

Wellness in Schwangau

Wellness time in the village of the king's castles

Do nothing, relax, enjoy, be pampered – and all that in one of the most beautiful parts of Germany. Nature intact, consisting of lakes, pastures, woods, and mountains, creates the ideal conditions for a varied wellness and health holiday. And finally, the village spoiled by nature which lies at the feet of the world famous king's castles of Neuschwanstein and Hohenschwangau can look back on a long tradition in matters of health. As well as the necessary medical skills, the spa with its outstanding pre-alpine climate is a winner because of the excellent quality of its water, whether from the public supply or in lakes and rivers. The magnificent landscape continually invites to activity in the pure air, whether on foot, by bicycle, or cross-country skiing. Anyone longing for relaxation will find exactly what they are looking for in the wellness hotels in Schwangau or in the Royal Kristall-Therme spa. Recognised treatments from the wide range of wellness pleasures drive away the stress and rush of our everyday lives. Prevention and rehabilitation are also taken very seriously in Schwangau. Outstanding medical and therapeutic equipment, highly skilled personnel, and immaculate spa equipment are the guarantee of success for a classical spa treatment. If wellness is not enough for you, and spa treatment is too much, medical wellness will provide the way to ongoing wellbeing. The top-rated spa treatment benefits are combined with selected prevention and wellness applications into packages which are effective through into everyday life.

Wellness dreams in Schwangau

Exotic massages, oriental baths, alpine wellness applications - the Schwangau wellness hotels spoil you with exclusive wellbeing programmes. With atmospheric surroundings and fresh healthy cuisine, the hotels ensure a dream holiday of complete enjoyment and relaxation. At any time of year, the wonderful landscape with its natural lakes in their many moods, the majestic mountains, and flower-

bedecked or snow-covered meadows invite you to give your soul free rein, and to be active in the outstandingly pure air.

Majestic spa pleasure – the king’s crystal spring at Schwangau

The Bavarian fairytale king, Ludwig II, would have taken his pleasure there. Directly visible from his castles of Neuschwanstein and Hohenschwangau, the king’s crystal spring sparkles with a splendour which the much-loved fairytale king would certainly have imagined in his dreams of bathing. Fifteen tons of precious and semi-precious stones, four natural mineral springs, and seven differently themed saunas offer the best in spa culture. The health spring combines medical efficacy with the highest standards in contemporary wellness. Under the generous roof of the crystal spring, natural mineral healing waters for the stressed musculoskeletal system combine in perfect harmony with the wellbeing oasis of an Ottoman hammam and an ice grotto shrouded in multicoloured mist. Just adjacent in the open air area, a 12% brine external pool awaits, not only with healing water at the perfect temperature, but also with the most beautiful perspective of the castles. Devotees of the Finnish perspiration practice enjoy the same magnificent view. The wellness and massage centre spoils you with soothing massage techniques from all over the world, and selected beauty applications for Madam and Sir.

Feeling good with a medical background

Medical wellness is more than a mere trend or marketing argument. The emphasis lies primarily in the promotion of health. The combination of top quality elements of wellness and special treatments of classical standard medicine lends the treatments in Schwangau an excellent preventative character.

The classic – spa courses in Schwangau

A classical spa course, whether as an external or internal patient, is one of the best possibilities of doing something to maintain or restore your personal health. In Schwangau, spa treatments have a long tradition. The bracing pre-alpine climate of the top-rated spa treatment location is highly effective therapeutically, and then there is the unique landscape and scenery in addition. Outstanding medical and

therapeutic equipment, professional personnel, and corresponding spa equipment are the most important components of a successful spa treatment. Schwangau's range of free time and cultural activities ensures variety and entertainment throughout the whole of your stay at the spa. There are 120 km of well signposted walking and hiking routes, 90 km of cycle routes, 40 km of Nordic walking routes, and 32 km of cross-country ski trails certified by the DSV (German Ski Federation), so it is easy to keep active, and to charge up the necessary energy for everyday life. The lakes of Alpsee, Schwansee, Bannwaldsee and Forggensee are the quiet, natural energy sources around Schwangau , and they do that little bit extra towards stress reduction.