

10. – 25. OKTOBER 2026

THERME ERDING

# SAUNA Fest

## Mein Urlaubstag

— WELLBEING FOR EVERYONE —

**Aufguss- und Wohlfühlprogramm**  
*Aufguss and wellbeing program*

POWERED BY



# Sauna Fest

Wohlfühlprogramm | VitalOase, VitalTherme & Saunen  
Wellbeing program | Vital Oasis, Vital & Sauna

|  | Zeit <small>Time</small> | Aktion <small>Ceremony</small>                            | °C   | Ort <small>Location</small> |                                                                                     |
|---------------------------------------------------------------------------------|--------------------------|-----------------------------------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VTS                                                                             | 10:00                    | Guten Morgen Aufguss<br>(Sa./So./bay. Feiertage & Ferien) | 90°C | Veneto Sauna                |    |
| VTS                                                                             |                          | Fruit Explosion<br>(Sa./So./bay. Feiertage & Ferien)      | 70°C | Villa Toscana               |    |
| VTS                                                                             | 10:30                    | Sauna Fest<br>(Sa./So./bay. Feiertage & Ferien)           | 70°C | Sauna di Murano             |    |
| VTS                                                                             |                          | Guten Morgen Aufguss<br>(werktags)                        | 90°C | Veneto Sauna                |    |
| VTS                                                                             |                          | Fruit Explosion (werktags)                                | 70°C | Villa Toscana               |    |
| VO                                                                              |                          | Honigausgabe                                              | 40°C | Nebelwald                   |    |
| VTS                                                                             | 10:45                    | HydraBoost                                                | 85°C | Alpenstadl                  |   |
| VTS                                                                             | 11:00                    | Sauna Fest                                                | 70°C | Meditations-sauna           |  |
| VTS                                                                             |                          | Salzbad                                                   | 34°C | Meditations-becken          |  |
| VTS                                                                             |                          | Backe Backe Brötchen                                      | 55°C | Backstube                   |  |
| VO                                                                              |                          | Duftreise                                                 |      | Erderaum   Elementarium     |  |
| VTS                                                                             | 11:15                    | Salzaufguss                                               | 65°C | Solestollen                 |  |
| VO                                                                              |                          | Sauna Fest                                                | 75°C | Citrussauna                 |  |
| VTS                                                                             | 11:30                    | Hörreise                                                  | 70°C | Seesauna                    |  |
| VTS                                                                             |                          | World of Spices                                           | 70°C | Sauna di Murano             |  |
| VO                                                                              |                          | Vitalerde- und Maskenausgabe                              |      | Venusbar                    |  |
| VTS                                                                             | 11:45                    | Salzausgabe                                               | 55°C | Salzstein-zimmer            |  |
| VTS                                                                             |                          | Maskenausgabe                                             |      | Circle of Wellbeing         |  |
| VTS                                                                             | 12:00                    | Rosentraum                                                | 80°C | Rosen-pavillon              |  |
| VTS                                                                             |                          | Into the Forest                                           | 85°C | Alpenstadl                  |  |
| VTS                                                                             |                          | Sauna Fest<br>(Sa./So./bay. Feiertage & Ferien)           | 75°C | Kelten-Thron-Sauna          |  |
| VTS                                                                             |                          | Aqua Klang                                                | 34°C | Meditations-becken          |  |
| VTS                                                                             | 12:15                    | Xocolatl                                                  | 65°C | Tropensauna                 |  |
| VTS                                                                             |                          | Aromaaufguss                                              | 85°C | Kelosauna                   |  |
| VO                                                                              |                          | SheaBeauty                                                | 65°C | Dschungel-Lodge             |  |
| VO                                                                              |                          | Sauna Fest                                                | 75°C | Re-flexion Sauna            |  |



