



Entdecke
BAD die Zeit.
KISSINGEN

SPECIAL GUIDE

Medicinal water





Bad Kissingen and its springs: rediscovering ancient rituals

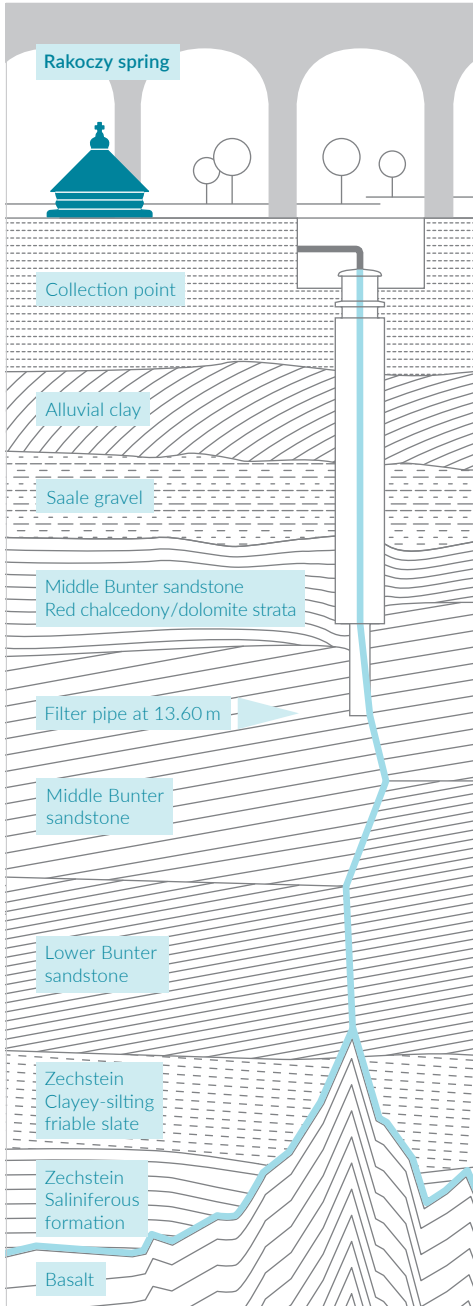


From drinking cures, to bathing in brine, to inhalation, water has always been the focal point of spa holidays in Bad Kissingen.

Seven unique mineral-rich medicinal springs bubble in and around the city, and continue to establish its status as a world-class spa resort to this day. Medical practitioners already recognised these springs' healing, alleviating and preventative effects 500 years ago. Today, these effects must be scientifically proven. Guests enjoy the beneficial powers of medicinal water while treading water in the Kneipp pools, inhaling brine at the 'Gradierwerk' (graduation tower), bathing in the KissSalis thermal pool or strolling while drinking the served spring water. Rituals such as these allow us to pause and pay attention to our own needs – which helps return us to a state of internal and external balance.

The long path to medicinal water

Geological development



Medicinal water is formed by the earth's natural water cycle. As part of this cycle, rainwater penetrates the Earth, seeping through various types of stone and accumulating in the mineral-containing strata of the ground. For example, if it flows through volcanic rock, it can accumulate carbonic acid; if it flows through limestone, it can accumulate hydrogen carbonate; if it flows through mineral rock, it can accumulate sodium, calcium or magnesium. Depending on the geological properties, the result is a unique water with a unique combination of minerals and trace elements.

Proven effects

What makes water medicinal? Medicinal water needs to be pure, natural and rich in minerals and trace elements. It can have a healing, alleviating or preventative effect for a large number of symptoms. Meanwhile, it is not only subjected to the strictest criteria and controls, but also requires official approval as a medicinal product in Germany. This means that its therapeutic effectiveness must be clinically proven and confirmed by the German Federal Institute for Drugs and Medical Devices. This is often preceded by many years of microbiological and chemical investigations – and after the approval has been issued, strict quality controls are continually carried out at set intervals.

Health benefits

All the mineral contents are dissolved in the medicinal water, which is why they can be quickly and effectively absorbed by the human body. This good bioavailability makes medicinal water a valuable, calorie-free source of minerals which effectively support health and well-being, activate natural forces within the body and regulate metabolic and organ functions.

The power of water on the inside

Drinking cure

Natural healing processes are very popular. As such, more and more doctors, nutritionists and health-conscious individuals are discovering the many different ways to use medicinal water. Drinking cures in particular play an important role here. These cures consist of consciously drinking medicinal water for a therapeutic or preventative purpose – sometimes after being prescribed to do so, and ideally

within a period of four to six weeks. The composition of the water, its temperature, the amount that is drunk and the time at which it is drunk can be decisive for the results of the treatment. Drinking cures primarily target organs such as the stomach, intestine, liver, kidneys, gallbladder and bladder – but the skin and respiratory tract can also benefit, depending on the water and the application.



Results in varying times

The effects that a medicinal water could have on the mucous membranes of the upper digestive tract or the stomach/intestinal area can already be felt within minutes or seconds. Drinking cures usually take effect within minutes or hours; for example, when hormonal consecutive reactions are involved, such as the regulation of the acid-base balance. Drinking cures can also have a long-term, lasting influence on absorption in the intestinal tract or on the composition of urine.

Traditional use

'Medicinal' types of water and their various uses were already reported on in the first century A. D. Later on, many renowned spa destinations such as Bad Kissingen became famous for their medicinal springs. Doctors settled down at these places in order to monitor drinking cures and external applications. This gave rise to the profession of spa physician as well as to balneology, or the study of spas and medicinal springs. The practice of drinking cures reached its prime in the 19th century and the beginning of the 20th. It has now become an integral part of medical prevention and therapy.

The heart of the drinking cure Wandelhalle and Brunnenhalle

With a length of 90m and a floor space of 2 640m², the 'Wandelhalle' (central foyer) is the largest of its kind in Europe. This astonishing light-flooded construction was erected between 1910 and 1911 according to plans by the architect Max Littmann. It is set up like a basilica, with an interior divided by rows of columns into three naves. Part of the 'Wandelhalle' is the 'Brunnenhalle' (pump room) with the famous Rakoczy and Pandur twin springs. To this day, medicinal waters are served here in the mornings and evenings at fixed times. Guests devote their attention to drinking this water while strolling through the unique ambience of the large hall, enjoying a view of the spa garden outside.



