

STATE CAPITAL OF HESSEN

English



KAISER-FRIEDRICH
THERME

Irish-Roman Bath

*100 Years of Tradition
1913-2013*

Kaiser-Friedrich- Therme

Friedrich-
Irish-Roman Bath

Therme


mattiaqua

QUELLEN · BÄDER · FREIZEIT


WIESBADEN


www.wiesbaden.eu



THE SPRING BAR – A FITNESS OASIS

Here you can appease your appetite with a light snack while sitting under the glass dome and enjoying an expansive view of the sky over Wiesbaden.

Between trips to the sauna, refresh yourself with vitamin-rich drinks and snacks, delight in little treats or stretch out with a relaxing cup of cappuccino.

MASSAGES

A partial massage treats the back, neck and shoulders.

A full body massage includes the arms and legs as well.

	Duration	Price in EUR
Partial massage	approx. 25 min.	27.00*
Full body massage	approx. 50 min.	50.00*

Aroma massages involve the use of nourishing vitamin oils or essential aroma oils.

Aroma massage (partial massage)	approx. 25 min.	29.00*
Aroma massage (full bodymassage)	approx. 50 min.	53.00*

Relaxation massages additionally include treatment of the face and décolleté with evening primrose cream.

Partial relaxation massage	approx. 25 min.	29.00*
Full body relaxation massage	approx. 50 min.	53.00*

A hot stone massage, which uses hot volcanic stones, warms up the body, relaxes the muscles and soothes the soul.

Hot Stone massage (short)	approx. 25 min.	33.00*
Hot Stone massage (long)	approx. 50 min.	58.00*

COSMETIC MASSAGES

Facial massage	approx. 25 min.	25.00*
Foot massage	approx. 25 min.	29.00*
Hand massage	approx. 25 min.	25.00*

Facial treatments

Small Pamper Yourself Package approx. 50 min. 62.50*
+ cleaning, peeling, lotion, facial massage, facial mask

Large Pamper Yourself Package approx. 50 min. 85.00*
+ cleaning, peeling, lotion, facial massage, facial mask, hand and arm massage

SOFT PACKS ARE FULL BODY PACKS ON A WATERBED

Pampering care packs

Aroma oil	approx. 25 min.	24.00*
Evening primrose oil	approx. 25 min.	26.00*
Goat butter	approx. 25 min.	28.00*

Peeling

Algae	approx. 25 min.	26.00*
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Treatment

Sea salt	approx. 15 min.	20.00*
Skin peeling with sea salt to enhance circulation		

Sand bath approx. 25 min. 10.00

Light and heat therapy. Lights are used to recreate the rhythm of the day through the reflex zones.

Rasul approx. 25 min. 20.00*

Rasul Duo (Two person) approx. 25 min. 35.00*

Rasul Trio (Three person) approx. 25 min. 45.00*

An Oriental steam bath (40 - 42°C / 104 - 108°F) which is gentle to the heart, face and body peeling with different therapeutic muds.

All applications marked with an * are given a time credit of 1 hour.





PAMPER YOURSELF PACKAGES

Price in EUR

Stone of Vulcanus

Admittance for three hours in the Therme, including Hot Stone Massage (short) and sand bath.

46.00

Couple enjoying

Admittance for two persons for four hours in the Therme, including two Softpack "Goat butter" and two facial massage, two sand baths, two refreshments and also rental two Sauna towels and Bathrobes.

149.00

Rose Dream

Admittance for four hours in the Therme, including peeling with "Rügener Chalk", soft pack "Goat butter", face mask, face massage and a green tea/ rose tea

95.00

Introduction to the Irish-Roman Bath

Admittance for three hours in the Therme, including partial massage

35.00

Relax like Jupiter and Juno

Admittance for two persons for three hours in the Therme, including two rasul steam baths and two sand baths

70.00

Salacias Relaxation Tips

Admittance for four hours in the Therme, including full body relaxation massage and "Aroma" soft pack

70.00

Venus Beauty Package

Admittance for four hours in the Therme, including rasul steam bath and "evening primrose oil" soft pack

50.00

Gift certificates are also available for all packages. Advance appointments are recommended. You can make an appointment during regular business hours by calling: +49 611 31-7060.

