



Sauna – Wellness – Schönheit
Im Kurviertel Bad Kreuznach

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Information by phone on +49 (0)671 991430 or at
www.bad-kreuznach-tourist.de

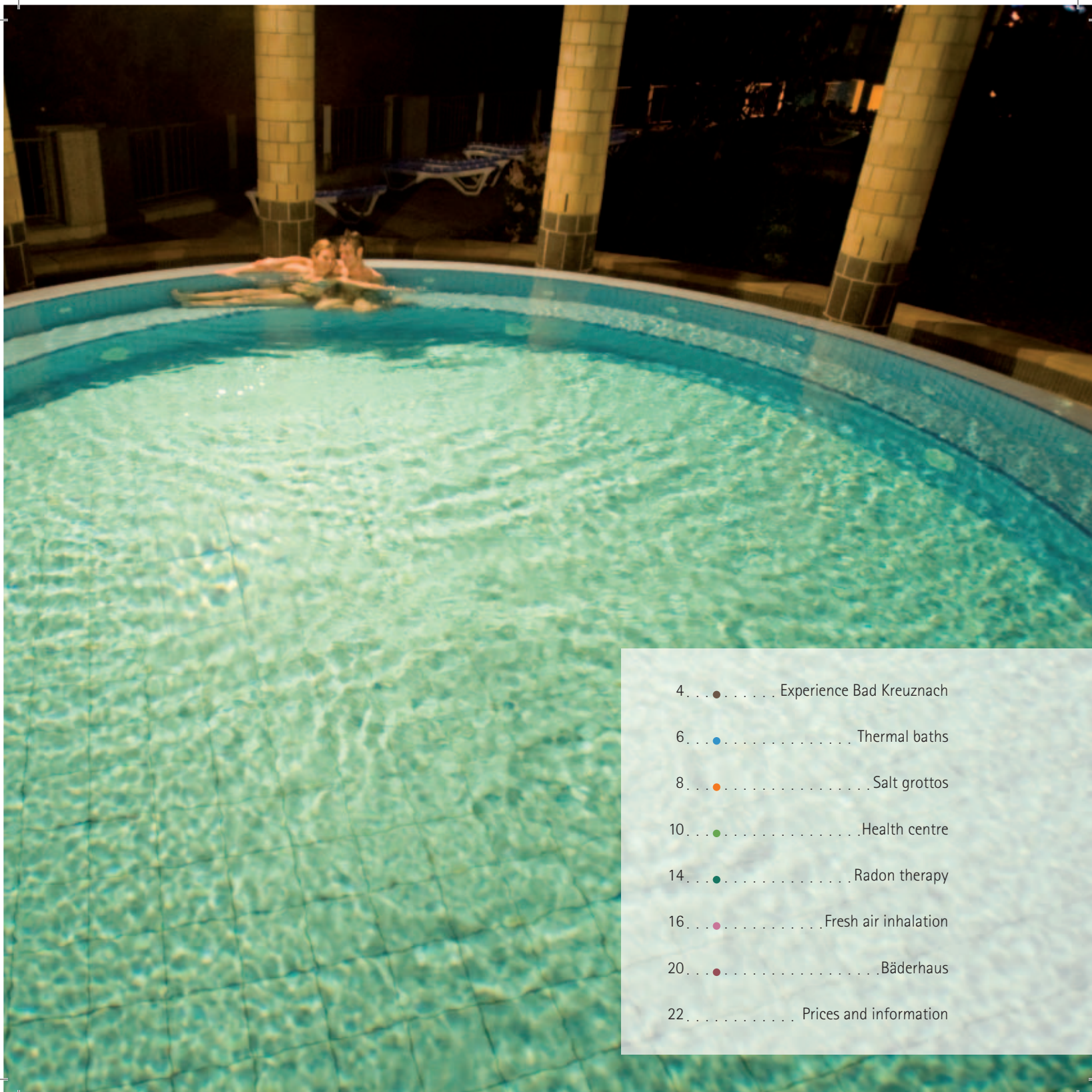
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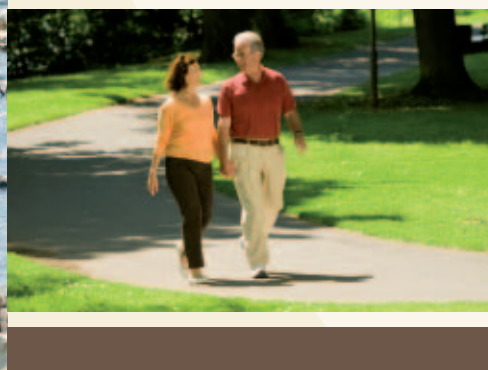
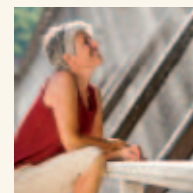
Enjoy staying healthy.

