



BADEPARADIES  
SCHWARZWALD

Titisee



Daily programme

Experience.More.Rest.

Textile  
*Sauna*

13th June – 11th July

every thursday

The  
**SPECIAL  
PROGRAMME**

for your day at Badeparadies

## YOUR DAILY PROGRAMME\*



10.00 am	<b>WELLS OF HEALTH</b> Salting (Lithium-Calcium)	
10.00 am	<b>Art Nouveau</b> approx. 75°C Audio-guide for sauna-beginners	
10.20 am	<b>Panoramasauna</b> approx. 65°C Floral awakening	
10.30 am	<b>Steam bath Schwarzwaldnebel</b> Face mask	
11.00 am	<b>Blue Lagoon</b> Aqua-programme	
11.00 am	<b>Alhambra</b> approx. 75°C Meditation (audio)	
11.20 am	<b>Art Nouveau</b> approx. 75°C Floralia	
12.00 pm	<b>Steam bath Schwarzwaldnebel</b> Body peeling	
12.00 pm	<b>Rosen-Garten</b> approx. 65°C	
12.05 pm	<b>Diamanten-Traum</b> approx. 80°C Aromatisation (incl. self service peeling)	
12.20 pm	<b>Feuersauna</b> approx. 85°C Spring fire	
01.00 pm	<b>Steam bath Kristall-Nebel</b> BLUPHORIA Beauty	<b>B</b>
01.00 pm	<b>Blue Lagoon</b> Aqua-programme	
01.20 pm	<b>Schwarzwald Chalet</b> Hot & Fresh	
02.20 pm	<b>Panoramasauna</b> ca. 65°C Sounds of relaxation	
02.30 pm	<b>Steam bath Schwarzwaldnebel</b> Face mask	
03.00 pm	<b>Heimat-Stube</b> approx. 70°C Delicacies	
03.00 pm	<b>Heimat-Stube</b> approx. 70°C Skin care	
03.20 pm	<b>Karibik-Traum</b> approx. 80°C Energy-Boost	

Wellness programme

Fitness programme

**B** BLUPHORIA

\*The special programme on Thursdays from 13th June to 11th July can be found from page 6.

04.00 pm	<b>Steam bath Schwarzwaldnebel</b> Body peeling	
04.00 pm	<b>Art Nouveau</b> approx. 75°C Meditation (audio)	
04.00 pm	<b>Rosen-Garten</b> approx. 65°C	
04.05 pm	<b>Diamanten-Traum</b> approx. 80°C Aromatisation (incl. self service peeling)	
04.20 pm	<b>Feuersauna</b> approx. 85°C Melting ice	
05.20 pm	<b>Birkensauna</b> approx. 75°C Forest treat	
05.45 pm	<b>Heimatstube</b> approx. 70°C Round of beer	
06.00 pm	<b>Art Nouveau</b> approx. 75°C Audio-guide for sauna-beginners	
06.00 pm	<b>Blue Lagoon</b> Aqua-programme	
06.20 pm	<b>Heimatstube</b> approx. 70°C Board games	
06.20 pm	<b>Schwarzwald Chalet</b> approx. 90°C Forest celebration	
07.00 pm	<b>Steam bath Schwarzwaldnebel</b> Body peeling	
07.00 pm	<b>Steam bath Kristall-Nebel</b> BLUPHORIA Beauty	<b>B</b>
07.20 pm	<b>Art Nouveau</b> approx. 75°C BLUPHORIA Your moment	<b>B</b>
07.30 pm	<b>Alhambra</b> approx. 75°C Meditation (audio)	
08.00 pm	<b>Steam bath Schwarzwaldnebel</b> Face mask	
08.20 pm	<b>Alhambra</b> approx. 75°C ♥-beats	
09.00 pm	<b>Feuersauna</b> 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

Volcanic heat and hot rhythms, followed by a sweet ice-cold surprise from Schöller (sponsored by Froneri). **Where? Feuersauna (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 KlosterKitchen). **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. **Where? Alhambra (approx. 75°C)**

### Paradisical 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

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. (sponsored by Fürstenberg).

