



KEIDEL

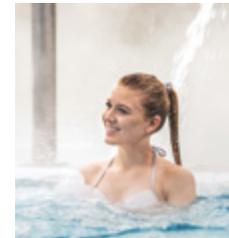
FREIBURG'S THERMAL BATHS

**Sink in.
Relax.
Rejuvenate.**



Immerse yourself in well-being

Treat yourself to your own personal time-out for body and soul, just outside the gates of Freiburg, in the middle of the beautiful nature of the Mooswald forest. Here in the Keidel Thermal Baths you can look forward to over 6,000 square metres of temperature-controlled active and thermal pools, inviting quiet areas, a unique sauna experience and a wide range of wellness, fitness and health offerings. Our highly competent service and health team will make your stay a memorable experience. Enjoy!



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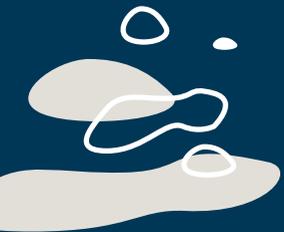
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Good to know



Thermal Baths



Give your daily life a boost

Welcome to feeling good! The heart of the Keidel Thermal Baths is its vast array of thermal pools. Surrounded by the idyllic serenity of the Mooswald forest, you can soak in Freiburg's rejuvenating thermal waters. Naturally rich in minerals and trace elements, the hot spring water has been proven to have health-promoting effects. A variety of pools of different temperatures offer relaxing and invigorating feel-good moments. More ambitious visitors can enjoy our 25-metre outdoor lap pool while taking in the fresh forest air.



The invigorating power of water

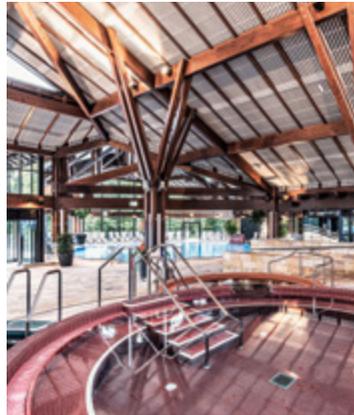
The thermal spring feeding the Keidel Thermal Baths has been bubbling for 40 years. The powerful effects of the thermal water has been scientifically proven to boost the immune system. It also improves rheumatic and degenerative ailments and positively affects the cardiovascular system.





A time-out with lasting effects

Leave your everyday life behind for a few hours and enjoy a soothing soak in a total of nine different pools. Whether in the light-filled indoor area or the lush, green outdoor space, in the 34 °C warm experience pool with massage jets, the swimming pool or the 38 °C hot spring pool – the mineral thermal water of the Keidel Thermal Baths has a lasting positive effect on your well-being.



Rich in minerals and trace elements:
The mineral thermal water, with its varying temperatures, combined with massage functions, revitalises the body and strengthens the immune system.



Generous outdoor spaces surrounded by lush greenery:
Whether you feel like sunbathing in one of our lounge chairs or enjoying some hydrotherapy in the Kneipp pool – you are sure to find the perfect spot.



Indoor area

- Thermal spring pool, approx. 38 – 40 °C
- Pearl pool, approx. 30 – 32 °C
- Warm pool, approx. 33 – 35 °C
- Treatment pool, approx. 32 – 34 °C
- Fitness pool, approx. 32 – 34 °C
- Indoor pool, approx. 33 – 35 °C

Additionally:

- Lounges and quiet rooms with nature views
- Rainforest shower
- Entry to spa and treatment area
- Entry to gym
- Solarium
- Hydrojet massage

Outdoor area

- Adventure pool, approx. 34 – 38 °C with massage jets and air bubbler
- Pool with jet stream, approx. 33 – 36 °C
- Outdoor pool, approx. 33 – 36 °C
- 25-metre lap pool, approx. 29 – 34 °C

Additionally:

- Large sunbathing lawn
- Playground
- Entry to restaurant and terrace
- Kneipp basin
- Barefoot path

Sauna



Sweat your way to health and relaxation

Welcome to one of the most beautiful well-being and sauna spas in the tri-border region. Our nine saunas with varying temperatures and different themes – three of them indoors and six outdoors – spanning around 3,000 square metres make the perfect retreat for cleansing your body from the inside out. The building’s architecture is dominated by wood and glass, offering views of the beautiful sauna gardens complete with swimming pond, thermal pool and a large sunbathing lawn. Complement your stay in this unique and tranquil place with one of our spa treatments.



