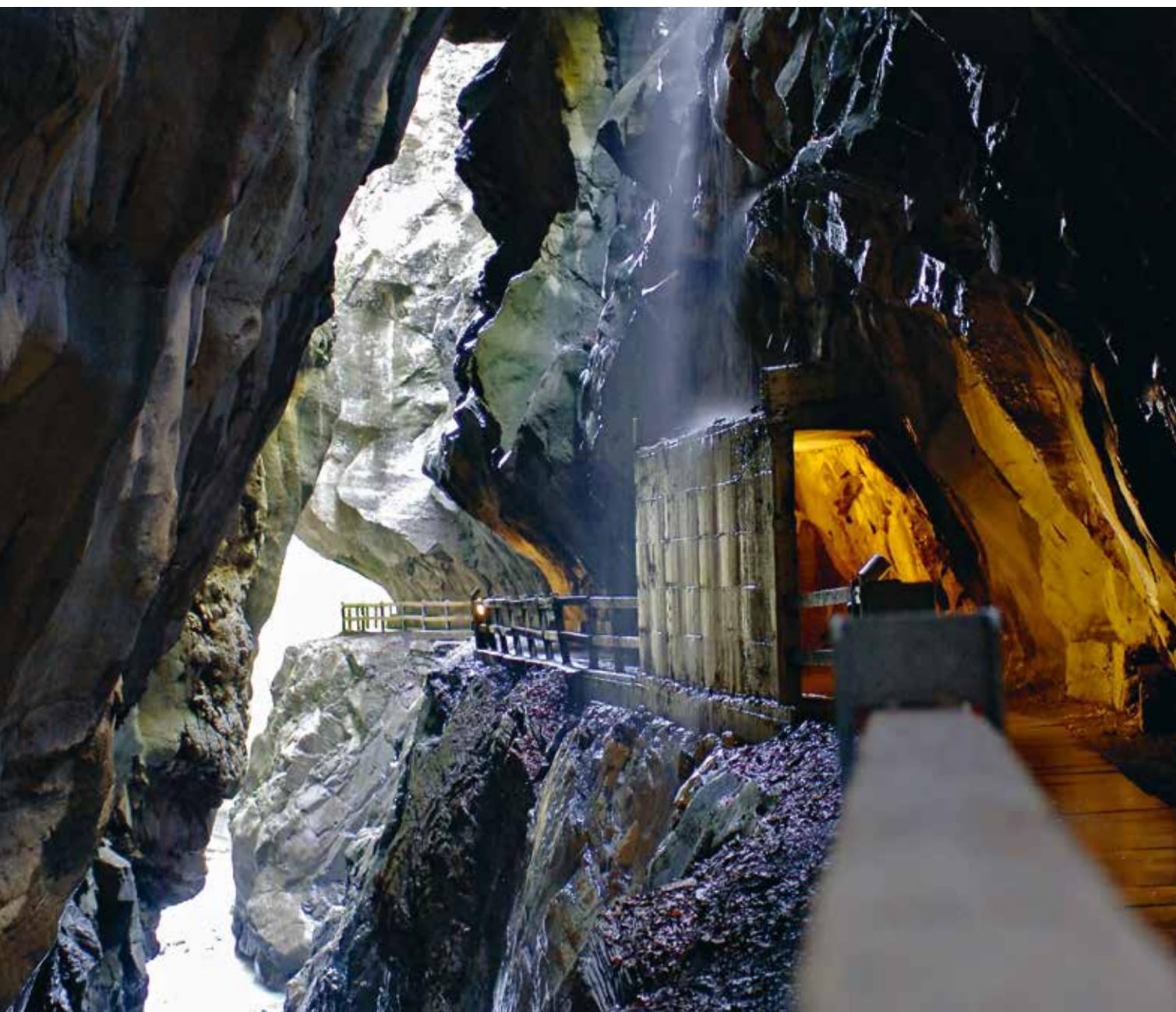


THERMAL
WATER
est. 1242



THE LEADING WELLBEING &
MEDICAL HEALTH RESORT



The 36.5°C Ragazer thermal water

Europe's most abundant thermal source originates in the Tamina gorge near Bad Ragaz and was discovered long ago in the early Middle Ages (1242).

The Tamina is the source of the healing thermal water, which flows at a delightful 36.5°C (body temperature). In the sixteenth century, the physician and alchemist Paracelsus praised the healing effects of the water, which due to its low mineral content and a temperature of 36.5°C is regarded as a warm spring.

In the early days, the first spa guests were lowered into the gorge on ropes. Since 1840, a pipe four kilometres in length has brought the water to Bad Ragaz. This laid the foundation for the area to gain a worldwide reputation as a bathing and spa resort, attracting notable guests such as Rainer Maria Rilke, Friedrich Wilhelm Nietzsche, Thomas Mann and Victor Hugo. Since 1872, Bad Ragaz has been recognised as one of the most prominent spa resorts in the world.



Benefits of the 36.5°C thermal water

For the body, immersion in water is in effect immersion in a transformed physical environment. This includes the water pressure, the buoyancy, the water density and the thermal conditions. The physical properties and the moderate mineral content of the thermal water bring about a whole host of positive effects pertaining to the heart, lungs, circulation, kidneys, motor system and even hormones.

The most important effects on our body:

- A reduction of vasoconstriction (narrowing of the blood vessels) in the legs
- An increase in blood circulation
- An improvement in pulmonary circulation and ventilation
- A reduction of blood pressure
- An improvement of cardiac function
- A reduction of muscle tension and loosening of connective tissue
- Alleviation of non-rheumatoid pain
- An improvement to mobility in relation to the spine and the extremities

The 36.5°C thermal water therefore helps to alleviate rheumatic and mechanical ailments, metabolic disorders, diseases of the musculoskeletal system, neurological complaints and also diseases of the cardiovascular organs.

Chemical properties

Based on its composition, the local Bad Ragaz spa water belongs to the main group of chloride-hydrogen carbonate-sulphate waters. In addition to these principal components, it also contains trace elements such as iron, fluoride and iodide ions, as well as sulphide sulphur. The spring is classified as an acratotherm or warm spring (< 1000 mg/l mineral content, temperature > 20°C) and has proved its worth in treating complaints of the locomotor system and diseases of the musculoskeletal system.

Individually tailored bathing programmes

Make use of the bathing and sauna facilities by following our individually tailored bathing programmes. Free yourself of tension, strengthen your immune system and regain your inner balance. Customised instructions in the application of healing thermal water help you to achieve various goals. According to your wishes, the treatment will be geared toward achieving inner balance or vitality or strengthening the immune system.

Your reaction profile

As individual as each person's outer appearance, so too is each person's anatomy. This is exactly why a bathing programme should cater to your "reaction group". It has been noted that people can be divided into two distinct reaction groups: 1) the sensitive group, who are sensitive to cold, and 2) the balanced group, who readily adapt to changes in temperature. Those who are sensitive to cold often have telltale signs such as cold fingers and toes, a higher tolerance for heat and minimal subcutaneous fat. In contrast, those from the balanced reaction group can be identified by features such as an abundance of subcutaneous fat, perpetually warm fingers and toes and an equal tolerance for cold and warmth.

Two bathing programmes

The two bathing programmes "Body Adaptation" and "Body in Balance" offer the ideal combination of a wide range of hydrotherapeutic stimuli. Choose your bathing treatment according to your specific needs.

