

## PRESS RELEASE

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### Sylt – the island of wellness

Take a deep breath and savour the moment – ‘Syltness’ for the senses.

Sylt feels good! The bracing, healthy climate of the coast, which is the result of a unique combination of temperature, wind and the island’s natural radiation. The sea wind, which is rich in trace elements like iodine. The air, which is so much cleaner than on the mainland. One cubic centimetre of air from Sylt’s beaches contains only a few particles of dust, while the air of the closest part of the mainland contains several hundred, rising to several thousands in the big cities and conurbations. This is partly because Sylt has no heavy industry, and also because the wind blows pure air in from over the sea. Health-conscious holidaymakers will appreciate the benefits of long walks along the tide lines. In the littoral zone, which is the part of the beach between the water and the high tide mark, the air is filled with fine droplets of seawater, which is breathed in automatically and which covers the skin in a delicate, health-giving film.

The ideal complement to Sylt’s natural healing forces are the island’s spas. The largest and most varied choice of treatments is available at the Westerland Syltness Center. At this modern day spa, visitors are pampered in body and soul with selected spa ceremonies, such as the Cleopatra programme, Hamam, Rasul and Kraxenofen, as well as Far Eastern relaxation techniques, such as Shiatsu and Shiro Dhara. Thalasso, Health, Beauty and Fitness are the spa’s magic formulas for better health, which Syltness guarantees for all the senses. All facilities and treatment options at the Westerland day spa are described in detail in the Syltness magazine, which can be ordered by phone through the booking and service line 0180 / 500 99 80 ( 0.14 per min.) or online at [www.westerland.de](http://www.westerland.de).

A hot tip for cold days: for visitors who like to work up a sweat, the saunas down on the beach are a special treat. In Hörnum, Rantum, Kampen and List five beach saunas offer heat sessions with a difference. After sweating in the sauna, visitors can dash down to the giant plunge pool that is the North Sea to cool down again. The saunas are located idyllically in the dunes or down on the beach and they offer classic Finnish sauna, mostly in trim little traditional wooden blockhouses. The beach saunas are open between April and October, and the “La Grande Plage” sauna, which is on the eponymous stretch of beach at Kampen, is open all year round.

For unbeatable wellness package deals, visit [www.sylt-reisen.de](http://www.sylt-reisen.de) and check out “Daydream”, “The Power of the Sea” or “Fresh kick”, all of which include accommodation in selected B&Bs, hotels or self-catering apartments plus massages, treatments or facial treatments.