Sauna as an interior design experience

With an exclusive design, the spacious Finnish lily pond sauna and the panoramic sauna above it offer a modern take on traditional saunas. Enjoy temperatures ranging from 60 – 90 °C. Like a pavilion floating on a pillar in the landscape, this architecturally unique building stands out visually while harmoniously blending into its surroundings. Native woods and natural stone make this a truly special sauna experience.





A sauna experience to delight all your senses

From gentle 45 °C to intense 95 °C, a diverse range of saunas and treatments is available for beginners and experienced sauna-goers alike. Whether you prefer subtle herbal aromas, light therapy with relaxation music or invigorating infusions, the healthy alternation between hot and cold stimulates the senses, relaxes muscles and strengthens the immune system.

Indoor area

- Steam dome, approx. 45 °C
- Herbal sauna, approx. 75 °C
- Aroma sauna, approx. 60 °C
- Infusion sauna, approx. 90 °C

Additionally:

- Relaxation areas in the gallery
- Relaxation room with view of the garden
- Open-air relaxation on the roof terrace
- Cooling pool
- Sauna bistro with terrace
- Solarium
- Foot bath

Outdoor area

- Panoramic sauna, approx. 85 – 90 °C
- Lily pond sauna, approx. 60 – 65 °C
- Garden sauna, approx. 95 °C
- Pool sauna, approx. 90 °C
- Birch sauna, approx. 70 °C
- Lake sauna, approx. 85 °C

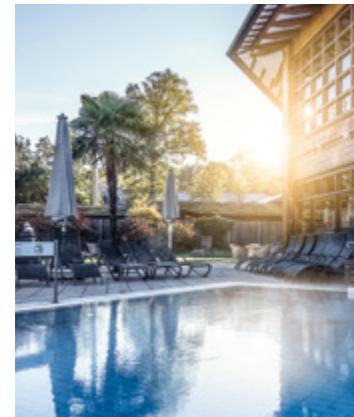
Additionally:

- Large sunbathing lawn
- Cosy seating areas
- Rainforest shower
- Fireplace room
- Outdoor terrace
- Natural swimming pond
- Outdoor sauna pool, approx. 29 – 33 °C



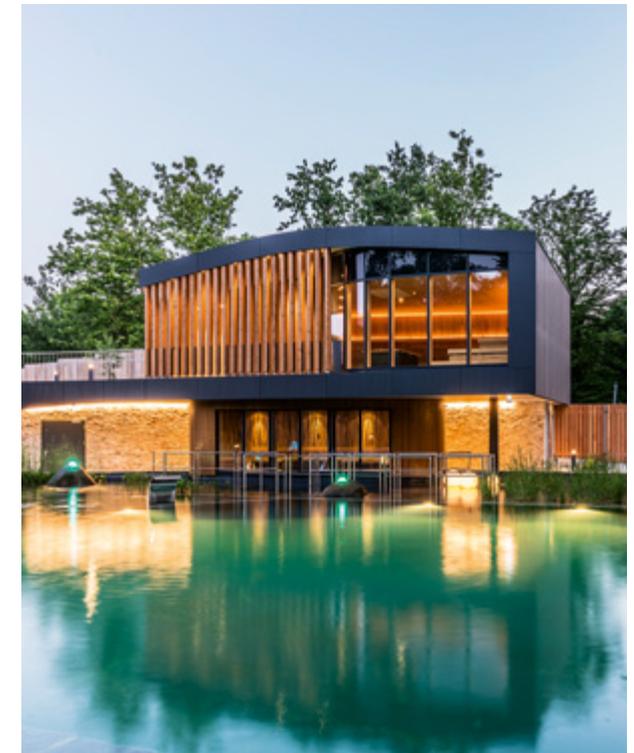
Indulge in feeling good:

Enjoy one of our many treatment options to help restore your balance.