Spring hours

Daily from 7 am to 9 am
as well as
from 4 pm to 6 pm on
weekdays

INTERVIEW

Medicinal water experts: Brunnenfrauen

In keeping with tradition, 'Brunnenfrauen' (female assistants) serve the medicinal waters in the pump room, and are experts in all matters of their application. Anette Sell is one of said 'Brunnenfrauen'.

Ms Sell, what is your task as a 'Brunnenfrau'?

We are available to assist guests at fixed times, advise them and serve them the water. We are here starting at 7 am. This is because the body can do a particularly good job of absorbing the minerals and trace elements in the water in the mornings before breakfast. Guests drink a second time in the afternoon, or before dinner. These drinking times represent a ritual.

What else do the rituals involve?

Alongside drinking water at fixed times, traditional strolling while drinking also promotes health: The body and spirit relax when you deliberately walk and drink slowly in this very special atmosphere. You should generally take a great deal of time when drinking. This is because a calm body can do a much better job of processing the valuable contents. Drinking

culture also plays an important role: for example, this includes the classic Bad Kissingen medicinal water glass (see Tip).

What should you take note of during drinking cures?

It is important to receive sound advice from us or a medical specialist in advance, since the medicinal waters can have a range of very different effects. During a personal consulting session, we clarify which complaints can be alleviated with which water, or which water can balance out a special deficiency. You should not use the public tapping points until you know exactly which water you need.

TIP

You can borrow or buy a classic Bad Kissingen drinking glass from the 'Brunnenfrauen'. These are handed out at the counter in the pump room, cleaned and kept ready for you. You will receive our special medicinal water bottle here or at the Tourist office so that you can also enjoy your medicinal water at a picnic or while playing a sport. It is also a great souvenir in memory of your visit!



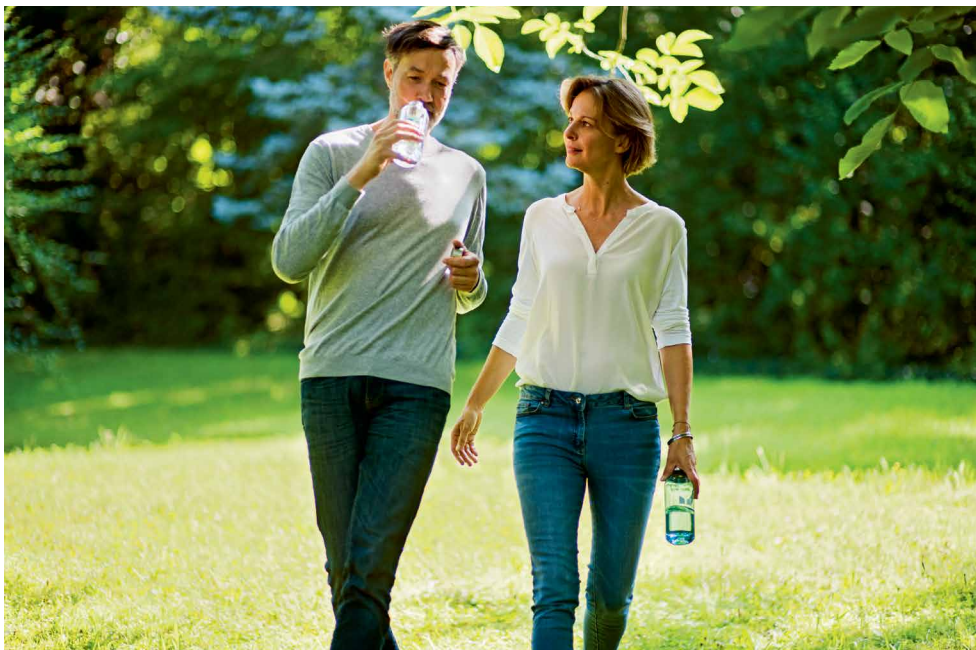
DRINKING CURE

Tips from a 'Brunnenfrau'

- 1 Ideally, drinking cures should be carried out over a period of four to six weeks.
- 2 You can carry out drinking cures two to three times a year. In the event of a mineral deficiency, you can also drink medicinal water on a daily basis – however, in moderation.
- 3 During drinking cures, it is best to avoid nicotine and alcohol.
- 4 Drink the water at fixed times of the day – ideally, mornings and evenings, about 20–30 minutes before meals.
- 5 Take note of the various different ways to consume the water: Warmed-up water is particularly easy on the stomach and has a detoxifying effect, while in other cases, cold water may be more helpful. It also makes a difference whether you drink quickly or slowly, or in large or small sips.
- 6 Take a great deal of time when drinking, and enjoy the medicinal water while strolling in a relaxed way through the hall.

Medicinal water in the daily routine

Drinking the water



Sport and fitness

Active individuals perspire and lose vital minerals in the process. Natural medicinal water not only provides them with liquid, but also with a great deal of minerals and trace elements. This is why, after playing sports, it is recommended to drink medicinal water that contains a large amount of magnesium and sodium – such as water from the 'Maxbrunnen' (Max spring).

Diet and fasting

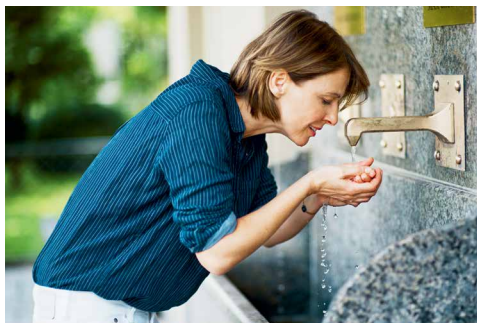
When dieting or fasting, the body occasionally does not receive enough minerals. This is why it is advisable to drink a great deal, as well as to supplement with minerals and trace elements. Since medicinal water is a natural liquid that contains a large amount of natural calcium, magnesium and fluoride, it can be helpful during these periods. Waters taken from the 'Rakoczy-Quelle' (Rakoczy spring), 'Pandur-Quelle' (Pandur spring) or 'Maxbrunnen' are ideal for those who are dieting or fasting.

