauna ca. 95°
Poolsauna ca. 90°
Seesauna ca. 85°
Birkensauna ca. 70°

Sauna Area

Sauna by the Lake	Stone Garden	Turkish Steam Bath
Natural Bathing Lake	Meditarium	Sauna Outdoor Pool
Fireplace Room	Barefoot Path	29° – 33°
Quiet Area	Sun Terrace	Sauna Bistro
		Solariums