

NMR investigation of frustrated quantum magnets

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Frustrated quantum magnets are antiferromagnets in which the competition between different interaction channels prevents simple ordering and often leads to exotic phases. Over the years, NMR has proven to be an invaluable tool to identify the nature of the ground state of several frustrated magnets. In this talk, I will review the theoretical interpretation of the NMR spectra of two quasi-two dimensional frustrated magnets, $\text{SrCu}_2(\text{BO}_3)_2$ and $\text{BaCuSi}_2\text{O}_6$, and I will show how it has allowed to identify the nature of the remarkable high field phases realized in these systems.