OPENING HOURS

Summer season from 1 May to 31 August

Open daily 10 am to 10 pm (Pool closes at 9.30 pm)

Tuesday is Ladies Day.

Winter season from 1 September to 30 April

Open daily 10 am to 10 pm (Pool closes at 9.30 pm)

Friday, Saturday 10 am to 12 midnight (Pool closes at 11.30 pm)

Tuesday is Ladies Day.

Mixed sauna on legal holidays.

Important Notes:

On holidays, the Therme is open on the same hours as on the respective days of the week. Mixed sauna on legal holidays.

The Therme is closed on Christmas Eve, Christmas Day and New Year's Eve.

Gift certificates can still be purchased on Christmas Eve from 10 am to 1 pm

Smoking is prohibited at the Kaiser-Friedrich-Therme.

Admittance restricted to people 16 years and older.

The spa is a textile-free area

PRICES

Summer season from 1 May to 31 August

Rate per started hour: 5.00 EUR.

A reduced price of 3.00 EUR per started hour is valid from 50 degrees of disability and upon submission of the severely disabled card.

Winter season from 1 September to 30 April

Rate per started hour: 6.50 EUR.

A reduced price of 4.50 EUR per started hour is valid from 50 degrees of disability and upon submission of the severely disabled card.

Rental fees

Sauna towel (large) 4.10 EUR

Bathrobe 8.20 EUR

Sales Items

Bath slippers 10.00 EUR

Bath towel 18.00 EUR

Token chip system with bonus graduation

Guests can purchase a token which can be used for making purchases within the facility. Deposit 25.00 EUR.

Actual price:

Purchasing value of the token
(bonus also expressed as a %)

50.00 EUR	51.50 EUR	3%
75.00 EUR	78.75 EUR	5%
100.00 EUR	108.00 EUR	8%
150.00 EUR	165.00 EUR	10%
200.00 EUR	224.00 EUR	12%
250.00 EUR	287.50 EUR	15%

100 Years of Tradition

Those seeking rest and relaxation will find the very highest level of bathing luxury at the Kaiser-Friedrich-Therme in the heart of the city. In homage to the Roman sweat baths, on whose foundations it is built, the spa is decorated in the style of a classical thermal bath, complete with pillared spaces and intricate, sophisticated ornamentation. The artisanship and artistry of the decorations and the paintings throughout the building are reminiscent of the luxurious magnificent buildings of the antiquity period. 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 water from Wiesbaden's thermal springs, which continue to supply the Kaiser-Friedrich-Therme today, is especially valuable for alleviating rheumatic and orthopaedic diseases.

Following extensive restoration, renovation and redesign work, since 1999 the Kaiser-Friedrich-Therme has offered an impressive atmosphere which relives the splendour of a bygone age while still providing everything that modern visitors want and need.

The sauna facility is a spacious and fascinating environment spanning 1,450 square meters around the historic Irish-Roman bath. The tepidarium, sudatorium, sanarium, Russian steam bath and Finnish sauna, which features an array of affusions, as well as a stone steam bath offer a variety of attractive sauna options, 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 "Quellenbar" ("Spring Bar") rounds out the carefully designed concept, which guarantees every guest relaxation, peace and a feeling of well-being.

Selected spa and wellness treatments such as massages and soft packs perfectly complement the exclusive range of services offered by this bathing palace, making your visit a relaxing downtime guaranteed to make you feel good.

Rasul

In oriental surroundings - a harmonious experience! An environment suffused with a pleasant warmth and an applied mud pack drying slowly onto the skin.

