

BADENER HOF, RÖMERTHERME AND BADENER KURZENTRUM

Be relaxed and healthy in Baden near Vienna

Badener Hof – Badener Kurzentrum – Römertherme – the healthy trio in the traditional spa town of Baden near Vienna

For almost 200 years the biedermeier town of Baden near Vienna has invariably been connected with the town's healing sulphur thermal springs. The spa "Aquae" was founded by the Romans in 50 AD. In the 18th century the town began an unparalleled policy of developing and cultivating this old tradition. At the beginning of the 19th century Emperor Franz I made Baden his summer residence, bringing his court, and with it the aristocracy and the world of beautiful art to the town in the picturesque Helen Valley. Among them, famous names such as Grillparzer, Mozart, Schubert, Strauß and Beethoven. So began the town's first heyday as the noble spa of the Austro-Hungarian monarchy. Today Baden has a lot to offer for flair, lifestyle and culture. The spacious parks, traditional cafes, biedermeier pedestrian precincts and comfortable "Heurigen" (wine bars) and the "Congress Casino Baden" together with the summer concerts in the "Kurpark", the operetta festival in the Summer Arena as well as the "Baden Town Theatre" (Badener Stadttheater) attract countless guests year after year. Baden is the most important tourism centre in Lower Austria.

BADENER HOF - HEALTH AND SPA HOTEL

The "Badener Hof" was opened in October 2005 in the centre of the charming spa town of Baden. This 4 star health and spa hotel promises discriminating private guests high-class accommodation while they undergo a spa in the adjoining "Badener Kurzentrum". 72 spacious and comfortable rooms including 10 suites are available for spa guests and health conscious visitors. Not only the competent medical and therapeutical treatment but also the friendly service, the scrumptious food and the stylish and pleasant atmosphere all contribute to the recovery and relaxation process. Through its central location in this charming small town with its green parks, the well looked after "Kurpark" and the charming "Rosarium" (rose garden) guests can enjoy the regal atmosphere of the spa town on foot; visiting the comfortable "Heurigen" (wine bars) and cafes, and conveniently savouring the various cultural attractions. The hotel offers not only direct access to the "Badener Kurzentrum" but also the "Römertherme" with its leisure centre. Under one roof you find medical spa expertise, the opportunity to both convalesce and relax and a stylish hotel ambience. For this reason, we distinguished in January 2008 the quality symbol "Best Health Austria" to make every effort to ensure the high standard of services.

RÖMERTHERME - HEALTH AND SPA PLEASURE

The “Römertherme Baden” is characterised through the perfect balance of biedermeier mineral water swimming pools and impressive modern architecture. The thermal baths, with the largest suspended glass roof in Europe, uses nature as part of its architecture. The complete expanse of water is around 900m² and includes a whirlpool, sports pool, vital pool, cloverleaf pool, sulphur pool and children’s pool. Two herb and aroma steam baths, a salt-steam bath, three Finnish saunas, a bio sauna as well as a range of massage and meditation programmes provide relaxation and harmony. As vitality of body and mind are inseparable from physical fitness, the thermal baths also offer a comprehensive range of fitness equipment in the adjacent fitness centre. Personal training plans as well as a fitness check support the guest in strength or cardiovascular training, in the fitness room or with the diverse gymnastic opportunities. The direct connection to the “Badener Kurzentrum” and the competent teamwork between spa doctors and sports scientists enables the spa guest and the health conscious sports person to return home healthier.

BADENER KURZENTRUM - HEALTH EXPERTISE

Directly connected to the “Römertherme” is the “Badener Kurzentrum”, which offers health expertise at the highest level. With its Institute of Physical Health and outpatient rehabilitation services, the Badener Kurzentrum offers not only traditional physical therapy and spa therapies, but also modern and pioneering forms of treatment – such as the DAVID spine concept and the Spinelineer.

The sulphur water rises in great volume out of a total of 15 springs from a depth of almost 1000 metres and is rich in minerals. Many guests and patients experience relief from their complaints and illnesses through the use of the sulphur water. The so-called “Yellow Gold“ has been successfully used as long as anyone can remember primarily against impairment of the joints, muscles and bones through bathing, drinking, inhalation or mud therapy.

The latest studies from the Research Institute of the “Badener Kurzentrum” have identified further unsuspected properties of the sulphur water. With so called illnesses of civilised society such as diabetes, lung disease and cirrhosis of the liver free radicals play a significant role. Every person carries free radicals in their body, that are normally fought through the body’s purification and immunisation processes, these become weaker with advancing age, this in turn causes a

weakening of the immune system. This can be counteracted through an adequate supply of antioxidants. The Research Institute in Baden has proved that Baden's sulphur water has an excellent antioxidant effect and so can make a valuable contribution to the protection of the immune system. With this, the often-used term "anti-ageing" receives another valuable meaning. Similarly, research results have shown Baden's sulphur water can make a significant contribution to reducing "malicious" LDL cholesterol.

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