

H2O *Sauna World*



Warmth . Peace . Fragrances . Colours . Sounds . Time

Welcome to H2O Sauna World. A unique oasis of peace and well-being. An island of relaxation away from everyday hustle and bustle. Find peace of mind, reconnect with yourself, balance your body and soul – enjoy the unique sauna landscape and our wonderful Nordic-style sauna garden.

On an area covering over 5,000 square metres, you will find eleven different saunas at temperatures from 45°C to 100°C and a snow room. Infusions of essential oils and a variety of fragrances refresh and invigorate.

Our rest rooms with heated recliners (39°C) will give you the relaxation you need between sauna sessions. Meditative music and coloured light effects pamper all of the senses.

Or slip into one of our whirlpools and close your eyes. Leave the stress behind you and find true relaxation in a soothing massage. Indulge in our fine selection of food and drinks or relax in comfortable armchairs in front of our large open fireplace.

And suddenly you will notice: Daily routine is far, far away!

Enjoy the variety

The modern Scandinavian sauna landscape of H2O Herford offers stimulation for all the senses. With light, colours, scents and sounds we have created a place to relax and enjoy life at a slower pace, much different from the classic sauna facilities. Here is an overview of our different saunas.

Terra Sauna (75°C – 90°C): Experience the elements of fire, water, earth and air as well as a composition of fragrances, heat and light in the world's only concept sauna.

Steam Bath (45°C): The steam bath let you breathe freely.

Bear hut (60°C): Changing colours and fruity aromas provide the last world in relaxation.

Hay Sauna (85°C): Awaiting you here are healthy, hay-fragranced infusions and a relaxing view of the sauna garden.

Luonto – Rest Sauna (90°C): The sauna is a place of calm, and is an opportunity to escape from hectic every day life, to switch off and to find inner peace. Meditative infusions become a pleasant journey into a world of dreams!

Saari Sauna (100°C): Our large infusion sauna with views into the sauna garden and themed infusions that change every hour.

Log Cabin Sauna (100°C): The magnificent panoramic view and changing infusions create the perfect environment to feel at ease in.

Löly Sauna (80°C): Quiet, relaxing music and the fresh scent of lemon are what to expect here.

Vaikutus (80°C): The showroom starring spectacular infusions and great show. Look forward to a staged experience and be impressed by emotions!

Suola (75°C): The salt sauna is made from over 20 tonnes of hand-hewn rock salt from Pakistan and features a graduation tower.

Vesitorni (65°C): Enjoy the unique landscape, and let yourself be enchanted by the element water.

Lumi kide - snow room (-12°C | -15°C): Feel the benefits: deep breaths refresh the lungs, the cold air cools the body from head to toe.

Feel-good lounge

Our feel-good lounge is a special rest area with 15 loungers, which can be booked for half a day from 10.00 am to 4 pm (Sat., Sun. and on holidays from 9.00 am to 4 pm), from 4.30 pm to 11 pm or for the whole day. We offer mineral water and fruit for refreshment. This service costs 10.00 € for half a day and 16.00 € for an entire day. For bookings and information, please contact our reception desk at 05221 922-257 or www.h2o-herford.de/liegenbuchung.



Would you like anything else?

What's most important to us when you visit H2O Sauna World are your personal wishes and your very own definition of rest, relaxation and enjoyment. This is why H2O offers a wide range of options to make you feel at ease, relax and unwind. In addition to our sauna, these include:

- Nordic sauna garden covering an area of over 1,5000 square metres
- Heated recliners with meditative music
- 2 whirlpools (indoors & sauna garden)
- Large outdoor pool
- Restaurant area with a friendly atmosphere
- Relaxing fireside
- Rest room in Finnish country style
- Indoor and outdoor spa concept showers
- Wellness offers at the H2O Refugium
- Sauna Lounge with SKY sport programmes
- Events

Innovation and inspiration

Saunaing has a tradition that goes back thousands of years, which is also reflected in the many traditional sauna rituals offered at H2O Herford. Yet at the same time, our aim has also been to combine tradition and innovation in the most relaxing way possible.

At H2O Sauna World, this is demonstrated particularly well by a constantly changing programme of new and spectacular sauna concepts designed to give you a sauna experience that can be different every time.

For instance, the Terra Sauna offers you the world's only combination of sounds, colours, fragrances and audiovisual impressions on a journey that takes you around the world. In four stages (each with slowly rising temperatures), the elements of earth, fire, water and air are brought right up close, making this a unique experience.

