

Get in touch!

Thermal Römerbad
Dorfstraße 74,
9546 Bad Kleinkirchheim

Make an appointment or ask us a question...

Thermal Bath & Sauna
Massage & Beauty

+43 4240 8282 201
thermen@ski-thermen.com

Restaurant gellius

+43 664 212 65 26
reservierung@gellius.at

You can find more information and opening hours at
www.BadKleinkirchheimer.com



Relax!

BadKleinkirchheimer.com
ThermalRoemerbad

English

Welcome.

Today is a good day. Fun and adventure in the Carinthian Nockberge mountains followed by some well-earned rest and relaxation in the Thermal Römerbad. Relaxation of the highest order awaits you here: the thermal world of the Thermal Römerbad extends over three levels with many different saunas and wellness facilities. Let yourself be pampered. Feels good, right?

The Thermal Römerbad

The three levels



How do you want to relax?

Sweat	9
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How long?

Prices	52
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3. Maximum

The peak of pleasure: to tempt you up to the highest level we have a sea-salt steam room, infrared sauna and many other opportunities for relaxation. Enjoy the view across the summit of the Nock Mountains, whilst your body is encased in a blissful warmth.

2. Noricum



The scent of speik. The magic of red garnet. In the Noricum we bring a touch of nature into the spa, with herbs, stone and wood from the local region. Indulge in some downtime in these unique surroundings.

1. Romanum

Clearly defined shapes, the finest materials and that undeniable Roman flair – welcome to the Romanum, the lowest level of the sauna area. The many different sauna infusions prove to be particular highlights, after all the Romans knew exactly how to enjoy themselves...

Discover the many options for relaxation. Just a little tip for you: leave these pages folded out while working through the folder so that you can see the bigger picture.

Legend

-  Bathe
-  Sauna (warm)
-  Sauna (medium)
-  Sauna (hot)
-  Rest
-  Massage & Beauty
-  Sun bed
-  Eat
-  Changing room
-  WC

3. Maximum



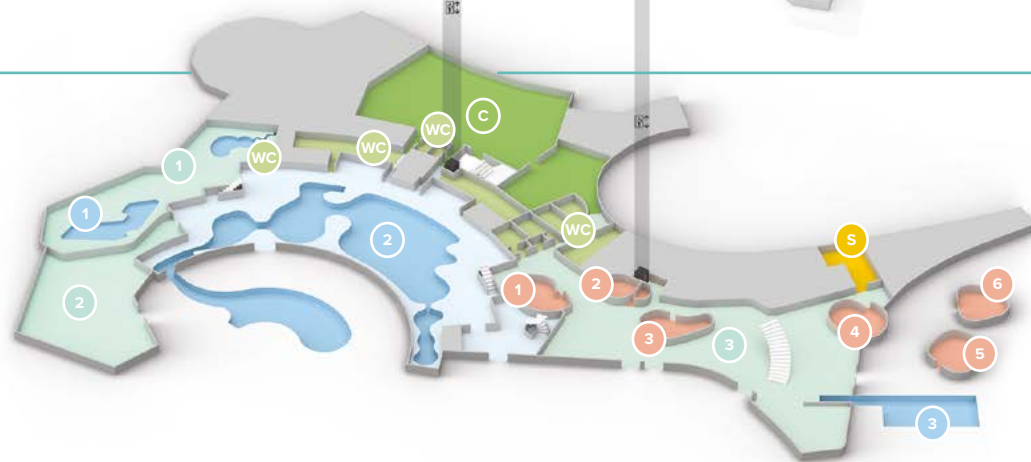
-  Cold/warm pools
-  Infinitum
-  Venus Sudatorium
-  Cardea Caldarium
-  Fortuna Laconicum
-  Neptun Sudatorium Salis
-  Jupiter Caldarium
-  Podium Maximum
-  WC

