

Sauna In Germany Is A Treat For All -- At Any Time

When you sauna in Germany, you are giving yourself a treat among treats. A very popular pastime for all residents and visitors, a relaxing time in the sauna tends to melt away your cares and worries. It refreshes and brings some peace to your world.

German saunas are in abundance throughout the country. With about 30 million German people regularly going to a sauna, there are now over 2,300 public saunas available for use. There are even more within sports clubs, fitness centers and hotels. Many Germans even have saunas in their homes!

What To Do In German Saunas

Saunas in Germany have their own particular traditions. When you are *Im Schwitzkasten* (in the sweat box), you will soon learn what *textilfrei* means. It means “no clothes.” You will need to leave your swimming suit in the locker room and travel around the rooms with towels and a robe.

Be prepared for the *Aufguss*. This is where water will be thrown onto the fire and the steam is fanned out into the faces of the sauna visitors. You get very hot and that sweat just pours out to clean your pores.

Top German Saunas

The *Kristallbad* in Bad Klosterlausnitz is one of the most beautiful German saunas. Crystals decorate the walls and ceiling, and their heated pool filled with salty mineral water is exquisite. This Solebad is perfect for swimming, and pretty ideal for a romantic interlude.

On the [Spree River](#) you'll find a converted tugboat where a sauna operates one-half of the year. The other half it is a swimming pool. The name? *Badeschiff-Sauna*. *Badeschiff* means, very appropriately, “bathing” or “spa ship.” You will have an excellent sauna experience here.

If you prefer to avoid the unisex saunas, go to *Stadtbad Neukölln* in [Berlin](#). With a neo-classic design, this has often been hailed as one of the most beautiful of saunas in Germany. The gargoyles, mosaics and Corinthian columns are amazing.

Travel to the [Black Forest](#) and visit the city of [Baden-Baden](#) to put in some unforgettable sauna time. This is a true “spa country” which means it is also “sauna country.” Baden-Baden attracted many kings and royalty, and you will see why when you arrive there.

You'll find saunas in most large hotels in Baden-Baden, but you can also attend the many day spas for some lovely cleansing. The classy elegance will have you glad you came. This city is full

of choices for a most elegant sauna trip.

A Roman-Irish sauna you must try is the *Friedrichsbad*. You can take a basic course with sixteen relaxing steps, leading from Irish steam to dry air. A delight in German saunas!

At *Friedrichsbad*, clothing is not an option. Nudity is required. This didn't stop Mark Twain from visiting this spa when he was abroad. He felt the world melt away and time become a dream.

Also in Baden-Baden, you'll find the *Caracalla-Therme Spa*. This enormous and modern spa has wonderful facilities and eight different kinds of saunas. You can arrange for additional treatments or massages as well.

One of my personal favorites of all saunas in Germany is the *Taunus Therme* in [Bad Homburg von der Höhe](#) in [Hesse](#). Their Therapeutic Baths are of a very high quality and the atmosphere is more than relaxing.

Take a special getaway and experience the sauna in Germany as an ideal treat. The relaxation and peace to be had has no price. Shed those workaday blues and have a perfect vacation.

Any of the marvelous saunas in Germany will give you the easy access, the classy treatment and the services you need to make a vacation complete. Walk out refreshed and invigorated to begin another day with enthusiasm.