



**Well
& Fit**

... and time stands still

EDEN  HOTEL
GÖTTINGEN

regenerate & relax

Personalised services for pampering your body and senses

At the Eden Hotel, we have a long tradition of providing perfect all-round service to our guests. We want your stay here to be as pleasant and invigorating as possible – an experience which will motivate you to keep coming back, also in order to enjoy our redesigned wellness and fitness area. You'll feel like you're in paradise with our relaxation and fitness offerings. Experience your own feel-good oasis: luxuriating in the wellness area before an open fireplace, relaxing in our aromatic tecaldarium with gently stimulating lights, or tone your body in a Kinesis workout with interactive trainers.

Feel good in style – our team awaits you!



enjoy & dream

Rest, relaxation and luxury right in town

The moment you enter our wellness oasis with its luxurious spa atmosphere, you'll feel waves of heavenly relaxation wash over you. Featuring the very best materials from a ceramics factory with a long tradition of quality, it embraces you with its harmonious combination of space, aroma and design. For regenerating your body and mind, we offer you a wide range of stimulating and relaxing facilities: a heated bench with a basin for hot and cold foot baths, an crushed ice bath to stimulate your circulation and regenerate your skin, and a pool to swim and relax in.

Exclusivity down to the last detail – savour a luxurious spa atmosphere



refresh & relax

Sanus per aquam – health through water

Good health is our most precious possession. But all too often, we race from one appointment to another and find ourselves under constant pressure. By systematically relaxing in inspiring surroundings, you can activate new energy. Strengthen your immune system and enjoy beneficial warmth in our new, varied sauna area which includes a classic Finnish sauna, a revitalising steam bath and an activating tecaldarium. Afterwards, the changing colours of our special shower will give you an energising kick. Finally, "Alaska" awaits you: a bath filled with crushed ice to stimulate your circulation and regenerate your skin – with plenty of fun guaranteed!

Pure enjoyment – a revitalising wellness experience

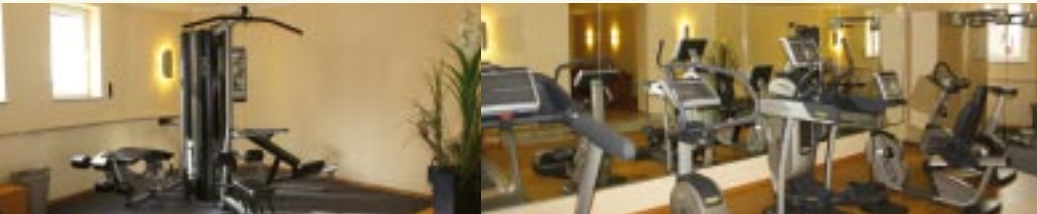


train & strengthen yourself

A new dimension of dynamic training

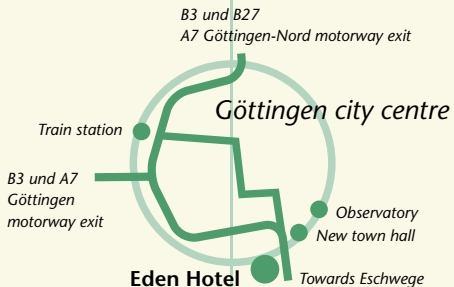
Do you regularly go to a gym or practice some other sport? In our new fitness area, you'll find the right equipment for your personal workout. Modern cardio equipment with integrated entertainment communicates with you in 13 languages using the latest Visio technology. Our "full-gravity Kinesis technology" supports simply and naturally you in performing over 250 different dynamic exercises. "Interactive trainers" guide you via a touchscreen and give you valuable training tips. A multifunction weight-lifting centre rounds up our fitness offering.

Aerobic fitness or muscle gain – high-tech training equipment for optimum workouts



inside & outside

Here you'll stay fit – both in and around the hotel



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Right in the hotel:

- Finnish sauna
- Classic steam bath
- Tecaldarium
- Ice bath
- Heated bench
- Solarium
- Rest area with fireplace
- Billiard room
- Fitness room
- Bicycles for hire
- Heated indoor swimming pool (11 x 6 m)
- Lobby with fireplace

Nearby:

- Shopping 0.3 km
- Theatre 1.0 km
- Bowling 4.0 km
- Cinema 0.25 km
- Outdoor pool 1.0 km
- Jogging
- Casino 40 km
- Nearest bar 0.5 km
- Nearest restaurant 0.2 km
- Town hall 1.0 km
- Lake 1.5 km
- Golf course 25 km
- Horseback riding 2.5 km
- Ice-skating
(in the winter) 1.2 km
- Discotheque 1.5 km
- Lokhalle concert and
event centre 1.2 km
- City centre 0.35 km
- Subtropical bathing
paradise 1,0 km
- Tennis 1.0 km
- Cinemax 1.2 km
- Hiking
- Harz Nature Park 45 km



You'll find current wellness tips
and information on interesting cultural events at www.eden-hotel.de.