NATURAL HEALTHY LIVING
EXPANSE. WARMTH. HOLIDAY.
We would like to cordially welcome you to the Health Resort Freiburg. You will feel at home here. Be our guest, and allow yourself to be pampered. We and our team are happy to be here for you.

Here you will find true relaxation. Here you can draw new strength and regenerate your body and soul. Enjoy a break from everyday life: for example with a romantic weekend or a diversified short holiday.

Here you can experience the unique and multifaceted natural landscape between the Black Forest and the Rhine Valley. Here at the Dorint Hotel An den Thermen, you can relax during wellness and beauty treatments. In the KEIDEL mineral-thermal baths, you can feel the healing effects of the hot thermal water. In the Mooswaldklinik, which specialises in prevention and rehabilitation, you will become healthy and fit once more. Even if you are holding a meeting or conference here or an event, you can remain relaxed with us. We will ensure that everything runs smoothly, and are happy to deal with the individual details concerning your event.

We are happy both to create a stay for you as pleasant as possible and also to provide you with stimuli for everyday life. We would be delighted to have you visit us again.

The Managing Directors Rüdiger Wörnle and Joachim Buhr cordially welcome you to the Health Resort Freiburg.
In the Health Resort Freiburg, you enter a world which runs at your speed. The peaceful and relaxed atmosphere of the Mooswald is also reflected in the rooms of our four-star hotel. The harmoniously-arranged rooms combine the comfort of the ergonomic interior fittings with stylish ambience. We will prepare your event with you, paying great attention to detail. In our meeting rooms, which are equipped with state-of-the-art technology, your conference or event will be a great success.

Our kitchen pampers you with fresh, seasonal home-made creations and specialities from the landscape of pleasure all round the Health Resort Freiburg. Thanks to regional ingredients, you can also experience the diversity of the Rhine Valley and the Black Forest on your plate. Enjoy your meal in our restaurants or on our sun deck. Lean back and enjoy our superb, personal service.

We genuinely want you to feel good. That’s how the Service Quality Germany Initiative also see it, and have certified the service at the Dorint Hotel An den Thermen accordingly.
EXPERIENCE

... WHAT A DIFFERENCE PROFESSIONAL SUPERVISION CAN MAKE

The medical team of experts from the Mooswaldklinik, headed by specialist physicians, represents a renowned address for prevention and for orthopaedic-traumatological rehabilitation – and they are ready to assist you. Our innovative concepts and up-to-date technologies ensure your regeneration. Our tips on nutrition and physical exercise are adapted specifically to you and combine a feeling of well-being with enjoyment. Live happily and healthily – that’s our philosophy.

Gently awaken your muscles and feel how the energy flows through you. Stretch and relax your entire body. We instruct you on how to improve your feeling of well-being, even during everyday life. We accompany you in the Health Resort Freiburg on your way to more permanent and holistic health. Sharpen your awareness of spirit, body and soul. You will feel how it is to regain your balance.

Advised by professionals — your health as the perspective

A plus for your health: The LGA InterCert and the German Society for Medical Rehabilitation have awarded the medical quality and competence shown in the Mooswaldklinik.
Go on a journey of discovery on the three-country border between Germany, France and Switzerland: Experience Baden’s joie de vivre during a walk through the medieval streets of Freiburg and the colourful hustle and bustle at the Minster market. Marvel at exhibitions in the Basel Art Gallery or shop in exclusive boutiques. Be enchanted by the fairy-tale beauty of the half-timbered houses at the foot of the Vosges Mountains in Colmar. Wonder at Strasbourg’s magnificent town centre, which UNESCO has made a World Heritage Site. Looking down from the Kaiserstuhl hills, you will obtain a fantastic view onto the Black Forest and Freiburg’s own mountain, the Schauinsland. There sporty hikes in this unique landscape are rewarded with hearty vespers meals. At Lake Constance, you can walk in the footsteps of Stone-Age men in the pile dwellings, or sniff the fresh breeze in a modern ship tour. The south-west of Germany provides its visitors with many attractions.

