



THERMEN & BADEWELT SINSHEIM

Thermen & Badewelt Sinsheim – Relaxing Hours in Paradise

Nestled among the gentle hills of the Kraichgau region, Thermen & Badewelt Sinsheim, with its Palmenparadies and textile-free Vitaltherme & Sauna, is the place for holistic wellbeing in the Sinsheim adventure region. Open 365 days a year, Thermen & Badewelt Sinsheim offers a South Seas feeling right in the heart of Germany. More than 400 real palm trees, around 1,000 orchids, two large turquoise lagoons, massage treatments and two immersive wellbeing experiences featuring art installations invite guests to enjoy a day of relaxation. The spa is located in the middle of a nature reserve at the foot of Steinsberg Castle. Architect and spa founder Josef Wund took this unique setting into account when planning and constructing the building. The distinctive glass façades create a light-filled atmosphere and offer views of the expansive, lush surroundings from every location. In summer, guests can enjoy their visit under the open sky thanks to the retractable panoramic glass roof.

Highlights

- 400 real palm trees
- Open 365 days a year
- 13 themed saunas
- Koi Sauna: the world's largest sauna
- Self-propelled sauna boat
- Immersive Horizon "Breathing Planet"
- Tropical Sauna "Immersive Sound Experience"
- Mineral pools with health benefits
- Paradise Beach with outdoor pools and beach bar

Vitaltherme & Sauna

The 4,000 m² textile-free Vitaltherme & Sauna welcomes guests aged 16 and over and features a total of 13 different themed saunas with daily infusions at varying intensities. All fragrance compositions are made exclusively from natural essential oils.

The world's largest sauna:

At 166.6 m², the Japanese-style Koi Sauna is, according to Guinness World Records, the world's largest sauna. Particularly popular is the singing bowl infusion, which offers views of the koi fish as well as the Kraichgau landscape and Steinsberg Castle through a large panoramic window.

Cinema Sauna:

In the newly designed Cinema Sauna, visitors can sweat at 60 °C while watching short films and nature documentaries on a large screen. State-of-the-art projection technology, the latest sound precision and a new interior design allow guests to immerse themselves in new visual worlds and combine their sauna session with a unique cinema experience.

Sauna Boat Freya:

Since 2021, the world's first self-propelled sauna boat has been operating on the spa's own natural lake. It is 12 metres long and weighs around 12 tonnes. Every day, 15-minute panoramic cruises with sauna infusions and BLUPHORIA ceremonies take place at 75 °C. The experience can be booked on site or in advance via the BLUPHORIA app.

Tropical Sauna:

The Tropical Sauna features an immersive audio art installation, the "Immersive Sound Experience". The movements and sounds of the birds in the aviary are transformed by AI into a constantly evolving soundscape that never sounds the same twice. The musical composition also adapts to the different times of day. The interplay of 360° speakers and the AI composition created by artist Micah Silver (Polytope) is designed to encourage guests to focus on listening. The immersive experience also has a neurophysiological aspect: while listening and observing the birds and garden, the mind begins to create new patterns of thought and feeling.

Event Sauna:

For many sauna guests, a highlight is also a visit to the 80 °C Event Sauna Euphoria. The sauna masters stage the infusions like theatrical performances, playing with music, lighting and towel-fanning techniques. Other themed saunas include the 90 °C Holzstadl, the Viennese Coffee House, the Hünenring and the Alhambra, designed in an Oriental-Moorish style. In the outdoor area, the three Wine Barrel Saunas offer panoramic views of the Kraichgau region. Alpenglück, designed in traditional log-cabin style, is the newest outdoor sauna and offers a short getaway to the Alps at 80 °C.

For cooling down, the Vitaltherme & Sauna features the Calla Flower Shower, a plunge pool and an outdoor panoramic pool. In the Vitalnebel steam bath, salt and sugar scrubs with refreshing fragrances are offered. Indoor and outdoor relaxation areas as well as the lagoon with pool bar and bubbling loungers complete the experience. The Sky Lounge EXKLUSIV on the first floor offers loungerservice, special pampering treatments and a view from above across the Palmenparadies.



