

## Information for the press

### Aachen and water

Aachen's real name is "Bad Aachen" – a title which the most western metropolis of Germany mostly dispenses with, in order to be first place in alphabetic lists. Yet the imperial city, whose name derives from the Germanic word "ahha" (water), rightly bears the addition "Bad" (spa), as here the hottest springs north of the Alps are found.

According to archaeological findings thermal springs existing in the Aachen area caused people to settle in this place as early as in the New Stone Age. Already the Celts and Romans knew about the beneficial power of the up to 70 degree hot water rich in minerals and they used it for building numerous thermal baths in the city area. Also Charlemagne loved to take a bath in the springs of that town, which he for this preference made his residential city,

At the end of the 17th century the imperial city eventually rose to the status of a sophisticated spa resort, which was visited by famous personalities e.g. Georg Friedrich Händel, Peter the Great or the Empress Josephine. The good reputation of the city and the unmistakable smell of sulphur, which becomes noticeable when approaching the springs, made Aachen widely well-known. From all parts of Europe people came to allow themselves the delight of a bathing cure or drinking the water of the hot springs – and on top of this many other amenities.

The only critic piping up of all people was none other than Friedrich the Great. His doubts as to the healing power of the Aachen water have, however, long been disproved by modern science: on the one hand, the heat and, on the other hand, not less than 19 different mineral elements of the sulphurous thermal baths containing sodium chloride and hydrogen carbonate have a very positive influence on illnesses of bones, muscles, joints and the skin. Administered as a tincture, Aachen water moreover has a detoxifying effect.

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All this – and the special ambience of this town, in which modern spa facilities are combined with the flair of two thousand years of bathing tradition, annually leads around 6,000 patients to undergo treatment in one of the two health clinics in the Aachen district of Burtscheid.

Also the spa Carolus Thermen Bad Aachen invites you to relax and stay. The wellness oasis in direct vicinity of the spa garden at the Monheimsallee with its peaceful atmosphere and warmth offers a pleasant change to stressful everyday life. With its thermal world, in which guests are bathing in pleasant mineral-thermal water from the spring „Rosenquelle“, the varied offer in the sauna world, the own spa area and the gastronomy take up Roman traditions.

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