Freiburg – the Black Forest metropolis with a Mediterranean flair

- In the middle of the three-country border between Germany, France and Switzerland Basel tempts you with a diverse range of artistic and cultural offers.
- A tasteful atmosphere: Colmar on the Alsace wine route invites you to enjoy a select drop of wine and delicious specialities in front of a backdrop of half-timbered houses.

…and experience Baden’s joie de vivre
GET MOVING

... AND DRAW ENERGY FROM NATURE

Active at any time of the year

Gentle hills, steep slopes and expanses of fields: All around the Health Resort Freiburg extends a diversified landscape with many cycle and walking routes. Mountain bikers can find sporting challenges on the slopes of the Black Forest close by. Joggers and walkers can start right from their front doors on their tours in the picturesque landscape of the Markgräfler region. Golf courses set in diversified landscape between vineyards and fields are just waiting for you to tee off.

During walks in winter, you can gaze through the clear winter air of the Mooswald onto the powdery-white slopes of the Black Forest. It’s worth a trip to the consistently snowy Feldberg slopes, whether you are a fan of alpine skiing or not. Guided snowshoe tours are conducted everywhere in the Black Forest, through the wonderful winter landscape, and, depending on weather conditions, cross-country skiing trails of all categories of difficulty are laid out.

A paradise for mountain bikers: tracks at altitude with panoramic views and fast-paced woodland descents – nowhere else in Germany can you find such a large range of distances available.

Directly in front of our door: You can find numerous, beautifully located golf courses all around the Health Resort Freiburg.
PEACE. ENJOYMENT. STRENGTH.
Take the positive experiences gained after your visit to the Health Resort Freiburg with you into your everyday life. To make this possible, we focus on a comprehensive concept for the body, spirit and soul: Relaxation in the Mooswald, healthy and diverse nutrition, multifaceted excursions into nature and cultural experiences. However, this concept is first rounded off completely through the offers available in the Health Resort Freiburg itself.

Medical Fitness, Medical Spa, Medical Wellness and Medical Beauty – these are the four topics featured in our "World of Health". Decide for yourself what is good for you: Sporting activities in the fresh air. Relaxation in the thermal baths. Loosening up through a massage. Skincare with exclusive products. All our offers have one thing in common: Our health specialists will care for you individually and professionally.

**THE EFFECTS OF RELAXATION IN THE MOOSWALD**

Certified quality: The German Wellness Association has certified the Health Resort Freiburg for its good and diverse range of health and wellness offers. Here the experts from Medical Wellness Stars also feel at home, and have awarded five out of five stars to the paradise in Mooswald.

A hot-cold kick: After the sauna, you can awaken your joie de vivre with a refreshing shower.

The starting shot for higher quality of life: Many beautiful walking and jogging circular tours start at the Health Resort Freiburg.
Strong muscles, sturdy joints; endurance, coordination and mobility: These are targets not just for sportsmen and women, but also the basis for healthy living. With our Medical Fitness training program, we support you on your way to an efficient body. We show you how to maintain your fitness even in old age. We adjust your training plan to your physical condition. Medical Fitness is a holistic health concept which was developed in collaboration with scientists in the Health Resort Freiburg. The focuses of this comprehensive program lie on endurance, coordination, mobility, strength and speed. The sports training is supplemented through a range of group offers and prevention courses with topics such as relaxation and nutrition. Through this concept, you can feel your sporting success and your increasing vitality.

Professional consultation: We accompany your training and provide you with valuable tips as to how you can also integrate your exercises into everyday life.

Optimum equipment: The latest devices for cardiovascular, strength and coordination training await you across an area of 1,200 square metres.

Targeted training: During our comprehensive PerGu-CHECK®, we determine your fitness and prepare an individual training plan.
In addition to healthy nutrition and relaxation, correct physical movement forms the third pillar of prevention. In the Medical Fitness program, we prepare training plans individually adjusted to help build up your body. Whether you like sports or not; whether you promote healthy movement in your company, or whether you want to get fit again after a therapeutic treatment; you will receive your own personal program. The bases for this are the PerGu-CHECK®, using which your individual health profile is determined, and a physiotherapeutic entrance test.