Thermal spas, treatments, recovery
and relaxation in Bad Kreuznach.





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Your (healthy) holiday in one resort

Enjoy carefree holidays

Spend your holidays in a charming landscape, actively relax, enjoy easy-going pleasure and use the health expertise to improve your physical fitness and quality of life - all of this can be accommodated in Bad Kreuznach.

All these can be directly combined with each other in the spa resort itself or are just a few steps away. As a result, you can conveniently enjoy a spa and health holiday or treatment in the spa resort without having to go very far.

Don't miss out on the other wonderful aspects of the town: cycling tours through the Nahetal valley, walks through extensive parks, shopping sprees, a lovely stop for a bite to eat in the old town, museum visits and much more.

We are happy to provide you with information about all these offers and package deals.

Just ask us!



Bad Kreuznach Tourist Information

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Bathing pleasure in salt water and fresh water

Recover from everyday life

In the **crucenia thermal baths** you can relax away from everyday life in a peaceful atmosphere. Enjoy the ca. 33 °C warm, healthy salt water in two inside and one outside pools. The salt concentration is roughly 1.5 %. You can also swim a few lengths in the large fresh water pool at 30 °C.

Relaxation and sunbathing

In nice weather, the large sun terrace with a view of Nahe and the Kauzenberg mountain invites you to relax and sunbathe. The quiet areas and solarium offer you an alternative on rainy days.

Aqua fitness – water aerobics to music

Maintain your health and improve your fitness with Aqua fitness. The water is not only gentle on your joints but also strengthens your muscles due to the natural resistance of the water. In the thermal baths, there is aqua fitness to all kinds of music from classic to rock – an effective workout for both the body and mind.

Participation is included in the entry price, is led by a qualified instructor and does not require registration.

Have fun!



Holidays just like by the sea

Improve your health

Use the qualities of **Dead Sea Salt**, to improve your well-being and health. Inhale deeply in the **crucenia salt grottos** and experience the same relaxation for body and mind as on a holiday by the sea.

The pure, ionised air in the crucenia salt grottos improves general well-being and positively influences the healing process for many diseases:

- Lung and respiratory illnesses
- Allergies
- Cardiac and vascular diseases
- Digestive problems
- Skin complaints
- Dysfunctions of the vegetative nervous system
- Stress



Health and spa bath

Extensive therapeutic treatments for your health

The **Crucenia Health Centre** offers a whole range of therapeutic treatments both privately and within health insurance benefits.

These therapies are possible as part of outpatient health or spa treatments and as preventive measures.

For local therapies such as healing mud or salt water baths, you need a referral from a Bad Kreuznach spa doctor.

The following physical therapies are available at the Crucenia Health Centre. They all require a **doctor's referral**.

- Healing mud pack
- Medical bath treatments
- Bath with healing waters (Kreuznach salt water)
- Whirlpool baths with or without healing waters
- Carbonated baths with or without healing waters
- Four cell galvanic bath
- Galvanic bath
- Contrast bath
- Full and partial massage
- Connective tissue massage
- Lymph drainage
- Colonic/Segment/Periostium massage
- Breathing exercise
- Physiotherapy
- Manual therapy
- Kintotheapeutic baths alone or in a group
- Electrotherapies
- Individual inhalation with healing waters or inhalation additives according to medication list
- Radon inhalation
- Cryotherapy in the cryogenic chamber



Personal fitness training

The aim is long-term success

The **Crucenia Fitness Studio** is committed to the motto „Preventive fitness programme in expert hands“.