Stomach and intestines

Eating is certainly enjoyable, but when we overdo it, our stomachs and intestines can develop hyperacidity, a 'stuffed' feeling, diarrhoea or constipation. Natural medicinal water can provide gentle support for these conditions. Medicinal waters that are well suited for these complaints are ones with a high hydrogen carbonate or sulphate content, such as the ones from the 'Rakoczy-Quelle', 'Pandur-Quelle' or 'Maxbrunnen'.

Kidneys and bladder

The kidneys cleanse the body of toxins, regulate the fluid balance, produce hormones and keep blood pressure at a constant level. Drinking a great deal of water protects and flushes these important organs – ideally, the diuretic medicinal water from the 'Maxbrunnen'.



Respiratory tract and breathing

When it comes to respiratory illnesses, the right medicinal water – drunk or inhaled – can support treatment. The minerals dissolved in medicinal water can gently break up secretions and phlegm, and help irritations to subside. The water from the ‘Maxbrunnen’ should be drunk to alleviate respiratory illnesses; when it comes to inhalation at the ‘Gradierwerk’ (graduation tower), the water from the ‘Runder-Brunnen’ (round spring) is used.

Skin health and beauty

A sufficient supply of moisture from the inside of the body is important for keeping skin healthy. Mineral-rich medicinal water can serve as a vital source of moisture, stimulating the skin's metabolism and circulation, supporting protective and defensive functions and leaving skin looking fresh and healthy. Water from the ‘Schönbornsprudel’ (Schönborn spring) – which is used in the KissSalis thermal pool – is recommended here.

Stressful and busy lifestyles

Supplementing with magnesium has been proven to assist individuals with managing everyday stress. Medicinal water containing magnesium can help prevent deficiencies or balance out existing magnesium deficits. Waters such as the ones from the ‘Rakoczy-Quelle’ or the ‘Luitpoldsprudel „alt“’ (Luitpold spring water ‘old’) are good sources of magnesium.

The power of water on the outside

Bathing in the water

When correctly applied, a full or three-quarter bath can not only be quite relaxing, but also have a medicinal effect. Certain physical and chemical effects that work on or through the skin come into play here.

Physical and chemical effects

Changes in water temperature can tauten tissue. Water pressure can improve circulation in the body, boost the metabolism and stimulate circulation. Buoyancy also makes the body feel lighter. This can relax muscles, loosen connective tissues and relieve strain in the joints and spine. You can experience these effects in the KissSalis thermal pool, for instance. The chemical effects are primarily caused by substances such as brine, iodine, sulphur, radon and carbon dioxide. For example, the sparkling gas in carbonated baths



can improve circulation in the skin, reduce blood pressure and normalise the pulse. Meanwhile, brine baths can have a particularly beneficial effect on allergies as well as joint and spinal disorders.



Touch, taste, smell: experience Bad Kissingen medicinal water



All seven medicinal springs are rich in minerals and trace elements, but they are unique in their composition and effects.

Waters from the 'Rakoczy-Quelle' (Rakoczy spring), 'Pandur-Quelle' (Pandur spring), 'Luitpoldsprudel „alt“' (Luitpold spring water 'old') and 'Maxbrunnen' (Max spring) as well as the 'Kissingen Bitterwasser' (Kissingen bitter water) are primarily used for drinking cures. Meanwhile, waters from the 'Luitpoldsprudel „neu“' (Luitpold spring water 'new'), the 'Runder-Brunnen' (round spring) or the 'Schönbornsprudel' (Schönborn spring) are mainly used for bathing. You can bathe in these waters in the KissSalis thermal pool, for instance. Some of the medicinal waters are also applied during inhalation at the 'Gradierwerk' (graduation tower) or in the Kneipp pools. On the following pages, we will introduce all of the medicinal springs, including their special features and application options, to you in detail – and let you know where and how you can experience them with all of your senses.



Springs for drinking



Springs for bathing



Springs for inhaling

Rakoczy-Quelle

Ferrous sodium-chloride acidulous water



The 'Rakoczy-Quelle' was rediscovered in 1737 in the old Saale riverbed when the flow of the river was being diverted, and then used as a spring for spa purposes. It was named after the then-popular Hungarian freedom fighter Prince Francis II Rákóczi because of his wild, bubbly personality. You can enjoy the effect of the spring each day at fixed times in the pump room (see p. 4). The public tapping point is in the Kurhausstraße in front of the 'Wandelhalle' (central foyer) as well as in the closed arcades in the spa garden.

Medicinal applications

- To treat chronic disturbances in gastric secretion
- To treat chronic inflammation of the stomach or intestinal mucous membrane
- To treat illnesses of the gall-bladder, bile ducts and gallstones
- To treat chronic liver illnesses, constipation and gout

Drinking tips

Constipation: Quickly drink 200 to 300 ml of cold, carbonated medicinal water approx. 30 min. in the mornings and evenings before eating

Bloating: Slowly drink 300 ml lukewarm, degassed medicinal water in the mornings and evenings before eating while walking

Tendency towards chronic diarrhoea: Slowly drink 50–100 ml of warm and degassed medicinal water in the mornings and evenings before eating

