

Balneological therapies at St. Moritz

St. Moritz's mineral springs and alpine mud have been part of its balneological treatments for thousands of years.



The carbonated mineral springs

St. Moritz's carbonated mineral springs is rich in iron and naturally occurring carbon dioxide with acidulous calcium-sodium bicarbonate properties, making it rich in calcium, sodium, magnesium and iron. The high quantity of different physiologically active substances makes the spring water a natural healing and mineral water for use in bathing and drinking cures.

Carbonated mineral water baths

A carbonated mineral water bath causes blood vessels to dilate, stimulating the circulatory system. Such baths are recommended for arterial and venous blood flow disorders, hypertension and heart disease, for example after a heart attack, or when suffering from functional cardiac symptoms.

Drinking mineral water

As it contains iron and calcium, this spring water can be drunk to treat anaemia and osteoporosis. Thanks to its high magnesium content, it is also ideal for treating magnesium deficiencies.



Mud treatments

Over the course of millennia, plants buried beneath the water created the St. Moritz moor, which is as famous for its healing powers as the local alpine herbs. It is ideal for treating chronic, degenerative and inflammatory disorders of the musculoskeletal system. It also contributes to general feeling of relaxation. This mud is also useful in the treatment of chronic abdominal disorders in both men and women, as well as functional disorders and menopausal symptoms in women. With its slow heat release, the therapy improves blood circulation. This stimulates both the adrenal glands and ovarian function. Through contact with the skin, a valuable exchange of substances takes place between the mud and the body. Afterwards, a carbonated mineral water bath refreshes and revitalizes.