



# Wellness for Body and Soul



■ THE THERMAL BATHS

■ THALASSO SPA

■ SPA EVENTS



HOTEL VEJLEFJORD



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# THE THERMAL BATHS

Take time to enjoy the beneficial and therapeutic qualities of The Thermal Baths. The Thermal Baths offers seven different baths, special showers, steam rooms and saunas. Pure indulgence for alle your senses.

## WONDERFUL BATHS

### Panorama Bath

The perfect starting point to warm up. The water temperature is around 32°C, just right for your muscles to relax. In the bath there are small caves where you can retreat or simply appreciate the panoramic views of the park. Stay until you're completely relaxed.

### Aroma Bath

The Aroma Bath is nestled away in a small cave. Scents are added to the water that increase overall well-being.

### Champagne Bath

Enjoy the luxurious feeling of being enveloped by small supple bubbles in our champagne-bath. The "champagne-colored" light in conjunction with the small bubbles hitting the water surface, creates a beautiful play of light on the golden walls, making this bath a unique experience.

### Sound Bath

Immerse yourself in the Sound Bath and feel how you are impacted by the sounds below the water. The relaxing yet invigorating sounds are composed by musician Niels Eje. Lay your head back all the way with your ears underwater to really enjoy the effects.



## Forest Bath

Luxuriate in the warm water of the outdoor Forest Bath, breathing in the crisp, fresh air whilst being serenaded by birdsong from the surrounding forest. On a clear evening, a truly unique experience is to lie in the warm water and gaze at the stars or in the winter months, simply lie back and bask in the steam rising from the bath.



# HEAT & TRANQUILITY

## Fire Bath

The red walls reinforce the tropical effect of the warmest bath we have. The water is around 42°C and the formidable heat gives the feeling that the muscles slowly melt while the blood circulation increases and relaxes you. Stay in the bath for as long as it's comfortable. Alternate between the Fire Bath and the Ice Bath to promote blood circulation and experience the most invigorating yet relaxing sense of well-being. Finish with a dip in the Ice Bath.

## Ice Bath

The walls are ice blue and the water is a cool 8°C. Combined with the Fire Bath, the extreme temperature difference powerfully stimulates your body. It kick-starts a healthy circulation and transports more oxygen to the muscles and vital organs. We recommend three quick shifts between Fire and Ice baths, but always pay attention to what feels good for you.

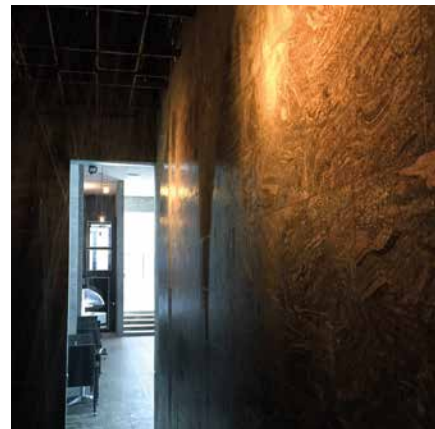
## SENSE SHOWERS

### Summer Rain

Large warm droplets fall from over five meters high. It's refreshing and gently massaging like rain on a hot summer day. Stroll slowly through the eight meter long granite walkway and feel the rain drops on bare skin. The drops are reflected in a rainbow of light alternating between red, violet, blue and green.

### Mammoth Shower

In two granite caves you will find Mammoth Showers that cascade warm water down on your body from three meters high. The result is a natural massaging effect that loosens aching muscles. Each nozzle has a distinctive jet so you experience four different effects.



# WELLNESS

## SAUNA & STEAM ROOMS

### Forest Sauna

A footbridge leads to a wooden platform housing our largest sauna. The Forest Sauna is built on pillars above one of Vejle fjord's many natural areas along with showers and chairs for a refreshing, natural cool off. The Forest Sauna is where you can experience sauna infusions, known locally as Saunagus, with beautiful fragrances as well as exhilarating hot and cold temperatures that loosen up tense muscles and bestows a wonderful sense of well-being in both body and mind.

### Steam Room

Divided into three sections, you move from hot to hotter to hottest as you progress further into the Steam Room. The steam softens your body and muscles. To enhance the experience you can buy a Body Peeling kit from the Vital Bar and apply it in small circular movements whilst in the Steam Room. You can also cool your body down with fresh ice crystals or under a cold shower. Body Peeling must be completely rinsed off under the shower before proceeding.

### Aroma Sauna

Next to the Steam Room is the Aroma Sauna, a fragrant, dry air that gets warmer the higher up the benches you get. Typically we recommend that you stay in for around 10 - 15 minutes but stay as long as it feels comfortable and then cool down under cold water. Repeat three times then finish with a quick cooling down.

Read more about the Spa, practical information and opening hours at

<https://en.hotelvejlefjord.dk/spa-and-wellness>



### Sauna Infusions

Sauna Infusions known locally as Saunagus, is an exhilarating blend of hot and cold temperatures and specially selected essential oils that envelop you in beautiful scents and produce a range of different effects. No matter the time of year, complete the experience with a quick trip down to the bathing bridge and simply jump in the fjord.



# THALASSO SPA

Experiencing the fantastic healing properties of saltwater.

## Salt Bath

When life is busy and we don't get enough sleep, the body can crave mineral salts such as iodine, calcium and magnesium.

In the Salt Bath, your body melts into to the warm salt water, absorbing the beneficial minerals, vitamins and trace elements.

You can quickly feel the wellbeing spread around your body as you float effortlessly and weightlessly in warm saltwater, which has an added benefit of softening the skin. The salt content of the water is around 8% with a water temperature of 34°C and a room temperature of 36°C.

