

DAILY PROGRAMME IN THE

PALAIS VITAL

TEXTILE-FREE SAUNAS	
10.30 am	"Rustic Parlour" approx. 70°C My best moment* <small>Prof. Dr. Blenner GmbH</small>
11.00 am	"Alhambra" approx. 75°C Morning greeting <small>Alhambra</small>
11.50 am	"Panorama Sauna" approx. 65°C Soft breeze
Noon	"Black Forest Chalet" approx. 90°C Deep breath
12.50 pm	"Birch Sauna" approx. 75°C Honey love
01.00 pm	"Art Nouveau" approx. 75°C Harmony
01.30 pm	"Alhambra" approx. 75°C Little break*
01.50 pm	"Fire Sauna" approx. 85°C Volcano fire
02.00 pm	"Caribbean Dream" approx. 80°C Wanderlust
02.50 pm	"Panorama Sauna" approx. 65°C Sound & gong
03.00 pm	"Alhambra" approx. 75°C Honey love
03.30 pm	"Rustic Parlour" approx. 70°C My best moment <small>Prof. Dr. Blenner GmbH</small>
03.50 pm	"Birch Sauna" approx. 75°C Aroma ³
04.00 pm	"Black Forest Chalet" approx. 90°C Fresh pleasure <small>Peterstaler</small>
04.30 pm	"Caribbean Dream" approx. 80°C Summer jam*
04.50 pm	"Fire Sauna" approx. 85°C Sweat & relax
05.00 pm	"Art Nouveau" approx. 75°C Sound greeting
05.50 pm	"Panorama Sauna" approx. 65°C South sea dream
06.00 pm	"Art Nouveau" approx. 75°C Colourful variety <small>Peterstaler</small>
06.30 pm	"Black Forest Chalet" approx. 90°C Black Forest special

Subject to change.

DAILY PROGRAMME IN THE

PALAIS VITAL

TEXTILE-FREE SAUNAS	
06.50 pm	"Birch Sauna" approx. 75°C Sound ceremony
07.00 pm	"Alhambra" approx. 75°C Honey love
07.30 pm	"Rustic Parlour" approx. 70°C My best moment <small>Prof. Dr. Blenner GmbH</small>
07.50 pm	"Fire Sauna" approx. 85°C Volcano fire
08.00 pm	"Caribbean Dream" approx. 80°C Ice time <small>Caribbean Dream</small>
08.30 pm	"Art Nouveau" approx. 75°C Harmony
08.50 pm	"Panorama Sauna" approx. 65°C Sound & gong
09.00 pm	"Black Forest Chalet" approx. 90°C Deep breath
09.30 pm	"Alhambra" approx. 75°C Sweet epilogue (on Saturdays)
09.50 pm	"Fire Sauna" approx. 85°C Good night (on Saturdays)

DAILY PROGRAMME IN THE

VENUS SKY LOUNGE

Exclusive lounge reserved for ladies	
12.30 pm	"Rose Garden" approx. 65°C Honey love
01.15 pm	"Crystal-Mist" approx. 40°C Body peeling <small>Prof. Dr. Blenner GmbH</small>
05.30 pm	"Diamond Dream" approx. 80°C Beneficial sweat
07.15 pm	"Crystal-Mist" approx. 40°C Body peeling <small>Prof. Dr. Blenner GmbH</small>

- No steam treatment
- Soft steam treatment
- Medium steam treatment
- Intensive steam treatment

*On week-ends, holiday periods and bank holidays

OVERVIEW OF THE "PARADISE"



GENERAL PLAN

PALM OASIS (GF)

- "Blue Lagoon" (approx. 33°C)
- WELLS OF HEALTH
- Steam bath "Black-Forest-Mist"

PALM OASIS (1stF.)

- Massage-Lounge "Pure Balance"
- Loungers
- Access to PALAIS VITAL or PALM OASIS

PALAIS VITAL (1stF.)

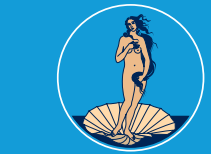
- "Panorama Sauna" (approx. 65°C)
- "Crystal shower"
- "Birch Sauna" (approx. 75°C)
- "Waterfall Sauna" (approx. 55°C)
- "Fire Sauna" (approx. 85°C)

PALAIS VITAL (1stF.)

