

Tamina Therme Bad Ragaz



SAUNA

1300 square metres of space, three houses and a pond – these are the ingredients which complete the new Ragaz Sauna Village. Saunas and steam baths have positive effects on the body, stimulating blood circulation, increasing oxygenation of the blood as well as the elasticity of the connective tissue, sinews and ligaments, aiding mobility, and assisting the processes of the immune system. They help you heal when suffering from varicose veins, swollen limbs, circulatory disorders, foot perspiration and infections.

- Kelo infusion sauna, 85°C, 15 % air humidity
- Ritual sauna Nera, 75°C, 20 % air humidity
- Finnish sauna, 85°C, 20 % air humidity
- Biosauna, 65°C, 50 % air humidity
- Steam bath, 45°C, 100 % air humidity
- Kelo relaxation house
- Hydromassage showers
- Heated recliners
- Foot baths
- Quiet rooms and relaxation recliners
- Bistro-Lounge Hermitage

CAFÉ THERME

Would you like a tasty snack, some healthy refreshment, a warm lunch or an energy-boosting breakfast? It doesn't matter whether before, during or after your stay in the thermal spa – at the Café Therme the choice is yours.

SAUNA BISTRO LOUNG HERMITAGE

The sauna's offering is complimented by the Bistro Lounge Hermitage. Here guests are pampered with food and drink which is aligned to the body's needs before, during or after taking a sauna.

THERME SHOPS

The range of shops available at the Tamina Therme includes Skinfit sports clothing, swimwear and Babor cosmetics. We have expert consultants who will take the time to ensure that you receive the advice you need in all three of our shops. We are looking forward to answering any questions you might have.

IMPORTANT INFORMATION

Children under the age of 3 are not permitted (except for baby swimming courses). Children under the age of 12 are not permitted in the sauna area. Teenagers from 12–16 years of age are only admitted to the sauna area when accompanied by an adult.

36.5° BLUE GOLD

The largest «acratotherm», or warm-water spring, in Europe was discovered 800 years ago. And none other than Paracelsus himself praised its healing effect when he visited the spring in 1535. The thermal spa water bubbles from the spring at a temperature of 36.5°C after a 14-year journey through the Alps.

The Tamina Therme is a publicly accessible spa oasis, a place of relaxation and recuperation, perfect for regenerating and strengthening the body, mind and soul. Immerse yourself in this unique world of thermal water and experience invigorating thermal water in its purest form. A modern sauna area as well as a wide range of beauty and massage offers make your stay an unforgettable sensory experience.

The Tamina Therme is an officially recognised health spa in accordance with art. 40 of the Swiss Health Insurance Act.