2. Noricum



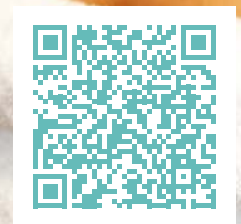
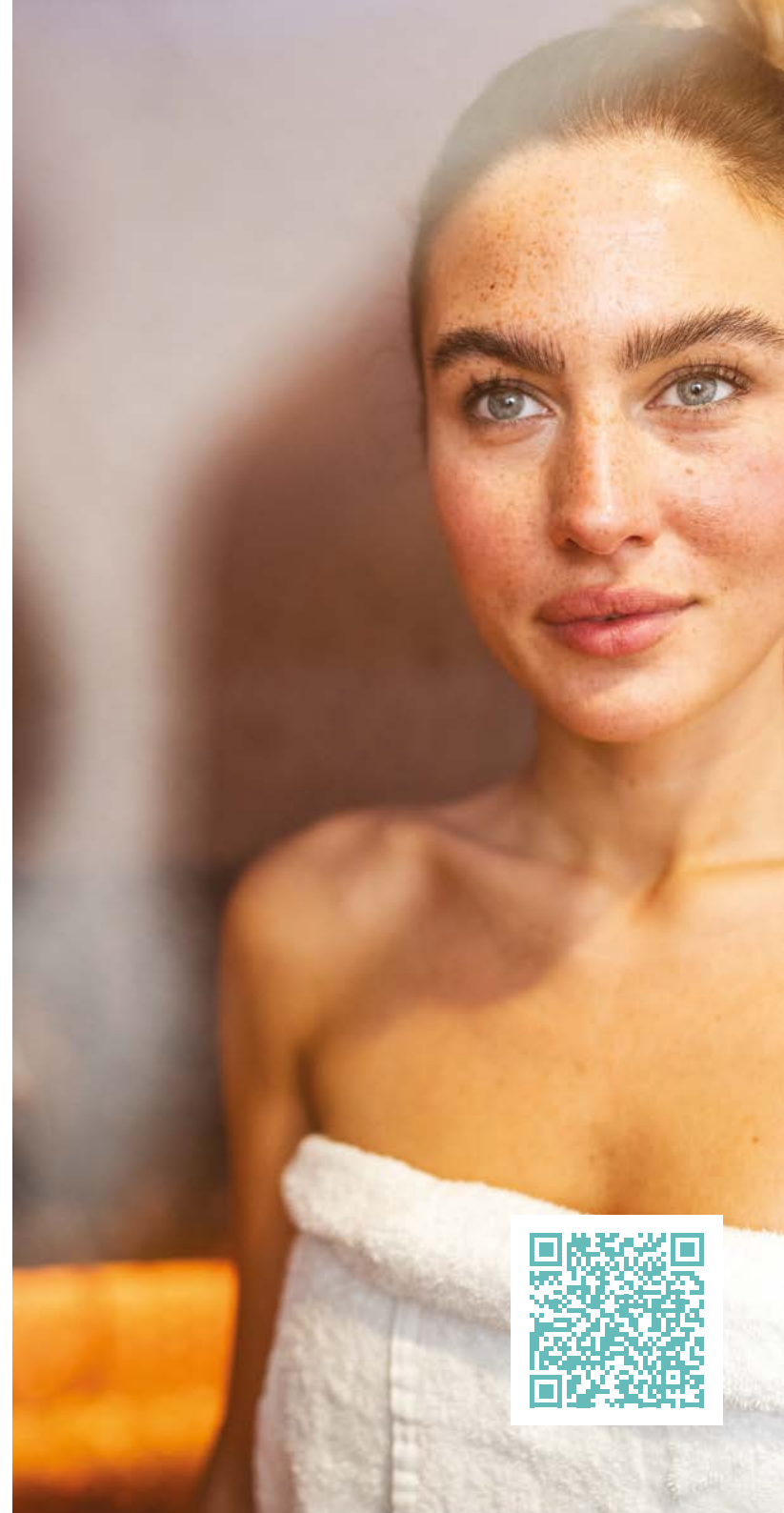
-  Lapis Whirlpool
-  Cembra Laconicum
-  Granatus Caldarium
-  Podium Solaris
-  Relaxation room Noricum
-  Massage & Beauty
-  Sun bed
-  Workshops
-  IOI Restaurant
-  IOI Restaurant
-  IOI Restaurant
-  WC
-  Information