Success is the highest motivation of all. To keep you on the winning track, our experienced and professional team of physiotherapists, sports scientists and trainers are there to assist and support you, meaning that you will always be able to find the right contact over the entire training process and for medical matters. The combination of your personal physical exercise plan and the high-quality equipment in our rooms permit efficient training with palpable advancements.
Simply keep your dressing gown on: You can go directly from the Health Resort Freiburg into the KEIDEL mineral-thermal baths. There, in addition to the pools featuring different temperatures, you will find an expansive sauna landscape, Turkish baths and a refreshing natural bathing lake. Deepen the relaxing effect of the spa offers in the relaxation rooms and on the sunbathing lawns.

Allow yourself to go with the flow and come to rest: Pamper your body in the up to 41 °C heat of the thermal water at the KEIDEL mineral-thermal baths. Massaging nozzles loosen your muscles and the air bubbles in the whirlpools flatter your skin. The water is rich in minerals and is a recognised remedy, as it eases muscles and veins and reduces inflammations. This was already known to the Romans who once bathed in the natural thermal springs in the Rhine valley.
You are in good hands with us. Our Medical Wellness Team consists of medical-therapeutic specialists, who recommend precisely the treatments which will be particularly pleasant for you. Our specially-developed Medical Wellness concept exclusively includes sustainable and high-quality treatments. Due to the vitalising, calming or balancing effect, your body will regain its natural balance.

Close your eyes, and feel how all your tensions are released. In the Health Resort Freiburg, you can experience this feeling in many ways: With a hot-stone all-over body massage, a herbal stamp massage or classic back massage. Our range of Medical Wellness offers also includes foot reflex zone massages, a special "Manager treatment" and numerous other care programs such as "Time for two".

Prime ingredients: individual aromas and effects.

Anti-stress program: Leave your work and everyday cares behind you – for example during our "Manager treatment".
Pamper yourself with a small beauty spa treatment. For example, treat yourself to a cosmetic facial treatment with a refreshing exfoliation and gentle massage. In the Health Resort Freiburg, Medical Beauty awaits you with a comprehensive and natural beauty program. We only use high-quality care and cosmetic products without preservatives.

Every person’s skin is different, and therefore our Medical Beauty program starts with a visual skin analysis and a personal consultation with our competent employees. Our range of offers and the products used are aligned precisely to your skin. In addition to various facial treatments and seasonal packages, Medical Beauty offers you classics such as make-up, manicures, pedicures and depilation treatments.

A program for inner and outer beauty... AND FEEL BEAUTIFUL

Naturally beautiful: Fresh organic aloe vera cares for your skin with particular gentleness.

Does you good: Our facial care is aligned precisely to your skin type.
Decide for an improved quality of life:

HEALTHY LIVING - Develop a consciousness for your own health. We assist you with individually-tailored fitness and wellness programs.

BECOME HEALTHY - Enjoy medical supervision and treatment in the renowned Mooswaldklinik.

HEALTHY ACCOMMODATION - Relax in the comfortable, ergonomically-furnished rooms. You can find your inner balance in the harmonious surroundings of the Health Resort Freiburg.

HEALTHY CUISINE - Allow yourself to be pampered with the hotel's own creations and specialties in the restaurants. The regional ingredients bring a connoisseur's landscape of the Upper Rhine Valley to your table.

HEALTHY WORK - Our range of offers for company health management is tailored to your requirements. Create a sustainable competitive advantage with healthy and motivated employees.

Meet and celebrate in the modern, top-class ambience of the Dorint Hotel An den Themen.
The Health Resort Freiburg is situated in the relaxing, peaceful Mooswald forest region, and yet is still easy to get to. You can find your well-being target directly and quickly both via the A 5 and the A 81, as well as from the airports Basel-Mulhouse-Freiburg, Karlsruhe/Baden-Baden, Strasbourg and Zurich. Only a few kilometres away, the Freiburg city centre allows you a comfortable journey by train. The central location is perfectly suited to experiencing a multifaceted holiday; a place for successful meetings and a chance to take a little break from everyday life.