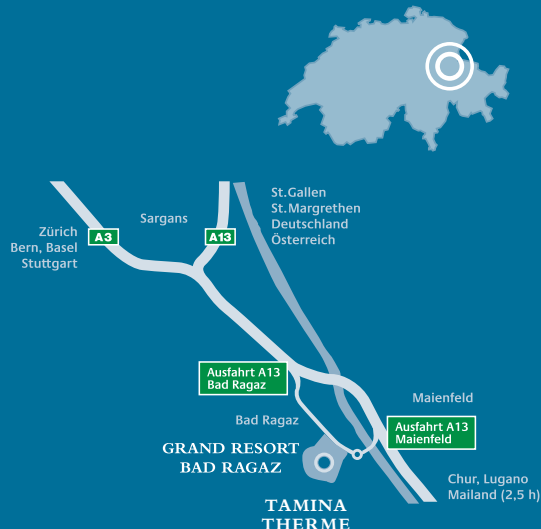


## How to get here and contact

Bad Ragaz is just an hour's drive from St. Gallen and Zurich, 2.5 hours from Munich and 3 hours from Milan.

Due to its proximity to the station along with its own bus stop, the Tamina Therme is easily accessible by public transport.

Car drivers will find plenty of parking spaces in the public underground car park for the Casino and the Tamina Therme.



Grand Hotel Quellenhof  
& Spa Suites \*\*\*\*\*  
Grand Hotel Hof Ragaz \*\*\*\*\*  
To B. Wellbeing & Spa  
Medical Health  
Business & Events

Golf: 18-hole PGA  
Championship Course  
9-hole Executive Course  
Tennis Courts  
Tamina Therme  
Casino Bad Ragaz

Tamina Therme  
7310 Bad Ragaz, Switzerland  
Tel. +41 (0)81 303 27 40  
Fax +41 (0)81 303 27 46  
taminatherme@taminatherme.ch  
www.taminatherme.ch  
www.resortragaz.ch



## Tamina Therme Public thermal spa



  
**TAMINA THERME**  
Natural Thermal Bath  
Bad Ragaz

The source of vitality since 1242

# Opening hours

Deep in the ruggedly picturesque Tamina Gorge lies the source of the Tamina Therme: the legendary spring that has provided us with body-temperature thermal spa water for centuries. Experience the Tamina Therme as an incomparable source of vitality.

## Pool area

Monday–Thursday, Saturday

8.00 a.m. – 10.00 p.m.

Friday

8.00 a.m. – 11.00 p.m.

Sunday

8.00 a.m. – 9.00\* p.m.

\*Open until 10.00 on Sundays during the winter.

