Like a Day at the Sea

2019/2020
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Regeneration, vitalisation, relaxation, care, healing: Bavaria’s hottest and strongest thermal salt water spring is a natural phenomenon which is immensely beneficial for body, mind and soul. Are you ready to dive in?

Along the banks of the Upper Main, where millions of years ago a tropical primordial sea covered the landscape, green hills and valleys now roll as far as the eye can see. But the sea is still there! It bubbles up from the earth, from a depth of 1,600 metres, with 12 percent mineralisation and a temperature of 52 degrees Celsius.

100 times
The concentration of soluble mineral material in our water is almost one hundred times greater than the minimum value necessary for it to be certified as healing water - the active effects of salt and salt water on people are enormous.

15,000 m²
An experience for all the senses that is second to none: our PREMIUM SAUNALAND is unrivalled in terms of size, variety and beauty.

12/52°
Beneficial WELLNESS and BEAUTY treatments await you in our Day Spa, wonderfully combined packages and our own “12/52°” care range with precious primordial salt water ingredients.

150 %
Our therapists’ professional and personal commitment guarantees that all the physical healing procedures and preventative treatments we offer are administered flawlessly.
“Salt on the skin, happiness for the senses.”

Almost 3,000 m² of water, spread over 25 indoor and outdoor pools and a natural swimming lake, are just waiting to do you a power of good. Regardless of whether you simply want to drift away or improve your mobility and fitness with our free activity programme: A day at Obermain Therme is like a short break at the sea – it leaves you feeling more balanced, energised and beautiful. And happy into the bargain!

Bathing in salt water does something really wonderful: It makes us feel like we’re floating. Not just in a physical sense; it even slows down our nervous system. Our stress and worries literally float away making EVERYTHING SEEM A LITTLE BIT LIGHTER ...
“Such soothing sweating.”

We have continuously expanded our award-winning Premium SaunaLand over the last few years and simply multiplied its recreational value. Roughly 15,000 m² now include 11 themed saunas, luxury relaxation and lounge areas, a huge natural swimming lake and something very, very precious: the guarantee of an enjoyable sauna experience in a class of its own.

It’s not uncommon to feel like you’ve been born again after a visit to a sauna. **SALT WATER CAN INTENSIFY THIS EFFECT EVEN MORE!** The salt nebulised in our Suola sauna’s graduation house clears the airways and helps us breathe deeply. This gives our metabolism and mind an extra boost – and an abundance of new energy.
“White gold and golden hours.”

Beauty comes from the inside? Yes. To be exact, from a depth of 1,600 metres. That is namely where our thermal salt water and its unique mineralisation has its spring. We also use the power and effect of salt and salt water for a number of our spa treatments, which all revolve around relaxation, beauty, skin care and pleasure – and ultimately around your well-being.

The powerful effect of “White Gold” is also good for our skin. The minerals contained in salt care for, refine, firm and detoxify skin and can even alleviate skin problems like neurodermitis or acne. The skin looks regenerated and revitalised, is wonderfully soft and radiantly beautiful – and we are too!
Concession entry price: only applies to groups of 20 people or more or severely disabled people with an “aG”, “BI”, “H” disabled badge.

Children under the age of 6 are not allowed in our facility. Children from 6 to 9 years may visit the ThermenMeer accompanied by an adult and upon presentation of a medical certificate. In general, children may visit the SaunaLand only from the age of 10 and when accompanied by an adult.

If you stay longer than the time you booked, you will be charged the next higher admission fee.

With a valid DB or VGN public transport ticket, you receive € 1.00 discount off the regular price when you purchase your entry ticket. One discount only per guest.

HAPPY BIRTHDAY!
Everyone has free admission to the ThermenMeer and SaunaLand on their birthday if they present their ID.

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Arrive relaxed – the train station is just a 3-minute walk away.