



04.00 pm	Art Nouveau approx. 75°C Meditation (Audio)	
04.00 pm	Rosen-Garten approx. 65°C	
04.05 pm	Diamanten-Traum approx. 80°C Aromatisation (incl. self service peeling)	
04.20 pm	Feuersauna approx. 85°C Fire power	
05.00 pm	Steam bath Schwarzwaldnebel Face mask	
05.20 pm	Birkensauna approx. 75°C Waldtraut meets Latvia	
05.45 pm	Heimatstube approx. 70°C Round of beer	
06.00 pm	Art Nouveau approx. 75°C Audio-guide for sauna-beginners	
06.00 pm	Blue Lagoon Aqua-programme	
06.00 pm	Blue Lagoon Aqua Bingo	
06.20 pm	Heimatstube approx. 70°C Board games	
06.20 pm	Schwarzwald Chalet approx. 90°C Forest celebration	
07.00 pm	Steam bath Schwarzwaldnebel Body peeling	
07.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	
07.20 pm	Art Nouveau approx. 75°C Son of light	
07.30 pm	Alhambra approx. 75°C Meditation (Audio)	
08.00 pm	Steam bath Schwarzwaldnebel Face mask	
08.20 pm	Alhambra approx. 75°C Oriental spices	
09.00 pm	Birkensauna approx. 75°C Forest bath	

Intensive steam treatment
 Medium steam treatment
 Soft steam treatment
 Prof. Dr. Biener-product
 Music/Audio
 Relaxation/meditation
 The programme is not guaranteed. Subject to change.



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Daily programme



Your
PROGRAMME
 for today

10.00 am	WELLS OF HEALTH Salting (Lithium-Calcium)	
10.00 am	Art Nouveau approx. 75°C Audio-guide for sauna-beginners	
10.20 am	Panorasanauna approx. 65°C Morning relax	
10.30 am	Steam bath Schwarzwaldnebel Face mask	
11.00 Uhr	Blue Lagoon Aqua Programm	
11.00 am	Alhambra approx. 75°C Meditation (Audio)	
11.20 am	Art Nouveau approx. 75°C BLUPHORIA - Your moment	
12.00 pm	Steam bath Schwarzwaldnebel Body peeling	
12.00 pm	Rosen-Garten approx. 65°C	
12.05 pm	Diamanten-Traum approx. 80°C Aromatisation (incl. self service peeling)	
12.20 pm	Feuersauna approx. 85°C Golden autumn	
01.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	
01.00 pm	Blue Lagoon Aqua-programme	
01.20 pm	Schwarzwald Chalet Upper Black Forest	
02.20 pm	Birkensauna approx. 75°C Pure nature	
02.30 pm	Steam bath Schwarzwaldnebel Face mask	
03.00 pm	Heimat-Stube approx. 70°C Delicacies	
03.00 pm	Heimat-Stube approx. 70°C Skin care	
03.20 pm	Karibik-Traum approx. 80°C Energy-Boost	
04.00 pm	Steam bath Schwarzwaldnebel Body peeling	

Wellness programme
 Fitness programme
 BLUPHORIA
 Nature ritual with herbs
 Nature ritual with twigs

Audio-guide for sauna-beginners

Pauline & Ingvar from "Abenteuer Wellness" give lot of useful tips for your first sauna session (audio track is in German).

Where? **Art Nouveau (approx. 75°C)**

Salting

The intensive combination of lithium and calcium meets water to create magical warmth and to boost your state of mind. Where? **Wells of Health**

Aromatisation

Essential oil stimulates the sweating process to prepare the body for the peeling. The peeling is available at a self service station and has to be used in the shower, for a skin softer than ever. Where? **Rosen-Garten (approx. 65°C) & Diamanten-Traum (approx. 80°C)**

Aqua-programme

Move & relax in the water. Look forward to an exclusive aqua-programme. Where? **Blue Lagoon**

BLUPHORIA Beauty

Indulge yourself into a beauty moment in our steam bath. The facemask of BLUPHORIA is a real treat for your skin and confers a genuine freshness. Where? **Steam bath "Kristall-Nebel"**

BLUPHORIA - Your moment

An imaginary trip through an aromatic garden, ending at seashore with a fresh breeze. This is your precious BLUPHORIA moment, with the nurturing body peeling of the lotus flower series. Where? **Art Nouveau (approx. 75°C)**

Delicacies

Monday - Thursday

Enjoy a fresh alcohol-free beer by Fürstenberg, as well as some "amuse bouche" by the cuisine team of "TOP of Paradise" in a convivial atmosphere - discussions permitted and welcome. Where? **Heimat-Stube (approx. 70°C)**

Face mask

Indulge yourself into a beneficial beauty moment in our steam bath. Where? **Steam bath "Schwarzwaldnebel"**