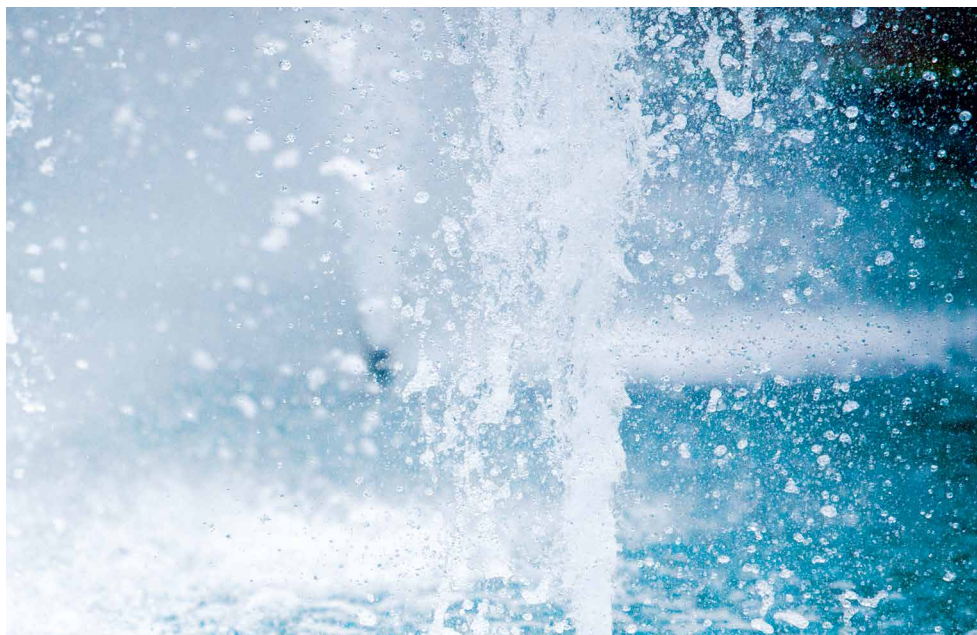
Mineral content

	mg/l
Sodium	2,362
Potassium	81.9
Magnesium	167
Calcium	457
Iron	8.97
Manganese	1.25
Chloride	3,693
Sulphate	835
Hydrogen carbonate	1,268
Nitrate	<1
Fluoride	0.33
Carbonic acid	2,759

* Excerpt from the analysis carried out on 29 June 2010

Kissingen Bitterwasser

Magnesium-sodium-sulphate water



Kissingen Bitterwasser does not come from its own spring; rather it is produced by taking water from the 'Rakoczy-Quelle' and adding magnesium and sodium sulphate. It was introduced by King Maximilian II of Bavaria and has been used for drinking cures since 1856. Like the water from the 'Rakoczy-Quelle', the 'Kissingen Bitterwasser' is served by the 'Brunnen-frauen' (female assistants) in the pump room on a daily basis (see p. 4). There, you can receive comprehensive advice on its various applications.

Medicinal applications

- To treat digestive disturbances, especially sluggish bowel movements and constipation

Drinking tips

If water from the 'Rakoczy-Quelle' or 'Pandur-Quelle' (Pandur spring) does not have a sufficiently laxative effect: Drink 50–100 ml of bitter water in the mornings on an empty stomach – eventually repeat with a larger amount before dinner

Mineral content

	mg/l
Sodium	4,131
Potassium	95.2
Magnesium	3,912
Calcium	512
Iron	0.11
Manganese	1.27
Chloride	3,463
Sulphate	19,969
Hydrogen carbonate	1,203
Nitrate	2.0
Fluoride	0.13

* Excerpt from the analysis carried out on 7 July 2011

Pandur-Quelle

Ferrous sodium-chloride acidulous water



Previously also named the 'hot' or bathing spring, the 'Pandur-Quelle' has been known as a spa spring since 1616. It received its current name in the 18th century in homage to the notorious 'Pandurs' corps, which caused unrest during the War of the Austrian Succession in southern Hungary and therefore became a matter of discussion among guests. The 'Pandur-Quelle' is also served daily in the pump room (see p. 4). You can find public tapping points in the Kurhausstraße in front of the 'Wandelhalle' (central foyer) as well as in the closed arcades in the spa garden.

Medicinal applications

- To treat chronic disturbances in gastric secretion and digestive disturbances
- To treat chronic inflammation of the stomach or intestinal mucous membrane
- To treat illnesses of the gallbladder, bile ducts and gallstones
- To treat chronic liver illnesses, constipation and gout
- To regulate the stomach's acid production

Drinking tips

Constipation: Quickly drink 200 to 300 ml of cold, carbonated medicinal water approx. 30 min. in the mornings and evenings before eating

Bloating: Slowly drink 300 ml luke-warm, degassed medicinal water in the mornings and evenings before eating while walking

Tendency towards chronic diarrhoea: Slowly drink 50–100 ml of warm and degassed medicinal water in the mornings and evenings before eating

Mineral content

	mg/l
Sodium	2,766
Potassium	93
Magnesium	183
Calcium	430
Iron	10.8
Manganese	0.75
Chloride	4,187
Sulphate	960
Hydrogen carbonate	1,352
Nitrate	<1
Fluoride	0.34
Carbonic acid	2,702

* Excerpt from the analysis carried out on 29 June 2010

Maxbrunnen

Sodium-chloride acidulous water



The 'Maxbrunnen', also known as the 'acid spring', is the oldest of the seven medicinal springs at Bad Kissingen, and bubbles in the spa garden. It was first mentioned in 1520. The spring has been known as the 'Maxbrunnen' since it was renamed by King Max I Joseph of Bavaria in 1815. Its water is also served on a daily basis at fixed times in the pump room (see p. 4). Moreover, it is directly, freely accessible in the Max temple in the spa garden.

Medicinal applications

- To treat catarrh in the upper respiratory tract
- To treat chronic kidney and urinary tract infections
- As a preventative measure against kidney stones
- To regulate chronic disturbances in gastric secretion
- To treat functional disturbances in the stomach and intestine

Drinking tips

Too little stomach acid: Slowly drink 200 ml of carbonated mineral water directly before eating

Too much stomach acid: Drink 200 ml of lukewarm, degassed medicinal water 30–45 minutes before eating