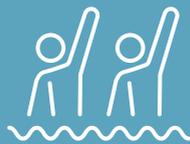


Refreshing:

Take a dip in our outdoor pool or swimming pond to stimulate your circulation after a hot sauna.



Fitness

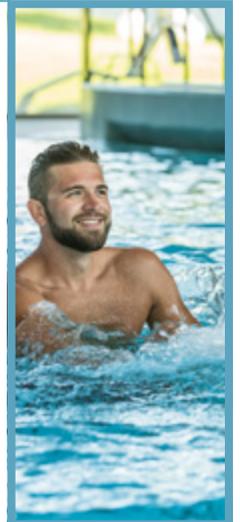


Effective training and rejuvenation

From intense workouts to gentle mobilisation, Keidel Therme offers a wide range of qualified fitness classes. The water-based options include Aqua Nordic Walking, Aqua Cycling and circuit training. On land, you can also do a lot of good for your health, for example with a back fitness class. Just pick what suits you best!

The benefits of water workouts

Exercising in mineral thermal water has a positive effect on your whole body. The warm water relaxes the muscles and increases blood circulation. As your body weighs less in the water, this alleviates pressure of gravity on your tendons, ligaments, joints and muscles. This is particularly beneficial if you are overweight or suffer from joint problems. Endurance and strength are trained, which boosts your cardiovascular system. Aqua sport is a low-impact option to get – and remain – fit and healthy.





Motivated and fit – perfect training sessions

Healthy movement in moderation is fun and makes you feel great. Our qualified instructors can help you target and treat many ailments with the Keidel Therme’s sports classes. And with the right motivation, exercising is a lot easier.

Focus on your workout:

Our Aqua Sport classes take place in a dedicated pool and away from other visitors.



Classes in the pool

Aqua circuit training
Aqua Cycling
Aqua Nordic Walking

Classes in the gym

Back fitness

Find all classes and times at www.keideltherme.com/fitness



Targeted training out of the water:

Our gym area boasts state-of-the-art equipment.

How to book your class:

Visit www.keideltherme.de to find out more and simply book your class online or in person.

Combined ticket:

Would you like to visit the thermal baths after your class? For anyone taking part in one of our classes, we offer special rates for additional entry to the thermal baths. The combined ticket is available for different lengths of stay on the day of the class and is non-transferrable. More information is available at www.keideltherme.com/fitness.

Mental health services

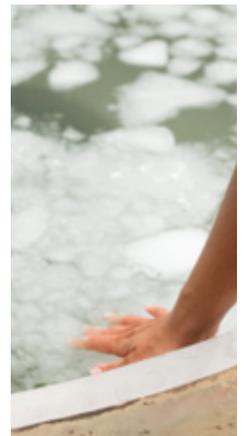


Mental strength – practising mindfulness and strengthening resilience

Discover our wide range of mental health courses. From mindfulness and effective stress management to strengthening resilience – achieve greater clarity, serenity and an improved quality of life. Immerse yourself in practical exercises, sustainable routines and sound insights that will help you remain calm and focused in your everyday life.

Ice bathing & Holistic breathwork

Immerse yourself in the power of breath and the spirit of ice. A holistic experience that combines conscious breathing with cold – led by experts such as Konstantin Tafill (Buteyko breathing trainer, ice master), Nik Linder (world record holder in apnoea diving, breathing and mental strength expert) and Oliver Heintz (sports and mental trainer).





Relaqua – Breathholding Relaxation

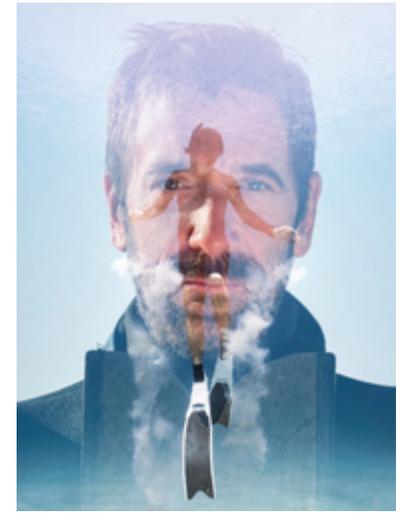
Relaqua uses techniques from apnoea sports such as deep relaxation, meditation, pranayama and breathing breaks to achieve extraordinary deep relaxation in and under water. Sensory impressions are reduced, allowing course instructors to teach heartbeat meditation and no mind, among other things.