## Salt Sauna

The Salt Sauna releases salt ions, which together with the heat of the sauna, relax your muscles and strengthen the immune system. In addition, the salt laden air not only benefits the lungs but has a very effective impact on the skin which becomes soft with a beautiful glow. Stay in the sauna, which is kept at around 70°C, as long as it's comfortable and enjoy the amazing view through the large picture windows facing the park.

## Sun Terrace

On the sun terrace you can take a cold rinse under the outdoor shower and enjoy the fresh air from the fjord. In the summer months there are sun beds on the terrace.

**Thalasso Spa is connected to Thermal Baths via a footbridge to the Sun Terrace. You are welcome to move between the areas, however, it is important that the salt water is ALWAYS thoroughly washed away after Thalasso Spa**



## Access to the Thermal Baths and Thalasso Spa includes:

- Fresh fruit, water and coffee / tea ad libitum
- Use of bathrobe, towels and slippers

You must be 14 years old to access the Spa.

## Vital Buffet and refreshments

At the Vital Bar, located in the Thermal Baths, we offer tempting refreshments including cake, chips and a selection of drinks. You can also buy body peeling and face mask.

## Spa Events

We combine access to the Thermal Baths and Thalasso Spa with various themed experiences.

- **MORNING DELIGHT SPA** Mondays, Wednesdays and Fridays. We welcome you with a sumptuous breakfast buffet in the Hotel's restaurant, followed by wonderful sauna infusions and an opportunity to enjoy all the pools and saunas.
- **EVENING DELUXE SPA** Tuesdays and Wednesdays. Starting with a welcome drink and two course evening meal in the restaurant, followed by pampering in the Spa, including a light neck massage and sauna infusions.
- **DE-STRESS SPA** Thursdays. Unwind and relax in the Spa with a delicious Vital Bar lunch, sauna infusions and a Senses Pack, 4 step do it yourself wellness treatment for the whole body.
- **MIDNIGHT SPA** Fridays, in even week numbers. Experience the enchanting evening atmosphere in the Spa with a delicious evening buffet accompanied by lavish salads and breads as well as a glass of sparkling wine. You must also try Sauna infusions in the Forest Sauna.
- **ROMANTIC SPA "KÆRESTESPA"** Fridays, in uneven week numbers. A perfectly romantic setting with a delicious evening buffet, tablecloths on the tables and lit with soft candlelight. And of course sauna infusions with the scent of romance.



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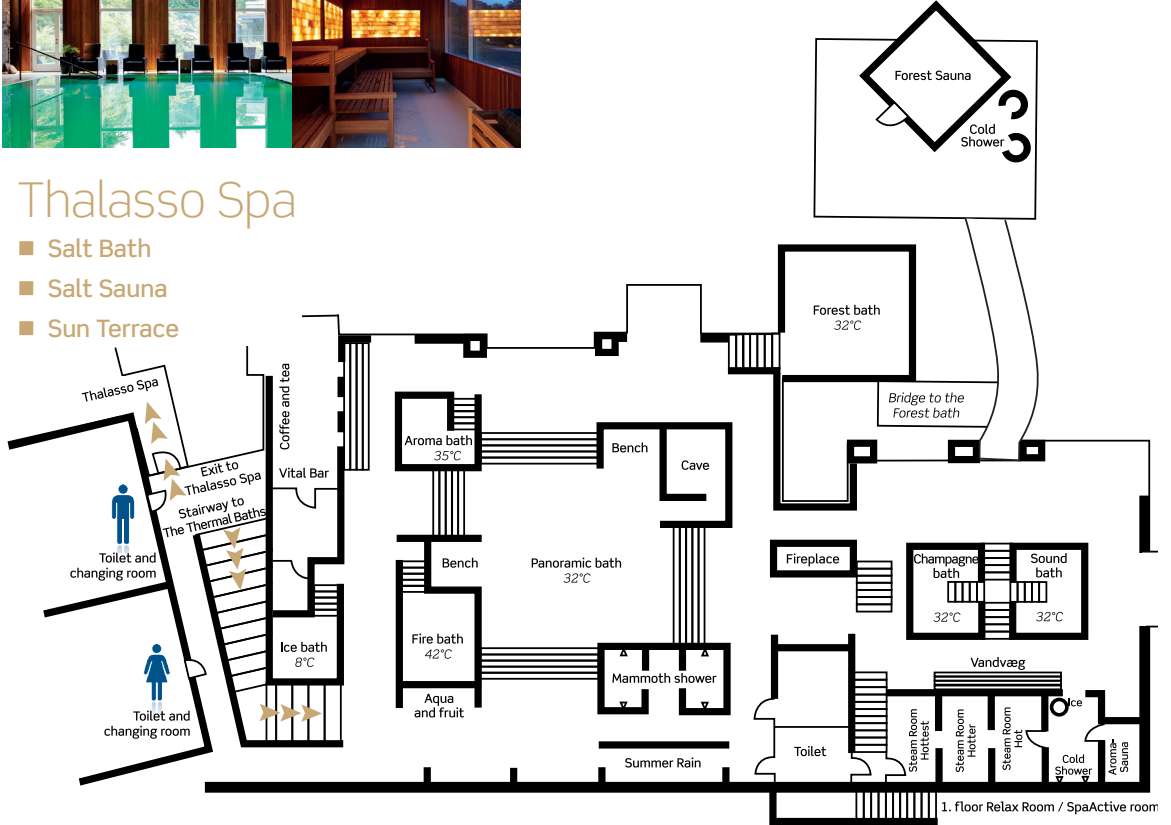




# The Thermal Baths

## Thalasso Spa

- Salt Bath
- Salt Sauna
- Sun Terrace



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