Body Adaptation

"This treatment helps your body to effortlessly adapt to unfamiliar stimuli and builds up your immune system."

A bath in a lukewarm environment is combined with visits to saunas and steam baths with dry, warm air. Because of the gradual increase of the stimulus routine, your body learns to react to external temperatures and environmental influences in a faster and more targeted way – all without the need to worry about uncomfortable stimuli, as the body is optimally prepared to deal with these stressors.

Body in Balance

"This treatment helps you to regain your inner balance and relieves internal tension."

Movement in water is combined with visits to the saunas and steam baths ranging from warm to cold in temperature, followed by floating in water. Due to the alternation between activity and relaxation, you experience a marked reduction in internal tension and freedom from everyday stress. This constitutes the basis for the desired recovery process and helps you to regain your inner balance.

You'll find more information and details in our Spa Guide.



Spa etiquette

Thermal Spa

- Make the most of absolute tranquillity by leaving your mobile phone in your room.
- Please be sure to take a shower before taking a swim or using the saunas.
- Our Spa Lounge offers you a healthy selection of light snacks and beverages. Please refrain from bringing any food or beverages to the Thermal Spa.
- We recommend that you wear a bathrobe and slippers.
- Please note that pets are not permitted to enter the Thermal Spa.
- In the interests of hygiene, we kindly request that long hair be worn up or, as an alternative, that a bathing cap be worn.

Sauna area

- We recommend that you drink plenty of the available thermal water – both before and in between visits to the saunas.
- Please pay attention to the rules stipulated for our textile-free zone and remember that no clothing is allowed in this area.
- It is expressly forbidden to bring any electronic devices into the textile-free zone.
- Should you happen to feel nauseous or faint while using one of the saunas, please exit it immediately and make your way towards a source of fresh air.
- In the interests of hygiene, please make sure to place a towel under your body and feet when using a sauna.

Body & Sports

- We kindly request that sports apparel and training shoes be worn in the fitness area.

Beauty and massage

- After receiving a beauty or massage treatment, we recommend that you make use of our quiet zone in order to enjoy a period of relaxation. After treatments, it is best to avoid using the saunas.
- Should you be unable to attend your scheduled treatment, we kindly ask you to notify us a minimum of 12 hours before it is due to take place. Failing this, we will be obliged to charge you 100% of the cost of the treatment.

Children

Helena pool

Children 3 to 12 years old must be accompanied by an adult between the hours of 3 p.m. and 9 p.m.

Sports pool, garden pool and Tamina gorge

Children up to the age of 12 must be accompanied by an adult.

Textile-free zone

Children 12 to 16 years old must be accompanied by an adult.

Fitness area

Children 16 years old and above must be accompanied by an adult.

Cosmetics lines at the 36.5° Wellbeing & Thermal Spa

The Art of Beauty
la prairie
SWITZERLAND

La Prairie's mission has always been the pursuit of ageless beauty – a pursuit which also provides the inspiration for their revolutionary formulas. When it comes to achieving flawlessly smooth skin, you need look no further than La Prairie's exquisite line of cellular creams, serums, treatments and skin-care products. This dedication to exceptional skin-care products makes La Prairie the preferred brand for women across the world who settle for nothing but the best. Experience the guarantee of timeless beauty.

SENSAI

When it comes to the world of beauty, Sensai is renowned for combining the leading skin-care technology with the remarkable strength of luxurious Koishimaru silk. This exceptional fusion of science and nature works in harmony with the body, creating flawlessly silky skin that enhances your individual beauty.

sisley
PARIS

All Sisley treatments are based on the application of plant extracts. These natural extracts contain essential active ingredients that effortlessly combine to achieve maximum effectiveness in all Sisley products.

NIANCE®
SWITZERLAND

An authentic premium Swiss brand, the name Niance is synonymous with highly effective, top-quality anti-aging products. It therefore comes as no surprise that this inimitable concept has revolutionised the world of cosmetics.



ERICSON

Ericson Laboratoire, Paris, has been the leading company in the area of high-quality medical spa treatments for the last 60 years. Discover the incomparable concept for body treatments developed by Ericson Laboratoire exclusively for the Grand Resort Bad Ragaz. The treatments are arranged wholly according to your wishes in order to provide you with a unique programme. Of course, our experienced team is always on hand to offer you any advice you might need.



CARITA
PARIS

The brainchild of the Carita sisters, Carita Haute Beauté, was developed in the renowned Carita House of Beauty in Paris. The combination of highly effective products and exclusive treatments brings out the unique beauty in every individual.

THALGO
LA BEAUTE MARINE

For the last 50 years, Thalgo has been specialising in the research of active marine cosmetics. Harvested from the depths of the ocean, high-quality ingredients with revolutionary regenerating, moisturising and vitalising properties provide the basis for exceptional products and treatments.

SOGLIO
Gepflegt mit der Kraft der Berge

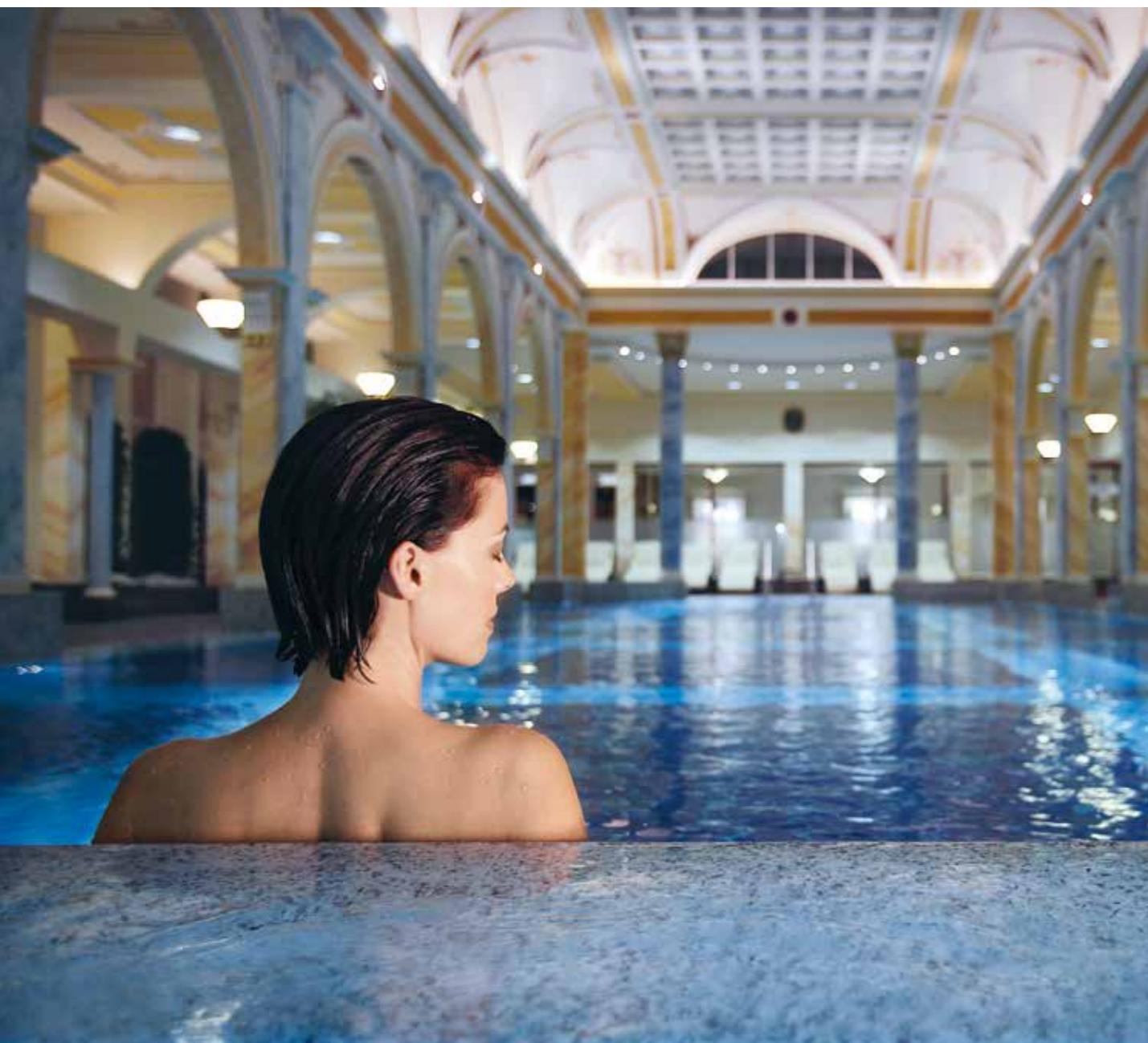
Produced in Bergell – one of the most remote valleys in Graubünden – Soglio was built on the simple principle of processing raw materials found solely in the local mountains. Quality thus means that as much importance is attached to the raw materials and their origin as to the composition of the product itself. To improve the end product still further, the precious natural substances are complemented with small amounts of basic ingredients that do not or only partly meet the criterion to be described as “natural”.



