

English



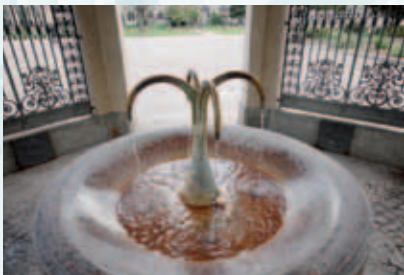
Kaiser-Friedrich- Therme

Irish-Roman Bath



HEALING WATERS

Aquis Mattiacis – the hot springs of the Mattiaci people were already a destination of Romans in search of healing and recreation some 2000 years ago.



Thanks to this valuable natural endowment Wiesbaden became a Weltkurstadt, an international spa.

The culture of bathing was an indulgence of the upper class and in 1913 the Kaiser-Friedrich-Bad opened its doors as the municipal bathhouse and wellness and therapy centre. The artistry and artistry of the decorations, the paintings, statues, reliefs and ornaments throughout the building remind visitors of the luxurious magnificent buildings of antiquity.

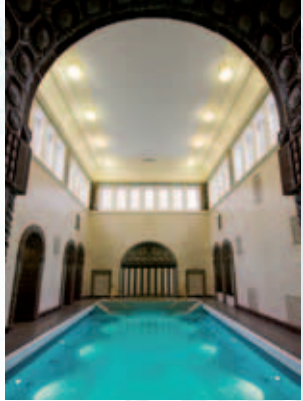
The heart of this elegant bathing palace, the Irish-Roman Bath, has since then been considered an oasis for guests in need of recreation and relaxation.

The water from Wiesbaden's thermal springs, which continue to supply the Kaiser-Friedrich-Therme today, is especially valuable for relief from rheumatic and orthopaedic diseases.



FOR BODY, MIND AND SOUL

Even the ancient Romans in the first century A.D. felt the bath, situated in the thermal springs of the local Mattiaci, as beneficial and healthy. When at the start of the 20th century the preparation for the construction of the Kaiser-Friedrich-Bad began, workers uncovered the stone foundation of a Roman sauna. This confirmed the assumption that the Romans were already using the 67° C water from more springs for bathing which today still supplies water to the KAISER-FRIEDRICH-THERME. So the hot springs were already an assurance to the Romans of healing and recovery, and at the same time the bath was a place where aesthetic, cultural and social interests were cultivated.



Today, while bathing, taking a sauna and resting, people find relief from pains caused by physical conditions such as gout and rheumatism, sedation and relaxation from stress in their work and daily life, relief from mood swings and, at the same time, a bathing experience whose quality meets the highest standards.

Body, mind and soul find respite in the process of healing and renewal.



THERME SPLENDOUR RESTORED

After extensive restoration, reconstruction and remodelling in 1999, the KAISER-FRIEDRICH-THERME has recreated an atmosphere which revives the bathing luxury of the Wilhelminian age while at the same time meeting today's requirements and the needs of the modern guest.

The whole restoration of the KAISER-FRIEDRICH-THERME has preserved the essential features of the Irish-Roman bath, which is an historical site. The Tepidarium and Sudatorium, the Russian Steam Bath as well as the historical indoor swimming pool have had their original colours and decorations skilfully and carefully restored. The valuable ceramics and frescos still embellish the Therme today thanks to the painstaking reconstruction in period style.



THE SAUNA FACILITY

The sauna facility is a generously dimensioned and fascinating environment on 1,450 square meters around the historical Irish-Roman bath. Tepidarium, Sudatorium, Sanarium, the Russian steam bath, the Finnish sauna with a variety of affusions as well as a stone steam bath together comprise a variety of attractive sauna options;



Sand-bath

The sand-bath has the feel of summer, sand and sun of Mediterranean coastline. In 20 minutes you experience a simulated day from sunrise to sunset. Especially on cooler days the sand-bath assures a lasting feeling of having been on a luxurious summer holiday. Pleasantly warm sand and exposure to gentle light relaxes the muscles, stimulates

metabolism and counteract symptoms associated with light deficit, such as winter depression.

Massage treatments

Experienced masseurs offer you a wide range of relaxing and therapeutic massages.



Softpack applications

Softpack applications tap natural resources to help prevent myoglosis, reduce skin problems and improve overall wellness. The selection available includes treatments with peeling substances such as pomace, Rügen chalk, Breton sea salt and healing earth. In addition, therapeutic softpacks are available as well as evening primrose oil, algae, aromatic oil, goat butter as well as milk and vitamin oils.

