



  
CLAUDIUS  
THERME

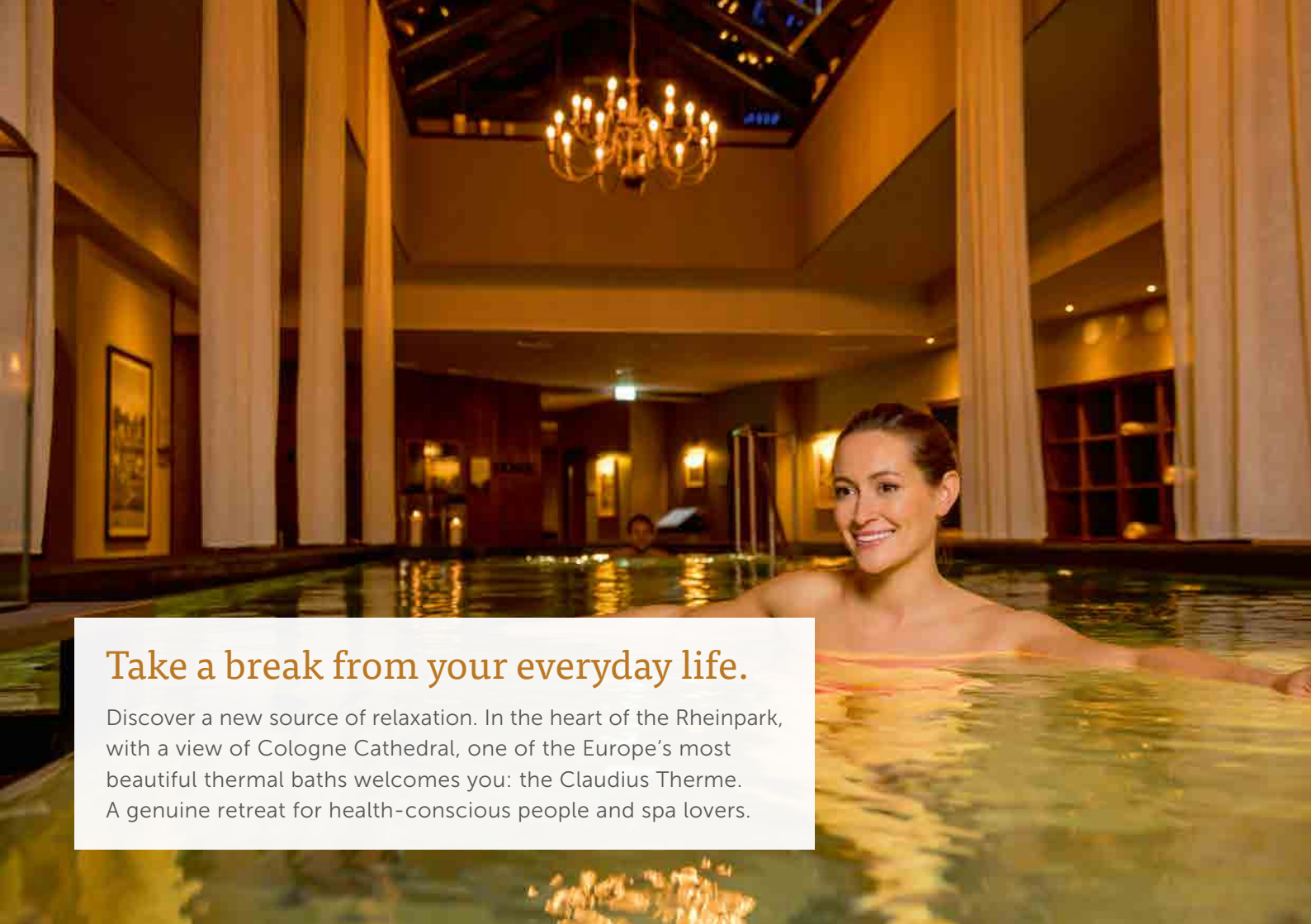
Health, leisure, pleasure.

In the heart of Cologne's Rheinpark.



In the heart of Cologne's Rheinpark.

Our panorama sauna with a view of the cathedral.

