



Graduation buildings

Fresh breeze inland

The five Bad Nauheim graduation structures that have been preserved, invite visitors for soothing breathing breaks. If you inhale the salty air near them, you immediately feel a pleasant effect on the airways.

History

However, our ancestors initially thought in regards of brine water not of health, but knew about the importance of salt for everyday life. Salt at that time was almost as valuable as gold. The Celts won around 400 BC until the birth of Christ salt from swelling water that still came directly out of the ground. The story of the salt production is well explained at the archaeological Celtic pavilion near the Gradierbau I.

Functionality of the graduation buildings

Erroneously called "salinas" in the vernacular, the correct name points out how the use of the graduation buildings (from the Latin "Gradus" - level, degree) were. 23 graduation buildings once provided a gradual increase in the salinity of the water.

On the up to ten meter high and 156 meter long walls the brine trickles down with a salt content of approx. 3%. Due to wind and sun, a part of the water evaporates, which is perceived as a fresh „sea breeze“. Evaporated water is replaced by new water from the springs in the Sprudelhof an by repeating the grading process the salt content increases to 20% or even 22%.

In winter, the graduation structures are shut down because the brine will freeze on the blackthorn walls and will damage them.

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After the Nauheim Saline was closed in 1959, the graduation structures are now used as open-air inhalatories for soothing respites: those along the graduation buildings air enriched with fine salt crystals (aerosols) penetrates through the trachea into the bronchi and has a cleaning and disinfecting effect on the airways. The airways are getting moistened and attacked mucous membranes less swell the urge to cough gets better and the expectoration of phlegm becomes easier, so that the „fresh breeze in the Inland“ especially for people with colds, bronchitis, asthma or allergies is a drug-free supplement to medical treatments. Guests can stay near the graduation buildings for a long time and without hesitation, especially a combination with movement exercises or breathing exercises can be extremely healthy.

Inhalatorium

An even more intensive form of inhalation is the nebulization of brine, a compressor generates compressed air in the inhalatorium. When inhaled, the aerosols reach the finest ramifications of the bronchi, a daily stay of 15 to 20 minutes in the inhalatorium will result in a significant improvement.

Opening times graduation building I:

April to October: daily 10am to 6pm

Celtic Salt Boiling:

For dates, see notice at graduation building I

Entrance fee: 3.30 euros (day ticket)

Health garden opening times:

April: 10am to 6pm

May to August: 9am to 9pm

September: 9am to 7pm

October: 9am to 6pm

November to March: closed

Entrance fee: Free of charge