1. Romanum



-  Ludus Kids' zone
-  Thermal water pool
-  Natatio outdoor pool
-  Lucius Tepidarium
-  Titus Sudatorium
-  Trajanus Laconicum
-  F. Romanum Caldarium
-  Agrippa Caldarium
-  Caracalla Laconicum
-  Ludus
-  Cubiculum
-  Relaxation room Romanum
-  Sun bed
-  WC
-  Changing room

Sauna 15+ years (please note that swimwear must not be worn in the sauna area).
Information subject to errors & typographical errors (as of September 2024).



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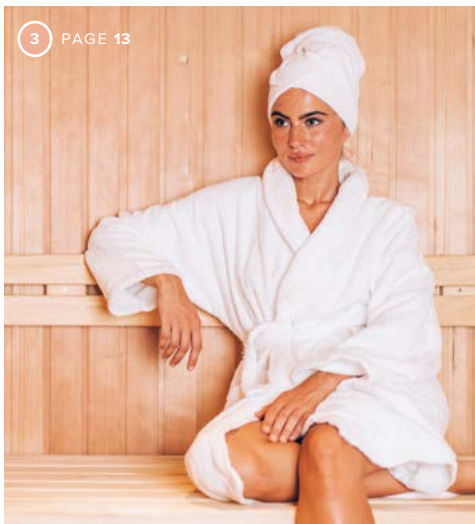
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9

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Sweat on every level.

Sweat and rejuvenate it all out with three levels of saunas, steam rooms and relaxation areas: make your way from ancient Rome through a fragrant pine forest and up to the panoramic terrace with views of the surrounding mountains. Look forward to strengthening your cardiovascular system, detoxification and total relaxation, as well as a few special infusions from our master sauna technicians.



Sauna right.

Taking a regular sauna keeps you healthy. It stimulates circulation, strengthens the immune system and purifies the skin. Here are a few tips from our master sauna technicians on achieving the best effects:

1. Have you showered? This is not just for hygiene reasons – it also removes the natural layer of oil from your skin. Then dry yourself thoroughly – dry skin sweats better.
2. Cold feet? Taking a warm foot bath before entering the sauna increases circulation and prepares you for the heat.
3. In the sauna, lay a large towel out on the bench. It works like this: the higher, the hotter. Are you new to the sauna world? The first step is to make yourself comfortable on the bottom or middle row of benches.
4. You should spend no more than 8 – 12 minutes in the sauna. An infusion is something different: after the initial 'pre-sweat' phase (5–10 minutes) comes the infusion (6–8 minutes) and then a final 'post-sweat' phase (1– 2 minutes). You should not enter or leave the sauna during an infusion.
5. Ready to cool off? After the sauna your body needs oxygen. Stretch your legs for a few minutes in the fresh air and then it's time for the cool down. First shower your right foot and slowly work upwards.
6. Now it's off to the relaxation area. There are 20 minutes between each scheduled sauna session.
7. You can repeat this process as many times as you like. We recommend up to three sauna rituals.
8. Refuel. When you take a sauna, your body loses a lot of fluid. The best way to rehydrate is with mineral water, tea or diluted fruit juice.
9. Little tip: never go into the sauna with an empty stomach or one that's too full. If you feel at all unwell during the sauna, please do leave and get some fresh air.



Finnish saunas.



3 ||| Trajanus Laconicum

Named after Trajan (Marcus Ulpius Traianus, the Roman Emperor). The Baths of Trajan in the heart of Rome were built in 109 AD and were at that time the largest thermal baths in Rome.

- ↓ 90 – 100° Celsius
- 💧 10 – 15 %
- ⌚ 8 – 20 minutes
- ✚ Cardiovascular system and detoxification

6 ||| Caracalla Laconicum

Named after the Baths of Caracalla in Rome – one of the largest thermal spas ever built. Boasting an impressive 30,000 m², the baths could accommodate 1.500 people.