A woman with brown hair tied back is smiling and relaxing in a large, indoor thermal pool. The pool is surrounded by tall, white columns and a high ceiling with a large, ornate chandelier. The water is calm, reflecting the warm lights of the interior. In the background, another person is visible in the pool, and the architecture features a mix of modern and classical elements.

## Take a break from your everyday life.

Discover a new source of relaxation. In the heart of the Rheinpark, with a view of Cologne Cathedral, one of the Europe's most beautiful thermal baths welcomes you: the Claudius Therme. A genuine retreat for health-conscious people and spa lovers.





## Discover our thermal baths.

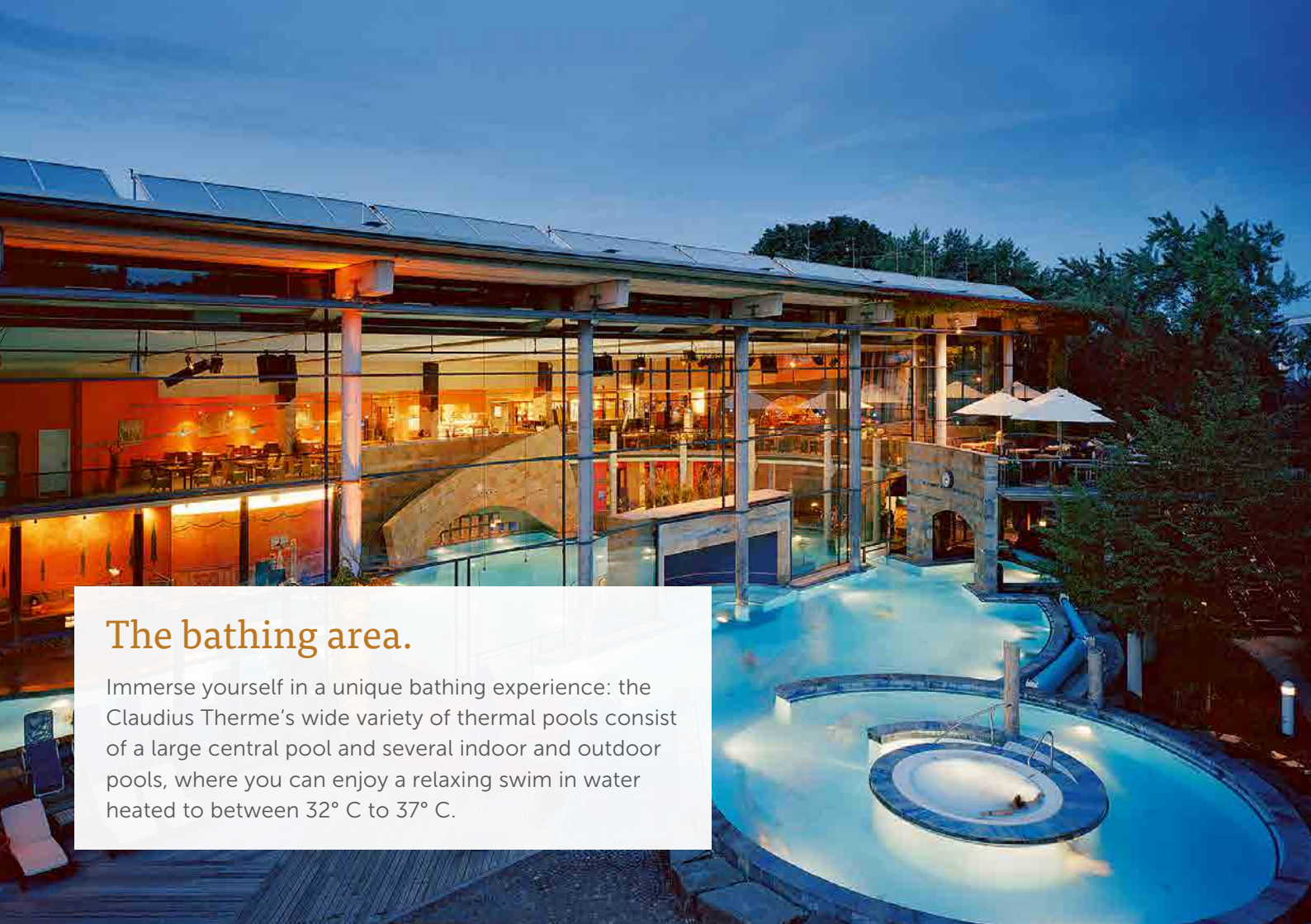
Whether you're more of a fan of classic thermal baths and spa treatments or are looking for the amenities of modern spas, our large complex offers you a wide range of traditional and modern wellness options. Whether you opt for the medicinal water, bathing and sitting pools, whirlpools, drinking fountains, hot/cold grotto, massage jets, bubble loungers, neck showers or counter current channel, you'll be bathing in health, as the healing effects of the warm thermal water are state accredited.





