



*Like a Day at the Sea*

2021

OBERMAIN THERME

# Like a Day at the Sea...

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.



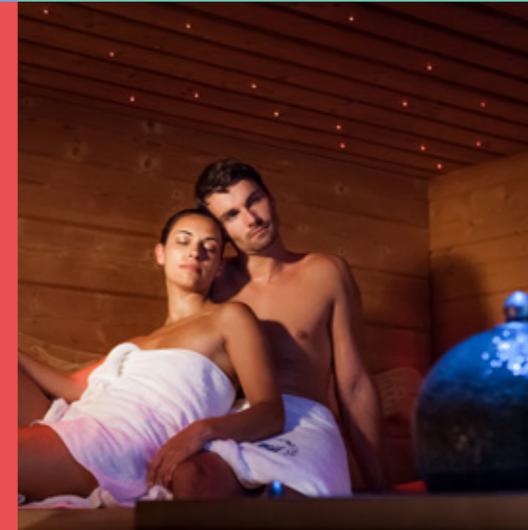
## 12/52°

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.



## 15,000 m<sup>2</sup>

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



## 150 %

Our therapists' professional and personal commitment guarantees that all the physical healing procedures and preventative treatments we offer are administered flawlessly.



## THERMENMEER

*“Salt on the skin,  
happiness for the senses.”*

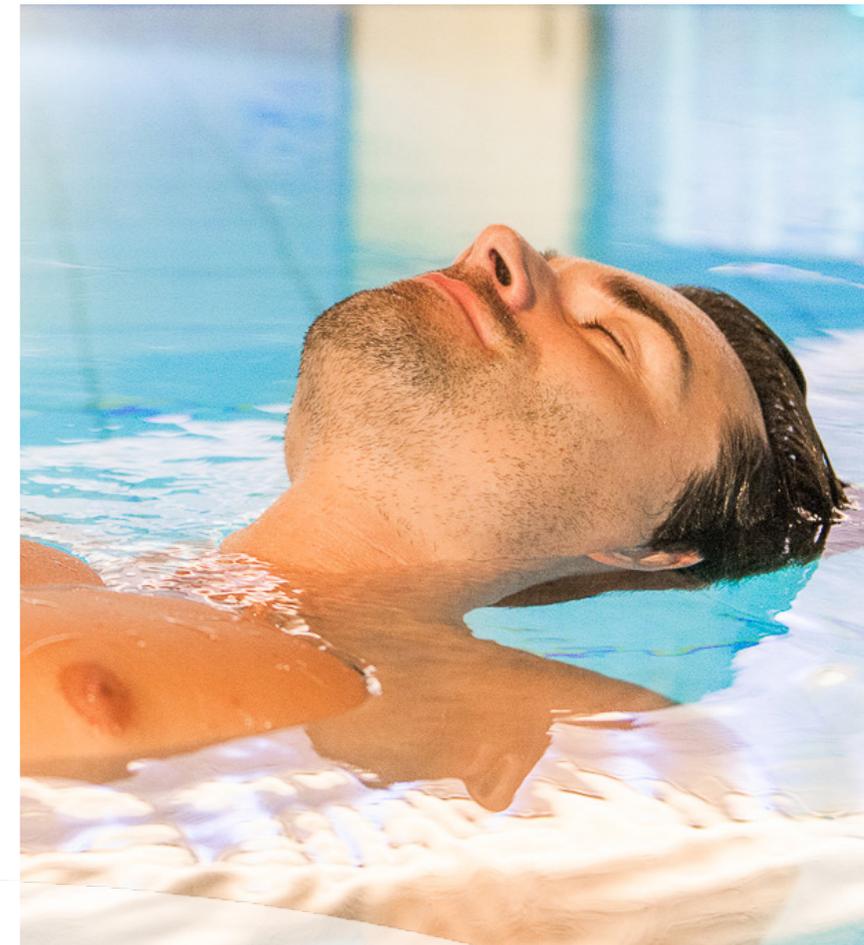
Almost 3,000 m<sup>2</sup> of water, spread over 25 indoor and outdoor pools and a natural swimming lake, are just waiting to do you a power of good. Regardless of whether you simply want to drift away or improve your mobility and fitness with our free activity programme: A day at Obermain Therme is like a short break at the sea – it leaves you feeling more balanced, energised and beautiful. And happy into the bargain!



## *So light*

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 ...**





## SAUNALAND

*“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 m<sup>2</sup> 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.

★★★★★  
**SaunaPremium**  
DEUTSCHER SAUNA-BUND

*So invigorating*

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.