- ↓ 90 – 100° Celsius
- 💧 10 – 15 %
- ⌚ 8 – 20 minutes
- ✚ Cardiovascular system and detoxification

7 ||| Cembra Laconicum

Finnish pine sauna. Named after the Pinus cembra (Latin for pine). The pine tree is what gives the Nock Mountains their unique character. It flourishes at 1.600 – 2,300 m above sea level and its wood is known to have beneficial effects both physically and spiritually.

- ↓ 90 – 100° Celsius
- 💧 10 – 15 %
- ⌚ 8 – 20 minutes
- ✚ Cardiovascular system and detoxification

11 ||| Fortuna Laconicum

Named after Fortuna, Goddess of Fortune. Many temples in the Roman Empire were dedicated to her.

- ↓ 85° Celsius
- 💧 10 – 15 %
- ⌚ 8 – 20 minutes
- ✚ Cardiovascular system and detoxification

Bio saunas.



4 Forum Romanum Caldarium

Named after the Forum Romanum, the centre of political, economic, cultural and religious life in ancient Rome.

- ↓ 55 – 60° Celsius
- 💧 50 – 60 %
- ⌚ 10 – 30 minutes
- + Circulation, loosening muscles and detoxification through mild heat radiation

5 Agrippa Caldarium

Named after Marcus Vipsanius Agrippa, a wealthy general. The Agrippa baths on the Field of Mars in Rome were built in 25 years BC.

- ↓ 55 – 60° Celsius
- 💧 50 – 60 %
- ⌚ 10 – 30 minutes
- + Circulation, loosening muscles and detoxification through mild heat radiation

10 Cardea Caldarium

Organic herbal sauna, named after Cardea, the Roman Goddess of health and thresholds. Her name comes from the Latin term 'cardo', meaning 'hinge'.

- ↓ 55 – 60° Celsius
- 💧 50 – 60 %
- ⌚ 10 – 30 minutes
- + Circulation, loosening muscles and detoxification through mild heat radiation

Special saunas.



1 Lucius Tepidarium – Warm room

Named after Lucius D. Ahenobarbus (Roman Emperor Nero), under whose rule the baths were opened in 62 AD.

- ↓ 40 – 45° Celsius
- ♠ 50 – 70 %
- ⌚ 20 – 30 minutes
- ✦ Regeneration, activating the immune system and detoxification

8 Granatus Caldarium – Stone sauna

Named after Granatus (garnet), a mid to deep-red semi-precious stone found in the region. In ancient times, garnet was hailed as a holy stone.

- ↓ 50 – 60° Celsius
- ♠ 50 – 60 %
- ⌚ 10 – 30 minutes
- ✦ Circulation, loosening muscles and detoxification through mild heat radiation

12 Neptun Sudatorium Salis – Sea-salt inhalation

Named after Neptune, God of freshwater. From the fifth century BC he has been compared to the Greek Poseidon, God of the sea.

- ↓ 40 – 50° Celsius
- ♠ 100 %
- ⌚ 20 – 30 minutes
- ✦ Especially good for the respiratory system thanks to the sea-salt spray and essential extracts.

13 Jupiter Caldarium – Infrared Sauna

Named after Jupiter, the Father of all Gods and Rome's supreme deity.

- ↓ 40 – 50° Celsius
- ♠ 50 – 60 %
- ⌚ 20 – 30 minutes
- ✦ Especially good for the skin, which due to the energy of the infrared heat radiation sweats from inside out. It also stimulates circulation and helps remove a build-up of toxins and mineral deposits.

Dampfbäder.



2 Titus Sudatorium

Named after Roman Emperor Titus F. Vespasianus. The Titus baths were built next to the Colosseum.

- ↓ 40 – 45° Celsius
- 💧 100 %
- ⌚ 20 – 30 minutes
- ✚ Especially good for the airways as the steam works as an expectorant; also helps with rheumatic complaints. Essential aromas intensify the effect.

9 Venus Sudatorium

Named after Venus, the Goddess of love, lust and beauty.

- ↓ 40 – 50° Celsius
- 💧 100 %
- ⌚ 20 – 30 minutes
- ✚ Especially good for the airways as the steam works as an expectorant; also helps with rheumatic complaints. Essential aromas intensify the effect.