**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 13th June to 11th July

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, Birkensauna 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.



## Easy Starter

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










## Mobilisation

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

## SPECIAL PROGRAMME:

On Thursdays from 13th June to 11th July



	<b>10.00 am</b>	<b>WELLS OF HEALTH</b> Salting (Lithium-Calcium)	
	<b>10.00 am</b>	<b>Art Nouveau approx. 75°C</b> Audio-guide for sauna-beginners	
	<b>10.20 am</b>	<b>Karibik-Traum approx. 80°C</b> Smooth skincare	
	<b>10.30 am</b>	<b>Steam bath Schwarzwaldnebel</b> Face mask	
	<b>11.00 am</b>	<b>Blue Lagoon</b> Aqua-programme	
	<b>11.00 am</b>	<b>Alhambra approx. 75°C</b> Meditation (audio)	
	<b>11.20 am</b>	<b>Art Nouveau approx. 75°C</b> Floralia	
	<b>11.20 am</b>	<b>Panoramasauna approx. 65°C</b> Easy Starter	



# SPECIAL PROGRAMME:

On Thursdays from 13th June to 11th July



	12.00 pm	<b>Steam bath Schwarzwaldnebel</b> Body peeling	
	12.00 pm	<b>Blue Lagoon</b> 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	<b>Birkensauna</b> approx. 75°C Black Forest Beauty	
	01.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	B
	01.00 pm	<b>Blue Lagoon</b> Aqua Special	
	01.20 pm	Schwarzwald Chalet Hot & Fresh	
★	01.20 pm	<b>Panoramasauna</b> approx. 65°C BLUPHORIA Beauty Balance	B
	02.00 pm	<b>WELLS OF HEALTH</b> Stretching	
	02.20 pm	Alhambra approx. 75°C BLUPHORIA honey treatment	B
★	02.20 pm	<b>Birkensauna</b> approx. 75°C Forest bath	
	02.30 pm	<b>Steam bath Schwarzwaldnebel</b> Face mask	
	03.00 pm	Heimat-Stube approx. 70°C Delicacies	
	03.20 pm	Karibik-Traum approx. 80°C Energy-Boost	
★	03.20 pm	<b>Panoramasauna</b> approx. 65°C Soft scented journey	
	04.00 pm	<b>Steam bath Schwarzwaldnebel</b> 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	<b>Birkensauna</b> approx. 75°C Black Forest Beauty	
	05.20 pm	Alhambra approx. 75°C Smooth skincare	
★	05.20 pm	<b>Panoramasauna</b> 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	<b>Blue Lagoon</b> Aqua-programme	
	06.20 pm	Heimatstube ca. 70°C Board games	
	06.20 pm	Schwarzwald Chalet approx. 90°C Forest celebration	
★	06.20 pm	<b>Birkensauna</b> approx. 75°C Forest bath	
	07.00 pm	Steam bath Kristall-Nebel BLUPHORIA Beauty	B
	07.00 pm	<b>Steam bath Schwarzwaldnebel</b> Body peeling	
	07.20 pm	Art Nouveau approx. 75°C BLUPHORIA Your moment	
★	07.20 pm	<b>Panoramasauna</b> approx. 65°C BLUPHORIA Beauty Balance	B
	07.30 pm	Alhambra approx. 75°C Meditation (audio)	
	08.00 pm	<b>Steam bath Schwarzwaldnebel</b> Face mask	
	08.20 pm	Alhambra approx. 75°C ♥-beats	
★	08.20 pm	<b>Birkensauna</b> 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



Relaxation/Meditation

The programme is not guaranteed. Subject to change.

# OVERVIEW OF THE PARADISE

**GALAXY**  
Fun & Action

**PALMENOASE**  
Erholung & Entspannung

**PALAIS VITAL**  
SPA- & Saunawelt

2. OG  
PALAIS VITAL

## 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)





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