Golden Autumn

Autumn is the spring before winter. Experience the shining colours of autumn and enjoy a selection of fragrances. Where? **Feuersauna (approx. 85°C)**

Skin care

Friday - Sunday

Animation without steam treatment. The heat prepares the skin for the upcoming care. Wellness programme in a rustic Black Forest atmosphere. Where? **Heimat-Stube (approx. 70°C)**

Upper Black Forest

Experience the woody fragrances of the region, combined with fresh herb decoction and a cool drink in the end (sponsored by Peterstaler). Where? **Schwarzwald-Chalet (approx. 90°C)**

Fire power

Feel the intense heat of the fire, and focus on your wishes for the upcoming semester. Where? **Feuersauna (approx. 85°C)**

Paradisiacal complementary programme

The complementary programme of the day will be displayed on the spot on several signs.

Body peeling

A soft and clean skin feeling thanks to the effective combination of aromatic body-peeling and warm steam. Where? **Steam bath "Schwarzwaldnebel"**

Meditation (audio)

Guided auditory meditation for peace seekers (in German). Where? **Art Nouveau (approx. 75°C) & Alhambra (approx. 75°C)**

Morning greeting

Focus on yourself and start the day consciously, meditatively and balanced. Beautiful sounds and controlled breath leads us to deep relaxation and harmony. Where? **Panoramasauna (approx. 65°C)**

Pure nature

Classic steam treatment with home-made natural and herbal decoctions. Where? **Birkensauna (approx. 75°C)**

Source of energy

Experience essential oils and inspiring melodies. Forget about the daily routine, tank up new energy and enjoy a fresh ginger shot (sponsored by KlosterKitchen). Where? **Karibik-Traum (approx. 80°C)**

Son of light

Inspired by the Celtic equinox-feast "Mabon". The heat stimulates introspection and a reflection upon our wishes. Where? **Karibik-Traum (approx. 80°C)**

Board games

Convivial playing and sauna combined in our comfortable rustic parlour. Bring on your friends or make new contacts during a game round (games depending on availability). Where? **Heimatstube (approx. 70°C)**

Round of beer

A sparkling & refreshing delicacy: full-bodied, fruity flavour and not even a drop of alcohol. (sponsored by brewery Ganter in Freiburg.) Where? **Heimatstube (approx. 70°C)**

Forest bath

A short sensorial journey through the forest to reduce stress and slow down a bit. The origin of forest bathing (Shinrin Yoku) lies in Japan and has a positive effect on the mind. Where? **Birkensauna (approx. 75°C)** Animation without steam treatment.

Forest celebration

An intense steam treatment which includes well-known sing-along songs in multiple genres. Where? **Schwarzwald-Chalet (approx. 90°C)**

Waldtraut meets Latvia

Upper Black Forest nature ritual to honour Waldtraut - Queen of the forest. The use of birch decoction and twig bundles turns this sweating session into a unique experience in Latvian style. Where? **Birkensauna (approx. 75°C)**

Oriental spices

The aroma of coffee, exotic fruits and herbs combined in a single ceremony. After the steam treatment, cleanse and take care of your body with a coffee-salt peeling. Where? **Alhambra (approx. 75°C)**

OVERVIEW OF THE PARADISE



PALM OASIS (GF)

1. "Blue Lagoon" (approx. 33°C)
2. WELLS OF HEALTH
3. Steam bath „Schwarzwaldnebel“
4. Guest service / check-in & reception
Massage-Lounge "Pure Balance"

PALM OASIS (1st F.)

5. Massage-Lounge "Pure Balance"
6. Loungers
7. Access to PALAIS VITAL or PALM OASIS

PALAIS VITAL (1. OG)

8. "Panoramasauna" (approx. 65°C)
9. "Crystal shower"
10. "Birkensauna" (approx. 75°C)
11. "Wasserfallsauna" (approx. 55°C)
12. "Feuersauna" (approx. 85°C)

PALAIS VITAL (1. OG)

13. Rooftop terrace with immersion pool
14. "Vital Lagoon" (approx. 33°C)
15. "Champagne-Pool" (whirlpool)
16. Infrared loungers
17. Exquisite à la carte restaurant "TOP - Taste of Paradise"
18. "Panoramic terrace"
19. Rest area "Black Forest View"
20. "Art Nouveau" (approx. 75°C)
21. „Karibik-Traum“ (approx. 80°C)
22. "Salarium" (approx. 45°C)
23. „Heimat-Stube“ (approx. 70°C) - discussions welcome
24. "Alhambra" (approx. 75°C)
25. "Schwarzwald-Chalet" (approx. 90°C)

PALAIS VITAL (2. OG)

26. "Vital Pools" WELLS OF VITALITY
27. "Sun-Lounge"
28. Steam bath „Kristall-Nebel“
29. Sauna "Diamanten-Traum" (approx. 80°C)
30. Sauna "Rosen-Garten" (approx. 60°C)