



Where relaxation becomes an experience.

 sole uno
Wellness-Welt
im Parkresort Rheinfelden



Your oasis of wellbeing on the Rhine.

The Rhine flows majestically by, a river that is shrouded in legend and has long held us under its spell. And located right next to the beautiful banks of this great river you will find a unique oasis of tranquillity, wellbeing, health and enjoyment: the Parkresort Rheinfelden. Set in the midst of lush green parkland, this location has provided the perfect blend of tradition and modernity for the last 130 years. Over the course of time it has developed into a resort that provides guests with everything they require to help them feel healthier and achieve a better sense of wellbeing, equilibrium, strength and happiness. Welcome to the Parkresort Rheinfelden.

 parkresort
Rheinfelden

Bathing facilities

- 1 Cash desk
- 2 Showers
- 3 Bathing towels (free use)
- 4 Indoor saltwater pool
- 5 Saltwater whirlpool
- 6 Aromatic steam baths
- 7 Tropical rain
- 8 Alpine waterfalls
- 9 Fire-and-ice pool
- 10 Acces to intensive saltwater pool
- 11 Intensive saltwater pool
- 12 Salt inhalation grotto
- 13 Whirlpool
- 14 Steambath
- 15 Surveillance
- 16 Solarium
- 17 Outdoor saltwater pool
- 18 Sun deck
- 19 Sunbathing lawn

Gastronomy

- 20 Bistro sole uno
- 21 Bistro Vista Sol
(direct acces only in summer)

Massage lounge

- 22 Waiting area
- 23 Lounge
- 24 Massage rooms

Sauna facilities

- 25 Sauna towels (free use)
- 26 Cold water area
- 27 Finnish sauna
- 28 Steam bath
- 29 Bio sauna
- 30 Relaxation room
- 31 Heated footbath
- 32 Relaxation room with aquarium (ground floor)
Lounge room with fireplace (first floor)
- 33 Finnish ground sauna
- 34 Finnish fire sauna
- 35 Russian banya
- 36 Outdoor showers
- 37 Sunbathing lawn





The spacious bathing landscape with its light effects is a truly visual experience. Allow your body to relax and take in the views... true indulgence for all the senses.

Dive in. Let out a contented sigh. And enjoy the power of the sea.

Salt deposits were discovered in this region as early as 1847. Health enthusiasts from far and wide soon flocked to Rheinfelden to take the soothing spa waters and to relax. We have carried on this tradition into a third millennium and created a modern wellness world to captivate you. Give your skin a treat with a bath in Rheinfelder Natursole® saline solution, rid your tired muscles of tension on the Jacuzzi beds, or simply just relax.



Pure enjoyment: the huge saltwater whirlpool with elevated view of the bathing landscape.

Indoor bathing facilities



The intensive saltwater pool with 12% salt content: float as if you were in the Dead Sea and relax with some underwater music.



From mint fresh to exotic: take a deep breath in our aroma steam baths.



A truly cool experience to invigorate your senses: the refreshing alpine waterfalls, surrounded by original Grisons rock.

From the Alps to the rainforest. In just a few seconds.



Some like it hot: our 40° C fire pool should pose no problem.

Some of the many attractions in our bathing area are certainly not for the faint-hearted. Others are, of course. Variety is always guaranteed. How about starting off with the cold alpine waterfalls that cascade down on you with all their force from a height of 3.5 m? Having enjoyed this invigorating experience, why not move on to the rainforest next door to enjoy an original tropical rain. After that it is time to cool off again in the ice pool followed by a dip in the 40° C heat of the fire pool to really get the circulation pumping.

Heat contrasts in our water worlds



Feeling a chill? No wonder: after all, you are in the 15° C ice pool.



You will never have experienced the like: tropical rain, downpours, drizzle, and light thundery showers – the choice is yours.



We don't take care of the seasons, just your wellbeing. Be it summer or winter, you can swim out into the park in our spacious saltwater pool. Whatever the weather.

Can we offer you some fresh air?



Also perfect for coolish temperatures:
pure relaxation in the steaming outdoor pool.



Our sunbathing deck:
the best place to tan.

Outdoor bathing facilities



Our recreational pool with its Jacuzzi beds and seats, neck jets, massage jets, waterfall and bubbling whirl stream is right in the heart of a beautiful park. Whether under the gorgeous summer sun or surrounded by steaming mist in winter – the bubbling Rheinfelder Natursole® saline waters are a healthy pleasure at any time of year. On the beautiful sunbathing lawn visitors can either relax in comfortable recliners in the shade of ancient trees or soak up the sun.



All good things come from above,
as our waterfall proves.



Our warm-air relaxation room with heated, ergonomically designed loungers. Forget your cares in this peaceful setting by relaxing and watching the fish in the aquarium.

Stimulate your metabolism. As nature intended.

