

SCHWABENQUELLEN

MADE BY KANTO

# LOCATION GUIDE

An aerial photograph of a large, ornate swimming pool at Schwabenquellen. The pool is surrounded by a stone deck and has a tropical theme with palm trees and other plants. Several people are swimming in the pool, and others are sitting on the deck. The pool is surrounded by a stone wall and has a staircase leading down to it. The overall atmosphere is relaxed and tropical.

2022/23

The image shows a vast indoor tropical resort. A large, clear blue swimming pool occupies the foreground. To the left, a multi-tiered waterfall cascades over grey, rocky structures into the pool. In the background, there are lush green plants, including a large, leafy tree and a tall palm tree with coconuts. The ceiling is a large, white, grid-patterned glass dome that allows natural light to illuminate the space. The overall atmosphere is bright and tropical.

# SCHWABENQUELLEN

Welcome to the  
Paradise of the South!

Enjoy your exotic wellness world trip through 18 countries and cultural areas on more than 7.000 square metres.

Day-to-day the SchwabenQuellen offer you a fine selection of different sauna cultures, refreshing bathing lagoons, wonderful relaxing areas, whirlpools, steam baths, adventure showers and much more – in one of the most beautiful wellness oases of Europe!



### CARIBBEAN BATHING LAGOON

Relaxed bathing under palm trees in 28° C warm water.



### ICELANDIC GEYSER BATH

35° C warm, salt-enriched outdoor pool.



### MEGA WHIRLPOOL

Open-air relaxing in 35° C warm water.

## WATER WORLDS

A dive in our tropical lagoon brings that holiday feeling closer.

Beneath our huge glass dome and in the palm-lined outside area you can find a wide range of exquisite bathing facilities.



### JUNGLE WHIRLPOOL

Bathing at 35° C, like in the tropical rainforest.



### ADVENTURE SHOWER GROTTOS

Changing colours, water jets and scents for all senses.



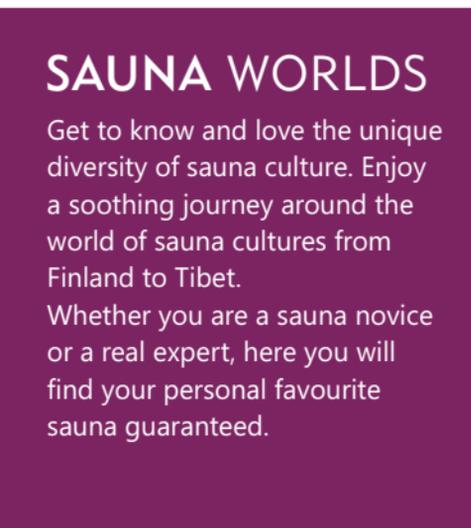
### AMAZONIAN SAUNA

With increased humidity and a mild temperature of 60° C this sauna invites to a longer stay of up to 30 minutes.



### CANADIAN BLOCK SAUNA

The handmade steam show in this 90° C hot sauna are celebrated every hour with ice, this makes the steam show seem even hotter.



## SAUNA WORLDS

Get to know and love the unique diversity of sauna culture. Enjoy a soothing journey around the world of sauna cultures from Finland to Tibet.

Whether you are a sauna novice or a real expert, here you will find your personal favourite sauna guaranteed.



### BALINESE HERBAL SAUNA

With its comforting lights this 90° C sauna offers the perfect setting for meditation and sound bowl steam shows.



### FINNISH SAUNA

In this 90° C sauna with a lovely woody scent the person pouring the handmade steam show makes you sweat healthfully.

In the SchwabenQuellen you will experience "sauna with all senses" in front of an exotic backdrop.



### SOUTH TYROL HUT MAGIC SAUNA

Here you sweat at 80° C, with automatic steam shows every 30 minutes, rustic decoration and après-ski music.



### TIBETAN MEDITATION SAUNA

Numerous candles and calming monk chants offer a special kind of relaxation at mild 60° C.

