



- 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
- 05.00 pm** **Steam bath Schwarzwaldnebel**
Face mask
- 05.00 pm** **Steam bath Kristall-Nebel**
BLUPHORIA Beauty
- 05.20 pm** **Birkensauna** approx. 75°C
Waldtraut
- 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** **Blaue Lagune** **Aqua-programme** Monday - Friday
- 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
BLUPHORIA Your moment
- 07.30 pm** **Alhambra** approx. 75°C
Meditation (Audio)
- 08.00 pm** **Steam bath Schwarzwaldnebel**
Face mask
- 08.20 pm** **Alhambra** approx. 75°C
Conclusion
- 09.00 pm** **Feuersauna** approx. 85°C
Magic night

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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 December 2023

**BADEPARADIES
SCHWARZWALD**
Titisee

Daily programme

Experience. More. Rest.



Your
PROGRAMME
 for today

- 10.00 am** **QUELLEN DER GESUNDHEIT**
Salting (Lithium-Calcium)
- 10.00 am** **Art Nouveau** approx. 75°C
Audio-guide for sauna-beginners
- 10.20 am** **Panoramasauna** approx. 65°C
Soft winter morning
- 10.30 am** **Steam bath Schwarzwaldnebel**
Face mask
- 11.00 Uhr** **Blaue Lagune**
Aqua Programm
- 11.00 am** **Art Nouveau** approx. 75°C
Meditation (Audio)
- 11.20 am** **Alhambra** approx. 75°C
Smooth skincare
- 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
Heat wave
- 01.00 pm** **Steam bath Kristall-Nebel**
BLUPHORIA Beauty
- 01.00 pm** **Blaue Lagune**
Aqua-programme
- 01.20 pm** **Schwarzwald Chalet**
Hot & Fresh
- 02.20 pm** **Panoramasauna** approx. 65°C
Sounds of relaxation
- 02.30 pm** **Steam bath Schwarzwaldnebel**
Face mask
- 03.00 pm** **Heimat-Stube** approx. 70°C Monday - Thursday
Delicacies
- 03.00 pm** **Heimat-Stube** approx. 70°C Friday - Sunday
Skin care
- 03.20 pm** **Karibik-Traum** approx. 80°C
Energy-Boost
- 04.00 pm** **Steam bath Schwarzwaldnebel**
Body peeling

Wellness programme
 Aqua programme
 BLUPHORIA

Aqua-programme

Move & relax in the water. Look forward to an exclusive aqua-programme. Where? **Blaue Lagune**

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)**

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)**

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)**

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)**

Body peeling

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

Conclusion

Conclude a cold winter evening with a soft and warm steam treatment, as you dwell into several soundscapes. Where? **Alhambra (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)**

Energy-Boost

The perfect treatment for the fans of outdoor activities in the Black Forest. A selection of essential oils support regeneration and stimulate sweat production. Where? **Karibik-Traum (approx. 80°C)**

Paradisiacal complementary programme

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

Face mask

Indulge yourself into a beauty moment in our steam bath. Where? **Steam bath Schwarzwaldnebel**

Forest celebration

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

Waldtraut

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

Meditation (audio)

Guided auditory meditation for peace seekers (in German).

Where? **Art Nouveau (approx. 75°C)**

Melting ice

Volcanic heat and hot rhythms, before tasting a sweet ice-surprise by Schöller (sponsored by Froneri). Where? **Karibik-Traum (approx. 85°C)**

Magic night

Soothing essential oils accompanied by light elements and sounds herald the end of a marvellous day. Where? **Feuersauna (approx. 85°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)**

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**

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)**

Smooth skincare

A nurturing pampering programme for demanding skin in winter combined with precious essential oils for the soul. Where? **Alhambra (approx. 75°C)**

Soft winter morning

Start the day in full conscience with two relaxing rows of steam treatment in our wonderful Panorama Sauna. The treatment is adapted to sauna beginners. Where? **Panoramasauna (approx. 65°C)**

Sounds of relaxation

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

OVERVIEW OF THE PARADISE



PALM OASIS (GF)

1. "Blaue Lagune" (approx. 33°C)
2. QUELLEN DER GESUNDHEIT
3. Steam bath „Schwarzwaldnebel“
4. Guest service / check-in & reception
Massage-Lounge "Pure Balance"
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)