



Leukerbad's thermal bathing ritual

Leukerbad's thermal bathing ritual has a long tradition of more than 500 years – and even the Romans enjoyed the many health benefits of the thermal water.

- 1 Start by taking a nice, long shower to get your body used to the heat.
- 2 Step into the pleasantly warm spring water and instantly feel your mind, body and soul enter a state of pure relaxation.
- 3 Gentle motions, massage jets and water fountains relax your muscles, stimulate blood flow and improve circulation.
- 4 After about 20 minutes, take a break. As deep relaxation spreads throughout your body you can indulge in a peaceful slumber.
- 5 Then, step back into the naturally warm water, which trickled down into the Torrent region many years ago and now bubbles up in Leukerbad from 65 different thermal sources. Simply float in the invigorating water and feel your skin absorb a variety of beneficial minerals. This also keeps your joints supple.
- 6 Thermal water does wonders for a whole host of different ailments and conditions.
- 7 At the end of the ritual, sit back and relax with a glass of fine Valais wine!

It takes 40 years for our thermal water to emerge into the light of day – so why not slow down and treat yourself to some time out?



LEUKERBAD