VO = VitalOase



VTS = VitalTherme & Saunen



|  Zeit <small>Time</small> | Aktion <small>Ceremony</small> |                                                 | °C   | Ort <small>Location</small> |                                                                                     |
|----------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VO                                                                                                       | Herbal Harmony                 |                                                 | 75°C | Meditationshaus             |    |
| VTS                                                                                                      | 12:30                          | Sauna Fest<br>(Sa./So./bay. Feiertage & Ferien) | 90°C | Veneto Sauna                |    |
| VTS                                                                                                      |                                | Sauna Fest                                      | 70°C | Seesauna                    |    |
| VTS                                                                                                      | 12:45                          | The Inner Journey                               | 55°C | Magnolien Raum              |    |
| VTS                                                                                                      |                                | Soft Glow                                       | 60°C | Geysirhöhle                 |    |
| VTS                                                                                                      | 13:00                          | Klangschalenaufguss                             | 70°C | Meditations-sauna           |    |
| VTS                                                                                                      |                                | Sauna Fest                                      | 75°C | Banja Sauna                 |   |
| VTS                                                                                                      | 13:15                          | Sugar Dreams                                    | 65°C | Tropensauna                 |  |
| VTS                                                                                                      |                                | Beauty Ausgabe                                  | 55°C | Kräuter-kammerl             |  |
| VTS                                                                                                      |                                | Salzaufguss                                     | 65°C | Solestollen                 |  |
| VO                                                                                                       | Eisbaden                       |                                                 |      | VitalTeam Point             |  |
| VO                                                                                                       |                                | Sauna Fest                                      | 70°C | Kugulus                     |  |
| VTS                                                                                                      | 13:30                          | Erdinger Hopfenpause                            | 55°C | Zirbelstube                 |  |
| VTS                                                                                                      |                                | Sauna Fest                                      | 90°C | Veneto Sauna                |  |
| VTS                                                                                                      |                                | Sauna Fest                                      | 70°C | Seesauna                    |  |
| VO                                                                                                       |                                | Heilmoorausgabe                                 | 40°C | Nebelwald                   |  |
| VO                                                                                                       |                                | Aufsalzung                                      |      | Vitalbad                    |  |
| VTS                                                                                                      | 13:45                          | Salzausgabe                                     | 55°C | Salzstein-zimmer            |  |
| VTS                                                                                                      |                                | Energy Booster                                  | 40°C | Seerosen Dampfbad           |  |
| VTS                                                                                                      | 14:00                          | Kneipp-Aufguss                                  | 85°C | Alpenstadl                  |  |
| VTS                                                                                                      |                                | Sauna Fest                                      | 70°C | Sauna di Murano             |  |
| VTS                                                                                                      |                                | Sauna Fest                                      | 75°C | Kelten-Thron-Sauna          |  |
| VO                                                                                                       | Klangschalen Meditation        |                                                 |      | Erderaum   Elementarium     |  |
| VTS                                                                                                      | 14:15                          | Aromaaufguss                                    | 85°C | Kelosauna                   |  |
| VTS                                                                                                      |                                | Salzbad                                         | 34°C | Meditations-becken          |  |
| VTS                                                                                                      |                                | Beauty Ausgabe                                  | 55°C | Kräuter-kammerl             |  |
| VO                                                                                                       |                                | Sauna Fest                                      | 75°C | Citrussauna                 |  |



Aufguss



Refreshment



Mental

# Sauna Fest

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Wellbeing program | Vital Oasis, Vital & Sauna

