

# SCHWABENQUELLEN

DIE WELLNESS WELTREISE

SUMMER  
SAISON 2024

LOCATION GUIDE

2024

# WELCOME

to the sauna paradise SchwabenQuellen

## 21 COUNTRIES

AFRICA  
EGYPT  
ARABIA  
CHINA  
BALI  
BRAZIL  
GERMANY  
ENGLAND  
FINLAND  
INDIA  
ICELAND  
ITALY  
TIBET  
JAPAN  
CARIBBEAN  
CANADA  
AUSTRIA  
SWITZERLAND



SOUTH AMERICA  
SPAIN  
TURKEY



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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 oases of Europe!





1

### 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.



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## 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.



2

### BALINESE HERBAL SAUNA

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



3

### 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
- ROSE GROTTTO, 45° 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 6 p.m. to 10 p.m. exclusively as a PrivateSPA.

All information at the reception or online at [kantoshop.de](http://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 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 GROTTO

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 GROTTO

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



**ICELANDIC GEYSIR 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.





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

SUMMER



## MANDALA BAR + RESTAURANT

Freshly prepared regional dishes, exquisite wines, delicious coffee specialties – our versatile offers something delicious for every taste.



## KANTO BEACH + BAR\*

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

Day beds can be reserved at our reception or in our online store:

[www.kantoshop.de](http://www.kantoshop.de)

\* Open in summer, from May to September

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## 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.



# 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 March, June, September and December the Schwaben-Quellen are exclusively 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)

# 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 + Infrarot-Liegen
- 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 Geysir 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



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12

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22

Umkleiden

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INFRAROT-LIEGEN

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## KANTO SPORTS – Fitness & Spa

An exceptional fitness club of its kind in Europe, it offers the most exquisite opportunities for time out at the highest level. A wonderful fitness oasis with high-quality equipment and everything that modern people need to regenerate: wellness, training, therapy, relaxation, SPA and much more. More than 60 machines are available for strength, stabilization and cardiovascular programs.

Our fitness trainers will be happy to advise you and offer you individual fitness training – for all ages.

Please call us for a free trial training session:

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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