



Tropical Sauna & Spa
Tropical Islands
Europe's largest tropical holiday world!



... and you feel good.

A tropical sauna in a unique setting

The 10,000 m² Sauna & Spa complex at Tropical Islands is a treat for all the senses. Enjoy a crystal steam bath inside the Indian Elefanta Temple or a dry stone sauna in the Angkor Wat Temple from the Cambodian jungle, with its towering statue of the Buddha. Discover a healing earth bath and salt grotto in the Alcantara Gorge just a few steps away. Experience the traditions of the shamans in the blossom steam bath, or relax in the tree sauna in the Jungle Village.

Another highlight in the Sauna & Spa complex is the Tropical Islands Fitness Club, located on the first floor of the Asia House. Here you can train on the most up-to-date equipment to a backdrop of Asian temples and with a great view of the Tropical Rainforest. Afterwards, take advantage of the various massages and skin treatments on offer. And for refreshment and culinary enjoyment, why not visit the Tandoor Restaurant with its delicious Indian tandoori cooking?


Come and enjoy a first-class sauna, steam bath and spa experience. Try one of our Eastern health and beauty treatments. Discover the true secret of harmony – in Europe's largest Tropical Sauna & Spa complex.



Elephanta Temple – The power of the stones

The Elephanta Caves are a magnificent rock-cut temple complex located on the mysterious Elephanta Island near Mumbai, India. This is where the Tropical Islands Elephanta Temple draws its inspiration, transporting you into a world from 1,001 Nights. Discover our glittering crystal steam bath with its three exclusive zones – amethyst, rock crystal and rose quartz. The mild temperatures of 42 – 45° C, combined with 100% air humidity, aid the body's natural regeneration process and help cleanse the respiratory system. A range of Ayurveda treatments are also available.



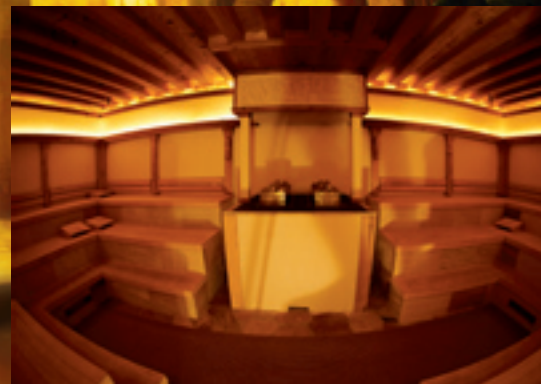


Angkor Wat Temple – Boost your energy

An enormous tree root grows over the Vishnu Sauna Temple at Tropical Islands, just like at the original Angkor Wat temple complex in Cambodia which served as inspiration. Inside you'll find a sauna with a temperature of about 90° Celsius. Regular hot steam treatments – water poured onto the stones – stimulate the circulation and gently cleanse the body.

Vitality showers and the fine atomized spray of the Misty Grotto are perfect for cooling down. Relaxation guaranteed in a magical tropical setting.

Current times for treatments are shown at each sauna and steam-bath unit and at the sauna information counter.



The Alcantara Gorge – Beauty from the mud

The Campur Campur Natural Beauty Sauna is a healing earth bath with natural mud, with a temperature of max. 45° Celsius and 100% humidity. Choose from a variety of different beauty, health and skin care treatments where the mud is spread onto the skin and left to dry.

Exfoliating skin treatments, with Dead Sea salts or African Diamond Yoghurt and many other mixtures, feel great and improve the look of the skin. During the treatment the room is filled with herbal steam to soften up the healing mud again. A warm rainfall shower completes the experience, purifying and relaxing the skin.

Let the gentle power of the mud restore harmony to your skin – and your soul.


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What's on offer at the Tropical Sauna & Spa

- 1 Alcantara Canyon**
Gunung Mulu salt cave meditation
Campur Campur Natural Beauty Sauna
Specialty shower
- 2 Jungle Village**
Salasaca tree sauna
Inipi herbal steam hut
Guruwari blossom steambath
Ice fountain
Specialty shower
- 3 Angkor Wat**
Vishnu sauna temple
Mist grotto, Specialty shower
- 4 Asia House**
Rest and meditation rooms
Fitness Club (upstairs)
- 5 Waiotapu**
Hydro-jet basin
- 6 Elefanta Temple**
Trimurti crystal world – steambath
Ganges hydro-jet foot basin
Ayurveda rooms
- 7 Tandoor Restaurant**
- 8 Solaria/massage**
- i Information counter**
- Toilet**
- Shower**
- Changing room**



Waiotapu – joy for body and senses

Three circular pools inspired by the geysers in the Waiotapu Thermal Reserve in New Zealand offer relief and relaxation for aching backs and shoulders. The water is 36° Celsius and the underwater jets give you a great back massage, stimulating the circulation. Constantly changing light effects in the evening are pleasant to watch and help you to really unwind.



