

Sauna and gastronomy facilities

Tamina thermal bath Bad Ragaz



SAUNA 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.

Finnish infusion sauna, 85°C, 20% air humidity

The dry atmosphere with temperatures of 80° – 100°C in the heart of the sauna stimulates your cardiovascular system and boosts the immune system. Pleasant, seasonal infusions take place hourly, on the hour.

Herbal biosauna, 65°C, 50% air humidity

Relax your muscles and improve the elasticity of tendons and ligaments at a soothing temperature of 65°C and an air humidity of 50%. Essential oils, singing-bell meditations, night-cap infusions or fantasy journeys bring unalloyed relaxation at the end of the day.

Steam bath, 45°C, 100% air humidity

100% air humidity The agreeable temperature of 45°C and 100% air humidity have a beneficial effect on the airways, muscles and skin. Honey treatments, healing earth applications and a range of facials and peelings rank among the daily highlights in the steam bath.

Hydromassage showers

Various power showers, an ice fountain, bucket shower and waterfall shower provide the perfect cooling-down during and after sauna-bathing.

Heated recliners

Rest in one of the warming recliners while you recover from the sweat-inducing sauna sessions.

Footbaths

A warm footbath before the first sauna session promotes sweating. The warm footbath afterwards helps reduce post-sauna sweating. A cold footbath between the individual sauna sessions helps provide optimum refreshment and gets the circulation going.

Quiet rooms and relaxation recliners

The body needs adequate recovery time between a bathing and a sauna session. Treat yourself to a moment of rest and take a nap in one of our comfortable quiet rooms.

GASTRONOMY FACILITIES

La Ruga sauna bar

Light snacks and cold drinks – replenish your strength and energy at our sauna bar.

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.