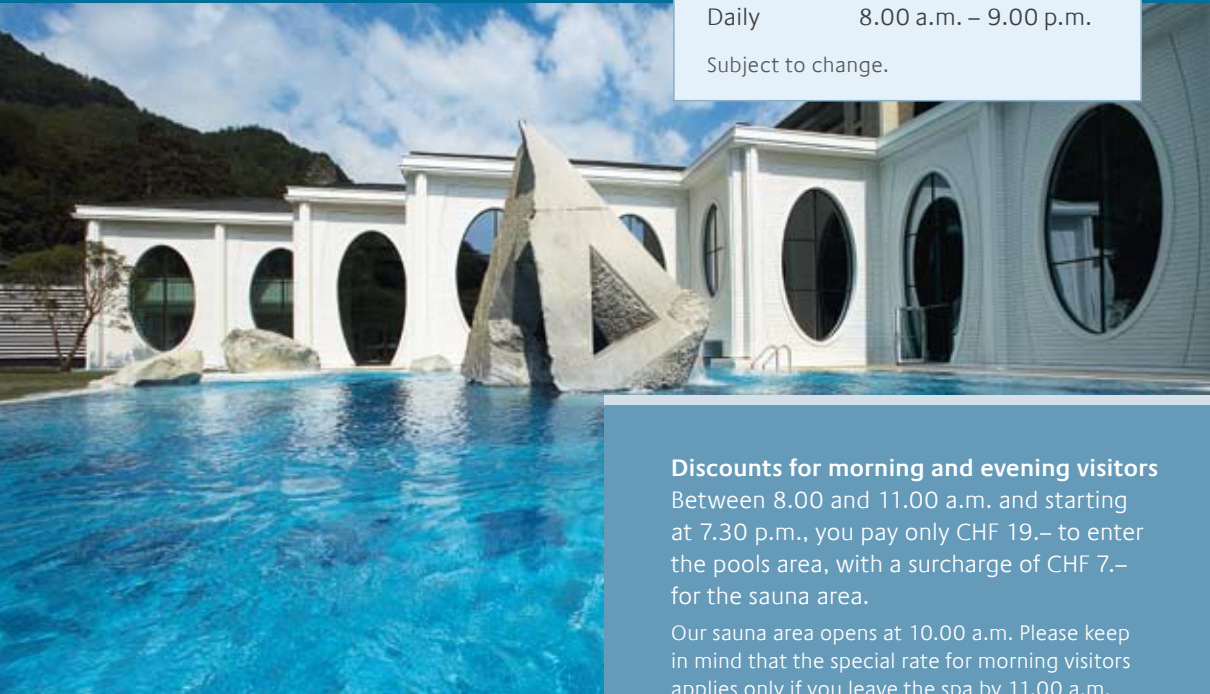
## Sauna area

Daily from 10.00 a.m.

## La Merenda restaurant

Daily 8.00 a.m. – 9.00 p.m.

Subject to change.



## Discounts for morning and evening visitors

Between 8.00 and 11.00 a.m. and starting at 7.30 p.m., you pay only CHF 19.– to enter the pools area, with a surcharge of CHF 7.– for the sauna area.

Our sauna area opens at 10.00 a.m. Please keep in mind that the special rate for morning visitors applies only if you leave the spa by 11.00 a.m.

# Prices

POOLS AREA				
	Mon-Fri	Weekend	Mon-Fri	Weekend
Prices in CHF	<b>Adults</b>		<b>Children*</b>	
Up to 2 hours	26.-	28.-	16.-	18.-
Up to 4 hours	surcharge 4.-		surcharge 3.-	
Day pass	surcharge 8.-		surcharge 5.-	

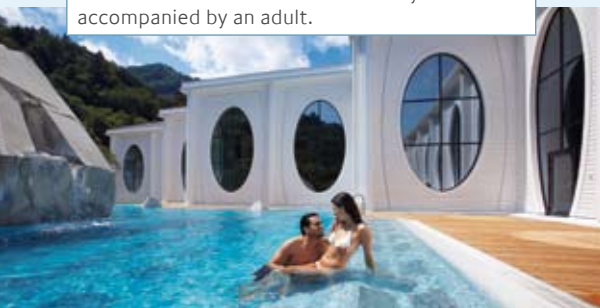
\*Children's rates (3–16 years) / Children under the age of 3 are not admitted to the Tamina Therme

SURCHARGE SAUNA AREA
CHF 7.- per adult / child Children under the age of 12 are not admitted into the sauna area. Children from 12 to 16 are admitted into the sauna area only when accompanied by an adult.

VALUE CARDS**	
From CHF 130.-	5% discount on pools/sauna admission
From CHF 260.-	10% discount on pools/sauna admission
From CHF 500.-	10% discount on pools/sauna admission and La Merenda restaurant (wet area only)
From CHF 1000.-	10% discount on the entire range at the Tamina Therme (excluding packages, courses and special events)

\*\* CHF 30.- deposit  
\*\* No cash reimbursement of leftover amounts

PACKAGES & SPECIAL OFFERS
can be found on the following pages or at <a href="http://www.taminatherme.ch">www.taminatherme.ch</a>



**No reservation** is needed to enter the thermal spa (except for treatments, packages, courses and special events).

**On your birthday** you can enter the Tamina Therme free of charge upon presentation of a valid identification card. If you are celebrating your birthday with a package, we will be happy to give you an additional free admission worth CHF 26.-.

**Special offers** may not be combined.

## A unique pools area



Treat yourself to a valuable wellbeing experience while boosting and preserving your health. Look forward to a few hours of rest and recreation in our public oasis of wellbeing extending over 7200 square metres.

- Fascinating architecture
- Indoor fun pool with massage couches, whirlpool seats and neck showers
- Exercise pool and separate whirlpool
- Cold and hot water grottoes
- Whirlpool recliner pool
- Steam bath
- Ample outdoor pool with whirlpool recliners and seats, waterfall, current channel and whirlpool
- Solarium
- Resting areas, lounge area
- Lawn with recliners and sunshades

## Spacious sauna area

with staged steam generation



- Finnish sauna
- Biosauna
- Steam sauna
- Resting areas
- Sauna bar
- Hydromassage shower
- Heated recliners
- Outside area

## Extensive beauty and massage programme



- Soothing facial and full-body treatments
- Massages
- Manicure and pedicure



## La Merenda restaurant

“La Merenda” translates into something like “light meal”. The restaurant in the Tamina Therme, accessible from both the dry and wet areas, offers that and much more besides.