## STEAM SHOWS

Discover our uniquely designed sauna world:

You can expect over **30 daily steam show ceremonies**, ranging from sensual-meditative to creative-exciting.

The current steam show times can be found at the BATH INFO POINT **32** and at the displays, e.g. at the MANDALA BAR **29**



### EGYPTIAN REFUGIUM

- HELARIUM SAUNA, 60° C
- EGYPTIAN SAUNA, 90° C
- Outdoor area and relaxation area

On **Tuesdays and Thursdays** exclusively for our female guests!

The PHARAONS SPA is open every **Mon, Wed, Fri** from 7 p.m. to 11 p.m. exclusively as a PrivateSPA.



All information at the reception or online at **kantoshop.de**





### CALDARIUM

An elegant, feel-good look, the latest steam technique and aromatic fragrances await you in the 45° C warm Caldarium.



### ORIENTAL STEAM BATH

At mild 45° C you can experience moments like those of 1001 Nights.



### OTTOMAN BATH

The Ottoman Bath with an integrated whirlpool is a pleasure for the musculature.

## STEAM BATHS

A visit to a steam bath strengthens the immune system and has positive effects on the general well-being.

Enjoy the gentle way of relaxing in one of our eight individually designed steam and sweat baths.



### ROMAN LACONIUM

As an alternative to the sauna, 48° C and low humidity are gentle on the circulation.



### SALT GROTTA

In this steam bath you can relax extensively at 45° C with changing fragrance essences.

## TEPIDARIUM

A rest time of approx. half an hour on one of the heated chairs in the 40° C warm Tepidarium induces the strengthening of the immune system.



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## ROSE GROTTO

The 45° C warm steam grotto with a wonderful scent of rose petals is located in the EGYPTIC REFUGIUM.



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## WELLNESS WITH TRADITION

The Romans already knew that the combination of high humidity and moderate temperature is good for blood circulation and at the same time relaxes the muscles.



## MANDALA BAR

Little or big appetite, light fitness drink, summer wine or delicious coffee specialities – a variety of delicious and refreshing food and beverages for you to indulge in amidst our relaxing ambiance.



## KANTO BEACH BAR

Dreaming and sunbathing on comfortable canopy beds while enjoying one of the fruity cocktails. That's holiday on ist best!

**Open only in good weather!**

## CATERING

A wellness day can make hungry. Enjoy the culinary diversity of our food and cocktail offer.

Did you already know?  
We offer you **breakfast**  
daily from 10 to 12 a.m.



# RELAXATION AREAS

From **A** as in Africa Lodge to **T** as in Temple of the Maya:  
These detailed oases of  
tranquility invite you to dream  
and enjoy.  
With its fine sandy beach is the  
**KANTO BEACH** the ideal place  
to relax under the open sky.



**GOLDEN „EI“**

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**JAPANESE ASIA LOUNGE**

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**TEMPLE OF THE MAYA**

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**EGYPTIAN REFUGIUM**

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**AFRICA LODGE**

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**KANTO BEACH**

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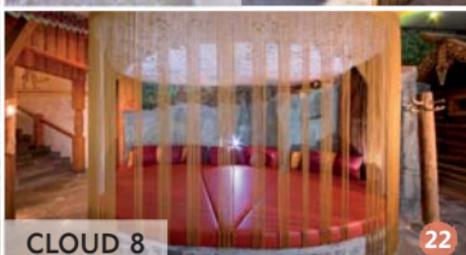
**TABLE MOUNTAIN**

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**MOORISH WINTER GARDEN**

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**CLOUD 8**

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**GOA SOLARIUM WORLD**

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## KANTO SPORTS

**Fitness and wellness in exclusive combination.**

Being probably the most exceptional fitness club of its kind in Europe, it offers the most exquisite opportunities for a time away at the highest level.

A wonderful fitness oasis, which houses in high quality equipment everything that modern people need to regenerate: Wellness, training, therapy, relax, SPA and much more. More than 60 machines are available for strength, stabilization and cardiovascular programs.