36.5° Thermal Water Collection

The 36.5° Thermal Water Collection is a range of exclusive treatment programmes offered by the 36.5° Wellbeing & Thermal Spa. The programmes help you to clear your mind of thoughts, obligations and rules, take some time to satisfy your needs and simply be. Treat yourself to some “me” time and immerse yourself in the world of the 36.5° Thermal Water Collection.

The 36.5° Thermal Water Collection programmes can be found on the following pages.



Therapeutic relaxation

The signature programme of the 36.5° Thermal Water Collection

“Learn to appreciate the here and now through inner calm and harmony”

Take some time to give mind, body and soul a break from the stresses of everyday life – the treatments in the new therapeutic relaxation programme offer more than just luxurious pampering and temporary, skin-deep relaxation: by using therapeutic treatments, the programme offers a feeling of relaxation that penetrates guests’ nervous systems, calms the mind, body and soul and heals the energy field. In developing the programme, we turned to the experienced team of therapists, water experts and specialists from our own Medical Health Center. The individual treatments were then meticulously harmonised and optimised. The experts can therefore offer a form of therapeutic relaxation that helps you to find your inner balance and to get back in touch with your body, mind and soul.

We have developed an exclusive programme to help you get back to the here and now. Whether it’s for a few hours, a day or even several days – our therapeutic relaxation programme delivers that deep relaxation you have been dreaming of.

As an optional extra, complementary medical treatments from the areas of naturopathy and Traditional Chinese Medicine (TCM) can be recommended according to individual needs.

Therapeutic relaxation programme

1-day therapeutic relaxation

Details

- Introductory consultation addressing your medical history
- Personalised support throughout the programme
- 2 tea breaks
- Cuisine Équilibrée lunch
- Individual therapeutic bathing programmes
- Yoga session (50 min.)
- Essential facial (50 min.)
- Sequoia ceremony (90 min.)
- Concluding consultation with our wellbeing experts

It is possible to begin the programme on any day of the week. We recommend arriving the evening before and staying at least two nights.

3-day therapeutic relaxation

Details

- Introductory consultation addressing your medical history
- Personalised support throughout the programme
- 2 tea breaks per day
- Cuisine Équilibrée full board
- Individual therapeutic bathing programmes
- Yoga session (50 min.)
- Essential facial (50 min.)
- Sequoia ceremony (90 min.)
- Aqua gym/floating (25 min.)
- Andullation therapy (15 min.)
- Thalgo Aromacéane treatment (75 min.)
- Paraffin treatment for hands and feet (50 min.)
- Stroll through the surrounding area (60 min.)
- Sound waves meditation (75 min.)
- Concluding consultation with our wellbeing experts

It is possible to begin the programme on any day of the week. We recommend arriving the evening before and staying at least five nights.

5-day therapeutic relaxation

Details

- Introductory consultation addressing your medical history
- Personalised support throughout the programme
- 2 tea breaks per day
- Cuisine Équilibrée full board
- Individual therapeutic bathing programmes
- 2 yoga sessions (50 min. each)
- 2 essential facials (50 min. each)
- 2 sequoia ceremonies (90 min. each)
- 2 aqua gym/floating sessions (25 min. each)
- 2 andullation therapy sessions (15 min. each)
- 2 Thalgo Aromacéane treatments (75 min. each)
- Paraffin treatment for hands and feet (50 min.)
- Ear candling with head and facial massage
- Stroll through the surrounding area (60 min.)
- Sound waves meditation (75 min.)
- Concluding consultation with our wellbeing experts

It is possible to begin the programme on any day of the week. We recommend arriving the evening before and staying at least seven nights.

Complementary medicine

Complementary medicine is a collective term for various treatment methods which are considered to be practised as an alternative to or to support conventional medicine. The power of natural plants as well as physical therapy using natural healing processes and methods of relaxation are essential components of complementary medicine.

At the Grand Resort Bad Ragaz, the following pillars of complementary medicine are on offer:

Naturopathic treatments

Naturopathic treatments stem from a broad knowledge of the healing power of plants that has been acquired and expanded upon for hundreds of years. Our specialists offer you treatment methods that are specially tailored to address your current state of health. Each therapy is preceded by a thorough investigation of your medical history and a physical examination. You will then receive detailed information regarding the treatment possibilities that are relevant to you as well as all information regarding the possible risks.

Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine is based on a holistic view of the human anatomy, which is seen as an organic entity. And by the same token, human beings and nature are viewed as forming a single, indivisible entity. TCM can heal many chronic and acute diseases, relieve the associated symptoms, alleviate pain and enhance wellbeing. In conjunction with our MediQi TCM specialists, we are pleased to provide you with the very best that TCM has to offer. Our goal is to bolster your body's natural ability to heal, thereby helping you to regain your inner balance.



Cuisine Équilibrée

“... helping your body to feel balanced”

A balanced diet is another important component of our philosophy. We have created our own culinary health brand under the name Cuisine Équilibrée: together with our doctors and nutritional consultants from the Medical Health Center, Executive Chef Renato Wüst has developed a range of delicious and light dishes. These are based on an acid-base balance, with the right calorific values of the basic nutrients – proteins, fats and carbohydrates. The balanced nutrition of Cuisine Équilibrée leads to weight loss, giving you an increase in energy and a whole new sense of wellbeing.





Beauty & Care

We focus all our attention on your internal and external beauty. The right care is the foundation for a radiant appearance. We pamper you with exclusive treatments for the face, hands, feet and the body – all tailored to your skin type.

The Grand Resort Bad Ragaz offers a wide range of additional services:

- Hair styling and make-up by JAMES GOOD FOR YOU
- Dermatology, aesthetic and plastic surgery, dental beauty
- Bad Ragaz Vein Center
- Treatments at the Klinik Professor Sailer

Facials for HER

Absolutely happy

Classic facial comprising steam, a scrub and deep pore cleansing. We then pamper you with a facial massage before applying a relaxing mask. In addition, your eyelashes and eyebrows are tinted and styled. The treatment is rounded off by the application of a suitable skin cream and daytime make-up.

110 min.

Radiant & Natural

A classic facial comprising steam, a scrub and deep pore cleansing. We then pamper you with a facial massage before applying a relaxing mask (including eyebrow shaping). The treatment is rounded off by the application of a suitable skin cream.

80 min.

Essential facial

A relaxing facial featuring a gentle cleansing, a scrub, a mask or a soothing facial massage. The treatment is rounded off by the application of a suitable skin cream. Also recommended as a supplementary treatment.

50 min.

Facial lymph drainage

The targeted, gentle drainage activates the lymphatic system. The treatment is recommended in cases of stress and physical exhaustion, headaches and migraines, and bags under the eyes.

25 min.

NIANCE®
SWITZERLAND

Niance Deluxe

The luxury anti-aging treatment featuring Niance Eye Deluxe

This premium treatment provides your skin with essential micronutrients. Your skin will receive an intensive polish, with the effect that lines and wrinkles are virtually obliterated. An additional luxury procedure targeting the eye area lends your eyes a dazzling look.

120 min.

Niance Intensive

The special intensive treatment featuring Niance Eye Deluxe

This cleansing and relaxing intensive treatment provides your skin with moisture, nutrients and vitamins. Lines and wrinkles are smoothed and reduced. An additional luxury procedure targeting the eye area lends your eyes a dazzling look.

60 min.

Facials for HIM

Fresh & Natural

This classic facial comprising steam, a scrub and deep pore cleansing lends a clean and fresh feel to your skin. We then pamper you with a facial massage before applying a relaxing mask. The treatment is rounded off by the application of a suitable skin cream. Including eyebrow shaping and plucking of hair from the nose and ears.

80 min.

Smart & Short

A compact facial comprising a scrub, a mask and a soothing facial massage. The treatment is rounded off by the application of a suitable skin cream. Also recommended as a supplementary treatment.

50 min.



Niance Men Power Facial

A premium treatment for the discerning man, it lends the face new vigour and a noticeably firmer appearance. Intensive cell renewal through the application of micronutrients as well as improved moisture deposits totally eradicate any signs of wrinkles and discolouration. The eye area is treated to an additional luxury procedure and the entire face exhibits a noticeably smoother and healthier appearance.

80 min.

Niance Men Ultra Facial

An effective turbo treatment for dry or tired-looking skin. Here, the muscle tissue is invigorated, and the skin receives much-needed moisture and is returned to a more supple state.

25 min.

Luxury facials for HER and HIM



La Prairie – Swiss Cellular Ice Crystal Facial

The daily hustle and bustle, the climate and pollutants all take a lot out of our skin. However, through the combination of pure alpine ingredients from Cellular Swiss Ice Crystal and the application of rose quartz and mountain crystals, noticeable regeneration as well as a marked improvement in the resilience of the skin can be achieved. The skin feels relaxed and invigorated and has a noticeably fresher appearance. This indulgent treatment starts off with a relaxing back massage and includes a nurturing massage for stressed hands and legs.

90 min.

La Prairie – Swiss Cellular Facial



A Grand Resort Bad Ragaz exclusive, the facial and cleavage treatment caters to the individual needs of every skin type. As is the case with all La Prairie treatments, you will be pampered with three massages: a welcome back massage, an eye massage and a face and cleavage massage. Due to the Cellular Complex, which is exclusive to La Prairie, all of your skin's natural functions are enhanced and your complexion is infused with new-found energy.

90 min.



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa

La Prairie – Pure Gold Radiance Facial

La Prairie's gold standard for anti-aging. The pure gold in the Cellular Radiance Concentrate regenerates the skin and provides you with new vitality and vibrancy. While you enjoy a thoroughly relaxing foot massage, a gentle warm mask enhances the effectiveness of the products. The result is supple, brilliant and revitalised skin.

90 min.

La Prairie – Caviar Lifting Facial

This luxurious treatment offers your skin an instant lift through the unparalleled firming effect of the La Prairie caviar pearls. The contours become more defined, the skin feels smooth and firm and has a radiance you have never experienced before. The treatment is rounded off with a relaxing foot massage.

80 min.

SENSAI

Sensai – Ultimate Facial Treatment

Just as Sensai embodies refinement, grace and elegance, its products stand for wellbeing and exclusivity. Not only are Sensai's products great for the skin, they are also good for the soul – not to mention all of the senses. This deluxe anti-aging treatment provides you with a noticeably firmer skin and leaves it feeling delightfully silky.

100 min.

Sensai – Silky Skin Facial Treatment Lifting

An intensive treatment designed to prevent the natural decrease in firmness of the facial contours and of the skin around the eyes, the cheeks and the mouth. Through the Cellular Performance Lifting Line and a special lifting mask, this treatment results in better definition of the facial contours and firmer, younger-looking skin.

80 min.

Sensai – Silky Skin Facial Treatment Luminising

An intensive treatment featuring Cellular Performance to address stressed, tired-looking skin. The special luminising mask minimises the appearance of spots. The massages promote circulation and the flow of energy. The treatment helps you to regain your youthful vibrancy and lends new radiance to tired, dull and stressed skin.

80 min.

sisley
PARIS

Sisley – Les Soins Sisleya Anti-Âge

The treatments from this line target an intensive facial remodelling. In accordance with your skin type, we define the perfect treatment to give your face a distinctly younger appearance. Simply choose from among the three luxurious treatments.

80 min.

Sisley – Les Soins Hydratation Intense Anti-Âge

An intensive moisturising treatment which immediately lends the skin a fresh and youthful appearance.

80 min.

Sisley – Les Soins Experts

The treatments from this line offer your skin renewed balance. Without delay, your skin becomes visibly fresher, more radiant and perfectly relaxed. Choose from among six sublime treatments.

50 min.

Apparative face cosmetics



Carita – Soin Cinétique Lift Expert

The Rénovateur method is a scrub and is the heart of every special treatment from Carita. Through the use of microcurrents and silver gloves, premium serums are worked into the skin and, at the same time, muscle fibres are stimulated. The result is deeply cleansed, smooth skin with sculpted, contoured features and reduced wrinkles. Feel the immediate benefits of a holistic facelift with resculpted contours and a long-lasting effect.

100 min.

Carita – Soin Cinétique Lift

Through the use of microcurrents and silver gloves, premium serums are worked into the skin and, at the same time, muscle fibres are stimulated. The result is deeply cleansed, smooth skin with sculpted, contoured features and reduced wrinkles. Feel the immediate benefits of a holistic facelift with resculpted contours and a long-lasting effect.

70 min.

Carita – Soin Cinétique Lift Express

Through the use of microcurrents and silver gloves, premium serums are worked into the skin and, at the same time, muscle fibres are stimulated. The result is smooth skin with resculpted, contoured features and reduced wrinkles, giving your skin an irresistible radiance.

50 min.

Hands and feet

Hands

36.5° spa manicure

Luxurious manicure with a gentle scrub, a nourishing aroma paraffin treatment and a relaxing hand massage.

80 min.

Classic manicure

This classic manicure pampers your hands with avocado oil and an anti-aging serum.

Without varnish

50 min.

With varnish

60 min.

Feet

36.5° spa pedicure

Luxurious pedicure with a gentle scrub, a nourishing aroma paraffin treatment and a revitalising foot massage.

80 min.

Classic pedicure

The classic pedicure pampers your feet with avocado oil and restorative, luxurious skin-care products.

Without varnish

50 min.

With varnish

60 min.

Medical pedicure

Your feet and nails are treated according to the latest medical research. We then pamper your skin with avocado oil and restorative, luxurious skin-care products.

Without varnish

60 min.

With varnish

70 min.

Hands and feet

Fresh nail varnish, classic

20 min.

Fresh nail varnish, French manicure

25 min.

Aroma paraffin treatment

Your hands or feet are nourished using a collagen-filled wax glove or slipper. A luxurious rose-scented oil provides a relaxing aroma throughout this soothing treatment.

35 min.

Additional treatments

Your facial care is optimally enhanced with the following treatments.
The hair removal treatments can also be booked individually.

Face

Eyebrow shaping	20 min.
Eyebrow tinting and shaping	25 min.
Eyelash tinting	25 min.
Eyelash and eyebrow tinting and eyebrow shaping	50 min.
Daytime make-up	50 min.
Evening make-up	80 min.
Hair removal upper lip	10 min.

Body

Hair removal armpits	10 min.
Hair removal legs, partial	25 min.
Hair removal arms, partial	15 min.
Hair removal legs, full	50 min.
Hair removal arms, full	25 min.
Hair removal bikini area, classic	25 min.
Hair removal bikini area, Brazilian	50 min.
Full hair removal (full leg, bikini area classic, armpits)	110 min.
Hair removal back	25 min.

Beauty for Kids

Fresh Face

Gentle facial treatment with refreshing cleansing and a natural face mask.

45 min.

Bling Bling Fingers

Soothing hand and nail treatment with trendy varnish and gems.

45 min.

Happy Feet

Foot bath with natural products, nail care, fun varnish and gems followed by a relaxing foot massage.

45 min.

Fancy Hair by James Good for you

Hair wash, cut and blow dry. During shampoo a relaxing head massage on the massage chair.

60 min.

These offers are for our young guests aged 7 to 12.

Med Skin Care

In our society it is very important to have young-looking skin and to slow down the skin's aging process. At the Grand Resort Bad Ragaz we draw on our medical dermatological expertise to offer the most effective dermacosmetic ingredients, the latest technologies and minimally invasive treatments to regenerate and rejuvenate your skin. During each of our treatments the emphasis is on your personal wellbeing and on your aesthetic satisfaction.

Lip volume

With philtrum corrector

Laser removal

Of pigmentary changes and couperose

Laser wrinkle treatment

Tightening and correction of furrows or fine lines

Resurfacing – refining the skin's appearance

State-of-the-art techniques for T-zone, face and neck, cleavage, arms and hands

Laser treatment with state-of-the-art technology (eCO₂ Fractional Laser)

Promotion of skin renewal and treatment of stretch marks

Microdermabrasion

Microdermabrasion is the perfect exfoliation treatment because it guarantees both effectiveness and softness. The skin is stimulated to produce more new cells. They migrate to the skin's surface and gradually oust old cell material. The active ingredients applied next can be absorbed more readily by the skin and develop their full action. This treatment is applied to the face, neck, cleavage, arms and hands.

Treatment with rejuvenating factors

For the face, neck, cleavage, arms and hands

Botox

Scar treatment

With a laser or diamond polisher

Mesotherapy

Specific substances are directly micro-injected under the skin. This results in maximum stimulation of the lymphatics and increased blood flow to the face, hands and cleavage.

Fruit acid scrub Alpha Hydroxy Acid (AHA)

The fruit acid scrub stimulates collagen formation in the deeper layers of the skin and removes part of the upper skin layer. Fine lines on the face, neck, cleavage, arms and hands are minimised, pigment irregularities are corrected and pore size is reduced.

Hyaluron filler

Volume filler



To make a reservation please contact the appointments desk of the Medical Health Center on +41 (0)81 303 38 38.



Massage & Relax

Taking time out allows the body to unwind, the soul to be pampered and the batteries to be recharged. With our massages and body treatments you will regain your inner harmony and enhance your overall wellbeing.

The Medical Health Center Bad Ragaz offers further medical services:

- Thermal water therapies
- Physical therapies
- Physiotherapies and special therapies

Body treatments

The Art of Beauty
la prairie
SWITZERLAND

La Prairie – Swiss Bliss Skin Caviar

A heavenly experience that pampers you from head to toe with the intensive firming effect of the luxurious skin caviar extract. This special face and full-body treatment benefits the entire body and imparts a feeling of total relaxation and complete wellbeing. The skin is silky-soft and smooth, its firmness and elasticity are redefined.

180 min.

La Prairie – Platinum Rare (4 Hands)

Ultimate head-to-toe treatment with pure platinum that restores inner balance and wellbeing. Two beauty technicians simultaneously pamper you with the immediately effective Platinum Collection by La Prairie. The result: the skin is ultra-firm and shimmers softly.

90 min.

Water crystal experience

This exclusive treatment begins with a relaxing, extended foot massage. A sea salt and mountain crystal scrub with oil leaves your skin feeling silky-smooth. You are then treated to a foam massage with mountain herbal soap and thermal water. The experience ends with the literally tingling and invigorating sensations of an ice treatment that promotes blood circulation. Enjoy this treatment for two as well.

90 min.



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa

SOGLIO
Gepflegt mit der Kraft der Berge

Soglio – body scrub including final skin-care treatment*

The skin, our largest organ, is the clearest indicator of beauty and wellbeing. On cool days our skin often looks dull, grey and poorly supplied with blood. A sea salt scrub with oil is an unparalleled smoother and acts immediately. The results are gratifying: a rosy, fine-pored, silky-smooth skin appears which is then treated to a Soglio body cream.

50 min.

Graubünden vinotherapy

The Graubünden vinotherapy encompasses a bubble bath and a natural scrub that stimulates blood circulation and increases skin elasticity. As a result of the integrated pack, the skin is able to absorb ten times more active ingredients than in conventional treatments. The treatment is rounded off with a full-body oil application. Naturally, products from regional Graubünden vineyards are used in this treatment.

90 min.

Choco emotion

The Aztecs and Mayas already knew it: chocolate not only makes you happy, it also makes you beautiful. Cocoa beans contain essential ingredients such as mineral salts, vitamins and antioxidants. The treatment comprises several steps: bubble bath, scrub and pack, culminating in a soothing full-body oil application. Let yourself be surprised and immerse yourself in a world of chocolate.

90 min.

* Enjoy this exclusive treatment for two in our Private Spa.
Information is available at the Spa Reception.

Thalgo – thalasso detox

Intensive treatment drawing on the powerful combined action of brown and red algae. Fine essential aromas of peppermint refresh and lavender gently soothes the skin. The silky algal gel, which is detoxifying and firming, blends into the skin. The detox massage that follows is nourishing and wards off free radicals.

50 min.

Thalgo – Aromacéane

A unique synergy of care and aroma treatment. The positive properties of sea mud are harmoniously enhanced with essential oils. Aromacéane helps in case of silhouette problems, to relieve tired, heavy legs, increase vitality and promote relaxation. The neutral massage oil is enriched with algae-based Aromacéane.

75 min.

Thalgo – thalassotherapy with sea mud

The body pack with warm, pure sea mud from the depths of the Dead Sea is relaxing, remineralising, firming and stimulates blood flow. It may also be applied in the case of a predisposition to joint pain, allergies and skin problems. The pack is followed by a full-body scrub. The treatment is a suitable alternative to the algal treatment for guests with iodine intolerance.

75 min.



– apparative body treatments

Ericson – Osmo Thermy

Purifying, detoxifying and draining body scrub. Recommended as an initial treatment.
75 min.

Ericson – Slim & Lift Body Forming*

Firms the tissue and supports the breakdown of fat.
75 min.

Ericson – Lipostress*

Relaxes the entire body and supports the slimming process.
75 min.

Ericson – Cellulit VIB*

Intensive local cellulite treatment that dissolves hard lumps and has a deep effect on fatty tissue.
75 min.

Ericson – Insulinol Cellulite Diet*

Local cellulite treatment that also reduces water retention and strengthens blood vessels.
75 min.

Ericson – DHE.Age Body Antiglycation*

Deep regeneration and restoration of the skin's youthful appearance.
75 min.

* Apparative treatments

Ericson Laboratoire offers unique body treatments which are even more effective thanks to the Therma body device. The Therma body device combines the two techniques of radiofrequency and vacuum. It can be booked in addition to the treatments marked with an * or enjoyed as the Therma body full-body treatment (device only). To increase its effectiveness, we recommend several sessions. The spa team will be happy to advise you.



Massages & Rituals

Sequoia ceremony



This special treatment gives you stability and grounding thanks to the sequoia tree essence. First of all you enjoy a foot bath with water and a salt scrub. After a foot reflexology massage you can relax and regenerate even more during a herbal compress body massage with warm oil.

90 min.

Golden honey treatment deluxe

The honey massage is part of the heritage of traditional Tibetan and Russian naturopathic medicine. It is regarded as the most popular folk remedy. It has cleansing, invigorating and fortifying effects on the entire body and immune system. Thanks to the special massage technique with honey, blood circulation to the skin is enhanced, tissue is invigorated and specific areas of the body are purified. It has a regenerative, relaxing and calming effect and also improves the complexion.

90 min.

Lomi Lomi Nui*

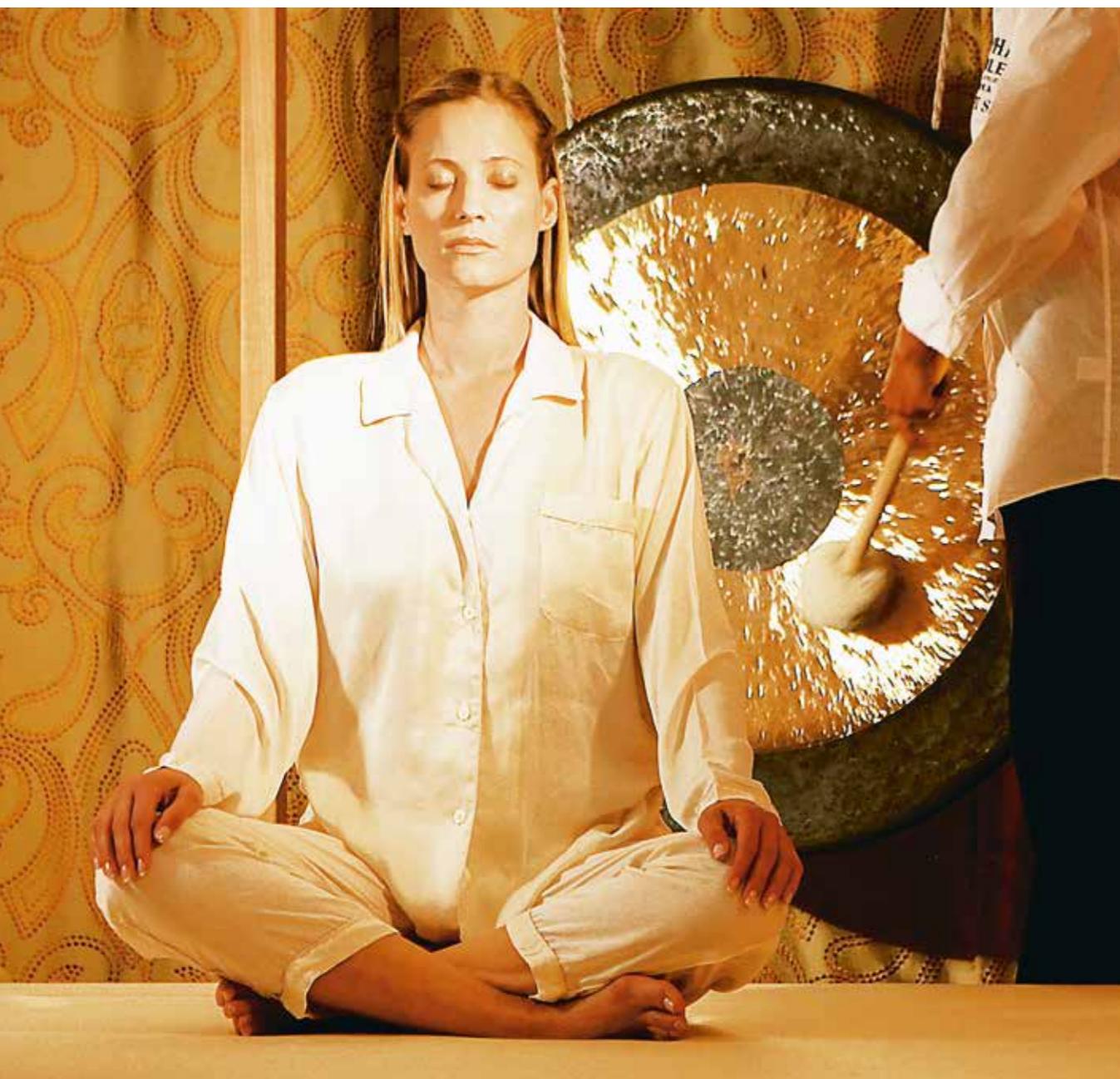
A full-body treatment with oil in the purest Hawaiian tradition. Through long and slow strokes with the forearms, in combination with the gentle loosening of the joints, a feeling of weightlessness and a deep sense of security are achieved.

90 min.

* Enjoy this exclusive treatment for two in our Private Spa.
Information is available at the Spa Reception.



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa



Indian inspiration*

This traditional Indian treatment is based on a philosophy that aims to accurately identify your personal situation in life and adapt it to the laws of nature. This healing method, which can be traced back more than a thousand years, comprises all the levels of human existence and is not merely confined to a few symptoms of a specific illness. The treatment is tailored to your individual situation and based on a holistic approach.

75 min.

Sound waves meditation

The vibrations of the singing bowls flow through the entire body and pulsate in union with your mind and soul. This massage enables deep relaxation, as the sound encourages instinctive trust, creating the ideal conditions to let go of everything. This gentle treatment can dissolve tension and blockages.

75 min.



Soglio poetry*

A classic massage with local Soglio herbal oils from Graubünden's Bergell region. It begins with a skin scrub to stimulate blood circulation and remove dead skin cells. Depending on your choice of aromatic oil, the effect of the massage is wonderfully relaxing, calming, energising or soothing to the skin.

75 min.

Individual massage*

An individual massage tailored to your requests and your current state of health, upon consultation.

25 min./50 min./75 min./90 min.

* Enjoy this exclusive treatment for two in our Private Spa.
Information is available at the Spa Reception.

Aroma moments

A real feel-good treatment: a gentle full-body massage with soothing essential oils, matching your individual requirements. Via the nasal passage, the oil's aromas travel to the emotional centre of the brain. In this way, they relax your body and increase your feeling of wellbeing.

75 min.

Tamina stone

The interplay of the hot and cold stones induces a wonderful feeling of deep relaxation. Feel like the thermal water in our Tamina gorge and let go of stress and worries. Your metabolism is stimulated and tension dissolved.

75 min.

Lymph drainage*

The gentle, slow drainage technique stimulates the lymphatic system. You experience a unique feeling of lightness and energy in your body.

75 min.

Foot reflexology massage*

The sole of the foot mirrors the whole body in the form of reflex zones. Massaging these reflex zones activates all of the body's systems. The treatment is especially effective if you suffer from physical strain, fatigue or digestive problems.

50 min.

Traditional Thai

An original Thai-style full-body treatment. Blockages and tension are released by applying pressure along the body's energy lines (zen) in order to enable vital energy to flow freely through the energy channels. The pressure is generally applied using the fingers and thumbs, but also with the heel of the hand – even the elbows and feet are sometimes used by the practitioners.

90 min.

Thai head and neck massage

Are you finding it hard to concentrate as a result of a demanding mental workload? Then you need something to ease your mind. The Thai head and neck massage is ideal for this purpose. Treat yourself to this timeout – you'll feel the difference.

25 min.

* Enjoy this exclusive treatment for two in our Private Spa.
Information is available at the Spa Reception.

Massage for Kids

Sweet Honey

Full-body massage with lavender honey oil has a nourishing and relaxing effect.

45 min.

Music Emotions

Pleasant, peaceful sound waves for children who like sounds, vibrations and music.

45 min.

Funny Choco

Sweet immersion in the world of chocolate with a back massage.

45 min.

These offers are for our young guests aged 7 to 12.



Body & Sports

Exercise is the key to a healthy and balanced lifestyle. We help you to achieve your personal goals with tailored individual and group training sessions. In no time at all, you will notice an increase in vitality and a new zest for life.

Personal and group training sessions

Personal training	25 min.
Personal training	50 min.
Personal training	90 min.
Couple training	50 min.
Group training (from 3 participants) with a personal trainer	On request

Indoor sports offers

- Pilates
- Pelvic floor exercises
- Yoga
- Power yoga
- Qi Gong
- Chi ball
- Stretch & Relax
- Meditation & Silence
- Therafit
- Fitness ball
- Foot fitness
- Back exercises
- Balance training
- Zumba
- Step aerobics
- Body forming
- Flow tonic
- Circuit training
- Galileo
- Kinesis
- Coordination training
- Fitness apparatus training
- Cardiovascular equipment workout
- Aquatraining

Outdoor sports offers

- Hiking
- Jogging
- Nordic walking
- Fit walk
- E-bike tours
- Bicycle tours
- Mountain biking
- Snowshoe hiking
- Cross-country skiing

Further individual trainings are on offer at the Medical Health Center.

Training for Kids

Aqua Splash

Water games and children's Olympics with music.

30 min.

Dancing Moves

Sporting dance movements to great music.

30 min.

Kids Yoga

Relaxing movement session.

30 min.

Natural Fun

Games, fun and movement in nature.

120 min.

These offers are for our young guests aged 7 to 12.



Private Spa

In our Private Spa you can enjoy wellbeing in a private setting surrounded by a peaceful atmosphere. Set over one hundred elegant square metres, a whirlpool, hydromassage shower, steam bath, sauna, home cinema and your own treatment and dining area with a garden terrace await you. Book a treatment for your private spa experience. The spa team will be happy to advise you.

Private Moments for Two

2 hours for 2 persons

Private Moments for Two Deluxe

4 hours for 2 persons

Spa moments and memberships

It is time for your personal wellbeing moments. Enjoy a spa visit tailored to your needs and combine the spa moments in the thermal water and sauna world with beneficial treatments.

Spa Break

- 3-hour visit
- Use of fitness center
- Fresh fruit, tea and thermal water
- Bathrobe (on loan)
- Valet parking

Spa Day

- 1-day visit
- Use of fitness center
- Fresh fruit, tea and thermal water
- Bathrobe (on loan)
- Valet parking
- 10% discount on individual treatments
- 1 full-body scrub with final skin-care treatment or 1 individual massage (50 min.)
- 1 Cuisine Équilibrée 3-course meal
- 1 power drink

Half-year membership

- 6 months' admission to the spa water and sauna world at the 36.5° Wellbeing & Thermal Spa
- Use of the fitness center Body & Sports
- Daily fitness and relaxation sessions (groups) at the 36.5° Wellbeing & Thermal Spa
- Fresh fruit, tea and thermal water
- Bathrobe (on loan)
- Valet parking
- 10% discount on individual treatments, personal training sessions, products and overnight stays at the Grand Resort Bad Ragaz

Annual membership

- 12 months' admission to the spa water and sauna world at the 36.5° Wellbeing & Thermal Spa
- 2 admissions to the Private Spa (4 hours each) for 2 persons
- Use of the fitness center Body & Sports
- Daily fitness and relaxation sessions (groups) at the 36.5° Wellbeing & Thermal Spa
- Fresh fruit, tea and thermal water
- Bathrobe (on loan)
- Valet parking
- 15% discount on individual treatments, personal training sessions, products and overnight stays at the Grand Resort Bad Ragaz



Prices

Therapeutic relaxation programme

1-day therapeutic relaxation

1-day programme (excluding accommodation)
Price per person

CHF 495.-

3-day therapeutic relaxation

3-day programme (excluding accommodation)
Price per person

CHF 1,270.-

5-day therapeutic relaxation

5-day programme (excluding accommodation)
Price per person

CHF 2,275.-

You benefit from a 10% room rate reduction in all categories if you stay for up to seven nights and book one of the above programmes. If you extend your stay, you will receive a 15% discount from the eighth night onwards. This rate reduction cannot be combined with any other special offer.