A salad buffet, a wide selection of snacks and sandwiches, extra-healthy dishes and a devilishly tempting cake buffet make up the seasonally changing menu. You also have the option of designing your own pasta creation at the pasta station. In order to ensure a balanced diet, extensive use is made of high-quality organic and whole-grain products from the local region.



## La Butia shop

Are you looking for a new bathing costume, a stylish pareo or a small souvenir for your best friend?

Be sure to visit our La Butia shop where you will find an extensive selection of swimwear and leisure fashion, products from the Babor and Goloy 33 lines and a choice of magazines and newspapers.



# Treatments

## Ladies' Facials

### Babor HSR® Platinum Treatment

This facial treatment produces effects that are immediately noticeable. Wrinkles are smoothed, the complexion improves and the skin takes on a fresh appearance. For youthful and long-lasting beauty.

Duration	Spa guest	CHF 180.–
120 min.	Outside guest	CHF 192.–

### Classic Facial

Facial and décolleté treatment attuned to the skin condition, consisting of cleaning, peeling, purification, eyebrow tweezing, massage, face mask, final care and make-up with products from Babor or Goloy 33.

Duration	Spa guest	CHF 135.–
90 min.	Outside guest	CHF 145.–

Including choice of special face mask

Spa guest	CHF 145.–
Outside guest	CHF 155.–

### Goloy 33 Facial

Facial and décolleté treatment consisting of cleaning, peeling, purification, eyebrow tweezing, massage, face mask and final care.

Duration	Spa guest	CHF 135.–
90 min.	Outside guest	CHF 145.–

### Baborganic Facial

Consistently organic facial care accelerates regeneration and cell renewal, thereby bestowing moisture, vitality and protection. Includes pure organic agents from the mountains.

Duration	Spa guest	CHF 135.–
90 min.	Outside guest	CHF 145.–

### Babor Khanya Facial

A short facial treatment that regenerates and moisturises. The skin is revitalised for a youthful, fresh glow.

Duration	Spa guest	CHF 90.–
60 min.	Outside guest	CHF 95.–

# Treatments

## Ladies' Facials

### Glamour Lifting Treatment

Facial and décolleté treatment resulting in intensive firming. Instantly smoothes and firms the skin, leaving a youthful, fresh complexion with a gentle golden shimmer.

Duration 60 min.	Spa guest	CHF 110.–
	Outside guest	CHF 115.–

### Babor Pure

In-depth facial cleaning and care with sebum-regulating and anti-inflammatory products.

Duration 60 min.	Spa guest	CHF 90.–
	Outside guest	CHF 95.–

## Men's Facials

### Energy release Face for Man

Moisturising facial treatment for a fresh, strong and energetic complexion.

Duration 60 min.	Spa guest	CHF 90.–
	Outside guest	CHF 95.–

## Eyelashes & Eyebrows

Accentuate the eye area naturally and in a lasting way.

<b>Tint eyelashes*</b>	CHF 35.– 35 min.
<b>Tint eyebrows*</b>	CHF 25.– 25 min.
<b>Correct eyebrows</b>	CHF 25.– 25 min.

\*Tinting of the eyelashes or eyebrows is discounted by CHF 15.00 during a facial treatment.

## Body

### Babor Khanya Energy Balance

An integral relaxation massage from head to foot, based on traditional African knowledge. Activates and harmonises the vital energy.

Duration 45 min.	Spa guest	CHF 100.–
	Outside guest	CHF 104.–

### Babor Shi Tao

An Oriental-style wellness massage using warm stones and aromatic oil.

Duration 45 min.	Spa guest	CHF 100.–
	Outside guest	CHF 104.–

# Treatments

## Hands and feet

Prices in CHF	Spa guest	Outside guest
<b>Manicure</b>		
Without nail polish incl. peeling, Duration 45 min.	57.–	65.–
With nail polish* incl. peeling, Duration 60 min.	62.–	70.–
<b>Pedicure</b>		
Without nail polish incl. peeling, Duration 55 min.	57.–	65.–
With nail polish* incl. peeling, Duration 65 min.	62.–	70.–
<b>Medicated pedicure</b>		
Without nail polish Duration 60 min.	77.–	85.–
With nail polish* Duration 75 min.	82.–	90.–

\*Upon request: French nail polish CHF 5.00, duration 10 minutes

## Hair removal

The Babor Wax System is a gentle and effective hair removal technique that guarantees long-lasting success and imbues your skin with a silky-smooth appearance.