The Vesitorni brings you closer to the element water in an entirely new way. The breathtaking views of the vast filmic panorama offer natural and true-to-life impressions. At the heart of the Vesitorni is a water-filled stone fountain that combines with the unique panoramic pictures to create a symphony of deceleration, relaxation and well-being.



No matter which sauna you choose to visit, one thing is certain: The combination of tradition and innovation will leave you wanting for nothing!

Admission charges

Adults Children

Day ticket Sauna/Leisure Pool	28,50 €	22,50 €
10-entry ticket Sauna/Leisure Pool	256,50 €	202,50 €

Family rates (Sauna/Leisure Pool)

2 adults and 1 child	65,00 €	
2 adults and 2 children	78,00 €	
3rd and 4th child, each		18,00 €

Group tickets (Sauna/Leisure Pool)

10 or more people, each	25,70 €	20,30 €
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Evening rate (Sauna/Leisure Pool, Mon to Thu from 6pm)

3 hours	24,00 €	19,50 €
10-entry ticket 3 hours	216,00 €	175,50 €
Additional day ticket	4,50 €	3,00 €

Hire charges

Robe	8,00 €	8,00 €
Towel	4,00 €	4,00 €
Slippers	4,00 €	4,00 €

*Incidentally, the sauna is
for Ladies Only on Tuesdays!*

- Single and group tickets are valid on the date of purchase only
- Multiple tickets are valid for 3 years and are transferable
- An entry ticket to the H2O Sauna World also allows you to use the leisure pool
- Children aged 15 or younger qualify for childrens' rates
- Children under the age of 4 are admitted free of charge
- Boys under 1 year are welcome to the sauna for ladies

For other charges please see the rates displayed at the cash desk or visit our Website at www.h2o-herford.de.



Site map



- ① Pre-entry showers
- ② Toilets
- ③ Whirlpool
- ④ Immersion pool
- ⑤ Cooling showers
- ⑥ Café / restaurant
- ⑦ Restaurant / sportsbar
- ⑧ Refuge 1st floor
- ⑨ Refuge Lounge
- ⑩ Wellness Lounge (bookable)
- ⑪ Lumi kide -12°C | -15°C

H2O Freizeitbad



- ⑫ Outdoor pool
- ⑬ Living room 1
- ⑭ Living room 2
- ⑮ Changing
- ⑯ Finnish Relaxation Room
- ⑰ Heated recliners
- ⑱ Rest area 1st floor
- ⑲ Access to leisure pool
- ⑳ Steam bath 45°C
- ㉑ Suola 75°C
- ㉒ Luonto – Rest Sauna 90°C
- ㉓ Saari Sauna 100°C
- ㉔ Hay Sauna 85°C
- ㉕ Löly Sauna 80°C
- ㉖ Vaikutus 80°C
- ㉗ Terra Sauna 75°C bis 90°C
- ㉘ Bear hut 60°C
- ㉙ Log Cabin Sauna 100°C
- ㉚ Vesitorni 65°C
- ㉛ Solariums 1st floor
- ㉜ Fountain Square
-  collecting places
-  smoking area

Contacting us and getting here

By public transport: From the train station Herford with the bus line 433 to the bus stop "H2O/Stadion" or from the bus stop "Alter Markt" with the bus line S3 to the stop "H2O/Stadion".

By car: Plenty of free car parking is available right next to H2O Herford.

With your own camper van: H2O Herford has 22 well-appointed camper van spaces available. These spaces are free of charge to day visitors. The overnight rate is 7 €.

Would you like us to keep you updated on everything that's going on?

Sign up at www.h2o-herford.de for the free H2O Newsletter which has all the current details or become a fan on our Facebook page: www.facebook.com/h2oherford.

Opening times

Mondays – Fridays: 10 a.m. – 11 p.m.

Saturdays, Sundays and Public holidays: 9 a.m. – 11 p.m.

Please note: Tuesday is ladies' sauna day!


H2O will not be open on Christmas Eve and New Year's Eve.

The H2O Herford recently received the award for premium quality of the German Sauna Association.



H2O Herford, Wiesestraße 90, 32052 Herford
Information hot line: 05221 922-257
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H2O Herford: A sauna offer from the Stadtwerke Herford GmbH