This means individual support by qualified personnel. Each individual's needs and requirements are determined for a personal training plan. The aim is to be able to permanently translate this success into your everyday life.

Whether personal fitness analysis, targeted muscle development, stamina training or strengthening of sense of balance, there is always modern and comprehensive equipment available. Including a panoramic view of the Nahetal valley.

You can register or obtain information about the training programmes and equipment on **phone no. +49 (0)671 991564**.

Relax and feel good

The **Crucenia "feel good offers"** combine your visit to the crucenia thermal baths with the Crucenia Health Centre offers. Both buildings are connected by a heated walkway.

Our offers for you:

- Classic aqua fitness in groups or alone
- Beauty treatment baths with healing Rügen chalk, goat's butter, pomace, evening primrose, algae
- Either Relaxing or Stimulating spa baths with bath essences (e.g. melissa, valerian, rosemary or spruce needles), may also be booked as whirlpool baths
- Cleopatra bath
- Full and partial massage
- Reflexology massage
- Aqua massage

Bookings by **phone on +49 (0)671 991430**.



Fight the pain! Radon therapy in the radon tunnel

Unique in Europe

Inhalation therapy in the radon tunnel is unique in Germany. Patients have been trusting the effect of radon therapy in healing tunnels for over 100 years. Rheumatic and chronic pain patients in particular benefit from the healing promoting effect of radon.

Pain associated with rheumatic illnesses can be significantly relieved and even sometimes eradicated by the effect of radon. It is therefore a gentle alternative to taking painkillers.

The one-hour sessions take place at a comfortable room temperature in a generously converted mine and the inhalation room is accessible for the disabled. Therapy is also suitable for patients with circulatory or cardiac complaints.

Treatment in the radon tunnel

Radon is an odourless, tasteless and colourless gas. It emits weak radioactive radiation, which is not dangerous for patients.

The radon concentration in the tunnel air in Bad Kreuznach is over the minimum values stipulated by the German Association of Spas for successful therapy. Nine treatments within three weeks are recommended.

The radiation exposure with nine treatments is roughly the same as the that of a three week holiday in a high mountain region. The treatment in the radon tunnel can be prescribed on its own or to complement other physical therapies.



Breathe freely thanks to the salt water inhalatorium

Fresh breeze for your breathing

A fresh breeze blows in the spa resort's fresh air inhalatorium, right next to the thermal baths. The salt water trickles down the blackthorn hedges of two salt works and evaporates, dispersing salt into the air. A brine nebuliser blows dense salt spray into the surroundings. The salt particles get into the pulmonary tract and have an anti-inflammatory and anti-congestive effect. This means breathing freely in refreshing air.

The deep inhalation by inhalator in the Health Centre for the treatment of bronchial problems is even more intensive. For this, both salt water and other additives are used according to medical prescription.

The inhalation park is open from April to October. It is closed in the winter from November to March.

Toughening up and strengthening

Stimulate your circulation by using the Kneipp facilities with barefoot treadmill combined with the fresh air inhalatorium. A soothing foot bath or stimulating arm bath. Treading water and walking in dew are recommended by Kneipp philosophy for general toughening up and strengthening. The legs should already be warmed up before the treatments, for example by running or gymnastics. The final walk over the barefoot treadmill has the effect of a stimulating foot massage.



Salinental, the saline valley

Free your lungs, free your mind

The vast 1 kilometre long salt works in the saline valley are imposing. Salinental is a huge health landscape with 8,000 square metres of sprinkling area. The evaporation of the salt water has a beneficial, cooling and refreshing effect on the climate in the whole valley. Even in the scorching heat of high summer, the temperatures here are pleasant. It rejuvenates the skin and protects the bronchial tubes. All of this combined with a landscape that also frees your mind of any worries for a while.

