



Where relaxation becomes an experience.

 sole uno
Wellness-Welt
im Parkresort Rheinfelden



Your oasis of wellbeing on the Rhine.

The Rhine flows majestically by, a river that is shrouded in legend and has long held us under its spell. And located right next to the beautiful banks of this great river you will find a unique oasis of tranquillity, wellbeing, health and enjoyment: the Parkresort Rheinfelden. Set in the midst of lush green parkland, this location has provided the perfect blend of tradition and modernity for the last 130 years. Over the course of time it has developed into a resort that provides guests with everything they require to help them feel healthier and achieve a better sense of wellbeing, equilibrium, strength and happiness. Welcome to the Parkresort Rheinfelden.

 parkresort
Rheinfelden



The spacious bathing landscape with its light effects is a truly visual experience. Allow your body to relax and take in the views... true indulgence for all the senses.

Dive in. Let out a contented sigh. And enjoy the power of the sea.

Salt deposits were discovered in this region as early as 1847. Health enthusiasts from far and wide soon flocked to Rheinfelden to take the soothing spa waters and to relax. We have carried on this lovely tradition into a third millennium and created a modern wellness world to captivate you. Give your skin a treat with a bath in Rheinfelder Natursole® saline solution, rid your tired muscles of tension on the Jacuzzi beds, or simply just relax.



Pure enjoyment: the huge saltwater whirlpool with elevated view of the bathing landscape.

Indoor bathing facilities



The intensive saltwater pool with 12% salt content: float as if you were in the Dead Sea and relax with some underwater music.

Stock up on vitamins and enjoy some refreshment at the Vista Vital bar.



A truly cool experience to invigorate your senses: the refreshing alpine waterfalls, surrounded by original Grisons rock.

From the Alps to the rainforest. In just a few seconds.



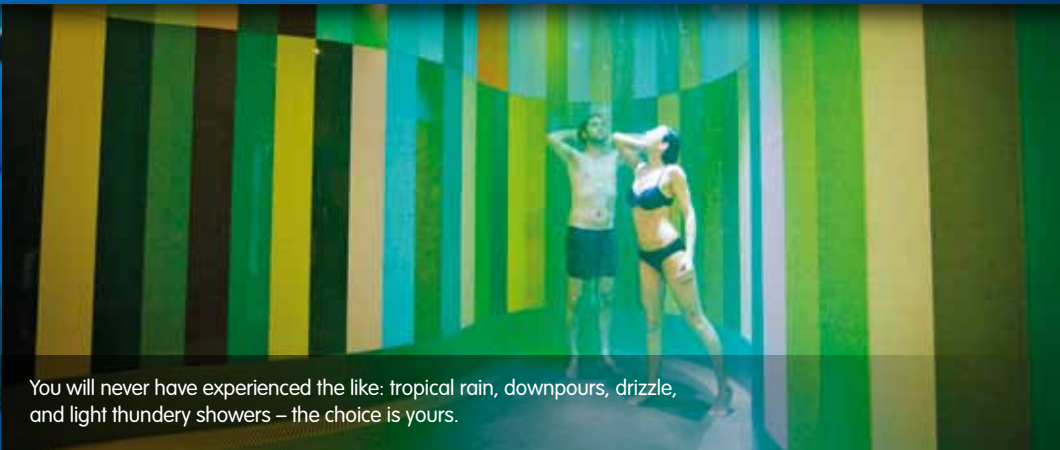
Some like it hot: our 40° C fire pool should pose no problem.

Some of the many attractions in our bathing area are certainly not for the faint-hearted. Others are, of course. Variety is always guaranteed. How about starting off with the cold alpine waterfalls that cascade down on you with all their force from a height of 3.5 m? Having enjoyed this invigorating experience, why not move on to the rainforest next door to enjoy an original tropical downpour. After that it is time to cool off again in the ice pool followed by a dip in the 40° C heat of the fire pool to really get the circulation pumping.

Heat contrasts in our water worlds



Feeling a chill? No wonder: after all, you are in the 15° C ice pool.



You will never have experienced the like: tropical rain, downpours, drizzle, and light thundery showers – the choice is yours.



We don't take care of the seasons, just your wellbeing. Be it summer or winter, you can swim out into the park in our spacious saltwater pool. Whatever the weather.