The infusion.

Chocolate, honey, ice cream, fruit, salt & soap foam, shea butter, etc. When it comes to infusions, our master sauna technicians knows no bounds. We feature one of the many special infusions each day. The chocolate infusion is a firm favourite, the honey infusion is a feast for the senses. Like things a little fresher? Then try the ice infusion.



Find your bliss.

In the restorative thermal water in our pools, you can relax like they did in Roman times. Immerse yourself and drift away. You will find generously sized indoor and outdoor pools. We also have fun and games for the little ones.



Naturally better.

The mineral content of our thermal water will do wonders for your body. It has a positive effect on circulation, the immune system, connective tissue and blood vessels. People have been taking advantage of the naturally therapeutic effect of the Bad Kleinkirchheim thermal spring since as far back as the 15th century. It can counteract allergies, anaemia, headaches, exhaustion and rheumatism. What's more, it's pure bliss to let yourself drift away in the 34° celsius warm water. Don't you think?

Take a plunge.



In the thermal bath area

2 Indoor thermal pool

Swimming pool with waterfall, wildwater stream, massage jets, floor jets, counter-current swimming, water fountains and small water slide.

↓ 33 – 34 ° Celsius

2 Outdoor thermal pool

Outdoor swimming pool with floor jet stream.

↓ 30 – 32 ° Celsius

1 Ludus thermal bath

Children's and baby pool with floor jets, water jets, whale and stream.

↓ 31 – 33 ° Celsius

In the sauna and naturist area

3 Natatio – outdoor thermal water

Swimming pool with neck jets and waterfall for massaging the back.

↓ 24 – 28° Celsius

4 Lapis indoor – whirlpool

Wellness pool with whirlpool, massage jets and colourful underwater lighting.

↓ 32 – 34° Celsius

6 Infinitum outdoor

Panoramic pool with underwater relaxation beds with air jets and colourful underwater lighting.

↓ 32 – 34° Celsius

Rest.

Time for a well-earned break: sit back in one of our relaxation areas and enjoy the panoramic view of the picturesque mountains. Have some 'you time'!



Enjoy some quiet.



In the thermal bath area

1 Ludus

For children. This is somewhere for the kids to take a breather.

2 Cubiculum

Modern architecture, comfortable loungers and utter tranquillity – the perfect place to switch off.

4 Podium Solaris

You can watch the comings and goings in the thermal bath from a comfortable position on one of the loungers on the balcony.

In the sauna area

3 Relaxation room Romanum

Our generous relaxation space has loungers for relaxing and dreaming the day away, accompanied by a magnificent view.

5 Relaxation room Noricum

This area extends across the whole of the second floor and has a majestic and awe-inspiring panoramic view.

6 Podium Maximum

Our little jewel: possibly the most beautiful resting area in the sauna is in the indoor area. Relax in these stunningly stylish surroundings.



Veni, vidi, conquievi.

I came, I saw, I rested. It was the Romans who first used thermal baths for relaxation and perfected their design: symmetrically arranged, beautifully furnished and positioned to get the best sunlight. For those who wish to take a step further into this magical bygone era, there are our massages. Here we combine old traditions with modern massage techniques.

Loosen up tension.

Spoilt for choice: From classic massages and hot stones all the way to our pine ritual.

M Classic massages

	DURATION (MINS)
Back or leg massage	25
Head, neck & shoulder massage	25
Full body massage	50
Foot reflex massage	25
Foot reflex & back massage	50
The reflex points on the soles and backs of our feet activate our organs' power for self-healing.	
Sports massage	50
To relax and loosen tight muscles.	

