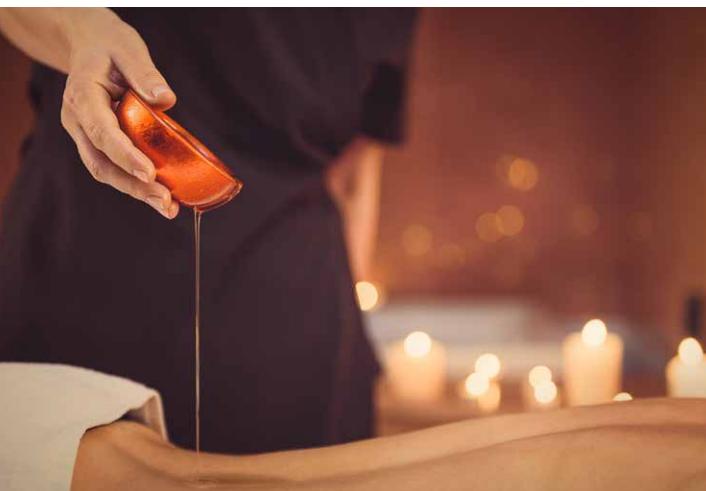


# MASSAGE & COSMETICS NATURAL WELLNESS

**Experience the good feeling of being in good hands.**  
Our wellness team pays full attention to your well-being, focusing on aromatherapy, natural pine products and tailor-made options based on different personality types. Treat yourself to an unforgettable, healthy experience: your natural wellness day at Kristall Therme Kochel am See.

All treatments – except Hamam – are available without visiting the thermal bath. Please note that we do not massage pregnant women. We ask for your understanding.

**Bookings for massage and cosmetic treatments by email [wellness@kristall-trimini.de](mailto:wellness@kristall-trimini.de), online or by phone at +49 (0) 8851 61 57 595 between 09.30 – 12.00 a.m (Tuesday to Saturday).**



## IMPORTANT INFORMATION FOR OUR GUESTS

**Pools and saunas of the Wohlfühltherme (thermal bath) are only to be used without textiles.**

Therefore, entry to the Wohlfühltherme is only permitted for those aged 16 and over. On Wednesdays and Sundays, you may choose whether to wear swimwear or swim naked in the indoor pools. On these days, children under 16 are also welcome to the Wohlfühltherme.

Saunas and the roof-top pool are always to be used textile-free.

Cameras and electronic devices with camera (e. g. smartphones, tablets, notebooks) are prohibited in the Wohlfühltherme.

### Cashless transaction in all areas

You will receive an NFC chip wristband at reception. Use it for your locker and to charge food, drinks, or spa services. Simply pay any additional charges when you leave Kristall Therme.

### Do you need bath towels or bathrobes?

You can rent them at the reception for a fee.

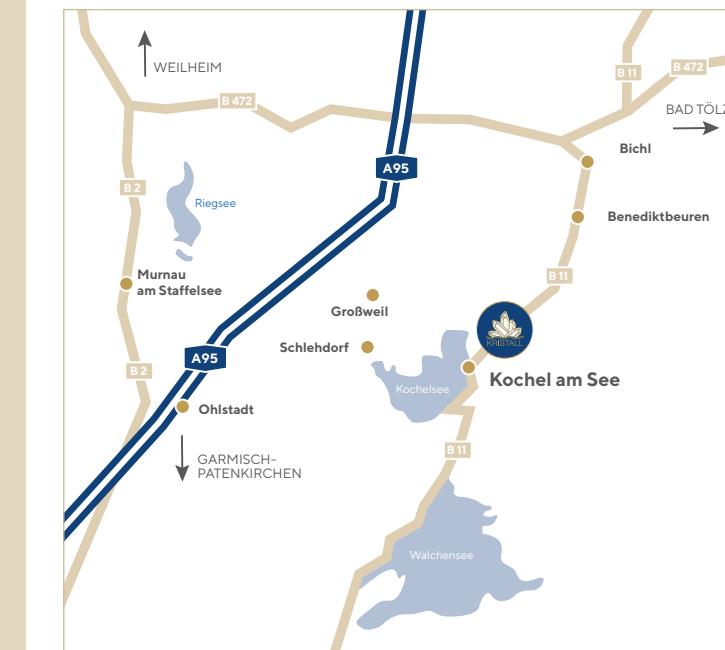
Our team is always happy to help in case you have any questions.

12/2025. Subject to change.



