

## PRESS RELEASE

Tropical Islands - Europe's largest tropical holiday world



### Europe's largest tropical spa and sauna complex

The Tropical Islands spa and sauna complex has a truly unique atmosphere thanks to its authentic tropical architecture and carefully designed surroundings. Six different spa zones have been built over an area around the size of one and a half football pitches (approx. 10,000 square metres). The spa complex draws its inspiration from the cultural sites of far-flung countries.

#### The Elefanta Temple

The Elefanta Temple in Tropical Islands is a reproduction of the original structure in India, at a scale of 1:1.5. The original Indian cave temple is located on an island near Mumbai and dates back to the 8th century.

At Tropical Islands, the Temple is reminiscent of dreams of 1001 nights: The **Trimurti Crystal World** is a crystal steam bath with three exclusive zones - amethyst, rock crystal and rose quartz. It will whisk you away into a fairy tale world of precious stones. The mild temperatures (from 42 to 45°C) and 100% humidity in the steam bath cleanse and soothe your respiratory system.

The Ganges foot bubble bowl is located in front of the entrance to the temple complex. This footbath dilates your blood vessels, allowing your body to quickly disperse warmth outwards. In addition, special hydro-massage systems on the floor of the bubble bowl activate the reflex zones in your feet. The wellness options in the Elefanta Temple are rounded out by a range of **Ayurveda treatments**.

#### The Angkor Wat Temple

This area of the spa was inspired by the world famous temple complex in Cambodia built around a legendary giant tree. A full-size reproduction of part of the temple, it retains a central design element from the original Cambodian site: a huge stone bust of the Hindu god Vishnu, to whom the original Khmer builders dedicated the main temple.

Inside the Angkor Wat Temple is the **Vishnu Sauna Temple**, which is a stone sauna. There are three different levels for you to enjoy in this sauna, where there is low humidity and the temperature is around 90°C. There are also regular steam treatments, where water, sometimes fragrant from natural herbs, is poured onto the hot rocks to fill the sauna with a brief burst of steam.

To cool yourself down after the heat of the sauna, you can indulge yourself under one of our spa showers and in the fine spray of the mist grotto. And to ensure the relaxation doesn't stop there, there are plenty of recliners in the Angkor Wat Temple which allow you unwind in a pleasant tropical atmosphere.

#### The Alcantara Gorge

The entire Alcantara Gorge area is based on the black basalt complex and bizarre stone cave formations of the original Alcantara Gorge in Sicily. The gorge, which

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is up to 50 metres deep in places, is named after the Alcantara River which flows through it.

The Alcantara Gorge in Tropical Islands offers guests two different sauna and wellness experiences: The **Gunung Mulu Salt Grotto Meditation** is a steam bath taking its title from the national park of the same name, which is also home to Malaysia's largest network of caves. After purifying the body in the steam room, you can then cool off with a spa shower outside.

Another cave in the basalt outcrop is home to the **Campur Campur Natural Beauty Sauna**. Campur Campur is Malay and means "a mixture of different possibilities". That is a very apt name, as guests can choose between various beauty, health and wellness treatments here. Health-giving mud is applied to the skin and then left to dry. At the same time, the room is engulfed with the aromas of herbal steam infusions. The natural mud pack should be left on until it becomes flexible. Then warm rain from above helps cleanse and relax the body. The entire ritual lasts between 35 and 40 minutes.

### The Waitapu Spring Pool Zone

The Spring Pool Zone in Tropical Islands is reminiscent of natural geyser pools and is inspired by the **Waitapu** nature reserve in New Zealand. In the Maori language (of New Zealand's indigenous people), the word Waitapu means "holy water". The three pools all have a pleasant water temperature of 38°C as well as water jets which massage your back and spine. The pools' bubble technology promotes circulation. In the evening, the pools also feature a whole host of coloured light effects, which serve to deepen the sense of relaxation.

### The Jungle Village

The picturesque Jungle Village consists of a wooden lake dwelling around 5 metres in height, together with other jungle huts, each one offering different sauna, infusion and relaxation experiences.

The wooden lake dwelling houses the **Salasaca Tree Sauna**. The Salasaca are South American highland farmers. Here, sauna guests can unwind and enjoy natural wood aromas in temperatures between 80 and 95°C and humidity of only 5 to 10%.

The Jungle Village is also home to the **Guruwari blossom steam bath**. "Guruwari" is the name given by the Australian Aborigines to the power of the seed which every plant leaves in the soil as a seedling. In homage to this concept, this area of the spa resembles a giant flower and the walls are adorned with colourful flower patterns. In this steam bath, guests are enveloped in the scent of blossoms, with a temperature of 45°C and 100% humidity.

The **Inipi Herbal Sweat Lodge** is dedicated to the North American shamans of the Lakota people. They invented sweat lodges in which herbal steam treatments fill the space with steam to boost the body's wellbeing. In the Tropical Herbal Sweat Lodge, these treatments are repeated at seven-minute intervals.

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In addition to the saunas and steam baths, the Jungle Village also offers guests massages, solariums, four more spa showers and the **Kinabulu Ice Fountain**, ensuring you can leave the stresses of everyday life behind you.

### The Asia House

The Asia House is a reconstruction of a Japanese pavilion. With around 300 square metres of floor space and a height of 11 metres, the two-storey building is about the same size as a large family house. The Asian timber construction simply exudes style. The lower floor is home to a chill-out room and meditation area.

The upper floor is also an ideal place to unwind. It houses the **Tropical Islands Fitness Club**, which helps keep you fit and also offers terrific views over our tropical leisure paradise. The Club is equipped with all the latest fitness devices, allowing you to optimally train all areas of the body. It is also ideal for fans of endurance sports, with a whole host of exercise bikes, cross-trainers and treadmills available.

### The Tandoor Restaurant

The six sauna and wellness areas in Europe's largest tropical spa centre are perfectly complemented by a truly special gastronomic treat, with light, Indian cuisine in the Tandoor Restaurant. The word "Tandoori" is Hindi and means "dish prepared in a clay oven", referring to the cylindrical Indian charcoal oven known as a "tandoor". The tandoors in our restaurant are also built from clay. There is something on the menu to suit every taste, with meat, fish, vegetables and fruit cooked, grilled or baked over hot lava stones. All dishes are prepared without cooking fat and are therefore light - ideal for combining a meal with a visit to the sauna. In the morning, the Tandoor Restaurant also offers a selection of light breakfast options.

### Admission prices:

|   |           |
|---|-----------|
| Adults:   | EUR 28.50 |
| Reduced (school pupils, students, senior citizens, disabled): | EUR 26.50 |
| Children (aged 4-14):   | EUR 23.00 |
| Infants (under 3):  | free      |

If you cross over into the Tropical World, we will charge you a one-off fee of EUR 8.50.

You can save some money by purchasing the Kombi-Ticket, which allows you to move freely between the two areas at no extra charge.

### Kombi-Ticket:

|   |           |
|---|-----------|
| Adults:   | EUR 34.50 |
| Reduced (school pupils, students, senior citizens, disabled): | EUR 30.00 |
| Children (aged 4-14):   | EUR 23.00 |
| Infants (under 3):  | free      |

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### **Opening hours**

Open daily from 9:00 am until 1:00 am (subject to change)

**Should you have any questions, please contact:**

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