



At a Glance



SOLEBAD CANNSTATT
HEALING POWER FROM THE DEPTHS

stuttgarterbader.de

Rich in carbonic acid, crystal clear and dewy

Stuttgart is home to the largest mineral water resource in Western Europe. Officially certified medicinal water flows in all three mineral spas in Stuttgart. Here **at SoleBad Cannstatt, five mineral water sources** are used for your health. **Four of them** have been **officially certified medicinal sources**. A true natural treasure for body, mind and soul.



Water analysis of the officially certified medicinal spas				
	Hofrat-Seyffer-Quelle	Wilhelms-brunnen I	Wilhelms-brunnen II	G.-Daimler-Quelle
Mineral water type	sodium-chloride thermal brine	sodium-calcium-chloride sulfate-hydrogen mineral water	carbonate	sodium-calcium-chloride brine
Withdrawal temperature (°C)	22,4	19,0	18,3	19,5
	mg/l	mg/l	mg/l	mg/l
Dissolved and free carbon dioxide (CO ₂)	256	2.010	1.860	529
Cations				
Calcium (Ca ²⁺)	625	776	700	1.150
Lithium	16	4,2	4,3	2,3
Magnesium (Mg ²⁺)	115	116	109	148
Sodium (Na ⁺)	9.290	1.010	892	1.970
Potassium (K ⁺)	119	76,8	66,2	44,5
Iron	5,8	3,0	2,6	12
Anions				
Chloride (Cl ⁻)	13.800	1.450	1.270	3.930
Sulfate (SO ₄ ²⁻)	1.600	1.380	1.240	1.580
Hydrogen-carbonate (HCO ₃ ⁻)	726	1.379	1.196	603

Indications:

- Heart, vascular and circulatory diseases
- Diseases of the musculoskeletal system (rheumatic diseases)
- Diseases of the respiratory organs
- General states of weakness
- Convalescence
- Neurological and neurovegetative disorders
- Skin diseases
- Pain including back pain

Contraindications:

- Acute inflammatory processes
- Recent heart attack
- Fresh inflammatory liver and gall bladder disease
- Florid gastric or intestinal ulcers
- Cachectic conditions
- Decompensated heart disease
- Decompensated metabolic disorders

If you have any health restrictions, please consult your doctor.

Spa area

- 1 Entrance area
- 2 Bistro Café
- 3 Changing rooms
- 4 Men's showers
- 5 Women's showers
- 6 Thermal brine, therapeutic exercise pool, 68 m², approx. 36 °C / 97 °F (Hofrat-Seyffer-Quelle)
- 7 Thermal brine whirlpools, 6.4 m² each, approx. 36 °C / 97 °F (Hofrat-Seyffer-Quelle)
- 8 Healing water pool, 168 m², natural, chlorine-free, highly carbonated medicinal water, approx. 18 °C / 64 °F (Wilhelmsbrunnen)

- 9 Thermal brine, indoor sitting and lounging bath, 48 m², approx. 36 °C / 97 °F (Hofrat-Seyffer-Quelle)
- 10 Thermal brine indoor pool, 276 m², october to april approx. 32 °C / 90 °F, may to september approx. 30 °C / 86 °F (Hofrat-Seyffer-Quelle)
- 11 Thermal brine outdoor pool, 191 m², october to april approx. 32 °C / 90 °F, may to september approx. 30 °C / 86 °F (Hofrat-Seyffer-Quelle)

- 12 Current channel
- 13 Kneipp station, Cannstatter Quelle, approx. 16 °C / 61 °F
- 14 Salt inhalation room
- 15 Relaxation room with waterbeds
- 16 Relaxation room with a salt stone wall