For opening hours, prices and services visit:  
**[WWW.KRISTALL-TRIMINI.DE](http://WWW.KRISTALL-TRIMINI.DE)**

## DIRECTIONS



**Kristall Therme Kochel am See** • Seeweg 2 • 82431 Kochel am See  
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[@kristall\\_therme\\_kochel/](https://www.instagram.com/kristall_therme_kochel/) • [f@kristallthermetrimini](https://www.facebook.com/kristallthermetrimini)



**KRISTALL THERME  
KOCHEL AM SEE**



**WELCOME  
TO KRISTALL**  
RECREATION AT ITS BEST

[www.kristall-trimini.de](http://www.kristall-trimini.de)

Follow us!  

# KRISTALL SAUNAS

## BIRKEN-SAUNA (around 70° C)

Primarily purifying the body, birch oil soothes inflammation and softens the skin. Birches' stimulating compounds boost circulation and blood flow.

## HERZOGSTAND-SAUNA (around 80° C)

The premier sauna with a full-glass front and unparalleled view of Herzogstand and Lake Kochelsee. Baroque ceilings and gemstones craft a special atmosphere; seating orientation ensures the stunning panorama from any of the 300 spots.

## HUBERTUS-SAUNA (around 80° C)

Set inside the original Carinthian farmhouse with the adjoining „Murmelstube“ for post-sauna relaxation. Alpine motifs create a unique ambience; windows offer views of Herzogstand and Lake Kochelsee.

## KRISTALL-SAUNA (around 95° C)

Feel the majestic, clear mountain crystal that embodies purity and energy. Its natural silicon-rich composition and radiant clarity reflect its strong, health-boosting properties as a crystalline healing stone.

## OTTOMAN HAMAM

Originating over 500 years ago, this Eastern bathing culture promotes physical and mental cleansing through heat, muscle relaxation, and mental relaxation.

## STEAMBATH (around 45° C)

High humidity (80–100 %) with moist heat aids circulation, opens vessels, and stimulates metabolism; helps relax tense muscles and joints.

## ZIRBEN-SAUNA (around 75° C)

Aromatic stone pine wood fills the air with a soothing scent, especially during the Aufguss. Pine wood is antimicrobial and highly aromatic, contributing to a strong feeling of well-being.

### SAUNA WITH A VIEW: HERZOGSTAND SAUNA



# WOHLFÜHLTHERME (THERMAL BATH)

(for ages 16 and up – textile-free)

Textile-opt in & family days: Wednesdays and Sundays

## INDOOR POOL (≈ 34° C) with 6 % saline

## OUTDOOR POOL (≈ 34° C) with 6 % saline

Relaxing saline baths with massage jets and bubbling seats.

## SALINE POOL (≈ 35° C) with 12 % saline

The high-salinity bath promotes health and stimulates metabolism. The pool is generally textile-free. Located on our roof terrace.

## NATRON POOL (≈ 34° C) with bubbling seats

Natron balances the acid-base balance; can have desensitizing and skin-cleansing effects.

## KRISTALL POOL (≈ 35° C) with 1.5 % saline and pool bar

Indulge in warm water, massage jets, and bubbling seats. Cocktails at the pool bar and a stunning view of Lake Kochelsee and Herzogstand.

## COLD PLUNGE POOL

Here you can refresh yourself!

## KOCHELSEE

Direct access from the spa to Lake Kochelsee.



# VITAL- UND FREIZEITBAD (FAMILY-, SPORT AND LEISURE POOLS)

## INDOOR AREA

### ACTIVITY POOL (≈ 32° C)

### BABY POOL (≈ 34° C)

### KID'S POOL (≈ 32° C)

### CRYSTAL GROTTO WITH GENTLE JETS (≈ 32° C)

### WHIRLPOOL 1+2 (≈ 30° C)

### KARWENDELBLITZ SLIDE (indoor slide, 80 m)

## OUTDOOR AREA

### FAMILY POOL (≈ 34° C – canopied)

Lake Kochelsee via a wooden pier

## MAY – SEPTEMBER

### OUTDOOR POOL with diving tower

### KOCHLEXPRESS (outdoor slide, 160 m)

### BABY SPLASH POOL (≈ 30° C)



# DINE & DRINK

Indulge in the Kristall Therme with the superb **cuisine of our restaurant "Zum Franz"**.

In both areas, the Vital- und Freizeitbad and the Wohlfühltherme, our restaurant with lake views is open daily for our guests.

**From a delicious, hearty lunch to light salads, mouthwatering Mediterranean dishes and fruity, sweet treats** – here you can feast on whatever delights you.

**A fruity cocktail at the pool bar** adds a touch of South Seas ambience to the thermal paradise. Sit in the warm mineral thermal waters and enjoy a tropical cocktail – **now that's holiday, as good as it gets.**