Freediving

A low pulse rate guarantees longer dives.

Those who learn to relax in the water can also apply this knowledge to everyday life. Freediving teaches the relaxation techniques, breathing exercises and mental techniques needed to hold your breath for long periods of time.



The courses are led by Nik Linder
(world record holder in freediving,
breathing and mental strength expert).



Atemlust – for inner balance

Discover breathing pleasure – a unique relaxation course inspired by freediving. Combine breathing techniques, meditation and yoga in warm thermal water for inner balance and greater serenity.

We combine thermal water with science – in collaboration with specialists.



Overheating study – Hamilton Depression Scale

In a unique study, we are working with the Universitätsklinikum Freiburg to investigate how targeted heat treatments can help with depression.

There are only a few comparable studies worldwide – a truly pioneering project that makes our thermal baths a place of health and innovation.



Long Covid study

The FLOAT study on respiratory therapy techniques in water for long Covid and post-Covid, conducted in collaboration with University Furtwangen and the Universitätsklinikum Freiburg, is investigating how our thermal water can help with post-Covid and long Covid.

Composition of our thermal water

Cations		mg/kg
Lithium	Li+	2,126
Sodium	Na+	423,200
Potassium	K+	79,840
Rubidium	Rb+	7,485
Caesium	Cs+	1,327
Ammonium	NH4+	1,627
Magnesium	Mg++	149,700
Calcium	Ca++	655,800
Strontium	Sr++	6,687
Aluminium	Al+++	0,070
Iron	Fe++	2,236
Manganese	Mn++	0,005
Cobalt	Co++	0,010
Lead	Pb++	0,010
Cadmium	Cd++	0.005

Anions		mg/kg
Fluoride	F-	8,483
Chloride	Cl-	110,200
Bromide	Br-	0,454
Iodide	J-	0,010
Nitrate	No3-	0,050
Sulphide	S-	0,051
Sulphite	So3	0,900
Sulphate	So4	2168,000
Hydrogen phosphate	HPO4-	0,190
Hydrogen arsenate	HasO4-	0,138
Hydrogen carbonate	HCO3	1059,000

The first major analysis of the healing water was carried out on 26 May 1978 by Dr. Günther van der Smissen (Freiburg) and has been checked monthly ever since. The water emerging from the well head has a temperature of approx. 45°C.

Health & Well-being



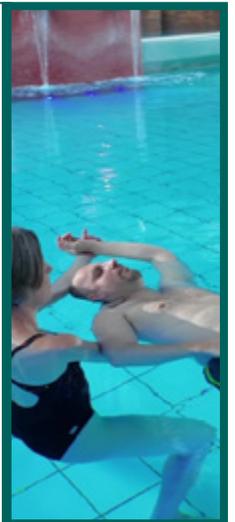
Harmony of body and soul

Arrive, unwind and feel good. Recharge your batteries for everyday life and enjoy revitalising treatments to nourish your body and soul. Whether you choose one of our high-quality spa treatments or medical-therapeutic applications, we offer a variety of options to cater to your individual needs and preferences.



A Keidel Thermal Baths exclusive – Aqua Relax*

The Freiburg buoyancy therapy, based on the Halliwick method developed by James McMillan, is an excellent choice for the careful treatment of herniated discs, back pain and neurological conditions. In our therapy pool, you'll be supported by the water, reducing the strain on your body. Under the guidance of our therapists, you'll perform exercises to mobilise your muscles, improve your fitness and enhance your stability and balance.



**Also suitable for pregnant women*



Our spa treatments for a lasting effect

Take advantage of our spa treatments to promote your overall health, boost your energy and restore your balance. Our accomplished therapists offer a range of treatments, such as relaxing aromatherapy massages, invigorating hot stone massages or pleasant reflexology treatments.



Hydrojet massage – relaxation for body and mind
Feel the water jets gently massaging your back without getting you wet.

Feel-good massage

The back massage with aromatic oils relaxes the muscles and relieves tension.

Hot stone massage

Hot stones are placed on your body to control your energy flow.

Foot reflexology massage

Balances the autonomic nervous system and boosts the body's natural healing abilities.