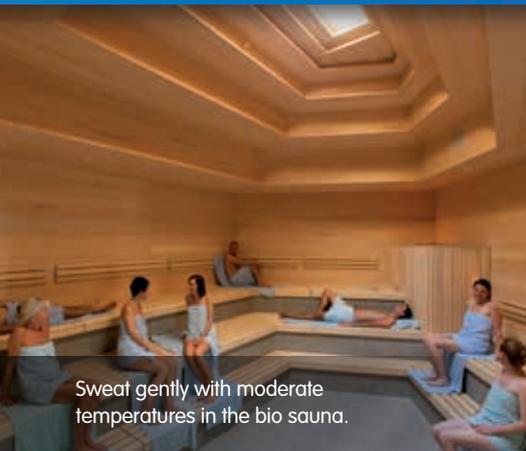


It is important to allow your body to rest between the sauna sessions whether indoors or outdoors.



Beside the positive influences on health, the sauna baths in our varied sauna facility offer deep relaxation and experiences for all the senses.

Indoor sauna facilities



Sweat gently with moderate temperatures in the bio sauna.

The healing effect of sweating was discovered by the ancient Romans. Saunas are an ideal way to revitalise the body, stimulate the metabolism and rid the body of toxins. Alternating between soothing heat and cold temperatures also boosts the immune system and the circulation. Our sauna facilities consist of three Finnish saunas, two - earth and fire sauna – in the park, a Russian banya, a bio sauna, a steam bath and a spacious cool-down area with plunge pool. How about a rest in the warm-air relaxation room with large aquarium and heated, ergonomically shaped beds and foot-warming pools? Or you just relax in the cozy lounge-room with fireplace and view all the way down to the Rhine.



Finland and Russia – now in Rheinfelden: experience for yourself the authentic sauna culture of these countries in three authentic sauna cabins. Why not follow it with a spot of sunbathing in the magnificent park.

Our outdoor saunas can be a real hit.



You have never experienced a sauna like this before: the Russian birch ritual conducted by our "banschiki".



Infusion on the inside: the birch ritual traditionally begins with a shot of vodka.



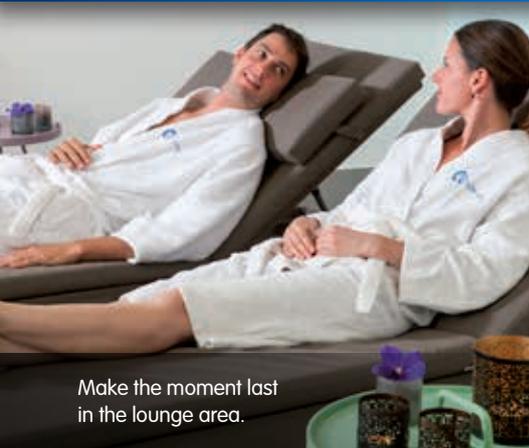
Enchanted by the fire: the Finnish fire sauna is always a hot tip.

Sunbathe as nature intended and enjoy an all-over tan – you can enjoy undisturbed relaxation in our outdoor sauna area. The 70 m² banya, a Russian bathhouse, is a particularly hot tip. This authentic log cabin, constructed in Siberia, provides room for up to 40 people to enjoy an impressive sauna experience. In addition to regular sauna operation, “birch rituals” take place several times per week. The initial sauna session is followed by a traditional birch massage, which involves hitting the body with fresh birch branches. This is particularly good for stimulating blood circulation. Last but not least, the skin is in for a treat in the form of a soothing salt-honey body scrub.



Soap lather couples massage:
enjoyment times two.

The icing on the cake of your sole uno experience.



Make the moment last
in the lounge area.

The wide range of treatments in the new massage lounge are the perfect complement to your stay in sole uno. It is not just your body that relaxes, your mind and soul also enjoy some downtime. Allow yourself to be pampered by a head, neck and shoulder massage, a Lomi Lomi or a hot stone massage. And the great thing is that you can also enjoy your spa experience with another person – with a couples massage. Our pamper combinations offer you perfectly tailored treatments, for example a salt peel with an aromatic oil massage. A treatment on the sand bed makes you feel like you are on the beach. The warm quartz sand makes massages even more special. Enjoy the moment.

Massage lounge



Fine fragrances, quality oils, mindfulness and tranquillity define the experience.



Deeply relaxed by warming herbal stamps.



Take a break and enjoy our culinary variety in a relaxed atmosphere.

All-round wellbeing. Enjoyment at every turn.



Indulge your senses in one of our cafés or restaurants.

During your wellness visit, you can enjoy some light snacks or refreshments in the Bar Vista Vital and pay for them when you leave the bathing and sauna facilities. The Vista Sol bistro serves light snacks, during the summer also on the terrace with direct access from sole uno. Or why not sit back and reflect on an enjoyable spa experience in the Vista Mar restaurant with view of the indoor pool or on the sun terrace. Have you heard about our feel-good arrangements? For example, you can combine culinary delights with your wellness experience on a "pleasurable break".

More information can be found on www.soleuno.ch.



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