Our fitness coaches will be happy to advise you and offer you an individual FitnessTraining – for every age.



## EVENTS & SPECIALS IN THE SCHWABENQUELLEN



### SWIMWEAR DAY

Every **1st Saturday of the month** you can enter SchwabenQuellen exclusively in swimsuits.

### LADIESDAY

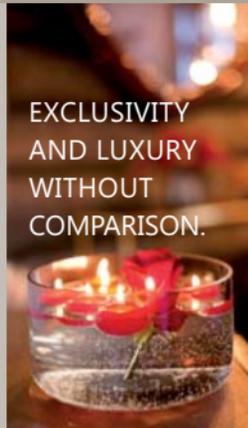
Every **1st Wednesday in March, June, September and December** the 7.000 square meters of wellness area belongs only to **female guests**.

### PRIVATE SPA

Here everyone comes to enjoy, who prefers sauna undisturbed in a **private atmosphere**.

Four unusual suites inside and outside the SchwabenQuellen are available for you to choose.

**EXCLUSIVITY  
AND LUXURY  
WITHOUT  
COMPARISON.**



# OVERVIEW

## SAUNA WORLDS

- 1 Amazon Sauna (60 °C)
- 2 Balinese Herbal Sauna (90 °C)
- 3 Finnish Sauna (90 °C)
- 4 Canadian Block Sauna (90 °C)
- 5 South Tyrol Hut Magic Sauna (80 °C)
- 6 Tibetan Meditation Sauna (60 °C)
- 20 Egyptian Sauna (60 °C + 90 °C)

## STEAM BATHS

- 7 Salt Grotto (45 °C)
- 8 Caldarium (45 °C)
- 9 Roman Laconium (48 °C)
- 10 Ottoman Bath (45 °C)
- 11 Rose Grotto (45 °C)
- 13 Tepidarium (40 °C)
- 14 Oriental Steam Bath + Hamam (45 °C)

## RELAXATION AREAS

- 15 Africa Lodge
- 16 Golden „Ei“
- 17 Japanese Asia Lounge
- 18 Moorish Winter Garden
- 19 Temple of the Maya
- 20 Egyptian Refugium
- 21 KANTO BEACH
- 22 Cloud 8
- 28 Table Mountain
- 34 GOA Solarium World

## WATER WORLDS

- 23 Jungle Whirlpool
- 24 Adventure Shower Grottos
- 25 Icelandic Geyser Bath
- 26 Caribbean Bathing Lagoon
- 27 Mega Whirlpool

## CATERING

- 29 MANDALA BAR
- 30 KANTO BEACH BAR

## INFO POINTS

- 31 Reception
- 32 Bath Info Point
- 33 AngelCorner Info-Point



Changing rooms

# INFORMATION



## DRESSCODE

**Nude**, optionally with towel or a bathrobe except on SWIMWEAR DAY or special events.



## CHIP BRACELET

You need the chip bracelet for your locker and as a means of payment.



## RENTED ITEMS

For a fee you can rent towels and bathrobes.

**Bath slippers** are for hygienic reasons only on sale.



## LOCKER USE

Select the locker, press the chip bracelet on the lock button until it engages with green signal light.

To open the locker: put the chip bracelet back.



## SPECIALS

### PRIVATE SPAs\*

Exclusive wellness and sauna enjoyment in a private atmosphere.