## The medicinal water. Unique and state-approved.

The thermal mineral water is brought to the surface as a 3% brine from the underground Laacher See lake by in-house wells. As a drinking therapy, it relieves gastrointestinal complaints; as a bathing therapy, it reduces rheumatic complaints and helps against symptoms of disc or joint disease. It has a positive effect on hypertension, circulatory problems and stress disorders. It activates enzymes and stabilises bone structure.



## The bathing area.

Immerse yourself in a unique bathing experience: the Claudius Therme's wide variety of thermal pools consist of a large central pool and several indoor and outdoor pools, where you can enjoy a relaxing swim in water heated to between 32° C to 37° C.





## Bathing area attractions.

We offer free water gymnastics sessions several times a day.

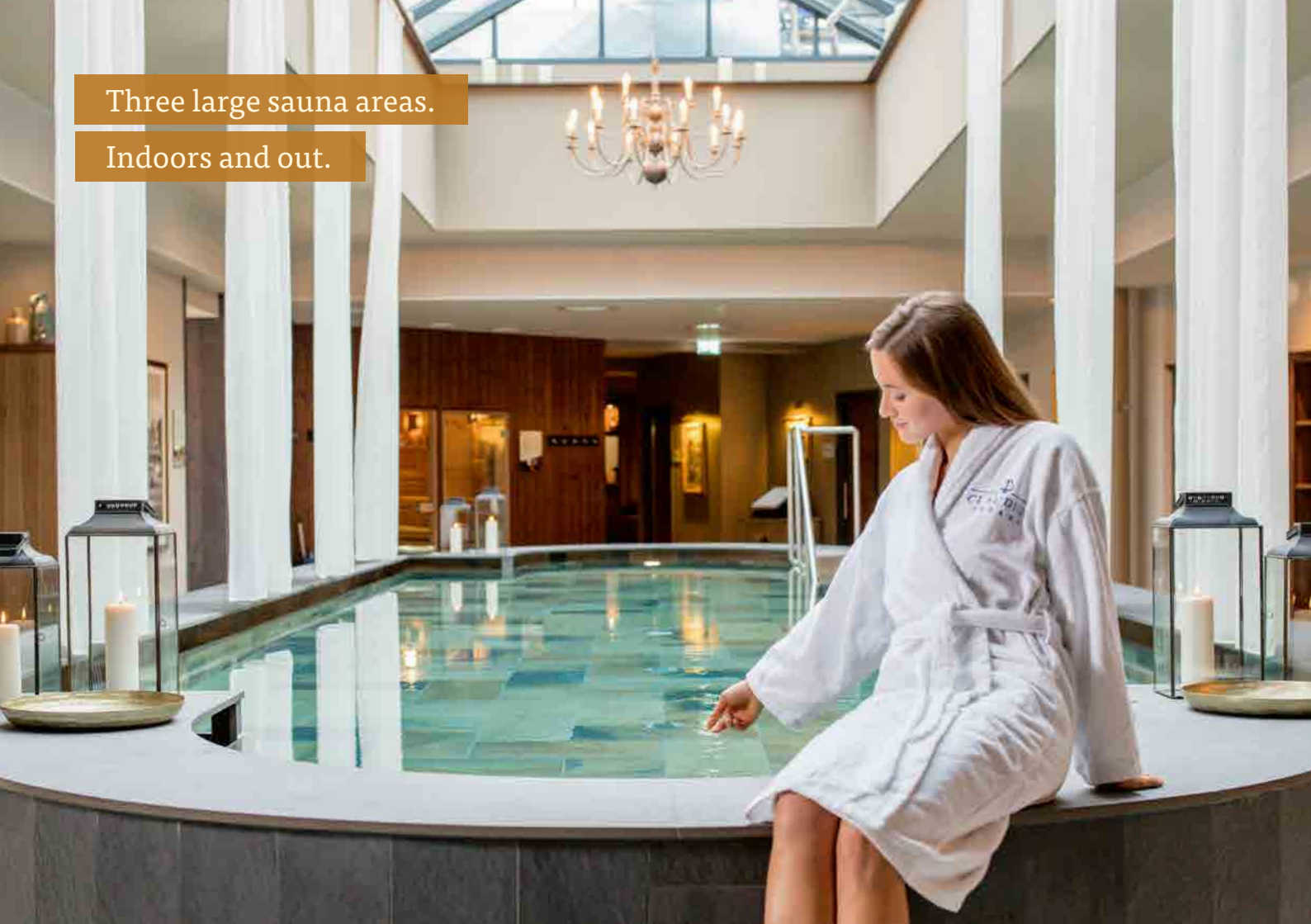
Our Aquafit prevention course is subsidised by statutory health insurance companies. In the evenings and at weekends, underwater music with calming light, colour and sound effects will help you relax. Uniquely beautiful: the flotation pool in the Rose Terraces.