Jungle Village – The power of herbs and blossoms

In the Jungle Village, one of the huts is built up on stilts – the Tree Sauna (95° Celsius), with its wonderful warming smell of natural wood. Nearby is the Blossom Steam Bath (45° Celsius, 100% humidity), offering perfect relaxation for body and soul. Enter the Herbal Sweat Hut (70° Celsius), enjoy the hot steam treatments and forget all the cares of everyday life. Invigorating monsoon rain showers and the Kinabulu Ice fountain help you to cool down. Or relax in one of the massage rooms or solariums.

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Tandoor Restaurant – Discover Indian tandoori cooking

Follow the tempting aroma of Eastern spices and discover a real Indian feast at the Tandoor Restaurant, the tandoori restaurant at Tropical Islands.

Natural, light, exotic and timeless – Tandoori cooking forms a perfect complement to our Tropical Sauna and Spa. Because it doesn't use fat, tandoori cooking is deliciously light and healthy. The high temperatures in the tandoori oven means that the protein in the meat or fish quickly becomes firm, keeping everything tender and juicy and trapping the delicate flavours inside. And the culinary diversity is as great as India's cultural riches: ostrich, lamb, pork and the famous tandoori chicken, straight from the skewer to the plate. Or how about sea bass, leather jacket fish or simply vegetables? We even offer a marinade created specially for Tropical Islands, a delicious mixture of 15 different spices. Enjoy your meal with rice or Naan – a traditional Indian flatbread.



Asia House – Fitness and relaxation

The Asia House is modelled on a Japanese pavilion and has a total area of 300m². One floor is home to the Tropical Islands Fitness Club, featuring the most up-to-date equipment to help you get your body in shape, including bicycle ergometers, treadmills and cross-trainers as well as equipment for training your legs, back, abs, biceps and shoulders.



Another floor houses a meditation area for your physical and mental relaxation. If you're looking for peace and inner balance, you've come to the right place!

Twelve tips for a healthy sauna experience!

- Bring flip-flops and two or three big bath towels. A bathrobe is optional.
- Allow at least two hours for your visit to the sauna.
- Don't come on an empty stomach or just after eating a meal, and make sure you drink enough fluids.
- Shower before you go into the sauna – this gets rid of the layer of oil that naturally occurs on the skin. Dry yourself after you shower and before you go into the sauna.
- This helps the skin to sweat.
- Hot air rises, so the further up you lie in the sauna, the hotter it is! If you're new to saunas, start off on the lower or middle benches. Use saunas at your own risk.
- To avoid dizziness or fainting, sit upright for the last two minutes before you leave the sauna. Move your legs about so that the blood doesn't sink to your lower body.
- You should spend between 8 and 12 minutes at a time in the sauna.
- A hot steam treatment (called an Aufguss in German) is normally carried out in the sauna. First of all you sweat for a maximum of 5 minutes. After this there is the hot steam treatment lasting 8 to 12 minutes – this is the climax of your sauna visit. Afterwards you can stay and sweat it out for 1 to 2 minutes more if you like.
- After lying in the sauna you should relax and cool down for at least 30 minutes. The Tropical Sauna & Spa complex is a place of rest and relaxation. Please be quiet.
- After cooling down, we recommend a warm footbath. This helps the body to cool down further and stops you sweating.
- You can repeat the entire process up to three times.
- You must comply with instructions by Tropical Islands staff: Taking photographs is not permitted anywhere in the Tropical Sauna & Spa.
- Testing the sauna (standing in the open doorway) is not allowed.

Tropical Sauna & Spa dress code

We recommend that you visit the entire Tropical Sauna & Spa area naked or wearing just a towel or bathrobe. Please wear light clothes when visiting the restaurant in the sauna area.

No clothes or bathing costumes are permitted in the sauna cabins. Wearing a towel in the sauna is permitted as long as you don't sweat directly onto the wooden benches or put your feet on the benches.

Why should I sauna naked?

First of all, it's important for the hot air to be able to reach your skin directly. Your sweat also needs to evaporate from the surface of your skin. This cools you down and means that your skin doesn't get too hot, despite the temperatures of 60 – 100° C in the sauna. This is the only way your body can cool down sufficiently and for you to avoid fainting or feeling dizzy. Wearing clothes or bathing suits while in the sauna is also unhygienic.



By train: Direct trains from Berlin, Senftenberg and Cottbus: regional trains RE 2 or RB 14 to Brand (Niederlausitz), free shuttle bus between railway station and Tropical Islands

Tropical Islands

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Presented by: