

# SCHWABENQUELLEN

DIE WELLNESS WELTREISE

WINTER  
SEASON 2024

LOCATION GUIDE 2024

# 21 COUNTRIES

## WELCOME

to the sauna paradise SchwabenQuellen

AFRICA

EGYPT

ARABIA

CHINA

BALI

BRAZIL

GERMANY

ENGLAND

FINLAND

INDIA

ICELAND

ITALY

TIBET

JAPAN

CARIBBEAN

CANADA

AUSTRIA

SWITZERLAND



SOUTH AMERICA  
SPAIN  
TURKEY



Enjoy your exotic wellness world trip through 21 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 oase of Europe!





### 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.



### 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.

## 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.

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**





8

### CALDARIUM

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



14

### ORIENTAL STEAM BATH

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



10

### 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.



9

### ROMAN LACONIUM

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



7

### SALT GROTTTO

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

In the Arab world and Turkey, steam baths are part of the bathing culture.



### TIKAL STEAM GROTTTO

The big amethyst unravels its full healing effect at 45° C and high humidity.



### 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.

### ROSE GROTTTO

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



### 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.





### CARIBBEAN BATHING LAGOON

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

*\*For refreshment, optimally stimulates circulation and immune system after a sauna session.*



### 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 GROTTO

Changing colours, water jets and scents for all senses.





MOORISH WINTER GARDEN 18



GOLDEN EI 16



JAPANESE ASIA LOUNGE 17



AFRICA LODGE 15



TEMPLE OF THE MAYA 19



EGYPTIAN REFUGIUM 20

## 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** is the ideal place to relax in summer under the open sky.



KANTO BEACH 21



TABLE MOUNTAIN 28



CLOUD 8 22



GOA SOLARIUM WORLD 34



## Mandala BAR

### MANDALA BAR + RESTAURANT

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

## 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.



### KANTO BEACH + BAR\*

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

\* Open from May to September

# 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)
- 12 Tikal Steam 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 + Infrared loungers
- 20 Egyptian Refugium
- 21 KANTO Beach
- 22 Cloud 8
- 28 Table Mountain
- 34 GOA Solarium World

## WATER WORLDS

- 23 Jungle Whirlpool
- 24 Adventure Shower Grottoes
- 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



# INFOS



## 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 on.



## EVENTS

**SWIMWEAR DAY:** every **1st Saturday of the month** you can enter SchwabenQuellen exclusively in swimsuits.

**LADIES DAY:** every 1st Wednesday in of MARCH, JUNE, SEPTEMBER and DECEMBER the SchwabenQuellen are open for women only.

**BLUE HOUR:** every Wednesday from 7 to 9 pm, enchanting songs live on the piano or magical sounds on the handpan.

**BUDDHA BAD:** The magical show event from October to April, every 1st + 2nd Saturday, from 7 pm.

**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, at the MandalaBAR or at KANTO SPORTS for a fee)

## SPECIALS

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



INFRAROT-LIEGEN

19

## KANTO SPORTS – Fitness & Spa

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.

For a free trial training please call us:  
Phone number 0711 72 52 821



## WELLNESS-VOUCHERS

for massages, packages or other wellness gift ideas can be found in our online store at: **[www.kantoshop.de](http://www.kantoshop.de)**

TIP: Also available for print out at home!

THE  
GIFT IDEA!

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