Physiotherm

Infrared light soothes pain and improves general well-being.

Solarium

The sensible use of the solarium stimulates vitamin D production and lifts your mood.

Herbal stamp massage

Warmth, herbal scents and gentle pressure relieve stress and regenerate body and mind.

For more inspiration, visit
www.keideltherme.com



Are you interested in spa or medical treatments?

Call to make an appointment:
+49 761 2105 852.

All medical treatments are also available on private prescription.



Let us look after you – our treatment range

The Keidel Thermal Baths have an excellent reputation for the medical treatments offered here. Patients from far and wide benefit from treatments for rheumatic diseases, muscle and joint problems, sport injuries and post-operative rehabilitation. Top athletes also regularly enjoy the outstanding therapies provided at Keidel Thermal Baths.

Freiburg buoyancy therapy – Aqua Relax

Feel weightless and mindful under therapeutic guidance. Available as individual or group therapy.

Rheuma-Liga functional training

20-minute sessions available on prescription. Entry to thermal baths available at an additional fee.

Connective tissue massage

Full-body massage

Lymphatic drainage massage

Natural fango

Mud pack using local volcanic mud.

Physiotherapy

- General physiotherapy
- Manual therapy
- Physiotherapy on neuro-physiological basis
- Trigger point therapy
- Treatment of CMD
- individual aquatic treatment sessions, e.g. McMillan
- Physiotherapy machine

Aquatic physical

Available as individual or group therapy.



Cosmetics – pampering treatments for hands and feet

Enjoy radiant and perfectly groomed nails and feet. In our cosmetics area, we offer a variety of beauty and care treatments for women and men. From classic manicures to luxurious frost glow facial treatments.

Visit www.keideltherme.com to explore our full range of services and book your appointment.



Good to know



High-quality & organic natural products



Out of respect for nature, we consciously use high-quality and sustainable products in our cosmetic and wellness treatments.

Pure-Nature-Oil-Peeling-Salz

Pure Nature Oil Peeling Salt transforms every application into a wellness experience: pore-cleansing, supple and smooth skin thanks to fine grains and valuable minerals.



Bergila

Bergila natural products stand for the highest quality and purity: traditional craftsmanship combined with modern science. 100% natural for natural, effective and sustainable care.



Bomo Design – Sustainability with style: Lost property becomes unique items

Every month, three bathtubs full of lost property are left behind at our spa - from towels and swimwear to bathing shoes.



Once the legally prescribed retention period has expired, the materials find their way to the idyllic Münsertal valley. There, Beate Ortlieb from BoMo Design transforms the old fabrics from BoMo Design into high-quality, sustainable and, above all, unique products.

The product range is constantly growing, with new, practical products being created all the time. Whether soap bags, cleaning pads or bath mat bags – each piece is unique.



All unique items are available exclusively at Keidel Therme.

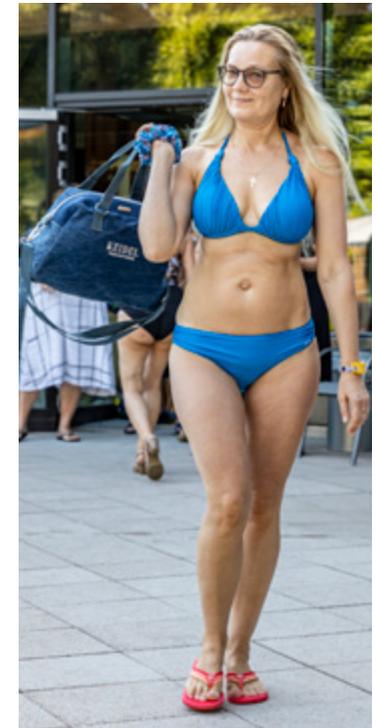


Swimwear for strong personalities up to size 56

Fashy's mareblu swimwear scores with exclusive materials, fresh designs and cheerful colours. Whether at the beach or by your pool at home, it shows you at your best. mareblu is made from 100% recycled polyamide – recycled material from trawl nets and marine waste – thus contributing to environmental protection and nature conservation.

Discover your new favourite swimwear for both women and men when you visit our thermal spa!

Also available with breast prostheses.