The KAISER-FRIEDRICH-THERME offers you an enormous selection of high-quality skin-care articles you can also use at home.

SUGGESTIONS FOR THE IRISH-ROMAN BATH

The process of the Irish-Roman bath, known for centuries, requires bathing in alternating temperatures, for warming up and then cooling down in many different variations using heated air, water and steam.

1st Stage

1. Thorough washing
2. Thorough drying
3. Prewarming at 45° C or 6-8 min.
4. Prewarming at 60° C or 8-10 min.
5. Warming at 80° C 8-12 min.
max: 15 min.
6. Cooling in two steps
Precooling under the cold-water shower
Continual cooling in the cold-water pool (22° C) total 10-12 min.
7. Warm footbath 3-5 min.
8. Warm bathing in warm-water pool at 37° C 5-10 min.
9. Cold shower, rough towelling, deep breathing, activity
10. Steam bathing at 45° C, 100% relative humidity 10-15 min.
11. Cooling in two steps as in step 6 1-2 min.
12. Warm footbath 3-5 min.
13. Resting, lying (bath robe, bath towel) 10-20 min.

2st Stage

14. Warming in steam room at 45° C, 100% relative humidity
or in the hot-air room at 60° C
or in the hot-air room at 80° C total 12-15 min.
15. Cooling in two steps as in step 6
16. Warm bathing in warm-water pool at 37° C
17. Cooling in two steps as in step 6 total 10-12 min.
18. Thorough drying, deep breathing, activity
19. Massage (recommended)
Please remember:
The cold or swimming pools may not be used after an oil massage.
20. Resting, lying (bath robe, bath towel)

All temperatures and times are approximate. The time for both stages, following our recommendations, is between 120 and 150 minutes. The bathing sequence should be adapted to one's own physical well-being. In case of heart or blood pressure problems please consult your doctor before you come to the facility.

THE SPRING BAR – A FITNESS OASIS

So that you stay fit and feel well!



Various fruity juices, mysterious power drinks, a refreshing mineral water and other refreshing drinks revive the spirits.

Or you can select from a delicious cappuccino, café au lait, latte macchiato, a jolting espresso or simply a cup of coffee.

What's more, you can also treat yourself to a light snack under a glass dome with a view of the sky over Wiesbaden.

**We look forward to your visit and wish you
a pleasant stay!**

GUIDED TOUR THROUGH THE HOT BATHS:

New

from January 2011 onwards there will be the option once a month of visiting the Kaiser-Friedrich-Therme outside opening hours. Accompany us on the 90- minute tour through the impressive atmosphere of the thermal baths and admire its technology. See the historic indoor swimming pool, the lavish and fascinating sauna facilities and the sophisticated technology running it.


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Parking:

Our guests get special rates at the KAISER-FRIEDRICH-THERME and the Coulinstrasse carpark. Please remember to have your parking ticket stamped by the cashier.

Public transport:

 Lines: 1, 8 (Bus-stop: Webergasse)

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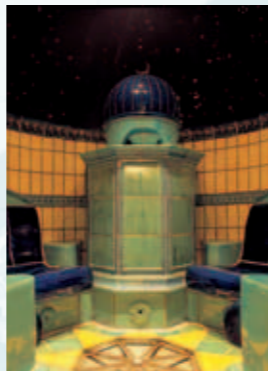
www.wiesbaden.eu/kft