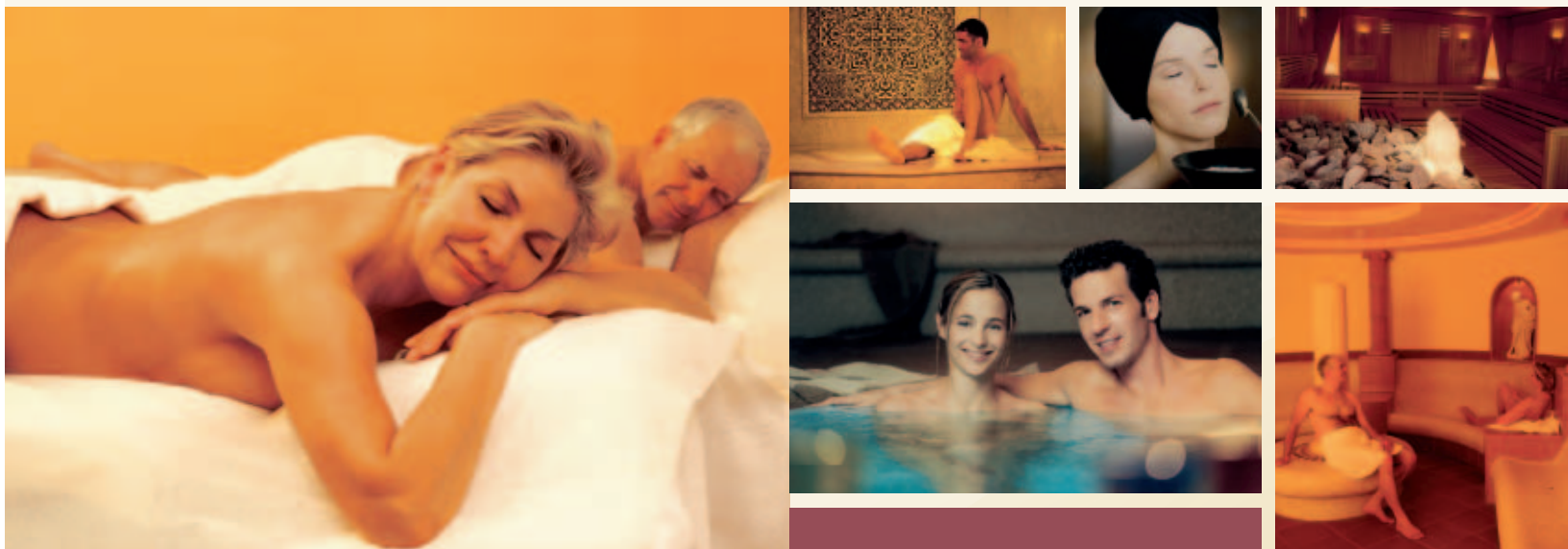
Entry is free. The graduation works are open from April to October and are closed from November to the end of March.

Strengthen your circulatory and immune system

Relief and a natural remedy

Inhalation with salt water is a blessing for your airways. There are a wealth of vitalising micro particles in the salty air. The tiny water droplets in the air, so-called aerosols, are electrically charged. They stimulate the lungs' blood flow and the transport of oxygen into the blood in a totally natural way, a refreshing cure for every cell in your body.

The dissolved salt inhaled through the lungs supports the body's self-cleansing process and strengthens the immune system. Hay-fever, different grass allergies and even asthma can be successfully alleviated by salt water inhalation. The salt water inhalation is above all a natural remedy for bronchial asthma and chronic bronchitis. Inflammation of the mucous membranes decreases, freeing the lungs of unpleasant congestion.



BÄDERHAUS Bad Kreuznach

Holiday for the moment

Leave your everyday life behind you for a moment, take time out for yourself and treat yourself to a relaxing break. Holiday for the moment, alone, together with your partner or best friend, in **BÄDERHAUS Bad Kreuznach**. Here you can let go, chill out and be spoiled.