Can we offer you some fresh air?



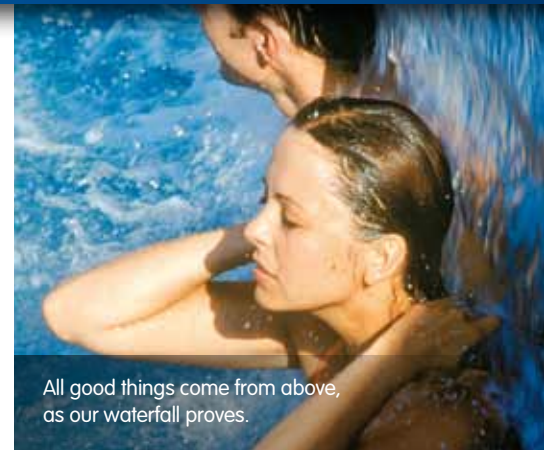
Our sunbathing lawn.
The best place to tan.



Perfect for winter temperatures: pure relaxation
in the 34° C saltwater pool.



Our recreational pool with its Jacuzzi beds and seats, neck jets, massage jets, waterfall and bubbling whirl stream is right in the heart of a beautiful park. Whether under the gorgeous summer sun or surrounded by steaming mist in winter – the bubbling Rheinfelder Natursole® saline waters are a healthy pleasure at any time of year. On the beautiful sunbathing lawn visitors can either relax in comfortable recliners in the shade of ancient trees or soak up the sun.



All good things come from above,
as our waterfall proves.



Tepidarium – our hot-air room with heated, ergonomically designed loungers. Forget your cares in this peaceful setting by relaxing and watching the fish in the aquarium.

Stimulate your metabolism. As nature intended.



Enchanted by fire: watch the dancing flames, feel the soothing warmth, gaze at the glowing sparks and let your mind wander. The fire sauna is always a hot tip.



Variety does the body a power of good: it needs to cool down after experiencing a lot of heat.

Indoor sauna facilities



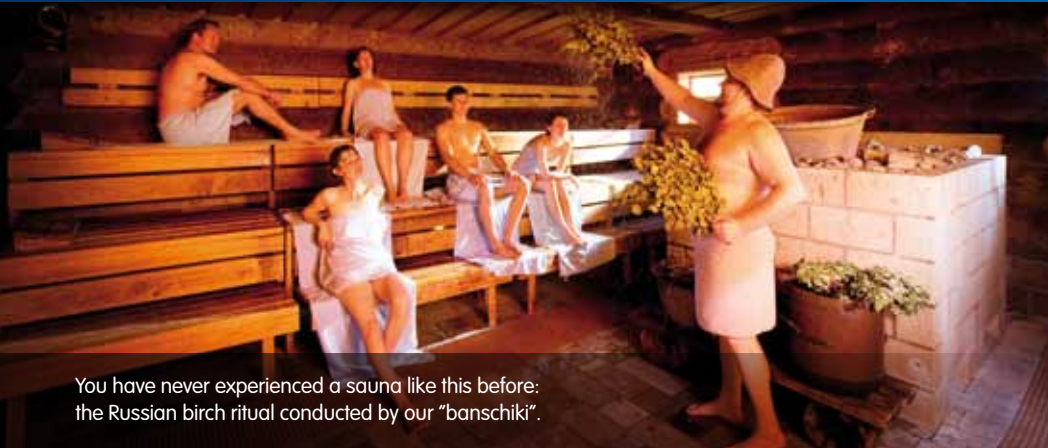
Sweating the easy way: in the pleasant temperatures of the steam bath, under the stars.

The healing effect of sweating was discovered by the ancient Romans. Saunas are an ideal way to revitalise the body, stimulate the metabolism and rid the body of toxins. Alternating between soothing heat and cold temperatures also boosts the immune system and the circulation. Our sauna facilities consist of three Finnish saunas – one of which is a ground sauna – a fire sauna in the park, a Russian banya, a bio-sauna (Sanarium®), a steam bath, a Tepidarium with a giant aquarium and fully automatic heated foot baths and a spacious cool-down area with plunge pool.