Mineral content

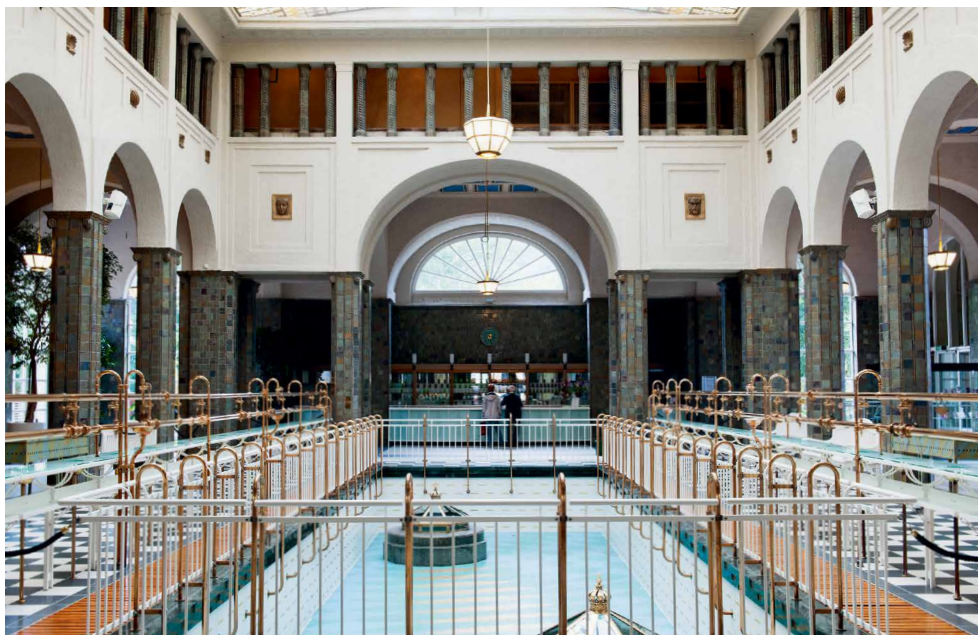
	mg/l
Sodium	1,881
Potassium	67
Magnesium	123
Calcium	346
Iron	0.176
Manganese	1.66
Chloride	2,775
Sulphate	698
Hydrogen carbonate	1,001
Nitrate	13.4
Fluoride	0.24
Carbonic acid	2,288

* Excerpt from the analysis carried out on 29 June 2010

Luitpoldsprudel “alt”



Ferrous sodium-calcium-chloride-hydrogen carbonate-sulphate acidulous water



During a search for potassium salt, the ‘Luitpoldsprudel “alt”’ was drilled from 1906 to 1908 in the northern Saale valley and repurposed for spa use five years later. It was named in honour of Prince Regent Luitpold II of Bavaria, who had just passed away. The ‘Luitpoldsprudel “alt”’ is served in the pump room on a daily basis (see p.4). You can find public tapping points in the ‘Kurhaus’ (spa building) street in front of the ‘Wandelhalle’ (central foyer) as well as in the closed arcades in the spa garden. At Großenbrach, you can also visit the original tapping point with the drilling tower, and drink the ‘Luitpoldsprudel “alt”’ directly on-site from April to October.

Medicinal applications

- To treat chronic disturbances in gastric secretion, especially over-acidity of the stomach
- To treat anaemia and for follow-up treatments after stomach/intestinal operations
- To treat states of exhaustion, iron deficiency with anaemia or for convalescence

Drinking tips

Irritation and heartburn: Slowly drink 200 ml of degassed medicinal water in the mornings on an empty stomach – it can also be heated up to improve digestibility

Iron deficiencies and light anaemia: Slowly drink 200–400 ml of cold, fresh medicinal water when it is served in the morning on an empty stomach

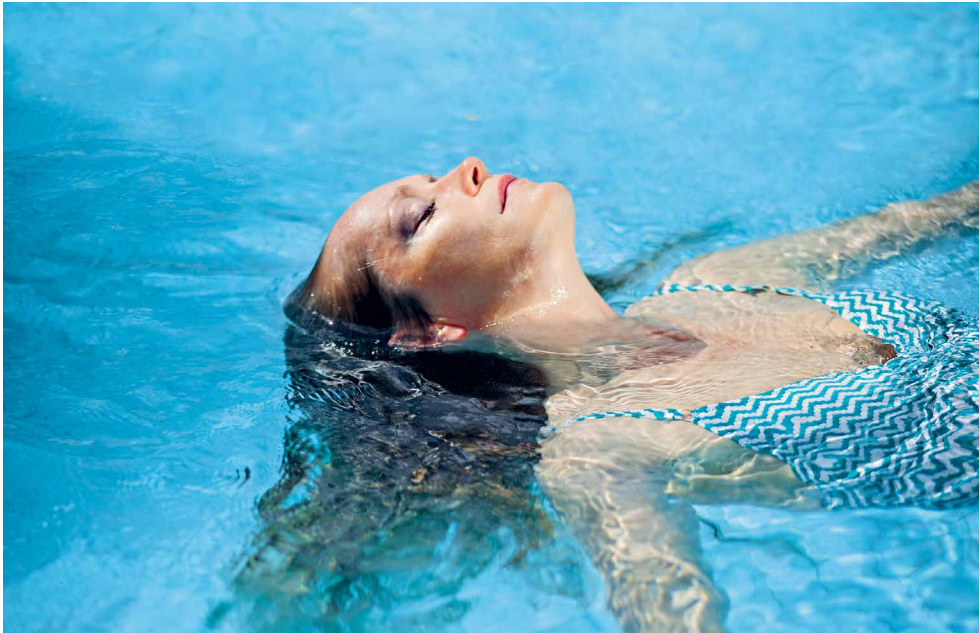
Mineral content

	mg/l
Sodium	787
Potassium	48.6
Magnesium	142
Calcium	486
Iron	14
Manganese	0.97
Chloride	1,089
Sulphate	813
Hydrogen carbonate	1,516
Nitrate	<1
Fluoride	0.41
Carbonic acid	1,976

* Excerpt from the analysis carried out on 16 May 2011

Luitpoldsprudel “neu”

Ferrous sodium-calcium-chloride-hydrogen carbonate-sulphate acidulous water



By the mid-1980s, the technical and hygienic setup at the old Luitpold spring had become outdated. New development was initiated to preserve the site's exceptional geochemical character, and while doing so, the 'Luitpoldsprudel "neu"' was discovered in 1986. This water is primarily used for bathing applications, due to its very special composition.

Medicinal applications

- To treat heart problems and problems with circulation in the heart

Safety tips

Caution: Do not bathe in the spring if you have severe heart failure or have recently suffered a heart attack!