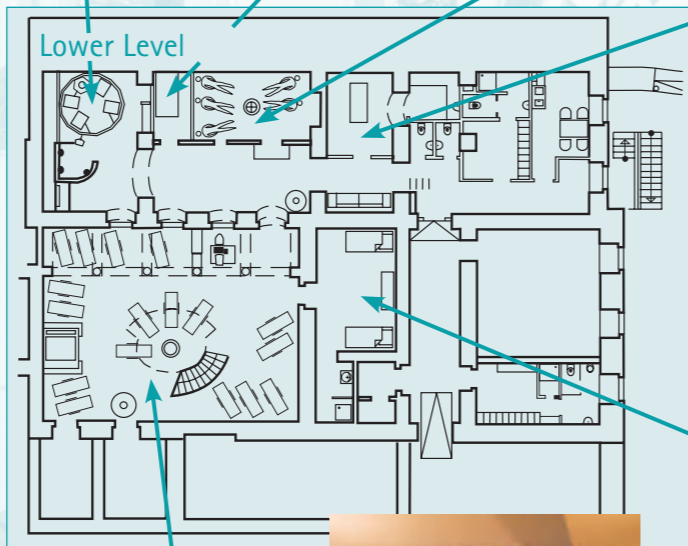
Rasul

In oriental surroundings - a harmonious experience! An environment suffused with a pleasant warmth and an applied mud pack drying slowly onto the skin. The alternating flows of humid air and herbal steams activates skin peeling; the simultaneous massage effect firms up the underlying tissue, the muscle tone is improved and the metabolism is stimulated.



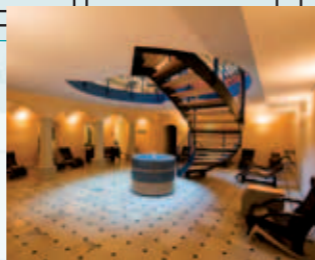
Solarium

The sun which is always shining. UVA and UVB radiation close to natural sunlight provide healthy tans and energy.



Rest zone

Lay back comfortably in an expansive, relaxing atmosphere.

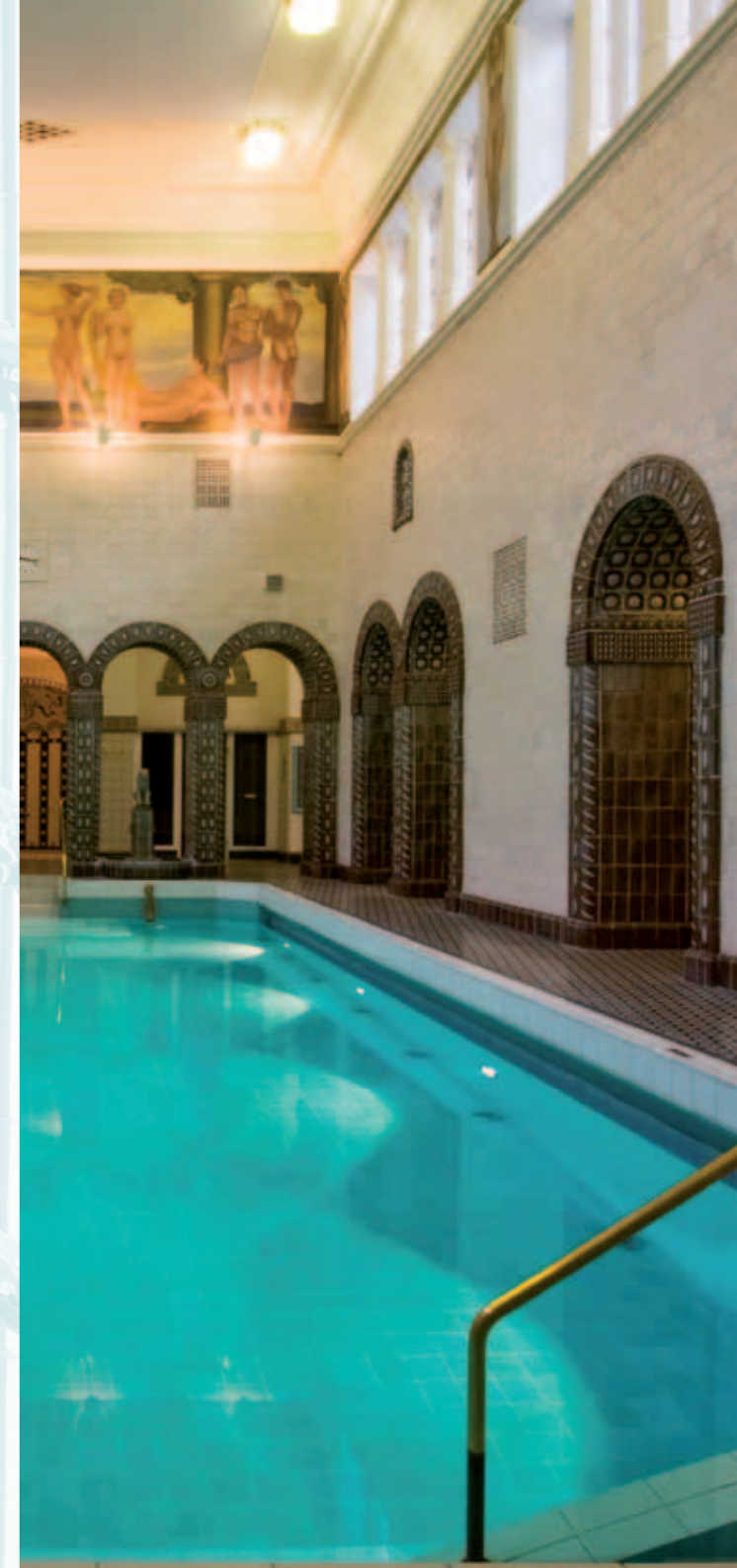
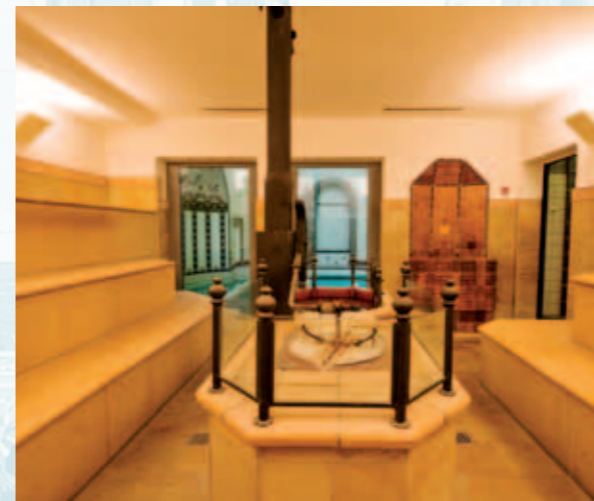