Prices in CHF	Spa guest	Outside guest
<b>Ladies and gentlemen</b>		
<b>Upper lip</b> 10 min. during facial treatment	18.– 15.–	23.– 15.–
<b>Face</b> 20 min.	36.–	44.–
<b>Arms</b> 30 min.	34.–	42.–
<b>1/2 legs</b> 45 min.	48.–	56.–
<b>Whole legs</b> 60 min.	68.–	76.–
<b>Bikini</b> 30 min.	38.–	46.–
<b>Armpits</b> 30 min.	28.–	36.–
<b>Especially for men</b>		
<b>Back</b> 30 min.	40.–	48.–
<b>Chest</b> 45 min.	50.–	58.–

# Massages

## Classic full-body massage

Serves to release tensions, promote circulation and activate the metabolism. The connective tissues and muscles are stretched and relaxed. The massage has a calming influence and helps to relax the joints and nerves.

Duration	Spa guest	CHF 100.–
50 min.	Outside guest	CHF 104.–

## Foot reflexology massage

Serves to stimulate remote organs and harmonise bodily functions. It may thereby generate a boost in physical performance.

Duration	Spa guest	CHF 100.–
50 min.	Outside guest	CHF 104.–

## Part body massage

Perfect for tackling tensions in the neck and back area or for tired leg muscles. The massage will be adapted to suit individual needs.

Duration	Spa guest	CHF 60.–
25 min.	Outside guest	CHF 64.–

## Lymph drainage

Soothing and rhythmic massage strokes activate the lymphatic flow, purify the connective tissue and improve the supply of nutrients to the cells. This treatment drains excess fluids and purifies and unblocks vessels.

Duration	Spa guest	CHF 100.–
50 min.	Outside guest	CHF 104.–

## Shiatsu

Japanese finger pressure massage targeting the acupuncture points. The energy paths and points are gently stretched, pressed, tapped and mobilised, allowing the entire metabolism to return to a state of flux and associated harmony.

This treatment is performed on a futon. Please bring lightweight sportswear with you.

Duration	Spa guest	CHF 110.–
50 min.	Outside guest	CHF 114.–

## Massages

### Combination massage:

#### Back and foot reflexology massage

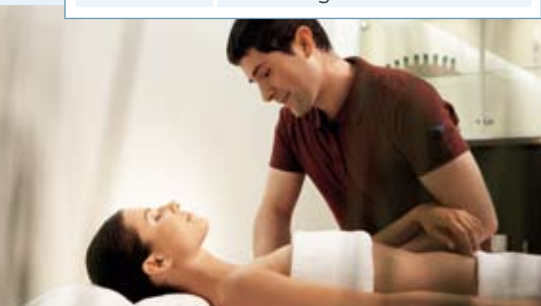
A well-proven combination to release tensions in the back and neck area and to activate the entire organism.

Duration	Spa guest	CHF 100.–
50 min.	Outside guest	CHF 104.–

### Aromatic oil massage

Fragrances delight the senses and have a positive effect on body, mind and spirit. During the aromatic oil massage, essential oils are gently massaged into the skin. The effect of the massage is to relax or to stimulate, depending on the type of fragrance used.

Duration	Spa guest	CHF 110.–
50 min.	Outside guest	CHF 114.–



## Tamina Therme Packages

### SPA DAY FRESH CHF 118.–

All-day admission to spa, manicure or pedicure

### SPA DAY BEAUTY & STYLE CHF 233.–

All-day admission to spa, short facial treatment, hair care & styling at JAMES GOOD FOR YOU

### SPA DAY AFRICA CHF 173.–

All-day admission to spa & sauna, Babor Khanya Facial, lunch, drink at the sauna bar

### SPA DAY ASIA CHF 182.–

All-day admission to spa & sauna, Babor Shi Tao, lunch, drink at the sauna bar

### SPA DAY BEAUTY CHF 214.–

All-day admission to spa & sauna, classic facial treatment, lunch, drink at the sauna bar