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Palmenparadies

The Palmenparadies (for guests aged 16 and over; toddlers up to 4 years old are welcome; Saturdays are Family Day with no age restriction) features more than 400 real South Seas palm trees, a 34 °C lagoon with bubbling loungers and a pool bar, as well as a 2,300 m² retractable panoramic roof. Around 500 single and double loungers are available as private retreats and personal relaxation spaces when booked in advance.

Three mineral pools with health benefits:

In three mineral pools, brine, calcium-lithium and selenium develop their beneficial properties at a water temperature of 36 °C. The brine pool, with a salt concentration of 18%, stimulates circulation and skin metabolism. The calcium-lithium pool promotes stress reduction and may help prevent osteoporosis. The selenium pool neutralises free radicals and thus counteracts skin ageing. Several times a day, trained staff offer a varied programme of classes on the Aqua Stage and in the selenium pool, including Aqua Fit, singing bowl relaxation and Watsu. During a visit to the Tropennebel steam bath, guests also have the opportunity to refresh and revitalise their skin with specially prepared salt and sugar scrubs.

Immersive Horizon “Breathing Planet”:

Since summer 2025, Immersive Horizon in the Sky Lounge at Palmenparadies has expanded the immersive offerings at Thermen & Badewelt Sinsheim with a unique multisensory relaxation experience. The ten-minute breathing meditation “Breathing Planet” combines cutting-edge technology, science, art and architecture with mindfulness-based methodology to create an extraordinary journey of slowing down and relaxation. The experience was conceived by the artist collective Marshmallow Laser Feast (MLF), which developed the audiovisual installation based on NASA wind data. These data make the “breath of the Earth” perceptible in an impressive way and create an emotional connection between people and nature. The architectural design was created by atelier522: undulating chrome surfaces, reflective elements and finely coordinated fragrances merge into an immersive space that accompanies the meditation on every sensory level.

Paradise Beach

In summer, Thermen & Badewelt Sinsheim invites guests to enjoy the 2,200 m² Paradise Beach. On warm days, guests can relax on the spa's own beach, enjoy a cocktail at the beach bar or take a pedal boat out onto the approximately 10,000 m² spa lake. The two chilled outdoor pools provide refreshing relief on hot summer days. Paradise Beach is

accessible to guests of both Palmenparadies and the Vitaltherme & Sauna, provided they are wearing swimwear. More than 100 loungers offer the perfect spot to enjoy the sunshine. Exclusive bamboo lounges, canopy beds and sun loungers are also available to book on site.

Massages

The Massage Oasis offers a wide range of wellness massages across three massage rooms, including the classic 30-minute partial-body massage and the Ayurvedic full-body massage. Only alkaline oil is used. Other treatments include neck and aromatherapy oil massages, Lomi-Lomi-Nui, hot stone massages and, as a new addition to the programme, bamboo massage. Massages can be booked in advance for the desired day of your visit with a valid admission ticket. Due to high demand, advance online booking is recommended. The Massage Oasis is open daily from 10:30 a.m. to 10:00 p.m.

About Thermen & Badewelt Sinsheim

Since 2012, Thermen & Badewelt Sinsheim has offered guests a unique wellness experience in the Vitaltherme & Sauna, Palmenparadies and Sports Pool. Highlights across approximately 15,000 square metres include 13 themed saunas, 34 °C warm water in the lagoons, various health pools, more than 460 real South Seas palm trees, 1,000 orchids, Paradise Beach with a beach bar and two outdoor pools, as well as the retractable panoramic glass roof. Thermen & Badewelt Sinsheim is part of Therme Horizon, a joint venture between Therme Group and CVC Capital Partners and an operator of thermal spas and bathing facilities in Germany and Romania, including Therme Erding, Therme Euskirchen, Badeparadies Schwarzwald and Therme Bucharest.

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