M Pine massages

	DURATION (MINS)
Pine ritual	50
A pine steam pillow infused with essential oils encourages sleep and has anti-inflammatory properties.	
Pine oil massage	
Full body	50
Back	25

M Speciality massages

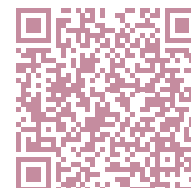
DURATION (MINS)

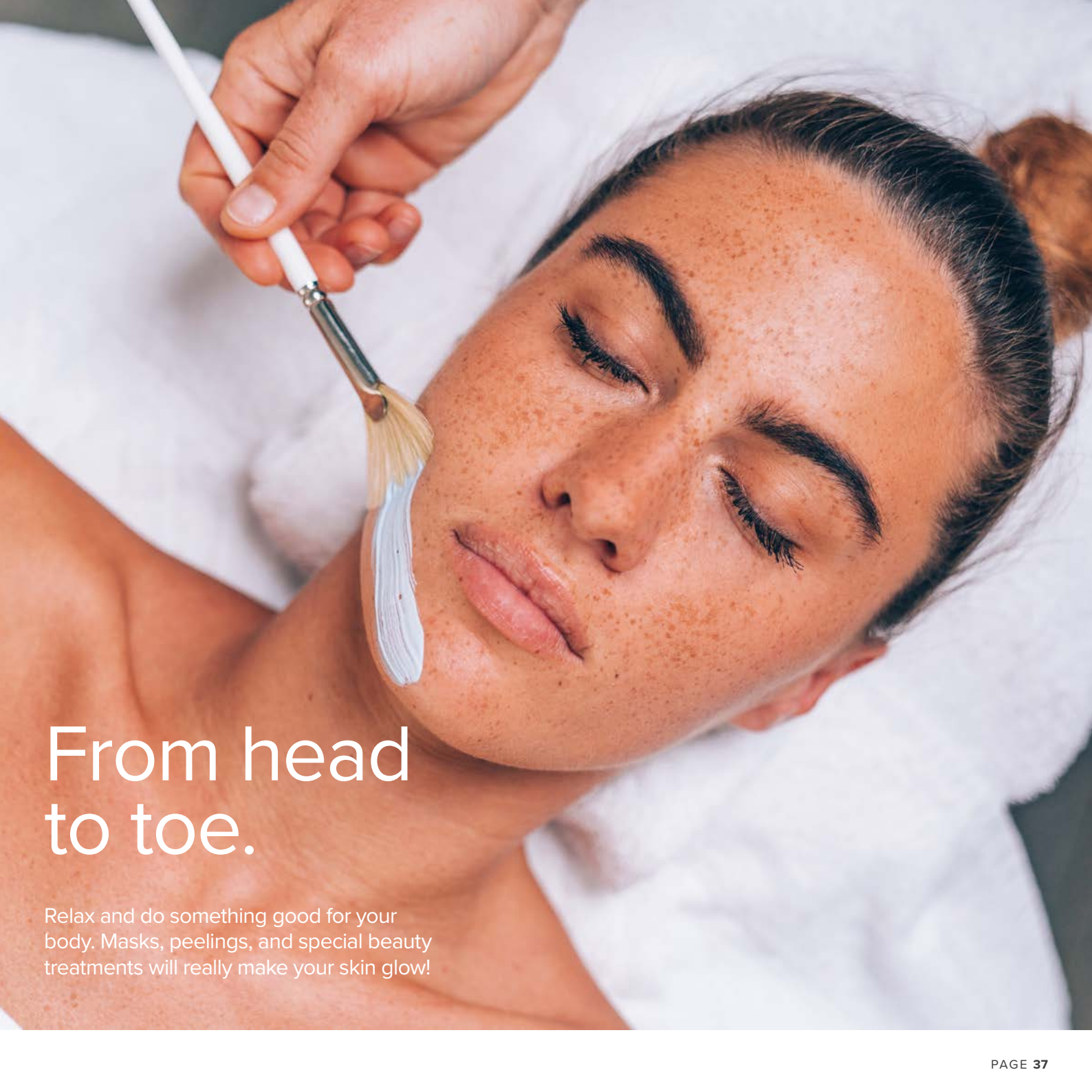
Manual lymph drainage for the legs	50
This gentle, soft massage technique stimulates lymph drainage and helps to remove any water retention.	
Aromatherapy massage	50
This full body massage strengthens your immune system.	
Nordic walking massage	50
Reflexology, leg, neck and shoulder massage using unique speik oil from the local region.	
Hot-stone massage	50
Naturopathy has worked with the power of stones for thousands of years. This treatment also uses their energy and therapeutic power.	
Individual fascial treatment	25
Tension areas and knots in the connective tissue are released through this oil-free massage technique.	
Children's massage	25
Full body massage for children up to age 14.	