Finland and Russia – now in Rheinfelden: experience for yourself the authentic sauna culture of these countries in three authentic sauna cabins. Why not follow it with a spot of sunbathing in the magnificent park.

Our outdoor saunas can be a real hit.



You have never experienced a sauna like this before: the Russian birch ritual conducted by our "banschiki".



Infusion on the inside: the birch ritual traditionally begins with a shot of vodka.

Outdoor sauna facilities



The essential oils from the birch leaves ensure a soothing feeling of relaxation.

Sunbathe as nature intended and enjoy an all-over tan – you can enjoy undisturbed relaxation in our outdoor sauna area. The 70 m² banya, a Russian bathhouse, is a particularly hot tip. This authentic log cabin, constructed in Siberia, provides room for up to 40 people to enjoy an impressive sauna experience. In addition to regular sauna operation, “birch rituals” take place several times per week. The initial sauna session is followed by a traditional birch massage, which involves hitting the body with fresh birch branches. This is particularly good for stimulating blood circulation. Last but not least, the skin is in for a treat in the form of a soothing salt-honey peel.



Cleaning up:
a soothing soap lather massage after the body peel.

Purest enjoyment. Oriental style.



The steam room prepares the skin perfectly
for the upcoming massage.

Treat yourself to a flavour of “Arabian Nights” right in the heart of Rheinfelden – in our Hamam. This cleansing ritual has been a part of bathing in the Orient since time immemorial. Relaxing and chatting in our bathing rooms is a genuine pleasure. In the Hamam, body and soul are bathed in mild warmth and soft light. The culmination of the Oriental bathing ritual is the unique experience of a traditional Hamam massage from our “Tellak”, or Hamam master.

A Mediterranean feeling with 3% salt content,
or float as if you were in the Dead Sea with 12% salt content.

We dig deep for your health.



The fine vaporised saline in our inhalation grotto
helps you to breathe properly again.

The natural brine – one of the strongest in Europe – is pumped directly from the Rheinfelden-Riburg salt works, approximately 200 metres underground, via a pipeline into the Parkresort Rheinfelden. There, it is diluted with Rheinfelden drinking water, which is rich in calcium and magnesium, and heated to 36° C. This helps to create a solution that is great for your wellbeing and healing. It loosens painful, cramped muscle groups when bathing, stimulates circulation, improves the function of joints and the spinal column, supports breathing, helps against disorders of the vegetative nervous systems, and improves the skin's metabolism.

Bathing facilities

Indoor area

- 1 Cash desk
- 2 Cloak room
- 3 Showers
- 4 Relaxation room
- 5 Surveillance
- 6 Saltwater pool
- 7 Saltwater whirlpool
- 8 Fire-and-ice pool
- 9 Alpine waterfalls
- 10 Tropical rain
- 11 Aromatic steam baths
- 12 Salt inhalation grotto
- 13 Bathing towels
- 14 Hamam
- 15 Solarium
- 16 Thai massage
- 17 Wellness massage
- 18 Intensive saltwater pool exit
- 19 Intensive saltwater pool

Outdoor area

- 20 Saltwater pool
- 21 Sunbathing lawn
- 22 Sun deck

Gastronomy

- 23 Vista Vital bar
- 24 Vista Sol bistro
(direct access only in summer)

