



BADEPARADIES
SCHWARZWALD

Titisee



Daily programme

Experience. More. Rest.

Textile
Sauna

11th April – 30th May

every thursday

The

**SPECIAL
PROGRAMME**

for your day at Badeparadies

YOUR DAILY PROGRAMME*



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	Panoramasauna approx. 65°C Floral awakening	●
10.30 am	Steam bath Schwarzwaldnebel Face mask	
11.00 am	Blue Lagoon Aqua-programme	
11.00 am	Alhambra approx. 75°C Meditation (audio)	
11.20 am	Art Nouveau approx. 75°C Floralia	●
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 Spring fire	●
01.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	B
01.00 pm	Blue Lagoon Aqua-programme	
01.20 pm	Schwarzwald Chalet Hot & Fresh	Peterstaler ●
02.20 pm	Panoramasauna ca. 65°C Sounds of relaxation	●
02.30 pm	Steam bath Schwarzwaldnebel Face mask	
03.00 pm	Heimat-Stube approx. 70°C Delicacies	Monday - Thursday
03.00 pm	Heimat-Stube approx. 70°C Skin care	Friday - Sunday
03.20 pm	Karibik-Traum approx. 80°C Energy-Boost	KLÖSTER KITCHEN ●



Wellness programme


























Fitness programme




BLUPHORIA


*The special programme on Thursdays from 11th April to 30th May can be found from page 6.

04.00 pm	Steam bath Schwarzwaldnebel Body peeling	
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 Melting ice	  
05.20 pm	Birkensauna approx. 75°C Forest treat	 
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	
06.20 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	B
07.20 pm	Art Nouveau approx. 75°C BLUPHORIA Your moment	B  
07.30 pm	Alhambra approx. 75°C Meditation (audio)	 
08.00 pm	Steam bath Schwarzwaldnebel Face mask	
08.20 pm	Alhambra approx. 75°C ♥-beats	
09.00 pm	Feuersauna approx. 85°C Magical fire	 

 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.

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. Some call it the "Salt of Happiness". **Where? Wells of Health (approx. 36°C)**

Aromatisation

Natural fragrances stimulate 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

Floral awakening

Welcome the spring daily with two soft steam treatment sessions, and let joy and satisfaction spread. Time to blossom.

Where? Panoramasauna (approx. 65°C)

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 sunset. This is your precious BLUPHORIA moment, with the nurturing body peeling of the lotus flower series.

Where? Art Nouveau (approx. 75°C)

Melting ice

Black Forest steam treatment with homemade natural decoction and a nurturing fir needles cream - a tribute to Waltraut, queen of the forest.

Where? Karibik-Traum (approx. 85°C)

Energy-Boost

The perfect treatment for the fans of outdoor activities, especially after a hiking tour through the Black Forest. A selection of essential oils support regeneration and stimulate sweat production. (sponsored by KlosterKitchchen). **Where? Karibik-Traum (approx. 80°C)**

Floralia

This feast, which has been celebrated since ancient times, honours Flora, the goddess of blossom and spring. We celebrate a special ritual with lovely fragrances, rose water & a precious body scrub, which is applied after the steam treatment. **Where? Art Nouveau (approx. 75°C)**

♥-beats

Warm, sensual, aphrodisiac. A heart-touching ritual, full of love and colours.

Alhambra (approx. 75°C)

Paradisiacal complementary programme

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

Spring fire

With our spring fire, we dispel the winter spirits, welcome spring and celebrate the rebirth of nature. **Where? Feuersauna (approx. 85°C)**

Delicacies

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 beauty moment in our steam bath.

Where? Steam bath “Schwarzwaldnebel”

Skin care

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)

Hot & Fresh

Experienced sauna goers will experience intense and refreshing heat, as well as a cold drink (sponsored by Peterstaler).

Where? Schwarzwald-Chalet (approx. 90°C)

Sounds of relaxation

Gentle sounds and harmonising fragrances guide peace seekers in their deep relaxation. **Where? Panoramasauna (approx. 65°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”**

Magical fire

At the end of the day, we enjoy once more the cosy warmth in a pleasant atmosphere of light and melody. **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)

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 celebration

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

Forest treat

Black Forest steam treatment with homemade natural decoction and a nurturing fir needles cream. **Where? Birkensauna (approx. 75°C)**

Textile *sauna offer*

Every Thursday from 11th April to 30th May

Every Thursday for eight weeks, a section of the Palais Vital sauna world will be available to guests of the Palm Oasis for an innovation: the textile sauna.

Four of our twelve saunas - **the Feuersauna, Wasserfallsauna, Birken sauna and Panoramasauna** - invite you to experience the classic sauna experience in a new light - in swimwear.

What makes textile sauna so special?

First of all, it is a question of freedom. Our guests can enjoy the beneficial and health-promoting effects of the sauna without having to fully undress. This creates an atmosphere of casualness and well-being. This offer gives beginners in particular the opportunity to try out saunas without inhibitions and the feeling of full nudity.

And the best : this additional offer is included in the entrance fee to the Palm Oasis.