and in between refreshment is provided by a tropical shower of ice-cold and warm water.

A fresh-air room, harmonious rest zones and an attractive „spring bar“ rounds off the carefully designed concept of the Wiesbaden architects Bathel and Zisowsky which guarantees every guest relaxation, peace and a feeling of well-being.

On a second floor you will find applications which supplement your sauna experience with therapeutic and regenerating treatments. The applications area includes massage rooms, a variety of softpacks, the oriental rasul, a solarium, sand-bath, and expansive rest areas.

You can also directly experience the therapeutic action of the natural cosmetics available in our selection of cosmetic products.



THE KAISER-FRIEDRICH-THERME with the Irish-Roman bath

Thermal sitting pool

The Wiesbaden hot-spring water can be enjoyed here at two temperature levels: 37 and 39° C.



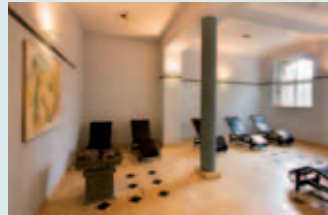
Lumenarium

This is a rest room where points of light projected on a vaulted ceiling slowly change colours to create an atmosphere conducive to relaxation and recovery.



Frigidarium

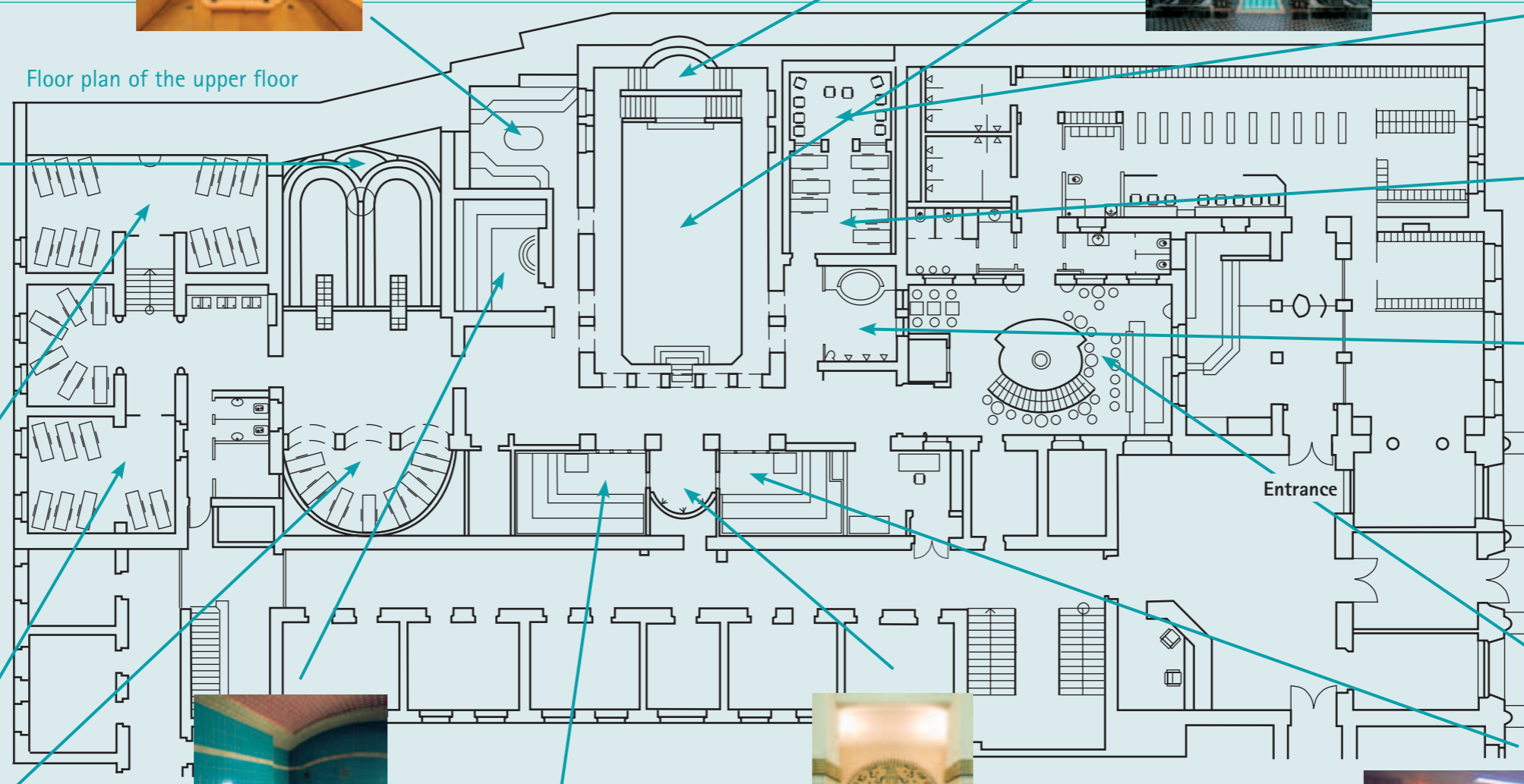
The fresh-air room is for additional cooling and relaxation.



Rest zone

Comfortable lounge chairs in an expansive, inviting atmosphere for rest between visits to the sauna.