### SPA DAY RELAX CHF 152.–

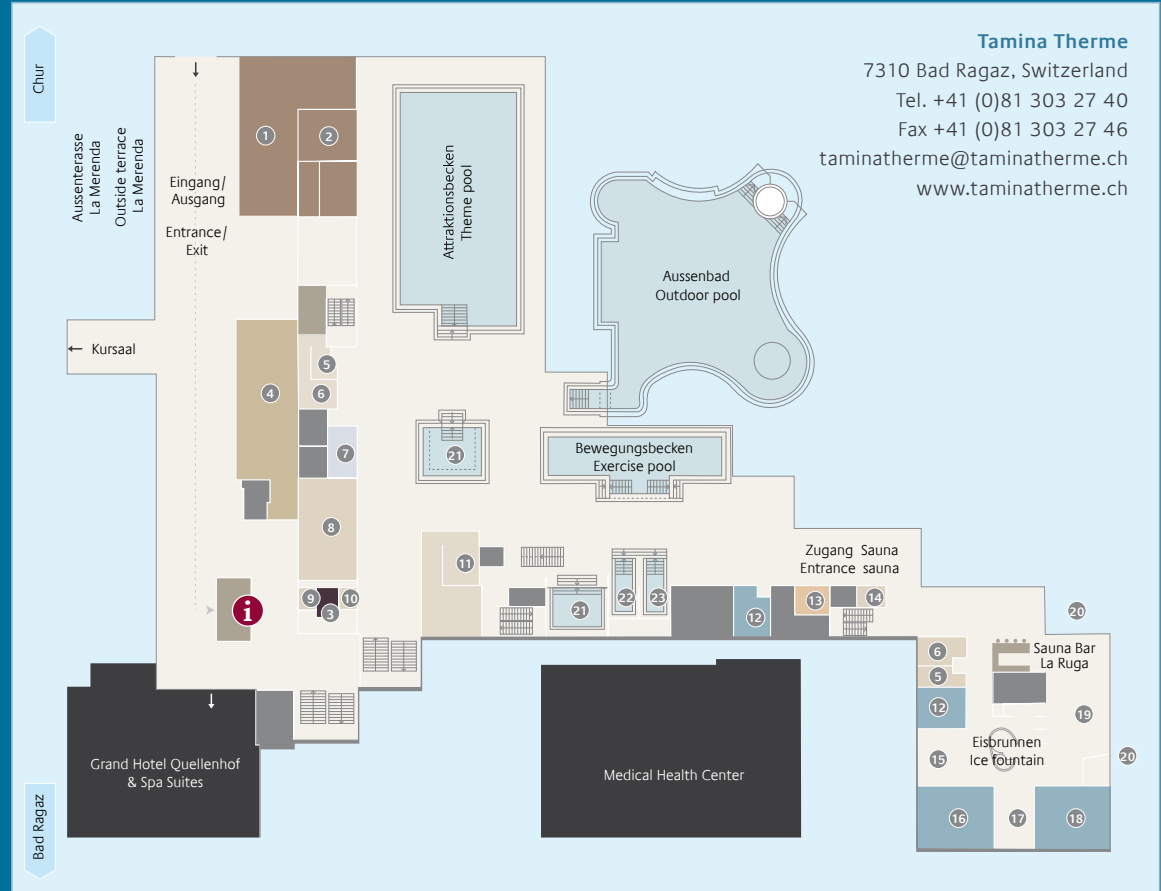
All-day admission to spa & sauna, classic full-body massage, drink at the sauna bar

#### ALL PACKAGES INCLUDE:

drink coupon, slippers, loan of a soft bathrobe, heated towel and 2 terry cloths

# Map

- i** Reception
- ① La Merenda dry area
- ② La Merenda restaurant wet area
- ③ Lift
- ④ La Butia shop
- ⑤ Men's toilets (dry area)
- ⑥ Ladies' toilets (dry area)
- ⑦ First aid
- ⑧ Ladies' showers / toilets
- ⑨ Disabled showers
- ⑩ Disabled toilets
- ⑪ Men's showers / toilets
- ⑫ Steam bath
- ⑬ Solarium
- ⑭ Mixed showers
- ⑮ Loungers (warm)
- ⑯ Biosauna
- ⑰ Footbath
- ⑱ Finnish sauna
- ⑲ Quiet room
- ⑳ Outside area
- ㉑ Whirlpool
- ㉒ Warm-water pool
- ㉓ Cold-water pool



Additional resting areas and treatment rooms on the upper floor.