

FOR A SERIOUS REBOOT

INTENSIVE HEALTH OVERHAULS AT THE MOST FORWARD-THINKING SPACES



GRAND RESORT BAD RAGAZ

WEIGHT
LOSS

BAD RAGAZ, SWITZERLAND

RIGOROUS RECOVERY WORK AND AILMENT-CLEANSING WATERS

There's something intrinsically soothing about a Swiss spa; the brisk efficiency, the white coats, the sanatorium vibes. The rest of the world can be raging wildly but all will be well for those surrounded by snow-capped mountains with a rug over their knees. And Grand Resort Bad Ragaz is no exception. Wellness seekers have been making a pilgrimage here since the 13th century, when the geothermally heated water at the Tamina Gorge was discovered. Back then, the sick were dangled down into the ravine on ropes and stayed in the 36.5°C water for up to seven days straight. Now it's a decidedly more sybaritic experience. The Tamina Therme baths is a stunningly designed space: crisp, white, with Hamptons-esque clapboard running up the walls and towering oval windows letting in bright daylight. There are toasty hot pools and icy cold pools, indoor and outdoor pools, saunas where you can keep your swimsuit on and saunas for the bare-bottomed. It is fresh, spotless, calm. Bathing here helps to ease muscle and joint pain, and drinking the water is said to be akin to natural Botox, if the peachy-looking skin of the team is anything to go by. The waters are plumbed into the hotel, too, filling the Helenabad, which opened in 1869, and glass bottles of drinking water, and running through the taps into baths and showers in its spa suites (hair has never felt so soft). The hotel has plans to charge this up further with hydrotherapy baths, and the Thermal Spa has a newly refined treatment list. But water is just the start of the story. A medical centre is also key to the operation. Recuperation and rehabilitation – from injury, from surgery, from chemotherapy – is facilitated with sometimes month-long stays. It is a serious, future-facing set-up with in-patient clinics for musculoskeletal and oncological medicine, dentistry, physiotherapy and cosmetic dermatology,

plus more than 70 medical staff on site, as well as the Swiss Olympic Medical Centre where the West Ham football team come for pre-season training. The complicated, multi-pronged offering is micromanaged by briskly efficient and warm staff, speaking exquisite English. All except mysterious wizard Dr Wang Yifu whose cheery translator explains what on earth is going on as he clears your meridians and re-energises your blood with cupping, *tui na* massage and acupuncture, while a heat lamp keeps you snug. Traditional Chinese Medicine is a huge focus here, with a dedicated no-frills MediQi hub, as well as more relaxing treatments in the thermal spa (though the *chi nei tsang* abdominal massage, while terrific for those detoxing or struggling with digestion issues, is not for the faint-hearted). A physiotherapy floor is the place to go for baby-gentle craniosacral therapy, with future plans to provide realigning osteopathy, too. And iyengar yoga with Monica Neuenschwander is a slow, grounding way to start the day. Clearly there is something for everyone – and a major revamp and rejig last summer in time for the hotel's 150th anniversary means things are looking spruce. Restaurants are glitzy, earlobes are diamond-studded and the wine cellar is deep. It's not often somewhere can be all things to all people and do it well, but high-octane, turbo-charged Bad Ragaz seems to have nailed it. **INSIDER TIP** You can just as easily come here for a gentle weekend as you can a six-week recovery from a broken leg. If you do nothing else, bathe in the waters for 30 minutes twice a day and you will feel intrinsically better. **BOOK IT** Healing Holidays (+44 20 7843 3592; healingholidays.com/condenast) offers three nights from £895 per person, including flights, return train transfers and breakfast.