Textile
Sauna

11th April - 30th May

every thursday



Easy Starter

Information about the positive effects of saunas. Common cooling time (under supervision). **Where? Panoramasaua (approx. 65°C)**

Aqua Special

Special aqua fit training by our coaches of Moviviendo. From dancing to boxing, a varied and challenging activity programme awaits you.

Where? Blue Lagoon

Black Forest Beauty

Gentle steam treatment as warm-up, in order to prepare the skin for application with the nourishing fir needles cream.

Where? Birkensauna (approx. 75°C)

BLUPHORIA Beauty Balance

A treatment for body and mind. After a gentle body-trip, the facemask of BLUPHORIA is a real treat for your skin and confers a genuine freshness. **Where? Panoramasaua (approx. 65°C)**

Stretching

Gentle stretching exercises & mobilization in our lithium calcium pools under the guidance of our Moviviendo trainers.

Where? Wells of Health (approx. 36°C)

Forest bath

Surrender fully to the moment, let your gaze wander & consciously slow down. Without pressure, with no aim - just be yourself.

Where? Birkensauna (approx. 75°C)

Soft scented journey

Discover the world of essential oils and fragrances.

Where? Panoramasaua (approx. 65°C)






Mobilisation

Gentle mobilisation of the joints for greater freedom of movement and well-being. **Where? Panoramasaua (approx. 65°C)**

SPECIAL PROGRAMME:

On Thursdays from 11th April to 30th May



	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	Karibik-Traum approx. 80°C Smooth skincare	 ●
	10.30 am	Steam bath Schwarzwaldnebel Face mask	
	11.00 am	Blue Lagoon Aqua-programme	
	11.00 am	Alhambra approx. 75°C Meditation (audio)	 
	11.20 am	Art Nouveau approx. 75°C Floralia	  ●
	11.20 am	Panoramasaua approx. 65°C Easy Starter	

SPECIAL PROGRAMME:

On Thursdays from 11th April to 30th May



	12.00 pm	Steam bath Schwarzwaldnebel Body peeling	
	12.00 pm	Blue Lagoon Aqua Special	
	12.00 pm	Rosen-Garten approx. 65°C	
	12.05 pm	Diamanten-Traum approx. 80°C Aromatisation (incl. self service peeling)	
	12.20 pm	Alhambra approx. 75°C spring kiss	
	12.20 pm	Birkensauna approx. 75°C Black Forest Beauty	
	01.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	B
	01.00 pm	Blue Lagoon Aqua Special	
	01.20 pm	Schwarzwald Chalet Hot & Fresh	
	01.20 pm	Panoramasauna approx. 65°C BLUPHORIA Beauty Balance	B
	02.00 pm	WELLS OF HEALTH Stretching	
	02.20 pm	Alhambra approx. 75°C BLUPHORIA honey treatment	B
	02.20 pm	Birkensauna approx. 75°C Forest bath	
	02.30 pm	Steam bath Schwarzwaldnebel Face mask	
	03.00 pm	Heimat-Stube approx. 70°C Delicacies	
	03.20 pm	Karibik-Traum approx. 80°C Energy-Boost	
	03.20 pm	Panoramasauna approx. 65°C Soft scented journey	
	04.00 pm	Steam bath Schwarzwaldnebel Body peeling	
	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)	



Wellness programme
































Fitness programme





BLUPHORIA




Prof. Dr. Biener product


	04.20 pm	Schwarzwald Chalet approx. 90°C Melting ice	  
	04.20 pm	Birkensauna approx. 75°C Black Forest Beauty	
	05.20 pm	Alhambra approx. 75°C Smooth skincare	 
	05.20 pm	Panoramasauna approx. 65°C Mobilisation	
	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	
	06.20 pm	Heimatstube ca. 70°C Board games	
	06.20 pm	Schwarzwald Chalet approx. 90°C Forest celebration	 
	06.20 pm	Birkensauna approx. 75°C Forest bath	
	07.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	B
	07.00 pm	Steam bath Schwarzwaldnebel Body peeling	
	07.20 pm	Art Nouveau approx. 75°C BLUPHORIA Your moment	 B 
	07.20 pm	Panoramasauna approx. 65°C BLUPHORIA Beauty Balance	B
	07.30 pm	Alhambra approx. 75°C Meditation (audio)	 
	08.00 pm	Steam bath Schwarzwaldnebel Face mask	
	08.20 pm	Alhambra approx. 75°C ♥-beats	 
	08.20 pm	Birkensauna approx. 75°C Good night	
	09.00 pm	Karibik-Traum approx. 80°C Land of Dreams	 

 Intensive steam treatment

 Medium steam treatment

 Soft steam treatment

 Textile sauna

 Music/Audio

 Relaxtion/Meditation

The programme is not guaranteed. Subject to change.

OVERVIEW OF THE PARADISE

GALAXY
Fun & Action



PALM OASIS (GF)

1. "Blue Lagoon" (approx. 33°C)
2. WELLS OF HEALTH – Mineral pools
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)



BADEPARADIES SCHWARZWALD TN GmbH

Am Badeparadies 1

79822 Titisee-Neustadt

Tel. +49 (0) 7651 / 93 60 333

info@badeparadies-schwarzwald.de

www.badeparadies-schwarzwald.de

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