You can enjoy weightlessness in a 15% brine enriched with salt from the Dead Sea. And to ensure that you can also relax beyond our bathing area, our relaxation rooms, sunny terraces and sunbathing lawns offer you plenty of space for a relaxing stay.



Three large sauna areas.

Indoors and out.







## Warmth. Wellness. Well-being.

The sauna areas of the Claudius Therme offer you a complete variety of sauna experiences:  
our indoor sauna area with the unique panorama sauna with a view of Cologne Cathedral,  
the Rose Terraces with an outdoor pool,  
and our sauna village with an original Russian banya.

Linger a while to enjoy some wonderful moments of peace and relaxation  
and unwind with our various Aufguss sessions and rituals.



Meditative sound journey.

With Tibetan and Indian singing bowls.



## Rituals and ceremonies.

We offer you a broad variety of different Aufguss (= literally "onpouring") sessions at regular intervals. The wide range of ceremonies extends from classic salt and honey or fruit Aufguss sessions to body scrubs and our banya ritual.

Or enjoy the meditative effect of the singing bowls and accept our invitation to join us on a journey to bring harmony to body, mind and soul.

We offer wellness Aufguss sessions especially for women.





Peace and privacy.

In our Day Spa Suite.





## Private relaxation for two.

Enjoy a special time-out together and retreat to the exclusive atmosphere of our Day Spa Suite. Enjoy treatments and bathing rituals with your partner, accompanied by culinary delights and champagne.

Relaxing rituals for two.

Double the pleasure.







## Day Spa packages.

Treat yourself to the luxury of your own private spa suite!  
Includes two day tickets, the loan of two sets of bath linen (one bathrobe and two sauna towels each) and a visit to the flotation pool.

### Day Spa packages “Rose Magic”

Start your time together with a soothing bath. We also serve a chilled bottle of champagne and small culinary delicacies. Soft drinks and tea are available for the rest periods. The length of stay is 60 minutes.

### Additional bookable extras

Two aromatic oil massages (25 or 50 minutes) - Your stay in the Day Spa Suite is then extended to 120 or 150 minutes.

### Extension Day Spa

In addition to the massage times, you can also extend your stay in the Day Spa Suite.



## Cosmetics.

We use high-quality skincare products, which are perfectly matched to the needs of your skin.



### Hanakasumi body treatment

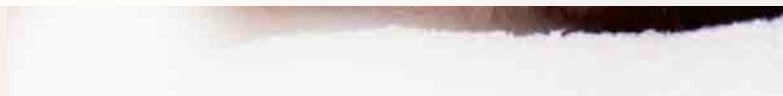
This unique care ritual is inspired by the Japanese bathing tradition. The body scrub with gloves or cloths is followed by a relaxing full-body massage with the delicate scents of cherry and lotus blossom.