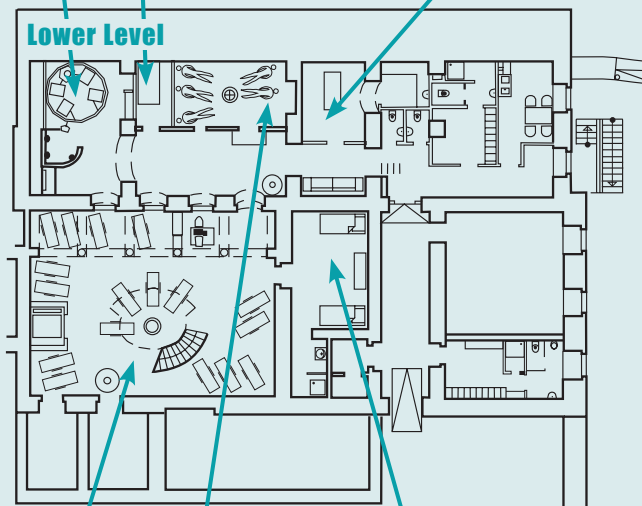


Solarium

The sun which is always shining.

Massage treatments

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

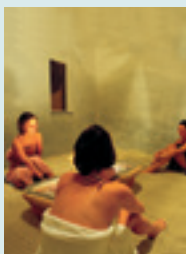


Rest zone

Lay back comfortably in an expansive, relaxing atmosphere.

Softpack applications

Softpack applications tap natural resources to help prevent myoglosis, reduce skin problems and improve overall wellness.



Sand-bath

The sand-bath has the feel of summer, sand and sun of Mediterranean coastline.

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

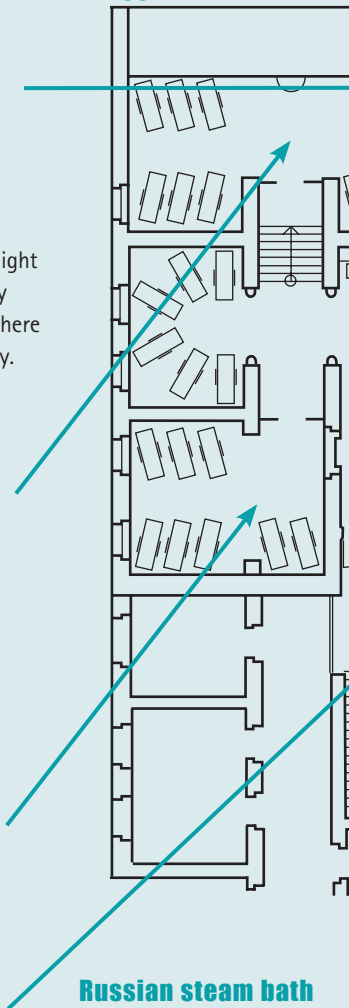
The fresh-air room is for additional cooling and relaxation.



Rest zone

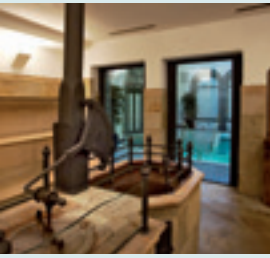
Comfortable lounge chairs in an expansive, inviting atmosphere for rest between visits to the sauna.