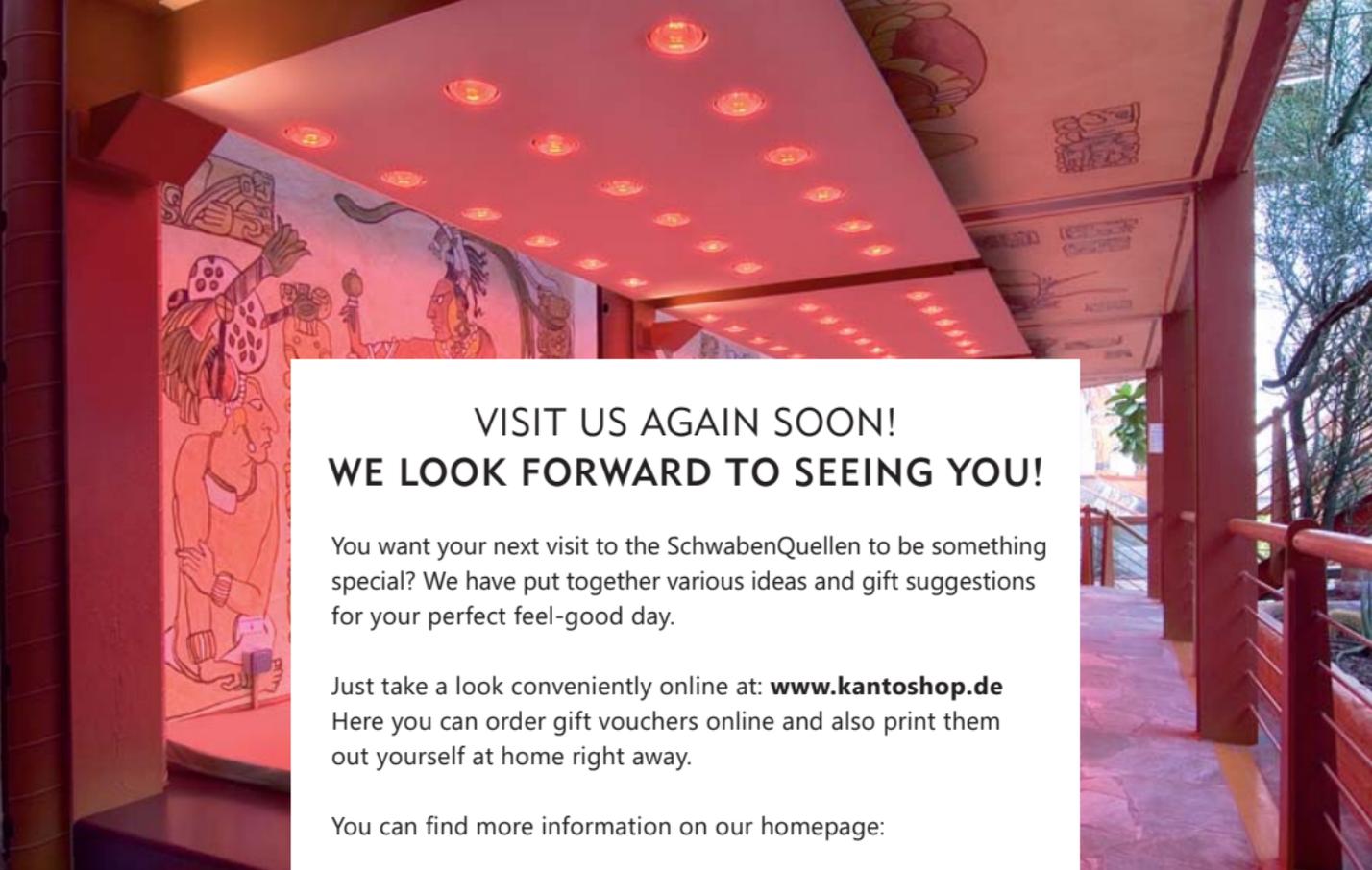
### WELLNESS-MASSAGES\*

International therapists offer a wide range of soothing wellness treatments from all over the world.

### SOLARIES

Coins are available at the reception and at the MandalaBar.

\* You can book at the reception or online at [kantoshop.de](http://kantoshop.de)



**VISIT US AGAIN SOON!  
WE LOOK FORWARD TO SEEING YOU!**

You want your next visit to the SchwabenQuellen to be something special? We have put together various ideas and gift suggestions for your perfect feel-good day.

Just take a look conveniently online at: **[www.kantoshop.de](http://www.kantoshop.de)**  
Here you can order gift vouchers online and also print them out yourself at home right away.

You can find more information on our homepage: