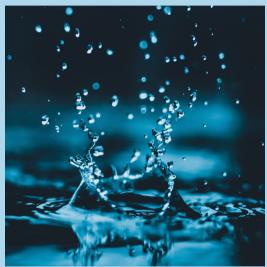


### Detox, revitalisation and weight management programmes







Reveal my body 7 days

Reveal my health

Reveal my health  $\delta$  body





## Le Mirador Health Centre is glad to offer you special programs to strengthen your immune system, regain energy, feel better and radiate health.

Under the supervision of our medical team, each detail will be considered: your eating habits, medical aspects if required, physiological cleaning and self-cleaning capacity of your organism will be studied in depth.

To maintain your weight and reduce where needed, body contouring will be effectuated with exclusive combined therapies application, and all of this by toning your body with our fitness coach, who will adapt exercises to your personal needs.

Picturesque Le Mont-Pèlerin Village and Lavaux natural surroundings permit you to discover Leman Lake region by walking around.

Le Mirador Health Centre created three 7-day programs that will be tailored to your needs:

Reveal my body Reveal my health Reveal my health and body

We consider these 7 days as a starting point of your «New You».

Make a choice of your unique program and let us do the rest.





### Reveal my body 7 days

#### DAY PROGRAMME

- 1 Welcome on arrival
- Introduction to your health stay
  Nutritionist consultation
  Hydrocolonotherapy
  Magnetotron treatment
  Personal fitness training
- 3 EnCurve weight management Lymphatic drainage
- 4 Therapeutic massage
- 5 Magnetotron treatment Personal fitness training
- 6 Nutritionist consultation EnCurve weight management Lymphatic drainage
- 7 Departure

The Reveal my body Programme is designed for weight management. Drainage and EnCurve treatments will help to get rid of the excess fat in a healthy way, with nutritional advice, detox menu and training by certified fitness coaches. You will feel lighter and on your way to a better shape.

Full programme 7 days

Daily checking with a nurse

Complete detox menu (breakfast, lunch, dinner)

Detox tea or cocktail (non alcohol) in the bar daily

Access to SPA facilities and collective courses
at the Fitness Club

#### CHF 4'900

without accommodation

Offer available from 8th June to 8th September 2020 Accommodation prices and availability on request Possibilities of arrival from Monday to Sunday



# Reveal my health 7 days

#### DAY PROGRAMME

- 1 Welcome on arrival
- Introduction to your health stay
  Check-up: Blood test and ECG
  Nutritionist consultation
  Hydrocolonotherapy
  Personal fitness training
- Medical consultation
  Magnetotron treatment
  Lymphatic drainage
- 4 Therapeutic massage
- Personal fitness training
- 6 Nutritionist consultation Magnetotron treatment Lymphatic drainage
- 7 Departure

The Reveal my health Programme is designed to detox and revitalise, with a combination of laboratory analysis, medical advice, nutrition, physical therapy and excellent technology. This week will help you find balance and serenity, as well as the energy to continue your healthy journey.

Full programme 7 days
Daily checking with a nurse
Complete detox menu (breakfast, lunch, dinner)
Detox tea or cocktail (non alcohol) in the bar daily
Access to SPA facilities and collective courses
at the Fitness Club

#### CHF 6'280

without accommodation

Offer available from 8th June to 8th September 2020 Accommodation prices and availability on request Possibilities of arrival from Sunday to Thursday



## Reveal my health and body 7 days

#### DAY PROGRAMME

- 1 Welcome on arrival
- Introduction to your health stay
  Check-up: Blood test and ECG
  Nutritionist consultation
  Magnetotron treatment
  EnCurve weight management
  Lymphatic drainage
  Personal fitness training
- Medical consultation Therapeutic massage
- 4 Hydrocolonotherapy
  EnCurve weight management
  Lymphatic drainage
  Personal fitness training
- Magnetotron treatment
- 6 Nutritionist consultation EnCurve weight management Lymphatic drainage Personal fitness training
- 7 Departure

The Reveal my health and body Programme is designed for revitalisation with a focus on strengthening the body and improving the body shape in a healthy way. Drainage and EnCurve treatments will help to get rid of the excess fat in a healthy way, with medical consultations and excellent therapies. You will regain energy and good shape to continue your life in great health.

Full programme 7 days
Daily checking with a nurse
Complete detox menu (breakfast, lunch, dinner)
Detox tea or cocktail (non alcohol) in the bar daily
Access to SPA facilities and collective courses
at the Fitness Club

#### CHF 8'850

without accommodation

Offer available from 8th June to 8th September 2020 Accommodation prices and availability on request Possibilities of arrival from Sunday to Thursday





Member of the Leading Hotels of The World 5 star resort Restaurant Le Patio Japanese Restaurant Hinata Fitness & Spa Givenchy

















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Excellence for your well-being