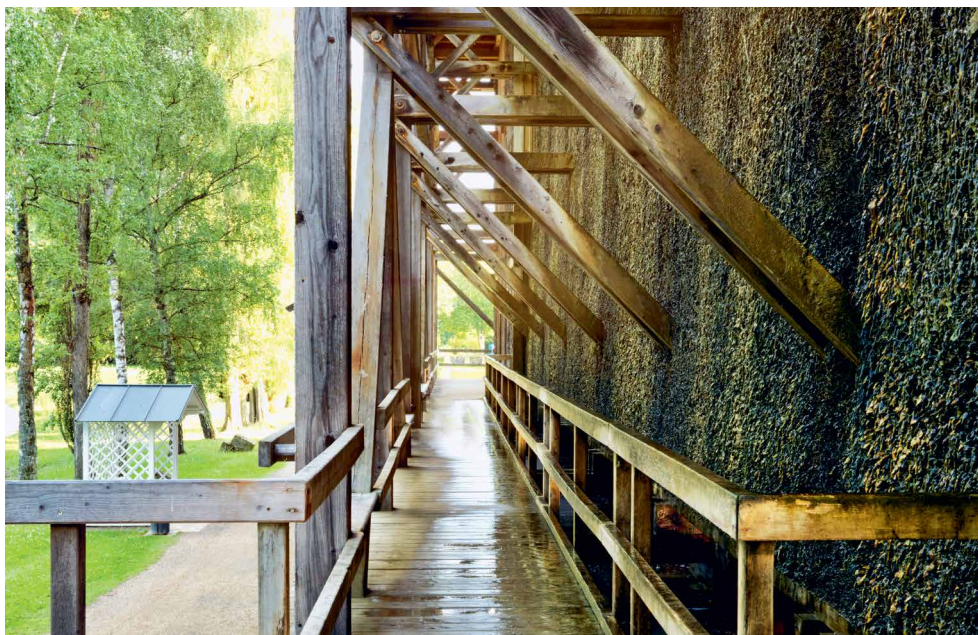
Mineral content

	mg/l
Sodium	1,562
Potassium	73.8
Magnesium	218
Calcium	672
Iron	21
Manganese	1.08
Chloride	2,134
Sulphate	1,318
Hydrogen carbonate	2,092
Nitrate	<1
Fluoride	0.37
Carbonic acid	2,398

* Excerpt from the analysis carried out on 16 May 2011

Runder-Brunnen

Ferrous sodium-chloride acidulous water



This brine spring was discovered in 1788 and developed for salt production. It has also been used as a bathing spring since 1838, and is now used for inhalation as well. Its name refers to the round shape of the spring, which was considered unusual at the end of the 18th century. Today, the 'Runder-Brunnen' is still considered a sight-seeing attraction, since it intermittently wells up and then sinks back down. Guests will be able to witness this spectacle again after renovation work is completed, starting in autumn 2018 (projected). You can experience this brine spring inhaling the vapours at the 'Gradierwerk' (graduation tower) or while walking through the water at the Kneipp pool (see p. 21).

Medicinal applications

- To treat problems with the heart and circulatory systems
- To treat respiratory illnesses – through inhalation at the 'Gradierwerk'

Safety tips

Caution: Do not bathe in the spring if you have severe heart failure or have recently suffered a heart attack!

Mineral content

	mg/l
Sodium	4,850
Potassium	160
Magnesium	340
Calcium	880
Iron	16.2
Manganese	0.76
Chloride	8,020
Sulphate	1,550
Hydrogen carbonate	2,055
Nitrate	<1
Fluoride	0.61
Carbonic acid	1,320

* Excerpt from the analysis carried out on 10 December 2009

Schönbornsprudel

Ferrous sodium-chloride-thermal acidulous water



The thermal spring was developed in 1764 in the district of Hausen for salt production. However, it was not used as a bathing spring until a good 100 years later. Its name goes back to the Bishop of Würzburg Johann Philipp von Schönborn, who made a valuable contribution to producing salt in the region. Today, the 'Schönbornsprudel' feeds into the KissSalis thermal pool, and the Hotel Kaiserhof Victoria, the Vital-Hotel Erika, the 'Sanatorium und Gesundheitszentrum Uibeleisen' (Uibeleisen sanatorium and health centre) and the 'Klinisches Sanatorium Fronius' (Fronius Clinical Sanatorium) also use it for bathing applications. When extracted, it has a temperature of 20.2 °C.

Medicinal applications

- To treat slipped discs, rheumatism, joint disorders and tensions
- For follow-up treatments after injuries and after operations on the musculoskeletal system
- To treat problems and disorders with the heart and circulatory system
- To treat respiratory, nervous system and skin disorders

Safety tips

Caution: Do not bathe in the spring if you have severe heart failure or have recently suffered a heart attack!

Mineral content

	mg/l
Sodium	3,028
Potassium	112
Magnesium	198
Calcium	766
Iron	10.2
Manganese	1.25
Chloride	4,581
Sulphate	1,404
Hydrogen carbonate	1,842
Nitrate	<1
Fluoride	0.44
Carbonic acid	1,760

* Excerpt from the analysis carried out on 7 July 2011

Dive in, relax and unwind KissSalis thermal pool



It is easy to regain your strength and find your inner peace in the KissSalis Therme. Here, light-flooded rooms, extraordinary glass and steel architecture, a spacious outdoor area and a harmonious interplay of activity and relaxation delight guests. 1000m² of water surface is spread across the 'Thermen-Landschaft' in 11 round pools in the indoor and outdoor areas. All of these pools are filled with fresh thermal water from the 'Schönbornsprudel' (Schönborn spring).

From the intensive saltwater pool to the SaunaPark

Experience the beneficial effect of thermal water while you relax in the intensive saltwater pool, work out during water aerobics or float in the flow channel. Enjoy pleasant water temperatures between 32 °C and 38 °C. After using the sauna, you can freshen up in the cold pool where the thermal water is kept at 20 °C. The SaunaPark at the KissSalis thermal pool offers further opportunities to relax: nine saunas, a generous sauna garden and numerous sauna steam treatments and scrubs.



Contact

KissSalis Therme
Heiligenfelder Allee 16
97688 Bad Kissingen
Germany

T +49 (0) 971 826-600
www.kissnalis.de

Opening hours

ThermenLandschaft &
SaunaPark

9 am to 10 pm daily
9 am to 12 am on
Fridays and Saturdays

Closed on 24 and 25
December

Your guest card entitles
you to an additional free
hour each day in the
KissSalis thermal pool.