If something comes up...

Please let us know as soon as possible if you are unable to keep an appointment, otherwise you may be subject to a 100% cancellation fee. If you arrive late to an appointment, we hope you understand that your treatment will be shortened accordingly to the prearranged schedule.

Use the QR code to get straight to the perfect feel-good moment! Just take a photo and discover the offers.





From head to toe.

Relax and do something good for your body. Masks, peelings, and special beauty treatments will really make your skin glow!

Looking good.

Wellness for the outside. Our range of treatments has something for every age and skin type.



Facial beauty treatments

DURATION
(MINS)

Facial	50
A cleansing treatment tailored to your skin type, including a peel followed by a cream mask and skincare cream.	
Children's beauty	50
Facial for children up to 14 years with deep cleansing, peel, mask and finishing treatment.	

Manicure and pedicure

Hand care

Pedicure

If something comes up...

Please let us know as soon as possible if you are unable to keep an appointment, otherwise you may be subject to a 100 % cancellation fee. If you arrive late to an appointment, we hope you understand that your treatment will be shortened accordingly to the prearranged schedule.

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Carpe Diem.

Seize the day and enjoy the full luxury programme from A – Z. A lounge reserved just for you, a massage and many other extras guarantee an experience of complete relaxation – not to mention the feeling of being a VIP for the day. So that we may book your massage, please call us in advance on **+43 4240 8282 201.**

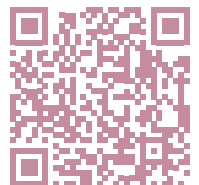


Carpe Diem Basic

As well as entry to the thermal bath and sauna, you will receive a reserved lounge in the sauna area, bath robe for the day, hand towels and a pine back massage (25 minutes, prebooking essential). In addition, you will also receive a free washbag with flip flops.

Carpe Diem Premium

This package includes all the same benefits as the Carpe Diem Basic. However, instead of the pine back massage, you will receive a full-body massage (50 minutes, pre-booking essential) and a restaurant voucher worth € 10.–.



Use the QR code to get straight to the perfect feel-good moment! Just take a photo and discover the offers.

Eat.

A cosy haven from the hustle and bustle of daily life. That's what awaits you in the gellius restaurant in the Thermal Römerbad. Here you can look forward to a vibrant ambience for every taste, with a varied menu including salads, vegetarian creations, regional specialities and deliciously juicy burgers. Take a seat and relax in the sun-kissed restaurant with its mountain view. Bon appétit!

