



Daily programme

Experience. More. Rest.

- 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
Summer freshness
- 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
Floralia
- 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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Juli 2024

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** **Art Nouveau** 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
Fire power
- 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
 B BLUPHORIA
 Nature ritual with herbs
 Nature ritual with twigs

Audioguide für Sauna-Einsteiger

Pauline & Ingvar von „Abenteuer Wellness“ macht dich mit vielen Tipps fit für deinen ersten Saunagang. Wo? **Art Nouveau (ca. 75°C)**

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)**

Energy-Boost

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

Floralia

This feast, which has been celebrated since ancient times, honours Flora, the goddess of blossom. We celebrate a special ritual with lovely fragrances, rose water & a precious body scrub. 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”**

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)**

Paradisical complementary programme

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

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)**

Body peeling

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

Fire power

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

Meditation (audio)

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

Morning relax

Focus on yourself and start the day consciously, meditatively and balanced. 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)**

Summer freshness

This sauna session will help you to prepare your body to face the summer heat. After that, an icy refreshment by Froneri awaits you. Where? **Feuersauna (approx. 85°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)**

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)