### Facial treatment

Gentle cleansing, facial scrub, rich cream mask, ampoule and moisturizing finishing treatment

### Additional extras for you to book

Cleansing | eyebrow correction | eyelash or eyebrow tinting | soothing massage of face and décolleté | special face mask with an intensive vitamin or mineral serum





## Relaxing massages with aromatic oil.

On nice, warm days we also offer some massages in our massage pavilion in the sauna garden.



### Aromatic oil massage

Balancing, gentle massage strokes and fragrances selected for you harmonize and relax your body and soul. We offer partial and full body massages.

### Fascia massage

Fascia massage is a manual treatment of the collagenous connective tissue. Specific grips and techniques are used to loosen fascia adhesions and the connective tissue can be restored to its optimal condition.

### Foot reflexology massage

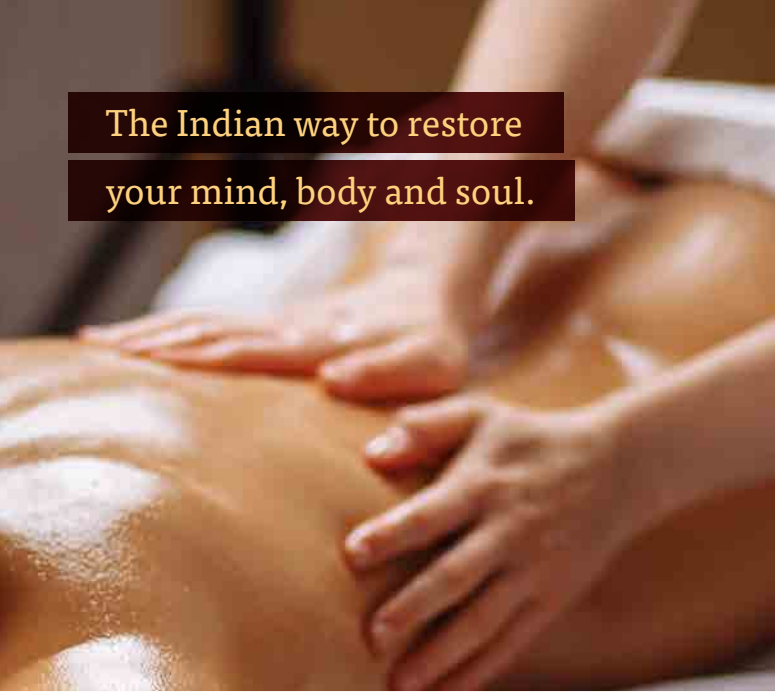
Targeted stimulation of the reflex zones on the feet activates individual organs and improves the natural balance of your mind and body.

### Deep tissue massage

Targeted, classic massage techniques allow your muscles to regain their strength.







The Indian way to restore  
your mind, body and soul.



## Ayurveda. Knowledge of life.

Ayurvedic massages with warm herbal oils  
provide you with inner peace.

### Abhyanga Ayurvedic oil massage


During a traditional massage, your entire body is gently massaged with warm oil. Fluid grips and strokes promote inner warmth. This holistic treatment has a regenerating and mentally harmonising effect.

### Ayurvedic head, neck and facial massage

With gentle strokes and warm oils, your mind is calmed and your body's energy is made to flow again.

### Ayurvedic back and leg massage

This energy massage is performed gently and carefully and helps to detoxify and harmonise your body.





## Exotic treatments for your well-being.

Traditional spa treatments.

### Fire & Ice Massage

This special form of the classic "hot stone massage" from Asia is used to heal muscle and joint complaints. With specific gripping techniques and warm basalt stones, your muscles are gently loosened and energised by cold stimuli.

### Lomi Lomi Nui Massage

A "Hawaiian temple massage". Its roots lie in the island's art of healing, which regards the body as the temple of the soul. Enjoy flowing movements, which are mainly performed with the forearms, and experience a holistic harmonisation of your body's own energies and healing powers.





## Spa packages.

Switch off and enjoy – sometimes  
it's the little moments that count.

Let yourself be thoroughly spoilt and enjoy four relaxing hours in our thermal spa and sauna facilities (can be extended on request). You can also relax with an aromatic oil massage (25 or 50 minutes) and a visit to the floatation pool. A set of linen for the duration of the visit (a bathrobe and a sauna towel) are also included in this package.