Four Finnish saunas encourage regeneration and meditation. A tepidarium, laconicum, flower and herbal baths allow the Roman bathing culture to flourish again. You can while away the time at pleasant average temperatures in the Moorish Baths and Hamam. The Alpine pasture on the roof terrace entices you to sweat heartily with a stone and flax steam bath.

The **BÄDERHAUS** gained a new infusion sauna with a view outside and a penthouse pool on the roof terrace in 2010.

Spoilt from head to toet

Enjoy a soap massage on hot stone or a full body peeling in the Scheherazade Baths. Relax with a massage, whether Shiatsu, wellness or Choco massage. Beauty experts will take care of your facial to suit your individual needs. The Collarium is also new, with collagen light therapy that is kind to your skin and the Duo Room for a joint pampering programme.

The spa experience is rounded off with culinary delights in Metzlers CULINARIUM, the small, sophisticated restaurant in the BÄDERHAUS.

Bäderhaus

Prices and information (€)

	Adults
Day ticket	22,00
4-hourly ticket	20,00
3-hourly ticket	17,00
2-hourly ticket	12,00
Evening rate from 6.00 pm	15,00

BÄDERHAUS is a clothes-free zone, i.e. swimwear is not worn.
BÄDERHAUS is closed from 27th June to 10th July 2011.

Also enjoy massages and cosmetic treatments, as well as pampering packages. For example, the BÄDER-HAUS Taster Day with entry, relaxation massage (20 min.) and gourmet salad for 45.00 Euro.

You may book your appointments up to 3 weeks in advance.

Opening hours
Daily from 10 am to 10.30 pm (sauna shuts at 10 pm)
Monday is always Ladies Sauna day, even if Monday is a bank holiday.

Thermal Baths

Up to 4 hours	Adults	Children / Youths (3-16 years)	Spa cardholders
Single ticket	6,50	3,80	6,00
5 multi-ticket	30,00	18,00	27,50
10 multi-ticket	59,00	35,00	54,00

Every additional hour: Adults: 1.50 | Children/Youths and spa cardholders: 1.00.
Children may enjoy free entry on their birthday, upon presentation of ID.
Other prices: Solarium (7 minutes): 2.60
crucenia thermal baths are closed from 11th July to 18th September 2011.

Aqua Fitness (included in entry)	
Mon	10 - 10.30 am
Tues	3 - 3.30 pm
Tues, Thurs, Fri	7 - 7.30 pm
(Except official bank holidays)	

Opening hours
Daily from 8 am to 9 pm (pools shut at 8.30 pm)

Salt grottos

	Adults / Youths (from 16 years)	Adults with one child (up to 8 years)	Every additional child (up to 8 years)	Children (up to 16 years)	Spa cardholders
Single ticket	10,00	8,00	4,00	8,00	9,50
10 multi-ticket	90,00	72,00		72,00	85,50

Each treatment lasts 45 minutes.
Children may enjoy free entry on their birthday, upon presentation of ID.
It is recommended you book in advance.

Opening hours
Daily from 8.30 am to 7.30 pm

Health Centre

Spa treatments		Full-body packages	
Partial massage	15,50	Healing Rügen chalk	17,00
Full massage	27,00	Cleopatra, pomace or evening primrose	22,50
Reflexology	23,00	Algae or goat's butter cream	25,00
Aqua massage	24,75		
Fitness aerobics	23,50		
Aqua Classic (group)	11,85		
Aqua Classic (individual)	29,50		

Spa baths with different essences
Melissa, valerian, rosemary, spruce needles or oils 16,50
Also available as whirlpool bath 19,00

It is recommended that you book two weeks before your visit.

Opening hours
Monday to Friday
From 8 am to 5 pm

Radon tunnel

You can obtain information about radon therapy by phone on +49 (0)671 991430.

Parking for the duration of your visit: (prices do not refer to the Fürstenhof basement car park)
Kurhaus car park: up to 1 hour: 1.00 | up to 4 hours: 2.00
Kurviertel car park: up to 4 hours: 1.00

All prices in Euro incl. VAT.