

# Rejuvenating stay at Grand Resort Bad Ragaz

By Kristy Alpert

I braced for the shock as I lowered my toes slowly into the stream of icy water flowing through an artificial Tamina Gorge, an indoor reproduction of the natural source of the thermal waters at the Grand Resort Bad Ragaz.

In general, I try to avoid any experience that involves the word “cold,” but after a flight to Switzerland and a short train ride to the spa town of Bad Ragaz, I trusted the personal trainer as she guided me through a rejuvenating foot ritual that began with a stroll through a cold stream followed by a walk along smooth pebbles in a small river of warm thermal water.

I made three laps through each before my trainer handed me a towel and escorted me to a private fitness studio to complete the foot ritual. She handed me a small, smooth rubber ball the size of a tennis ball to roll beneath each foot. I had not even been at the Grand Resort Bad Ragaz more than two hours, and already I was walking taller and my feet felt better than they had in years.

for cardiovascular diseases.

Every guest has unlimited access to the thermal spa, the Helena Pool and the Tamina Therme, but they can also take advantage of a number of complimentary, health-promoting fitness and relaxation activities (like the foot ritual I experienced) as well as a modern fit-

ness center.

For the ultimate spa getaway, guests can book the Spa Suites within the Grand Hotel Quellenhof, where each room is completely fed by thermal water, enabling guests to enjoy the full benefits of the pure waters while bathing and showering, drinking and even brushing

their teeth.

The suites are outfitted with natural materials and filled by natural light, with modern amenities like remote-controlled steam showers and Geberit smart toilets. A butler is on call 24/7 to take care of any needs during the stay, such as making reservations at any of the six restaurants, including the restaurant run by Swiss chef Sven Wassmer inside the Grand Hotel Quellenhof.

Visit [www.resortragaz.ch](http://www.resortragaz.ch).



*Our best wishes for a Merry Christmas & Happy New Year!  
We thank you for your continued support.*



PHOTO COURTESY OF GRAND RESORT BAD RAGAZ

The Grand Hotel Quellenhof & Spa Suites is part of Switzerland's Grand Resort Bad Ragaz.

Many people come to the Grand Resort Bad Ragaz to experience the healing and rejuvenation the resort has become famous for since opening in 1869.

This Leading Hotels of the World property is sectioned into two five-star establishments, the Grand Hotel Hof Ragaz and the recently renovated Grand Hotel Quellenhof & Spa Suites, as well as the Hotel Schloss Warstein, the Palais Bad Ragaz boutique hotel, the Medical Centre and Clinic Bad Ragaz, the Tamina Therme thermal baths, the Casino Bad Ragaz and two golf courses.

The low mineral content of the thermal waters found a few miles away at the Tamina Gorge inspired much of the wellness offerings at the resort, where the body-temperature water is pumped through the resort for guests to take full advantage of its healing effects. Guests of all ages have access to the thermal waters, with a family spa (90 degrees), the Helena Pool (95 degrees), the Sports Pool (84 degrees), the Garden Pool (82 degrees), the Tamina Gorge and the Tamina Therme, a public thermal bath.

The resort's Medical Centre and Clinic offers routine checkups, dermatology and beauty consultations and treatments



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