Floor plan of the upper floor



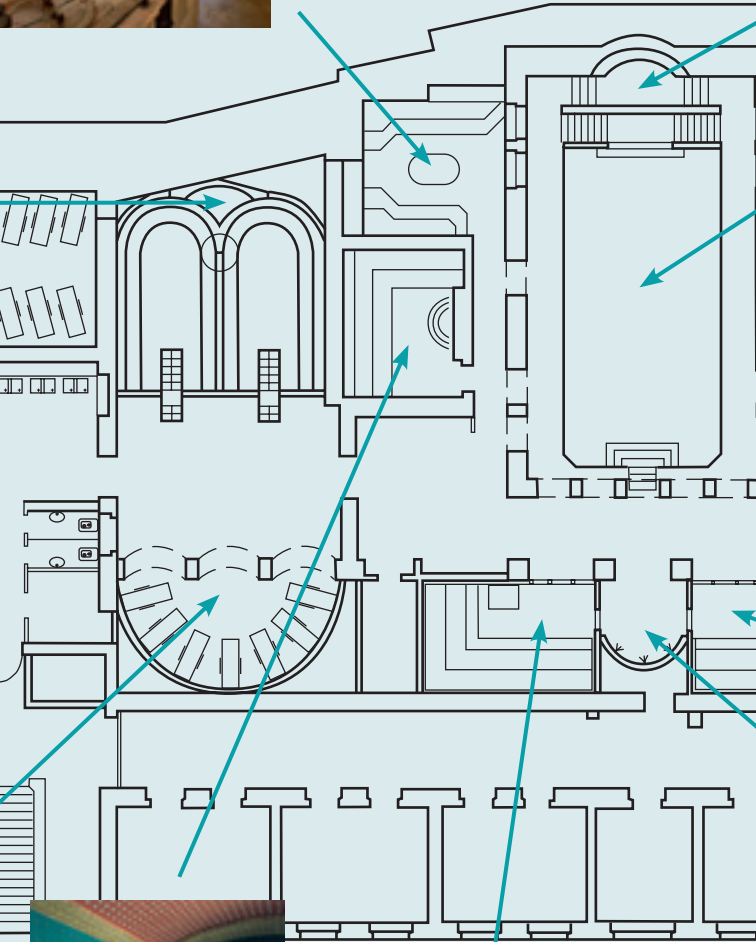
Russian steam bath

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



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.

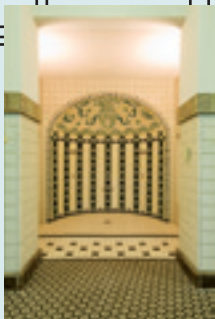
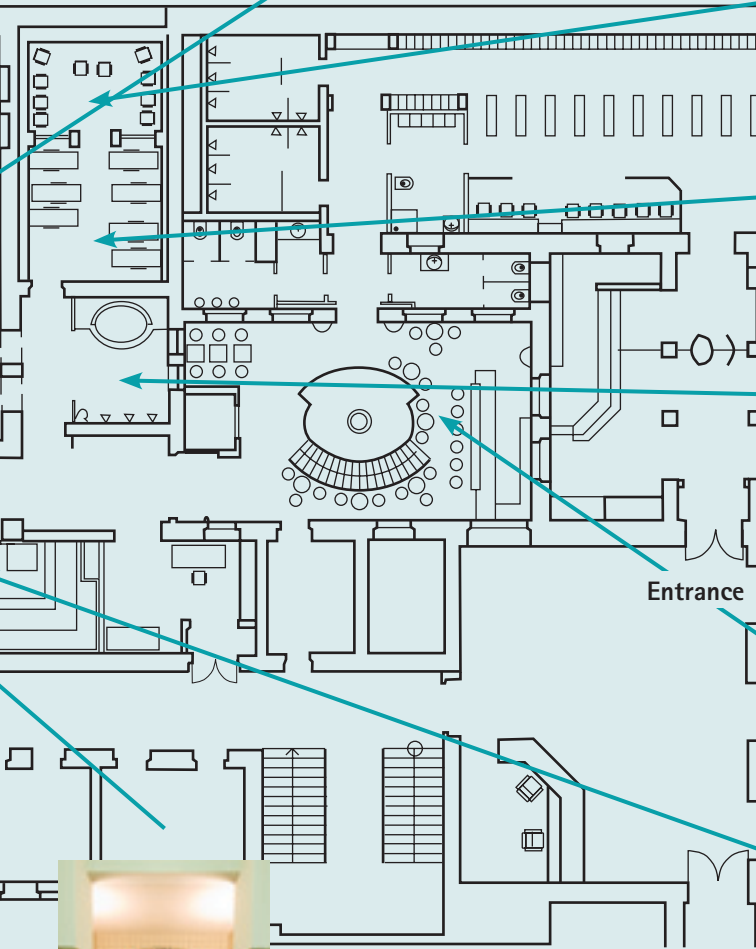
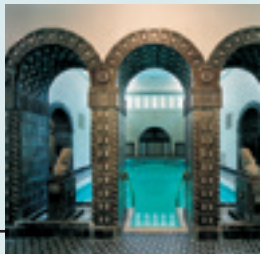


