

Bath and gastronomy facilities

Tamina thermal bath Bad Ragaz



BATH FACILITIES

Outdoor infusion sauna Nera, 90°C, 10–15% humidity

The new pearl in our sauna area. The interior walls and seating steps around the infusion stove are made of dark brown Abachi wood. The architecture creates a unique atmosphere and provides the scope for lighting effects in keeping with the infusions. Background music completes the ceremony and transforms your time in the sauna into a multi-sensory experience.

Outdoor pool, 34° C

A splendid view of the Grisons mountain panorama with whirlpool, waterfall, counter-current channel, massage recliners and seats. In summer, the sun-bathing law invites to relax.

Attraction pool, 34° C

New experiences and relaxation for all the senses, regeneration and rehabilitation for the entire body. With soothing massage jets, neck showers, massage recliners & seats.

Whirlpool, 36.5° C

Relieve tensions and get your blood pressure back on track. Basking in the 36.5°C whirlpool alleviates muscle soreness and stimulates your metabolism.

Whirlpool recliner bath, 36.5° C

Bathing in the body-temperature whirlpool restores your heat balance to equilibrium. Just close your eyes, relax and enjoy yourself!

Water grottos, 39° C / 17° C

Alternate bathing in the warm and cold water grottos stimulates the circulation and boosts your immune system. It helps to regulate the cardiovascular system, strengthens your skin tissue and activates your metabolism.

Exercise pool, 32° C

Joint-friendly routines in the water are the very best for your body. During water exercises, you experience a gentle tissue massage and boost your fat burning.

Steam bath, 45°C, 100% air humidity

A spell in the steam bath frees up your airways and relaxes the muscles. The steaming heat has a cleansing effect on your skin.

Ragaz hot towels

A soothing treat for your body as the finishing touch to your bathing experience. One hot towel is included in the admission price. Additional towels cost CHF 3.00 each.

GASTRONOMY FACILITIES

Café Therme - 365 days, to your heart's content

At the Café Therme you can enjoy freshly baked sweet or savoury pastries, cold snacks and fresh salads, warm dishes and delicious desserts – to your heart's content.

It is our wish that everyone feels at home at Café Therme. We look forward to welcoming you whatever the occasion – be it during a relaxing visit to the Tamina Therme, a get-together with your loved ones on a Sunday, a coffee with acquaintances or simply when you take some time out for yourself. By the way, you can make use of our complimentary WLAN to surf the Internet. You can also pop by to pick up some bread for at home, a "coffee to go" or even a takeaway meal.