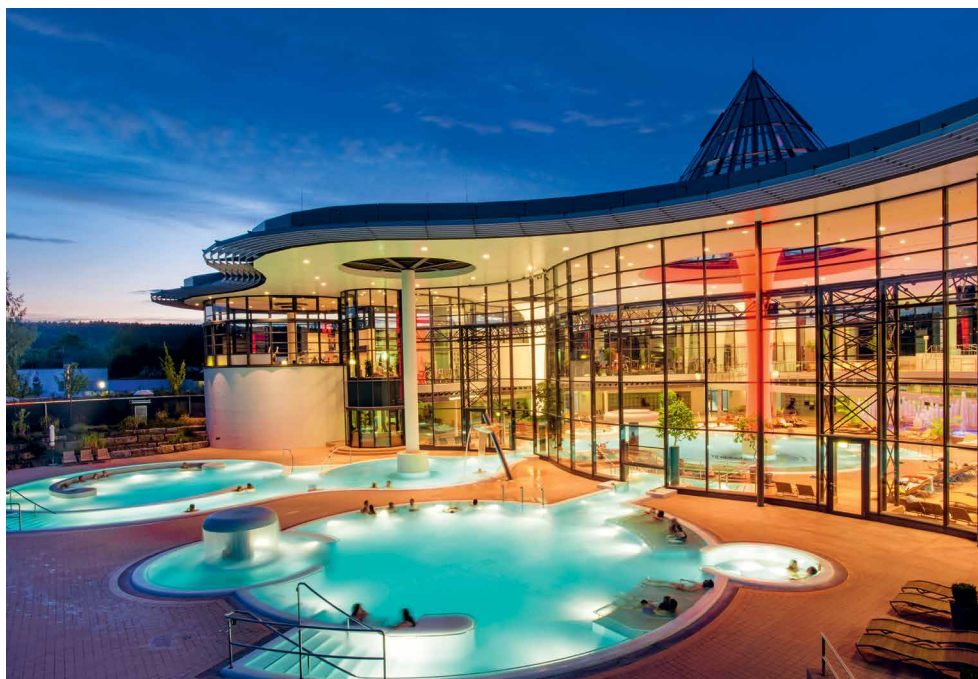
TIP

Become a new person in two hours: Spending time in thermal water greatly helps to relieve stress, according to a recent scientific study.

THERMAL BATHS

Getting it right

- 1 Proper thermal bathing starts before actually entering the water. In order to properly prepare your body, you should first get your circulation going; for example with water aerobics.
- 2 Start in the cooler pool, then go into the warmer one. That way, your circulation can get used to the temperatures.
- 3 Switching between bathing temperatures trains your blood vessels and inner organs. Your body warms up, then cools back down again. Taking a cold shower after each bath prevents overheating.
- 4 Each bathing session should ideally last 20 to 30 minutes at a stretch. If you don't want to move and simply float in the water, select a pool kept at 35 °C. The colder the pool, the more you should move in order to keep your temperature balance at an equilibrium.
- 5 After each bathing session treat yourself to a proper break. For example, get a massage – when you're warmed up, it's easier to release any tension held in your body.
- 6 Please don't underestimate the heating effect of a whirlpool. Sitting in one is the equivalent of visiting a sauna kept at 85 °C. With this in mind, do not spend too much time in the whirlpool.



The medicinal water experience



Gradierwerk

Up until 1968, the 'Gradierwerk' (graduation tower) in Bad Kissingen was used for salt production. Today, it plays an important role in brine therapy. Bundles of blackthorn are integrated into its wooden beam construction; the brine is sprinkled over and evaporates on these. The salt particles are released into the air and create a health-promoting microclimate around the 'Gradierwerk', one that is similar to the atmosphere on the Baltic Sea. The 'Gradierwerk' is fed by the 'Runder-Brunnen' (round spring).



Depending on the weather, the 'Gradierwerk' is in operation daily from about April to October.

GUIDED TOUR

EXPERIENCE MEDICINAL WATER THROUGH THE AGES

This exciting excursion takes you from the spa grounds to the 'Gradierwerk' at the 'Untere Saline' (lower saltworks), then back again to the spa garden with its medicinal water spring. The tour ends here

with a comprehensive tasting of all the medicinal waters. The tour is available for groups of travellers in three different options: as a three-hour tour with steamboat rides (both directions), as a 3.5-hour tour with a steamboat ride (return direction) and as a four-hour tour with a hike. Information is available at the Tourist office.



Depending on the weather conditions, it can be used from spring to autumn. A detailed information board on how to use the Kneipp pools is available on-site.



Mediterranean Kneipp pools at Luitpoldpark

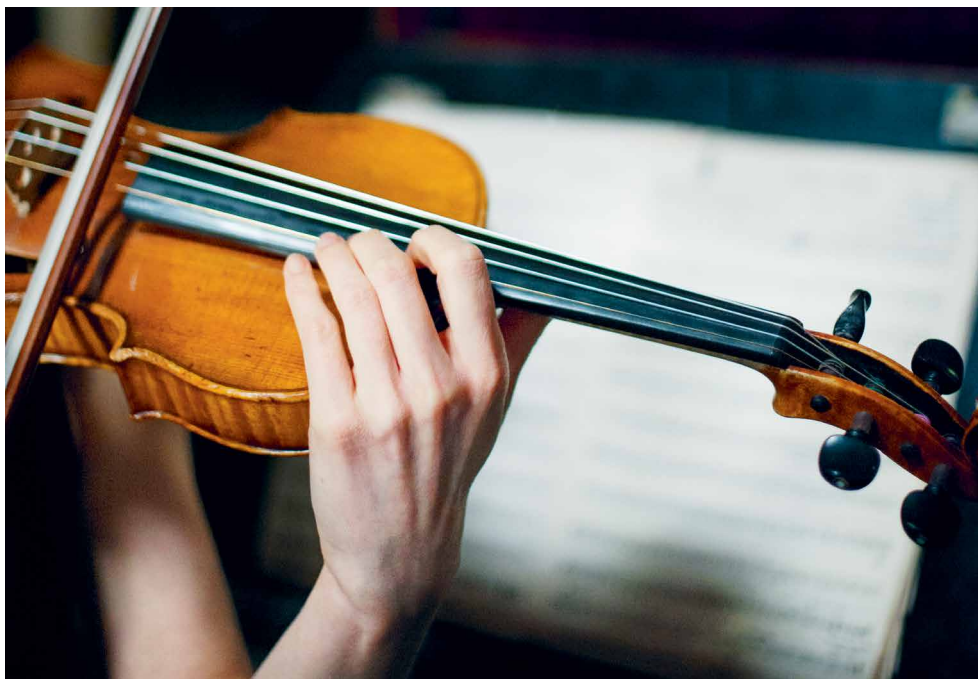
The Mediterranean Kneipp pools belong to the 'Dreiklang' (triad) at Luitpold Park – a site for harmonising your body, spirit and soul. You can bathe in the spacious arm and foot pools with a view of the park, and then relax on benches and loungers in the 'Klanggarten' (sound garden). Palms, potted plants and a small aromatic garden create a Mediterranean ambience.