## SPA & BEAUTY

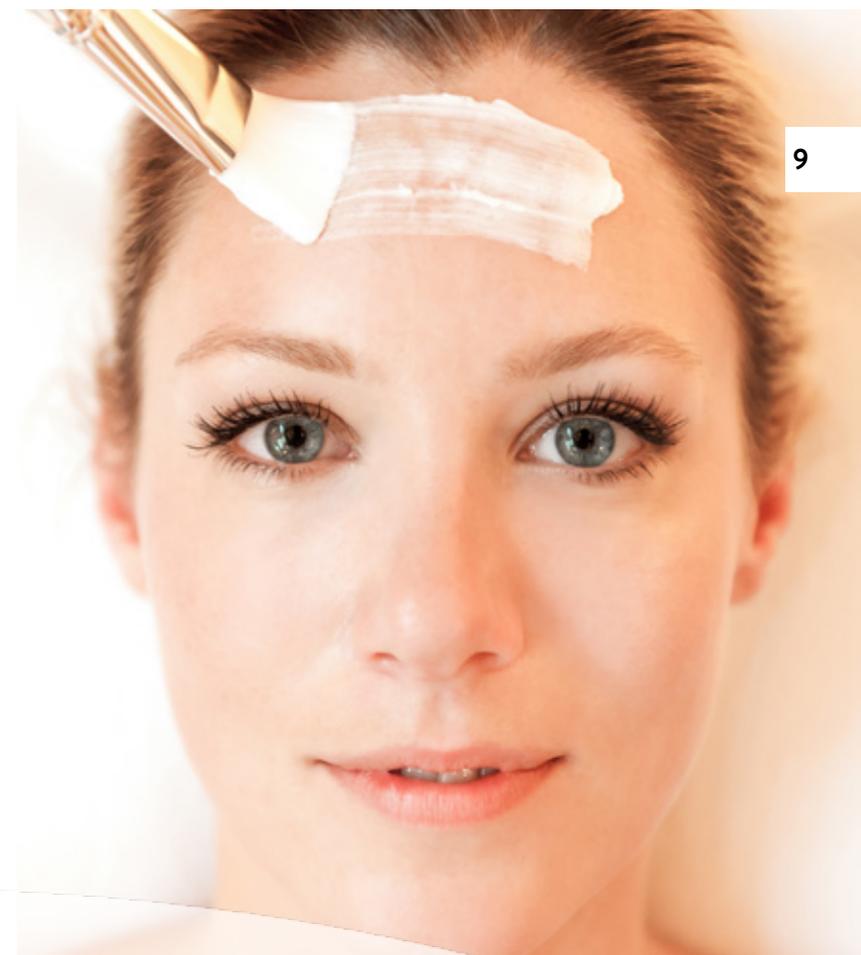
*“White gold  
and golden hours.”*

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.



*So powerful*

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!





## ADMISSION FEES

### ThermenMeer

	Single ticket	Concession
2 hours	€10.00	€9.00
3 hours	€12.00	€10.80
4 hours	€14.00	€12.60
Day ticket	€16.00	€14.40
Valid for stays of 4 ½ hours or more		
Happy hour	€7.00	
90 minutes before the baths close		

### Sauna supplement

Hourly rate	€7.00
Day ticket	€10.00

### ThermenMeer including SaunaLand

	Single ticket	Concession
2 hours	€17.00	€15.30
3 hours	€19.00	€17.10
4 hours	€21.00	€18.90
Day ticket	€26.00	€23.40
Valid for stays of 4 ½ hours or more		

### Advantage cards

Discount off regular admission fees

Value €50	5.0 % discount
Value €100	10.0 % discount
Value €250	12.5 % discount

Hire	Fee	Deposit
Bathrobe	€6.00	€40.00
Badetuch	€4.00	€10.00

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

**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.

  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.

All prices in this brochure are per person and include statutory VAT, unless stated otherwise.

## OPENING HOURS

### ThermenMeer

Daily	8 a.m. – 9 p.m.
Thu, Fri, Sat	until 11 p.m.

### SaunaLand

Daily	9 a.m. – 9 p.m.
Thu, Fri, Sat	until 11 p.m.

### Therapiezentrum

Mon – Fri	8 a.m. – 4 p.m.
Treatment times	until 7 p.m.

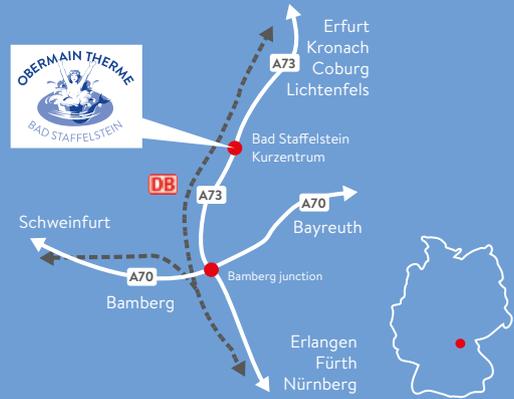
**Admission:** up to 1 hour before the baths close. The pools shut 15 minutes before closing time.  
Closed on 24 December. Open on New Year's Eve until 5 p.m.



**HAPPY BIRTHDAY!**

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

+++ Our opening hours may change subject to the current protection measures for SARS-CoV-2. Before your planned visit, please get the latest information on [www.obermain-therme.de](http://www.obermain-therme.de) +++



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

As of: 1 January 2021, subject to changes without further notice.