Where relaxation becomes an experience.
The natural saltwater, one of the strongest in Europe, is pumped out from depths of 200 metres from Rheinfelden Riburg salt works and is delivered to Parkresort Rheinfelden directly. There it is mixed with the calcium- and magnesium-rich Rheinfelden drinking water and heated to 36 °C. This is how it brings out its well-known healing and feel-good effects. 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.

More information can be found on [www.soleuno.ch](http://www.soleuno.ch).

Experience salt with all your senses – on your skin, in the air or in the water.
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 tradition into a third millennium, creating a modern world of wellness that is sure to delight you. And that can be experienced with all of the senses - from the sparkling interplays of colour in the indoor saltwater pool to the gentle massages in the saltwater whirlpool, the fine fragrances in the aromatic steam baths or the relaxing sounds in the intensive saltwater pool to the delicious fruit juice in the Bar Vista Vital.

Dive in. Let out a contented sigh. And enjoy the power of the sea.
Salt experience on your skin in the salt water Vitalbath.

The intensive saltwater pool with 12% salt content: float as if you were in the Dead Sea and relax with some underwater music.
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 rain. 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.
You will never have experienced the like: tropical rain, downpours, drizzle, and light thundery showers – the choice is yours.

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

Also perfect for coolish temperatures: pure relaxation in the steaming outdoor pool.

Our sunbathing deck: the best place to tan.
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.
Our warm-air relaxation room with heated, ergonomically designed loungers. Forget your cares in this peaceful setting by relaxing and watching the fish in the aquarium.

Beside the positive influences on health, the sauna baths in our varied sauna facility offer deep relaxation and experiences for all the senses.

Stimulate your metabolism. As nature intended.

It is important to allow your body to rest between the sauna sessions whether indoors or outdoors.
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, two - earth and fire sauna – in the park, a Russian banya, a bio sauna, a steam bath and a spacious cool-down area with plunge pool. How about a rest in the warm-air relaxation room with large aquarium and heated, ergonomically shaped beds and foot-warming pools? Or you just relax in the cozy lounge-room with fireplace and view all the way down to the Rhine.
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.
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 bath-house, 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 body scrub.
Soap lather couples massage: enjoyment times two.

The wide range of treatments in the new massage lounge are the perfect complement to your stay in sole uno. It is not just your body that relaxes, your mind and soul also enjoy some downtime. Allow yourself to be pampered by a head, neck and shoulder massage, a Lomi Lomi or a hot stone massage. And the great thing is that you can also enjoy your spa experience with another person – with a couples massage. Lying on our sand bed feels almost like being at the seaside, embedded into warm quartz sand. A salt peeling session is a perfect care experience for your skin: Your skin is cleaned, circulation is enhanced and you emerge silky smooth - and for absolute luxury, combine this with an aromatic oil massage.
Deeply relaxed by warming herbal stamps.

Make the moment last in the lounge area.
A diverse range of culinary treats rounds off your wellness pleasures. The Bar Vista Vital in the sole uno caters for snacks along the way. The Bistro Vista Sol, with direct access from the pool area, offers a selection of meals and beverages, which can be enjoyed on the terrace or in the lounge in summer. As a guest in our wellness world, your bathing chip is an effortless and cash-free way to make payments. After your sole uno sojourn, you can enjoy daily changes of menu in the Vista Mar Restaurant as well as small platters or fresh salads. Have you heard about our feel-good arrangements? For example, you can combine culinary delights with your wellness experience on a “pleasurable break”. Wellness makes you hungry and thirsty. Round off your stay in the sole uno with a visit to the Vista Mar Restaurant.

All-round wellbeing. Enjoyment at every turn.
Wellness & pleasure - two sides of the same coin.

You will find small snacks and high-vitamin refreshments in the Bar Vista Vital.
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.
Layout of the Parkresort

- Fitness gallerie
- sole uno wellness world
- Park-Hotel am Rhein and residential apartments
- Salina A Rehab clinic
- B Specialists
- C Therapies

Gastronomy

1. Park-Café
2. Bellerive restaurant
3. Rhine terrace

4. Vista Mar restaurant
5. Vista Sol bistro