Finnish sauna

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

Active pool

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

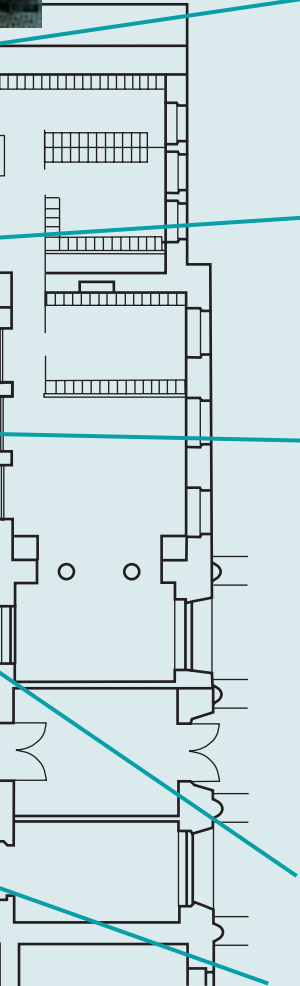


Tropical ice-rain

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

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.



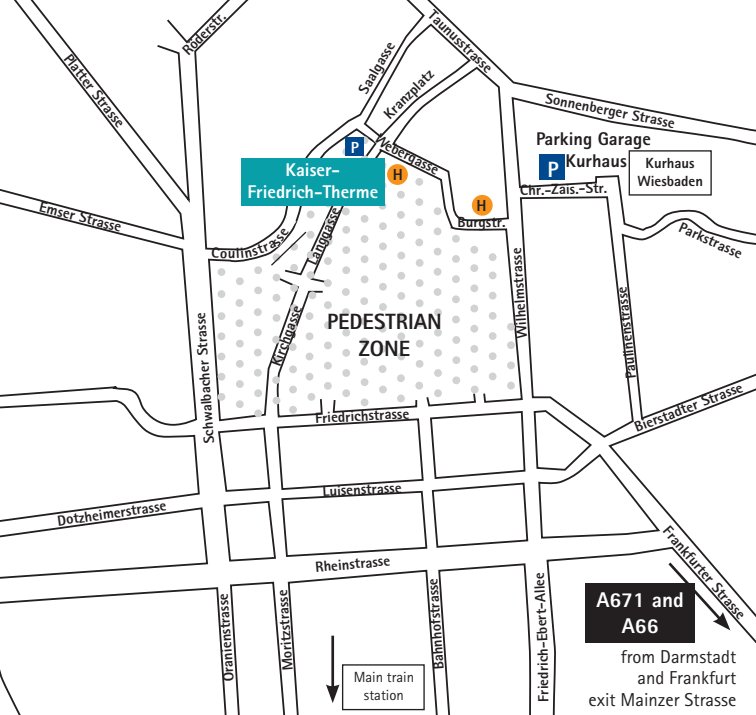
Spring bar

Here is an opportunity to "tank up" on refreshments.



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.



Parking: (only for guests)

Small parking space in front of the KAISER-FRIEDRICH-THERME.

Public transport:

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

Guided tour through the thermal baths

Once a month, the Kaiser-Friedrich-Therme can be visited outside of the regular opening hours. Join 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.

Every first Friday in the month at 8.30 a.m. per person 5.00 EUR. Following each guide visitors receive an information brochure and a sinter as a small reminder. Please call in advance to make a reservation for the tour.



THE EUROPEAN
ROUTE OF
HISTORIC
THERMAL
TOWNS



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