|  Zeit <small>Time</small> | Aktion <small>Ceremony</small> | °C   | Ort <small>Location</small> |                                                                                     |
|----------------------------------------------------------------------------------------------------------|--------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VO                                                                                                       | Energy Booster                 | 40°C | Nebelwald                   |    |
| VTS                                                                                                      | 14:30 Sauna Fest               | 90°C | Veneto Sauna                |    |
| VTS                                                                                                      | Herbal Harmony                 | 70°C | Villa Toscana               |    |
| VTS                                                                                                      | Erdinger Hopfenpause           | 55°C | Zirbelstube                 |    |
| VO                                                                                                       | Vitalerde- und Maskenausgabe   |      | Venusbar                    |    |
| VTS                                                                                                      | 14:45 HydraBoost               | 85°C | Alpenstadl                  |    |
| VTS                                                                                                      | Soft Glow                      | 60°C | Geysirhöhle                 |    |
| VTS                                                                                                      | Maskenausgabe                  |      | Circle of Wellbeing         |   |
| VTS                                                                                                      | 15:00 Sauna Fest               | 75°C | Banja Sauna                 |  |
| VTS                                                                                                      | Aqua Klang                     | 34°C | Meditations-becken          |  |
| VTS                                                                                                      | Korean Beauty                  | 70°C | Meditations-sauna           |  |
| VTS                                                                                                      | Backe Backe Brötchen           | 55°C | Backstube                   |  |
| VTS                                                                                                      | 15:15 Salzaufguss              | 65°C | Solestollen                 |  |
| VTS                                                                                                      | Xocolatl                       | 65°C | Tropensauna                 |  |
| VTS                                                                                                      | Beauty Ausgabe                 | 55°C | Kräuter-kammerl             |  |
| VO                                                                                                       | Into the Forest                | 65°C | Dschungel-Lodge             |  |
| VO                                                                                                       | Sauna Fest                     | 75°C | Re-flexion Sauna            |  |
| VO                                                                                                       | Fire & Ice                     | 85°C | Meditaions-haus             |  |
| VTS                                                                                                      | 15:30 Hot & Cold               | 90°C | Veneto Sauna                |  |
| VTS                                                                                                      | Erdinger Hopfenpause           | 55°C | Zirbelstube                 |  |
| VTS                                                                                                      | Eisbaden                       |      | Yin & Yang   Ruheraum       |  |
| VTS                                                                                                      | 15:45 The Inner Journey        | 55°C | Magnolien Raum              |  |
| VTS                                                                                                      | Salzausgabe                    | 55°C | Salzstein-zimmer            |  |
| VTS                                                                                                      | 16:00 Rosentraum               | 80°C | Rosen-pavillon              |  |
| VTS                                                                                                      | Sauna Fest                     | 75°C | Kelten-Thron-Sauna          |  |
| VTS                                                                                                      | Atemwohl                       | 70°C | Sauna di Murano             |  |
| VTS                                                                                                      | Into the Forest                | 85°C | Alpenstadl                  |  |



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|  Zeit <small>Time</small> | Aktion <small>Ceremony</small> | °C   | Ort <small>Location</small> |                                                                                     |
|----------------------------------------------------------------------------------------------------------|--------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VTS                                                                                                      | 16:15 Aromaaufguss             | 85°C | Kelosauna                   |    |
| VTS                                                                                                      | Sugar Dreams                   | 65°C | Tropensauna                 |    |
| VTS                                                                                                      | Beauty Ausgabe                 | 55°C | Kräuter-kammerl             |    |
| VO                                                                                                       | Sauna Fest                     | 70°C | Kugulus                     |    |
| VO                                                                                                       | Eisbaden                       |      | VitalTeam Point             |    |
| VTS                                                                                                      | 16:30 Erdinger Hopfenpause     | 55°C | Zirbelstube                 |    |
| VTS                                                                                                      | Sauna Fest                     | 70°C | Seesauna                    |    |
| VTS                                                                                                      | Sauna Fest                     | 90°C | Veneto Sauna                |    |
| VO                                                                                                       | Honigausgabe                   | 40°C | Nebelwald                   |  |
| VTS                                                                                                      | 16:45 Soft Glow                | 60°C | Geysirhöhle                 |  |
| VTS                                                                                                      | Energy Booster                 | 40°C | Seerosen Dampfbad           |  |
| VTS                                                                                                      | 17:00 Sauna Fest               | 75°C | Banja Sauna                 |  |
| VTS                                                                                                      | Sauna Fest                     | 70°C | Meditations-sauna           |  |
| VTS                                                                                                      | Backe Backe Brötchen           | 55°C | Backstube                   |  |
| VO                                                                                                       | Duftreise                      |      | Erderaum   Elementarium     |  |
| VTS                                                                                                      | 17:15 Salzbad                  | 34°C | Meditations-becken          |  |
| VTS                                                                                                      | Salzaufguss                    | 65°C | Solestollen                 |  |
| VTS                                                                                                      | Beauty Ausgabe                 | 55°C | Kräuter-kammerl             |  |
| VO                                                                                                       | Sauna Fest                     | 75°C | Citrussauna                 |  |
| VTS                                                                                                      | 17:30 Sauna Fest               | 90°C | Veneto Sauna                |  |
| VTS                                                                                                      | Erdinger Hopfenpause           | 55°C | Zirbelstube                 |  |
| VTS                                                                                                      | Sauna Fest                     | 70°C | Seesauna                    |  |
| VO                                                                                                       | Vitalerde- und Maskenausgabe   |      | Venusbar                    |  |
| VTS                                                                                                      | 17:45 Maskenausgabe            |      | Circle of Wellbeing         |  |
| VTS                                                                                                      | Salzausgabe                    | 55°C | Salzstein-zimmer            |  |
| VTS                                                                                                      | 18:00 Kneipp-Aufguss           | 85°C | Alpenstadl                  |  |
| VTS                                                                                                      | Sauna Fest                     | 70°C | Sauna di Murano             |  |
| VTS                                                                                                      | Sauna Fest                     | 75°C | Kelten-Thron-Sauna          |  |