Floor plan of the upper floor

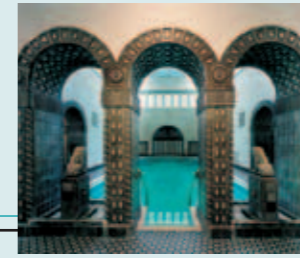


Stone steam bath

Heated natural stone are dipped in a cold-water pool and create a continuously increasing humidity. The room temperature is 50 – 60° C.

Active pool

Wiesbaden hot-spring water at a temperature of 42° C.



Cold-water pool

The historical swimming pool filled with refreshing, 21° – 23° C tempered water.



Sudatorium

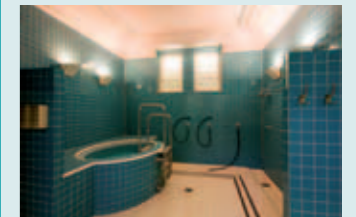
The next step of the Irish-Roman bath with a dry-air temperature of 50° – 55° C.

Tepidarium

Here you start your Irish-Roman bath sequence in dry, warm air at temperatures between 40 and 45° C.

Lavacrum

A cold-water plunge pool as well as inundation and Kneipp showers offer refreshing cooling.



Spring bar

Here is an opportunity to „tank up“ on refreshments.

Russian steam bath

The classic steam bath in an historical atmosphere at 42° – 45° C.



Finnish sauna

Affusion sauna at temperatures of 85° – 90° C.



Tropical ice-rain

A genuinely tingling refreshment – nozzles at shoulder and knee levels spray ice-rain mixed with warm water.



Sanarium

A special sauna pleasure with the scents of aromatic oils and a stimulating projection of coloured lights at an ambient temperature of 55° – 60° C.