The Kneipp pools at the 'Gradierwerk' are available to guests year-round.

Kneipp pools at Gradierwerk

While treading water in the Kneipp pools, slowly proceed barefoot through the cold water, and always keep one leg lifted completely out of the water. This promotes circulation and even stimulates smaller veins in the leg. This in turn prevents varicose veins as well as migraines from forming, alleviates circulatory problems and encourages sleep. The Kneipp pools at the 'Gradierwerk' are fed by the 'Runder-Brunnen'.



Medicinal water and spa music

Taking time, remaining attentive and strolling: These elements are part of the ritual of drinking medicinal water. First, you will be advised by our 'Brunnenfrauen' (female assistants) in a friendly and attentive manner. In keeping with tradition, you will receive the medicinal water from them, and then gradually let its effects unfold while walking and drinking in a relaxed manner. The spa orchestra plays in sync with this ritual; enjoy a concert in the 'Wandelhalle' (central foyer) in the afternoons at the same time as the spring water is being served.. The orchestra's stage, a concert shell that can be rotated outside, is located right next to the pump room. In this way, the power of music intermeshes with the effects of strolling to create a sense of harmony – with oneself and with the many traditions surrounding Bad Kissingen medicinal waters.



The spa orchestra's concert dates – including ones with a modern big band line-up – are available on www.badkissingen.de

THE BAD KISSINGEN SPA ORCHESTRA

TRADITIONAL SPA MUSIC

Ever since the mid-19th century, a full-time 13-member orchestra has played in Bad Kissingen. The orchestra delights guests on a nearly daily basis with a varied

programme that showcases its exemplary musical talents. Its stage is the concert shell in the 'Wandelhalle', which can be rotated outside into the spa garden when the weather is suitable.



Gesundheitslotse



Our on-site medical specialists would be happy to advise you on the application options and indications of the Bad Kissingen medicinal waters. We also provide a unique service for you in Bad Kissingen, the 'Gesundheitslotse' (health guide). This highly qualified consulting service helps you to create your personal health plan in the best way possible, informing you of all applications in a comprehensive manner free of charge – even before your visit to the spa.



Spring water service and consultation in the 'Wandelhalle' (central foyer)

Daily from 7 am to 9 am as well as from 4 pm to 6 pm on weekdays

Brunnenfrauen

During our opening hours our professional 'Brunnenfrauen' (female assistants) are available to help you answer any questions you may have related to medicinal water. They serve you the medicinal water and are happy to advise you on its application and effects.

Tourist office

Comprehensive information and tips about your stay in Bad Kissingen are available at the Tourist office in the 'Arkadenbau'. You can also find quick and professional service here when you need a room, would like to book a ticket in advance or are interested in our package deals. We look forward to your visit!



Contact

Via e-mail:
gesundheitslotse@badkissingen.de

Via phone:
 T +49 (0) 971 8048-444



Contact

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 'Arkadenbau' (arcades)
 97688 Bad Kissingen
 Germany

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tourismus@badkissingen.de
www.badkissingen.de

Technical data

Rakoczy-Quelle

Discovered: 1737
Tapping point: Kurgarten
(spa garden)
Depth: 13.60m
Diameter: 800mm
Extraction: approx. 20l/min.

Pandur-Quelle

Discovered: 1616
Tapping point: Kurgarten
Depth: 12.20m
Diameter: 800mm
Extraction: approx. 20l/min.

Maxbrunnen

Discovered: approx. 1520
Tapping point: Kurgarten
Depth: 15.50m
Diameter: 800mm
Extraction: approx. 6l/min.

Luitpoldsprudel "alt"

Discovered: 1906–1908
Tapping point: Großenbrach
Depth: 253m
Diameter: 400mm
Extraction: approx. 60l/min.

Luitpoldsprudel "neu"

Discovered: 1985
Tapping point: Kleinbrach
Depth: 581.10m
Diameter: 400mm
Extraction: approx. 30l/min.

Schönbornsprudel

Discovered: approx. 1578
Tapping point: Hausen
Depth: 584m
Diameter: 219mm
Extraction: approx. 210l/min.
Temp. when extracted:
20.2°C

Runder-Brunnen

Discovered: 1788
Tapping point: Hausen
Depth: 91.40m
Diameter: 309mm
Extraction: approx. 360l/min.

Legal notice

Publisher:

Bayer. Staatsbad Bad Kissingen GmbH
Im Luitpoldpark 1, 97688 Bad Kissingen, Germany T +49 (0) 971 8048-444
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Design, layout, overall production:

MüllerValentini GbR
Text: MüllerValentini GbR, Mikado GmbH

Subject to change without notice, printing errors excepted.

All medicinal water analyses were carried out by the 'Institut Dr. Nuss' (Dr Nuss Institute) in Bad Kissingen.

Published by courtesy of Dr Elke Nuss
(Control of medicinal spring operations and spring services).

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p.16, 20: Bayer. Staatsbad Bad Kissingen GmbH; Photo: Dominik Marx
pp.18–19: KissSalis Therme Bad Kissingen

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