Aufguss



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|  Zeit <small>Time</small> | Aktion <small>Ceremony</small> | °C   | Ort <small>Location</small> |                                                                                     |
|----------------------------------------------------------------------------------------------------------|--------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VTS                                                                                                      | Aqua Klang                     | 34°C | Meditations-<br>becken      |    |
| VTS                                                                                                      | 18:15 Aromaaufguss             | 85°C | Kelosauna                   |    |
| VTS                                                                                                      | Xocolatl                       | 65°C | Tropensauna                 |    |
| VTS                                                                                                      | Beauty Ausgabe                 | 55°C | Kräuter-<br>kammerl         |    |
| VO                                                                                                       | SheaBeauty                     | 65°C | Dschungel-<br>Lodge         |    |
| VO                                                                                                       | Sauna Fest                     | 75°C | Re-flexion<br>Sauna         |    |
| VO                                                                                                       | Herbal Harmony                 | 75°C | Meditations-<br>haus        |    |
| VTS                                                                                                      | 18:30 Erdinger Hopfenpause     | 55°C | Zirbelstube                 |   |
| VTS                                                                                                      | Herbal Harmony                 | 70°C | Villa Toscana               |  |
| VTS                                                                                                      | Sauna Fest                     | 90°C | Veneto<br>Sauna             |  |
| VO                                                                                                       | Aufsalzung                     |      | Vitalbad                    |  |
| VTS                                                                                                      | 18:45 HydraBoost               | 85°C | Alpenstadl                  |  |
| VTS                                                                                                      | Soft Glow                      | 60°C | Geysirhöhle                 |  |
| VTS                                                                                                      | 19:00 Korean Beauty            | 70°C | Meditations-<br>sauna       |  |
| VTS                                                                                                      | Sauna Fest                     | 75°C | Banja Sauna                 |  |
| VTS                                                                                                      | Backe Backe Brötchen           | 55°C | Backstube                   |  |
| VTS                                                                                                      | 19:15 Salzaufguss              | 65°C | Solestollen                 |  |
| VTS                                                                                                      | Sugar Dreams                   | 65°C | Tropensauna                 |  |
| VTS                                                                                                      | Beauty Ausgabe                 | 55°C | Kräuter-<br>kammerl         |  |
| VO                                                                                                       | Sauna Fest                     | 70°C | Kugulus                     |  |
| VTS                                                                                                      | 19:30 Erdinger Hopfenpause     | 55°C | Zirbelstube                 |  |
| VTS                                                                                                      | Hot & Cold                     | 90°C | Veneto<br>Sauna             |  |
| VTS                                                                                                      | Eisbaden                       |      | Yin & Yang  <br>Ruheraum    |  |
| VO                                                                                                       | Heilmoorausgabe                | 40°C | Nebelwald                   |  |
| VTS                                                                                                      | 19:45 Energy Booster           | 40°C | Seerosen<br>Dampfbad        |  |
| VTS                                                                                                      | Salzausgabe                    | 55°C | Salzstein-<br>zimmer        |  |
| VTS                                                                                                      | 20:00 Rosentraum               | 80°C | Rosen-<br>pavillion         |  |
| VTS                                                                                                      | Sauna Fest                     | 75°C | Kelten-<br>Thron-Sauna      |  |