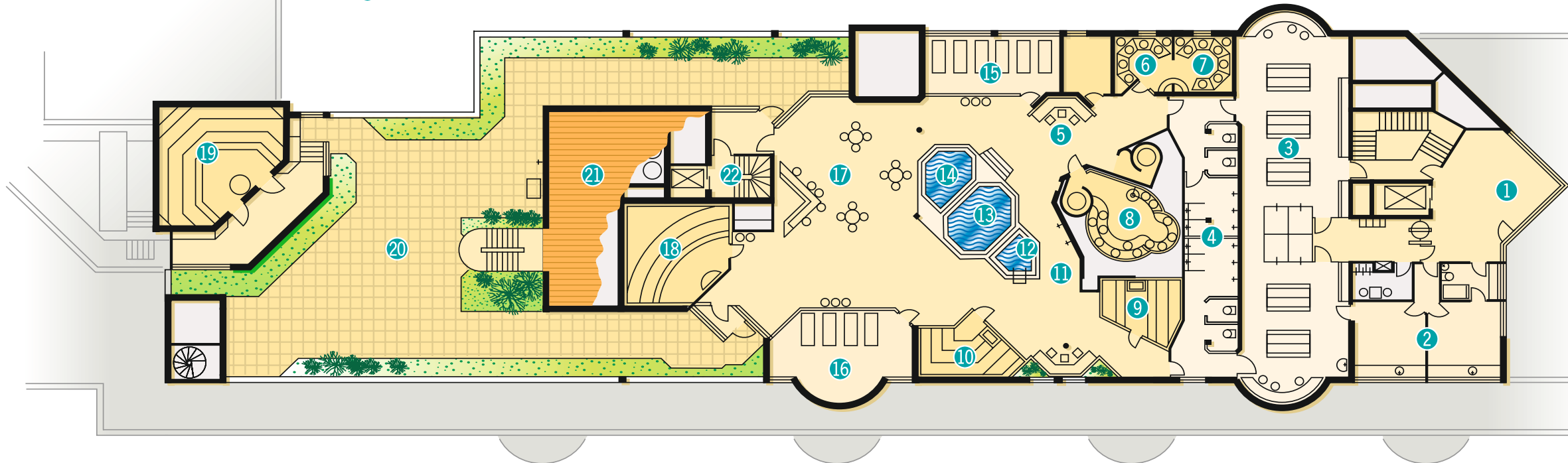
Sauna area

- 1 Entrance
- 2 Management SoleBad
- 3 Changing rooms
- 4 Showers
- 5 Footbath
- 6 Warm air room
approx. 60 °C / 140 °F
- 7 Hot air room
approx. 70 °C / 158 °F
- 8 Steam room
approx. 40 °C / 104 °F
with brine shower

- 9 Aroma bath approx.
70–80 °C / 158–176 °F
- 10 Finnish sauna
approx. 90 °C / 194 °F
- 11 Cool-off area
- 12 Plunge pool approx. 16 °C / 17 °F
(Cannstatter Quelle)
- 13 Thermal brine pool,
approx. 36 °C / 97 °F
(Hofrat-Seyffer-Quelle)
- 14 Healing water pool,
approx. 18 °C / 64 °F
(Wilhelmsbrunnen)
- 15 Reading room
- 16 Quiet room
- 17 Sauna bar

- 18 Meditation bath approx.
50–60 °C / 122–140 °F
with music and color light therapy:
 - large lounging areas
 - delightful fountain
 - melodious, relaxing music
 - vegetative and stimulating
 Crystal light colors:
Red: promotes circulation,
 activates, enlivens and stimulates.
Yellow: symbolizing the Sun:
 warm, cozy, relaxing.
Green: relaxing effect, promotes
 self-confidence and strength.
Blue: lowers blood pressure, inhibits
 inflammatory processes, calming and
 relaxing, for reflection and meditation.

- 19 Outdoor sauna with
a salt stone wall,
approx. 95 °C / 203 °F
- 20 Open-air terrace
- 21 Roof deck
- 22 Access to swimming pool



Opening hours & admission fees

Opening hours		
Bath	Monday to Sunday	9 am to 9:30 pm
Sauna/steam Bath		
Women and men	Tuesday	9 am to 9:30 pm
Women and men	Wednesday	1 pm to 9:30 pm
Women and men	Friday to Sunday	9 am to 9:30 pm
Women only	Monday and Thursday	9 am to 9:30 pm
Men only	Wednesday	9 am to 1 pm
Always for both women and men on holidays.		
Last admission one hour before closing time. Pools close 20 minutes before closing time.		
Open year-round. Closed on Christmas Eve, Christmas Day, New Year's Eve, New Year's Day, Good Friday and 1st of May.		
The SoleBad Cannstatt is a healing and health spa without specific child-friendly facilities. It is not recommended that children under the age of 7 visit the pool. Children under the age of 3 are not allowed to use the pools.		
Children and teenagers up to and including 15 years of age may only enter with an accompanying adult. Minors are only allowed to enter the sauna with a parent or guardian.		
Bistro Café	Bistro Café Serving during bath opening hours, phone +49 711 558942.	

Admission prices		
Swimming pool		Euro
Single admission day pass	normal	13,00
	reduced price*	10,40
Single admission bathing time 2 hours	normal	9,50
	reduced price*	7,60
Electronic card for multiple use 2 hours		
10 admissions to pay, the 11th for free	normal	95,00
	reduced price*	76,00
Surcharge for each additional 20 minutes	normal	0,70
	reduced price*	0,60
Sauna with steam bath		
Surcharge on the swimming pool admission price Can be charged on electronic card.		6,00

* Reduced prices for	
<ul style="list-style-type: none">▶ children/youth from 7 to 17 years inclusive,▶ students in general education or technical schools, university students,▶ disabled persons.	
The corresponding ID card must be shown; in addition, the presentation of the identity card may be requested.	
Other prices	
"Schwabenkärte" with discount of 5 % on the non-reduced single admission and the sauna admission price	50,00
"Schwabenkärte" with discount of 10 % on the non-reduced single admission and the sauna admission price	100,00
"Schwabenkärte" with discount of 15 % on the non-reduced single admission and the sauna admission price	200,00
"Schwabenkärte" with discount of 20 % on the non-reduced single admission and the sauna admission price	400,00
Card deposit	3,00
No discount on electronic cards for multiple use and reduced single admissions.	

Important information
Children up to and including 6 years have free admission to the swimming pool.
Accompanying persons of severely disabled persons receive free admission if a "B" or "H" is entered in the severely disabled person's ID card.
Price reduction of 1.00 Euro on the single admission ticket for holders of the Stuttgart Bonuscard.
When leaving the pool, the admission ticket loses its validity .
Electronic cards for multiple use, "Schwabenkärte" and vouchers are valid for 4 years from purchase .

SoleBad Cannstatt

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