BRAUEREI GANTER: SO SCHMECKT FREIBURG!

Wir haben es uns zur Aufgabe gemacht die Vielfalt und das Lebensgefühl der Region in die Gläser der Freiburger zu bringen und brauen seit 1865 mit Liebe und Leidenschaft unsere Biere.



Einblicke in die Brauerei, Aktionen & mehr entdeckst du bei Instagram @brauereiganter

Cosmetics



GANTER
Freiburger Braukultur



KEIDEL

im Vollmond



Das besondere Event-Erlebnis mit GANTER Magisch Dunkel
gebraut in der Vollmondnacht

An jedem Vollmond!



GANTER
Freiburger Braukultur

KEIDEL
FREIBURGS THERME

Partner of sport

We stand for relaxation and regeneration amidst the idyllic nature of the Mooswald forest.

As a retreat for body and mind, we create the ideal conditions for recharging your batteries and rediscovering your inner balance – an invaluable respite, especially for ambitious athletes.

Together, we stand for peak athletic performance – on the field and beyond.



Cooperation & Partners

Networked, visible and authentic – our cooperation partners transform relaxation into an experience – beyond wellness. Together, we create high-quality offers, innovative treatments and sustainable well-being for our guests.





Notes

Thermal baths

Please remove all jewellery and glasses as metal may react with thermal water.

Suitable swimwear

Swimwear with a high spandex content is recommended in thermal water.

Children

Children under the age of 12 must be supervised by an adult at all times.

Sauna

Textile-free area

If you wish to use the sauna, please bring a cotton towel large enough to sit or lie on during your visit.

Clothed area –

Restaurant & Bistro “extra”

Please wear a bathrobe or similar clothing in this area.

Bathrobe and towel hire

Available at reception (subject to a fee).

Please respect our visitors’ privacy

Do not use smartphones or tablets. Photography and filming are prohibited.

Children

Children under the age of 4 are not permitted in the sauna area.

Daily sauna infusion times

See the signs in the sauna area for the daily schedule.

Aqua and non-aqua fitness

Fitness and exercise classes

Find schedules and prices on our website. Book your class at www.keideltherme.com or simply on site during your visit.

A clever combination – our Class & Thermal Baths rate

Want to enjoy the thermal baths after your class? Take advantage of our Class & Thermal Baths rate and book a time slot. For more information, visit www.keideltherme.com.

Health & well-being

Spa and therapeutic services

Appointment required.

Treatment options on prescription

Ask your doctor if thermal water can be included in your treatment. Our therapies can be billed to most statutory and private health insurance companies with a doctor’s prescription.

Cosmetic treatments

Tailored to women and men

Finish off your relaxation programme with one of our cosmetic treatments. More information at www.keideltherme.com

Food & drink

Restaurant & bistro “extra”

Whether a snack, a full meal or coffee and cake, here you’ll find everything to nourish your body.

Sport bar – experience live events

Watch football, tennis, Formula 1 and more. You won’t miss anything in our sports bar.



Gift vouchers & value cards

Gift moments of well-being

Whether for our thermal baths, sauna, health and well-being or fitness offerings – with a voucher or value card for the Keidel Therme, you’re giving the gift of joy! Available in our online shop or directly from our reception.

Accessibility

Inclusive environment

The Keidel Thermal Baths are barrier-free. Entrances and exits are equipped with ramps, and the disabled changing rooms, as well as toilets and showers, are wheelchair-accessible.

Directions

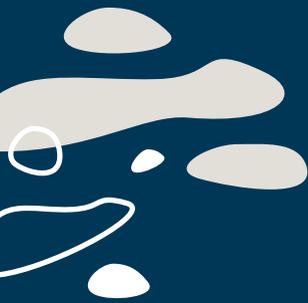
How to get to us

You can reach the Keidel Thermal Baths with the VAG bus line 34 from the Munzinger Straße stop. By car, you can reach us via exit Freiburg-Süd on the A5 motorway. Detailed directions are available at www.keideltherme.com/information

Contact and appointments Interested in our services?

Find out more on our website or make an appointment by calling +49 761 2105 850 or emailing info@keideltherme.de

We are looking forward to your visit!



Our opening hours are available at
www.keideltherme.com

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