## Relaxation days.

All-round indulgence – feel good  
for a whole day.

Enjoy a whole day in our thermal spa and sauna complex. Start with a delicious breakfast buffet including a glass of secco. Let yourself be spoilt afterwards with an aromatic oil massage (25 minutes). A visit to the flotation pool rounds off your wellness experience. A set of linen on loan for the duration of the visit (a bathrobe and a sauna towel) are also included in this package.

### Additional extras for you to book

Extension of the aromatic oil massage (50 or 70 minutes)





## Eat. Drink. Enjoy!

Our three dining areas with two outdoor terraces invite our bathing and sauna guests to eat, drink and enjoy themselves.\* In our "Eau de Cologne" restaurant, external guests can also indulge themselves in stylish atmosphere with a view of Cologne's Rheinpark.

\* A bathrobe must be worn in all restaurant areas.

An architectural gem.

The Rose Terraces from the 1950s.





## Our feel-good cuisine.

Enjoy your feel-good day with our excellent cuisine. We don't just focus on great flavour and quality in our cuisine. With our feel-good cuisine, we also want to cater to all aspects of individual enjoyment and serve dishes that are vegetarian, vegan or allergy-friendly. We also aim to serve sustainable food by preferencing organic and regional products. Naturally market fresh and superbly prepared!



Restaurant  
Eau de Cologne

CLAUDIUS  
T H E R M E



# Plenty of relaxation at a glance.

- 01 Main entrance
- 02 Bath/sauna reception
- 03 Boutique
- 04 Barrier-free changing room/  
WC
- 05 Changing area
- 06 Shared changing room

## Thermal bath

- 07 Non-nude sauna
- 08 Steam bath
- 09 Hot/cold grotto
- 10 Drinking fountain
- 11 Kneipp pool
- 12 Sitting pool
- 13 Therapy pool/  
underwater music
- 14 Counter current channel
- 15 Sunbathing lawn in  
bathing area
- 16 Garden bar with terrace

## Restaurants

- 17 Restaurant Eau de Cologne  
with terrace
- 18 Spa restaurant with terrace

## Indoor sauna

- 19 Fireplace
- 20 Sauna restaurant
- 21 Finnish sauna
- 22 Women-only sauna
- 23 Steam bath
- 24 Seraglio bath
- 25 Winter garden relaxation room
- 26 Terrace relaxation room  
(reading room)
- 27 Sauna terrace
- 28 Panorama sauna

## Sauna village

- 29 Changing room in sauna village
- 30 Banya
- 31 Earthen wall sauna

- 32 Kelo sauna with fireplace room
- 33 Massage pavilion  
(smokers in the winter)
- 34 Sunbathing lawn  
in sauna village

## Rose Terraces

- 35 Rose Sauna
- 36 Large relaxation room
- 37 Rose Café
- 38 Sleeping room
- 39 Small relaxation room
- 40 Terrace pool
- 41 Day Spa Suite
- 42 Aquarium relaxation room
- 43 Flotation pool

## Beauty, wellness and physiotherapy

- 44 Entrance
- 45 Reception



Lots of space.

For undisturbed relaxation.





## How to get to us.

Follow the signs for "Koelnmesse". From there, follow the "Thermalbad" signs and they will lead you straight to us. A large customer car park offers you plenty of parking space.

If you are coming by public transport, travel to the "Köln Messe/Deutz" station. The number 150 bus will take you from there to the Claudius Therme.



### Opening hours

Daily from 9:00 a.m. to 12:00 a.m.

– even on Sundays and public holidays.

Last admission is at 10:30 p.m.

You can find current prices, further information and offers on our website:

[www.claudius-therme.de](http://www.claudius-therme.de)



Claudius Therme, Sachsenbergstrasse 1, 50679 Cologne

For more information go to: [www.claudius-therme.de](http://www.claudius-therme.de)

For online spa bookings go to: [www.claudius-therme.de/wellness-reservierung](http://www.claudius-therme.de/wellness-reservierung)

Open from  
**9.00 a.m.**  
to  
**12.00 a.m.**  
every day