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|  Zeit <small>Time</small> | Aktion <small>Ceremony</small>               | °C   | Ort <small>Location</small> |                                                                                     |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------|------|-----------------------------|-------------------------------------------------------------------------------------|
| VTS                                                                                                      | Smoke Ritual                                 | 70°C | Sauna di Murano             |    |
| VO                                                                                                       | Klangschalen Meditation                      |      | Erderaum   Elementarium     |    |
| VTS                                                                                                      | 20:15 Aromaaufguss                           | 85°C | Kelosauna                   |    |
| VTS                                                                                                      | Beauty Ausgabe                               | 55°C | Kräuter-kammerl             |    |
| VO                                                                                                       | Energy Booster                               | 40°C | Nebelwld                    |    |
| VO                                                                                                       | Sauna Fest                                   | 75°C | Citrussauna                 |    |
| VO                                                                                                       | 20:30 Vitalerde- und Maskenausgabe           |      | Venusbar                    |    |
| VTS                                                                                                      | Erdinger Hopfenpause                         | 55°C | Zirbelstube                 |   |
| VTS                                                                                                      | Sauna Fest                                   | 90°C | Veneto Sauna                |  |
| VTS                                                                                                      | 20:45 Soft Glow                              | 60°C | Geysirhöhle                 |  |
| VTS                                                                                                      | Maskenausgabe                                | 40°C | Circle of Wellbeing         |  |
| VTS                                                                                                      | <b>21:00</b> Klangschalenaufguss             | 70°C | Meditations-sauna           |  |
| VTS                                                                                                      | Sauna Fest                                   | 75°C | Banja Sauna                 |  |
| VTS                                                                                                      | 21:15 Salzaufguss                            | 65°C | Solestollen                 |  |
| VTS                                                                                                      | Xocolatl                                     | 65°C | Tropensauna                 |  |
| VO                                                                                                       | Into the Forest                              | 65°C | Dschungel-Lodge             |  |
| VO                                                                                                       | Sauna Fest                                   | 75°C | Re-flexion Sauna            |  |
| VO                                                                                                       | Fire & Ice                                   | 85°C | Meditations-sauna           |  |
| VTS                                                                                                      | 21:30 Hörreise                               | 70°C | Seesauna                    |  |
| VTS                                                                                                      | Sauna Fest (Sa./So.)                         | 70°C | Seesauna                    |  |
| VTS                                                                                                      | Fruit Explosion                              | 70°C | Villa Toscana               |  |
| VTS                                                                                                      | 21:45 Salzausgabe                            | 55°C | Salzsteinzim-mer            |  |
| VTS                                                                                                      | <b>22:00</b> Kneipp-Aufguss                  | 75°C | Kelten-Thron-Sauna          |  |
| VTS                                                                                                      | Gute Nacht Aufguss                           | 90°C | Veneto Sauna                |  |
| VTS                                                                                                      | Atemwohl                                     | 70°C | Sauna di Murano             |  |
| VO                                                                                                       | Fruity Moment                                |      | Sprudel-Terrassen           |  |
| VTS                                                                                                      | <b>23:00</b> Überraschungsaufguss (Samstags) | 90°C | Veneto Sauna                |  |



Aufguss



Refreshment



Mental

# Sauna Fest

## Programm Highlights

*Program highlights*

### OKTOBER

**Sa** 10 LED-Show | Feuer-Show | Zauber-Show | Live-Musik

**So** 11 Floating Soundbath

**Mo** 12

**Di** 13

**Mi** 14 Hand- und Kartenlesen

**Do** 15 Zauber-Show

**Fr** 16 Live-Musik | LED-Show | Sauna Rave

**Sa** 17 Live-Musik | Feuer-Show | Zauber-Show | Sauna Rave

**So** 18 Pilates | Sauna Rave

**Mo** 19

**Di** 20 Handpan

**Mi** 21

**Do** 22 Zauber-Show

**Fr** 23 Live-Musik | Bodypainting | Handstand-Show

**Sa** 24 Live-Musik | Feuer-Show

**So** 25 Floating Soundbath



Kurzfristige Programmänderungen jederzeit möglich.