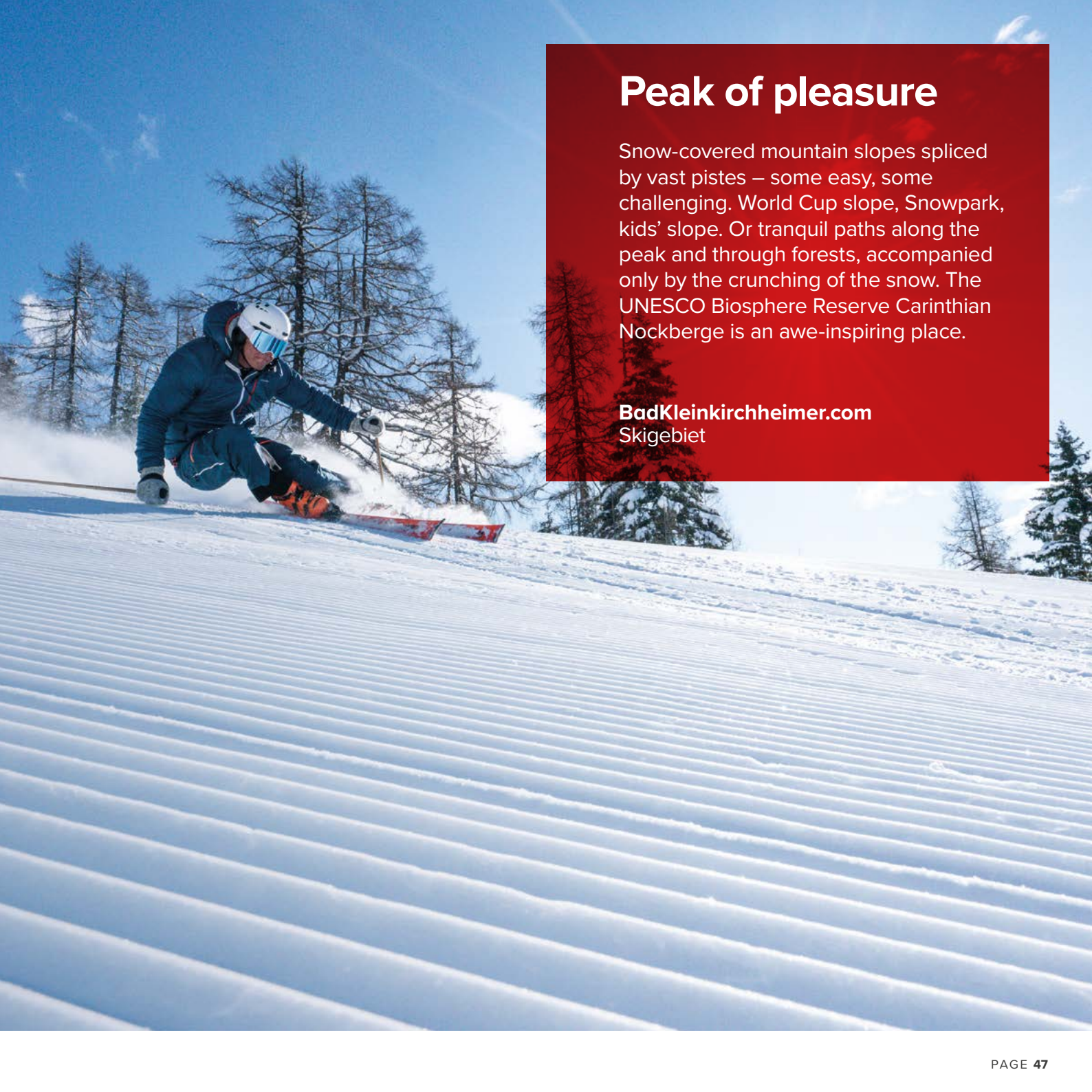


Kaiserburg Bob

The Kaiserburg Bob (Alpine Roller Coaster) is a thrilling experience for adrenaline-addicts of all ages! By yourself or with a friend, enjoy the journey up the mountain before taking the wheel yourself and zipping down into the valley at maximum speed over steep slopes and wild curves.

BadKleinkirchheimer.com
Familienspass





Peak of pleasure

Snow-covered mountain slopes spliced by vast pistes – some easy, some challenging. World Cup slope, Snowpark, kids' slope. Or tranquil paths along the peak and through forests, accompanied only by the crunching of the snow. The UNESCO Biosphere Reserve Carinthian Nockberge is an awe-inspiring place.

BadKleinkirchheimer.com
Skigebiet

Cycling adventures

It makes no difference if you're a week-end cyclist or an avid enthusiast; the 4-stage, 15 km Flow Country Trail promises a thrilling descent through picturesque forests and green meadows! Before you start, a few laps around the Bike Parcours circuit at the Kaiserburgbahn lower cableway station are the ideal warm-up!

BadKleinkirchheimer.com
Bike





Activ Park

Test your balance as you try to cross over wobbling plates, conquer the water maze, or use your muscles to pull yourself across the lake on a rope ferry. Meanwhile, the Active Park offers coordination training with an extra dose of water fun for all ages.

BadKleinkirchheimer.com
Familienspass



The right choice for relaxation.

You can find our current opening hours and prices on our website:

badkleinkirchheimer.com/thermalroemerbad/

Just take a photo of the QR code and plan your relaxing thermal bath and sauna visit.