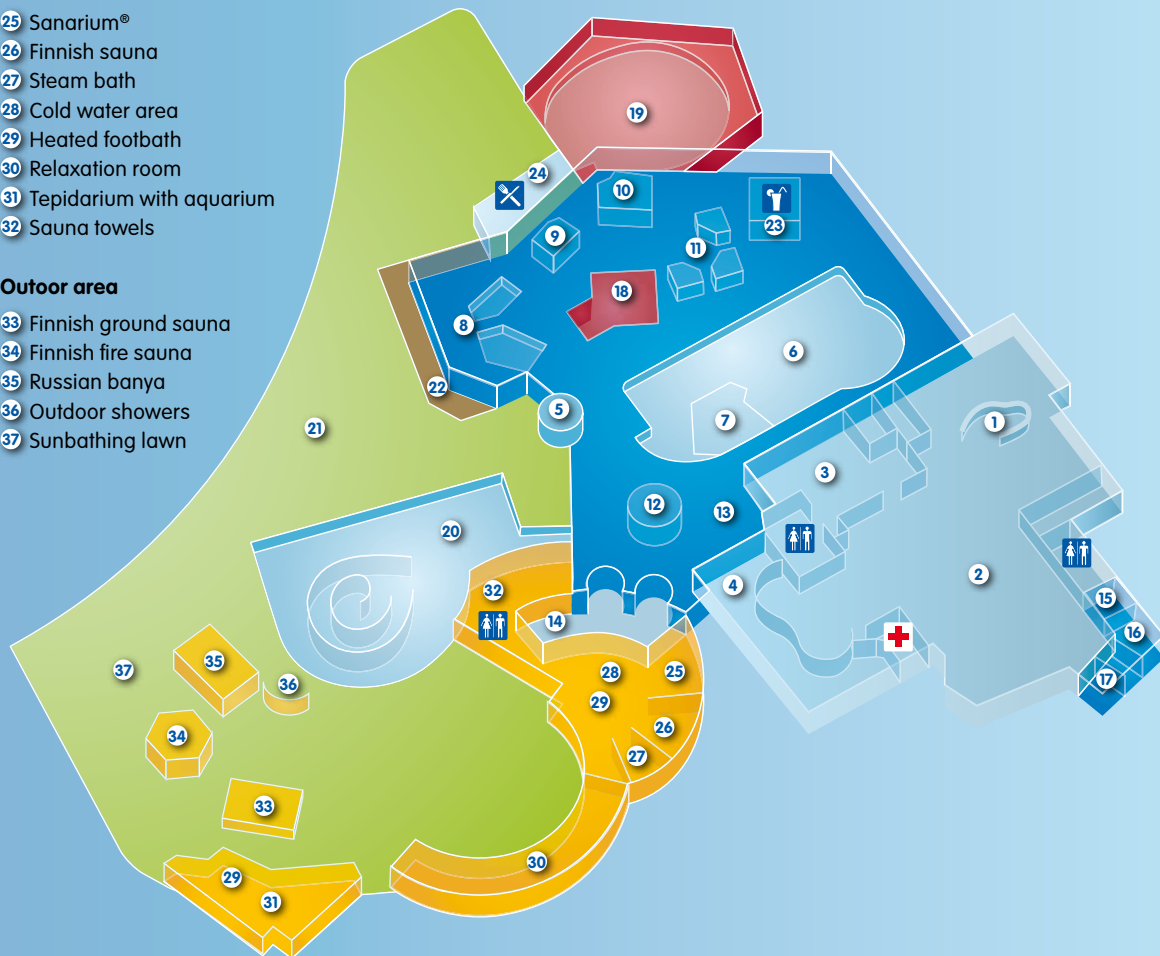
Sauna facilities

Indoor area

- 25 Sanarium®
- 26 Finnish sauna
- 27 Steam bath
- 28 Cold water area
- 29 Heated footbath
- 30 Relaxation room
- 31 Tepidarium with aquarium
- 32 Sauna towels

Outdoor area

- 33 Finnish ground sauna
- 34 Finnish fire sauna
- 35 Russian banya
- 36 Outdoor showers
- 37 Sunbathing lawn




A close-up photograph of a woman with her eyes closed, resting her head on her hand. A lit candle in a glass holder is visible in the foreground, casting a warm glow. The background is softly blurred, showing what appears to be a spa or relaxation area with flowers.

Comprehensive service

We provide countless opportunities for letting your cares ebb away.

Comprehensive wellbeing. Enjoyment at every turn.

A photograph of a plate of food, possibly a salad or a light snack, garnished with fresh ingredients. A glass of water is visible in the background, suggesting a dining or cafe setting.

Treat yourself to a break from everyday life with one of our attractive wellbeing packages to cater for your every wish, such as our "A day at the sea" package with a daily pass for sole uno including a wellness or Hamam massage. A light snack or a fruity, refreshing drink in the Vista Vital bar is just another element of an enjoyable wellness experience. With access from sole uno, the terrace of the Vista Sol bistro affords beautiful views of the park in summer and also serves light snacks. Or why not sit back and reflect on an enjoyable spa experience in the Vista Mar restaurant with fantastic views of the indoor pool. See our entire range of packages at www.parkresort.ch

Indulge your senses in one of our cafés or restaurants.



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