Facials for HER

Absolutely happy	110 min.	CHF 245.–
Radiant & Natural	80 min.	CHF 195.–
Essential facial	50 min.	CHF 165.–
Facial lymph drainage	25 min.	CHF 95.–
Niance Deluxe	120 min.	CHF 295.–
Niance Intensive	60 min.	CHF 190.–

Facials for HIM

Fresh & Natural	80 min.	CHF 195.–
Smart & Short	50 min.	CHF 165.–
Niance Men Power Facial	80 min.	CHF 195.–
Ninace Men Ultra Facial	25 min.	CHF 95.–

Luxury facials for HER and HIM

La Prairie – Swiss Cellular Ice Crystal Facial	90 min.	CHF 310.–
La Prairie – Swiss Cellular Facial 	90 min.	CHF 270.–
La Prairie – Pure Gold Radiance Facial	90 min.	CHF 295.–
La Prairie – Caviar Lifting Facial	80 min.	CHF 285.–
Sensai – Ultimate Facial Treatment	100 min.	CHF 310.–
Sensai – Silky Skin Facial Treatment Lifting	80 min.	CHF 270.–
Sensai – Silky Skin Facial Treatment Luminising	80 min.	CHF 245.–
Sisley – Les Soins Sisleya Anti-Âge	80 min.	CHF 290.–
Sisley – Les Soins Hydratation Intense Anti-Âge	80 min.	CHF 270.–
Sisley – Les Soins Experts	50 min.	CHF 180.–



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa

Apparative face cosmetics

Carita – Soin Cinétique Lift Expert		100 min.	CHF 390.–
Carita – Soin Cinétique Lift		70 min.	CHF 290.–
Carita – Soin Cinétique Express		50 min.	CHF 245.–

Hands

36.5° spa manicure		80 min.	CHF 140.–
Classic manicure	Without varnish	50 min.	CHF 95.–
	With varnish	60 min.	CHF 105.–

Feet

36.5° spa pedicure		80 min.	CHF 140.–
Classic pedicure	Without varnish	50 min.	CHF 100.–
	With varnish	60 min.	CHF 110.–
Medical pedicure	Without varnish	60 min.	CHF 120.–
	With varnish	70 min.	CHF 130.–

Hands and feet

Fresh nail varnish			
Classic varnish		20 min.	CHF 45.–
French manicure		25 min.	CHF 55.–
Aroma paraffin treatment		35 min.	CHF 50.–

Additional treatments

Face

Eyebrow shaping		20 min.	CHF 45.–
Eyebrow tinting and shaping		25 min.	CHF 55.–
Eyelash tinting		25 min.	CHF 55.–
Eyelash and eyebrow tinting and eyebrow shaping		50 min.	CHF 95.–
Daytime make-up		50 min.	CHF 70.–
Evening make-up		80 min.	CHF 130.–
Hair removal upper lip		10 min.	CHF 35.–

Body

Hair removal armpits		10 min.	CHF 45.–
Hair removal legs, partial		25 min.	CHF 75.–
Hair removal arms, partial		15 min.	CHF 50.–
Hair removal arms, partial		50 min.	CHF 110.–
Hair removal arms, full		25 min.	CHF 75.–
Hair removal bikini area, classic		25 min.	CHF 60.–
Hair removal bikini area, Brazilian		50 min.	CHF 120.–
Full hair removal (full leg, bikini area classic, armpits)		110 min.	CHF 220.–
Hair removal back		25 min.	CHF 85.–

Beauty for Kids

Fresh Face	45 min.	CHF 75.–
Bling Bling Fingers	45 min.	CHF 75.–
Happy Feet	45 min.	CHF 75.–
Fancy Hair by James Good for you	60 min.	CHF 95.–

These offers are for our young guests aged 7 to 12.

Med Skin Care

Lip volume		CHF 850.–
Laser removal		CHF 250.–
Laser wrinkle treatment		CHF 1,500.–
Resurfacing – refining the skin's appearance		CHF 400.–
Laser treatment with state-of-the-art technology (eCO ₂ Fractional Laser)		CHF 1,500.–
Microdermabrasion		CHF 350.–
Treatment with rejuvenating factors		CHF 650.–
Botox, depending on the amount, from		CHF 750.–
Scar treatment		CHF 250.–
Mesotherapy		CHF 350.–
Fruit acid scrub Alpha Hydroxy Acid (AHA)		CHF 250.–
Hyaluron filler		CHF 750.–
Volume filler		CHF 950.–

Body treatments

La Prairie – Swiss Bliss Skin Caviar	180 min.	CHF 495.–
La Prairie – Platinum Rare (4 Hands)	90 min.	CHF 420.–
Water crystal experience 	90 min.	CHF 295.–
Soglio – body scrub including final skin-care treatment*	50 min.	CHF 145.–
Graubünden vinotherapy	90 min.	CHF 295.–
Choco emotion	90 min.	CHF 295.–
Thalgo – thalasso detox	50 min.	CHF 165.–
Thalgo – Aromacéane	75 min.	CHF 195.–
Thalgo – thalassotherapy with sea mud	75 min.	CHF 195.–

* Enjoy this exclusive treatment for two in our Private Spa.
Information is available at the Spa Reception.



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa

Ericson – apparative body treatments

Ericson – Osmo Thermy	75 min.	CHF 195.–
Ericson – Slim & Lift Body Forming*	75 min.	CHF 195.–
Ericson – Lipostress*	75 min.	CHF 195.–
Ericson – Cellulit VIB*	75 min.	CHF 195.–
Ericson – Insulinol Cellulite Diet*	75 min.	CHF 195.–
Ericson – DHE.Age Body Antiglycation*	75 min.	CHF 195.–
Apparative treatments		
* Additional charge for the above Ericson treatments with the Therma body device	20 min.	CHF 90.–
Therma body full-body treatment (device only)	50 min.	CHF 170.–

Massages & Rituals

Sequoia ceremony 	90 min.	CHF 295.–
Golden honey treatment deluxe	90 min.	CHF 295.–
Lomi Lomi Nui*	90 min.	CHF 295.–
Indian inspiration*	75 min.	CHF 225.–
Sound waves meditation	75 min.	CHF 245.–
Soglio poetry*	75 min.	CHF 225.–

Individual massage*	25 min.	CHF 95.–
	50 min.	CHF 165.–
	75 min.	CHF 225.–
	90 min.	CHF 285.–
Aroma moments	75 min.	CHF 225.–
Tamina stone	75 min.	CHF 245.–
Lymph drainage*	75 min.	CHF 225.–
Foot reflexology massage*	50 min.	CHF 145.–
Traditional Thai	90 min.	CHF 295.–
Thai head and neck massage	25 min.	CHF 95.–

Massage for Kids

Sweet Honey	45 min.	CHF 120.–
Music Emotions	45 min.	CHF 120.–
Funny Choco	45 min.	CHF 120.–

These offers are for our young guests aged 7 to 12.

* Enjoy this exclusive treatment for two in our Private Spa. Information is available at the Spa Reception.



Signature treatment – exclusive treatment at the 36.5° Wellbeing & Thermal Spa

Personal and group training sessions

Personal training	25 min.	CHF 75.–
	50 min.	CHF 135.–
	90 min.	CHF 190.–
Couple training	50 min.	CHF 145.–
Group training (from 3 participants) with a personal trainer		on request

Training for Kids

Aqua Splash	30 min.	CHF 70.–
Dancing Moves	30 min.	CHF 70.–
Kids Yoga (max. 5 children)	30 min.	CHF 120.–
Natural Fun	120 min.	CHF 150.–

These offers are for our young guests aged 7 to 12.

Private Spa

Private Moments for Two	2 hours for 2 persons	CHF 300.–
Private Moments for Two Deluxe	4 hours for 2 persons	CHF 550.–

Spa moments and memberships

Spa Break		
Price per person (Monday to Thursday)		CHF 95.–
Price per person (Friday to Sunday, depending on availability)		CHF 150.–
Spa Day		
Price per person (only if prebooked)		CHF 290.–
Half-year membership		
Price per person (6 months)		CHF 2,450.–
Annual membership		
Price per person (12 months)		CHF 4,600.–