- Rooftop terrace with immersion pool
- "Vital Lagoon" (approx. 33°C)
- "Panoramic terrace"
- "Art Nouveau" (approx. 75°C)
- "Caribbean Dream" (approx. 80°C)
- "Salarium" (approx. 60°C)
- "Rustic Parlour" (approx. 70°C)
- "Alhambra" (approx. 75°C)
- "Black Forest Chalet" (approx. 90°C)

PALAIS VITAL (2ndF.)

- VENUS SKY LOUNGE
- Steam bath "Crystal-Mist"
 - "Diamond Dream" (approx. 80°C)
 - "Rose Garden" (approx. 60°C)



BADEPARADIES
SCHWARZWALD
Titisee



Your daily
PROGRAMME

WELCOME, HAPPY TO SEE YOU HERE!

Look forward to unforgettable hours in our unique rest and adventure world. The varied offer of the three themed areas GALAXY SCHWARZWALD, PALM OASIS and PALAIS VITAL, as well as the wide daily action programme with numerous relaxation, beauty and wellness treatments guarantee a dreamy journey.

On following pages, you can discover the multiple programme highlights of the day, and so compose your day in "paradise".

In the framework of our daily treatments, we benefit from the kind support of our numerous partners. Enjoy the high quality body care products of Prof. Dr. Biener, sparkling refreshments from Peterstaler as well as ice cold surprises by Nestlé Schöller.

Check-in, disconnect, and be happy!

We wish you a perfect holiday in our "Black Forest Caribbean"!



DAILY PROGRAMME IN THE PALM OASIS

10.20 am	steam bath "Black Forest Mist" approx. 40°C Coffee body peeling 
11.15 am	"Blue Lagoon" approx. 33°C Aqua-Fitness
11.20 am	steam bath "Black Forest Mist" approx. 40°C Joghurt cream (facial treatment)
12.20 pm	steam bath "Black Forest Mist" approx. 40°C Woody- ritual (legs)
01.00 pm	WELLS OF HEALTH Feel it - the power of minerals 
01.15 pm	"Blue Lagoon" approx. 33°C Aqua-Fitness
01.20 pm	steam bath "Black Forest Mist" approx. 40°C Volcano earth (face and décolleté)
02.20 pm	steam bath "Black Forest Mist" approx. 40°C Body peeling 
03.15 pm	"Blue Lagoon" approx. 33°C Aqua-Fitness
04.20 pm	steam bath "Black Forest Mist" approx. 40°C Joghurt cream (facial treatment)
05.00 pm	WELLS OF HEALTH Feel it - the power of minerals 
05.15 pm	"Blue Lagoon" approx. 33°C Aqua-Fitness
05.20 pm	steam bath "Black Forest Mist" approx. 40°C Woody- ritual (legs)
06.20 pm	steam bath "Black Forest Mist" approx. 40°C Volcano earth (face and décolleté)
07.15 pm	"Blue Lagoon" approx. 33°C Aqua-Balance
07.20 pm	steam bath "Black Forest Mist" approx. 40°C Body peeling 
08.20 pm	steam bath "Black Forest Mist" approx. 40°C Joghurt cream (facial treatment)
09.20 pm	steam bath "Black Forest Mist" approx. 40°C Woody- ritual (legs) (on Saturdays)

- Steam bath treatment
- Sports activity

Subject to change.



OTHER WELLNESS HIGHLIGHTS

"Sun energy is pure joy of living" - for only € 3.50 you can tank up warming sunrays and new energy in our **solariums**. Treat yourself with a few minutes of relaxation and select your individual beauty experience between the three programmes.

Look forward to an absolute wellness-highlight and a beneficial cure for body and soul in our "infrared cabin". For only € 2, enjoy 30 minutes pleasant warmth in couple.



DAILY PROGRAMME IN THE PALM OASIS



NEW: EXCLUSIVE MASSAGE-LOUNGE

Get away from the daily routine and pamper your body and soul in an exclusive setting. Enjoy a professional massage in a beneficial atmosphere and reload your batteries.

Three superb themed wellness rooms offer an exclusive background for rest and recovery. With the varied and wide offer, from the classical back massage to the Hot-Stone massage or the detox full-body massage, you will be spoiled for choice.

Compose and book your own wellness-programme directly in the massage lounge "Pure Balance" during your next visit at the PALM OASIS. It is situated on the gallery of the PALM OASIS.

More information about our massage offers available on our separate massage-flyer or on our website: www.badeparadies-schwarzwald.de