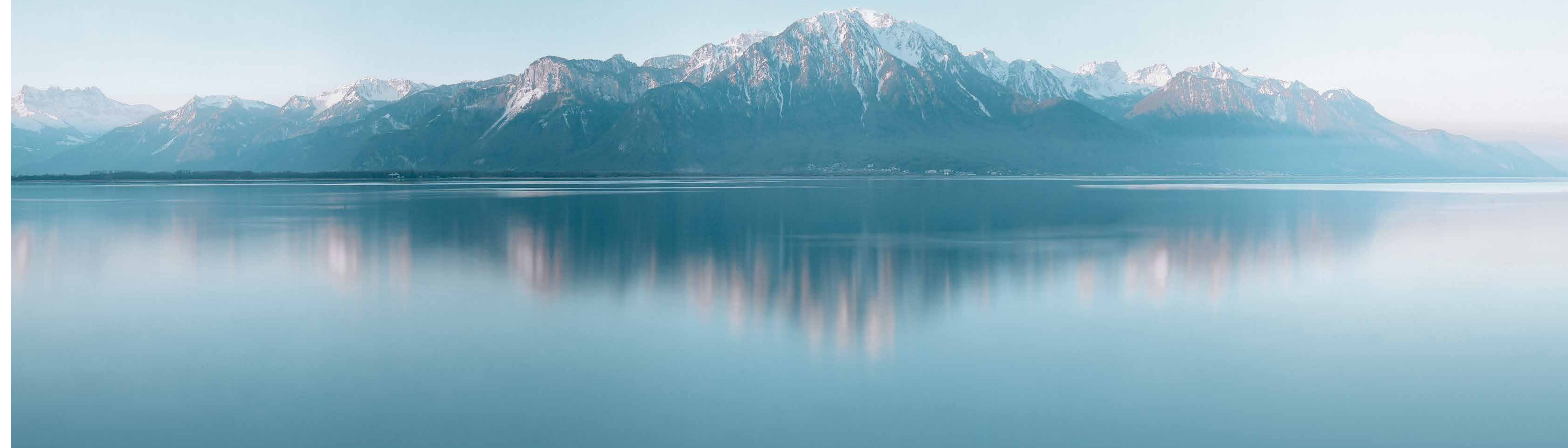




LE MIRADOR  
HEALTH CENTRE



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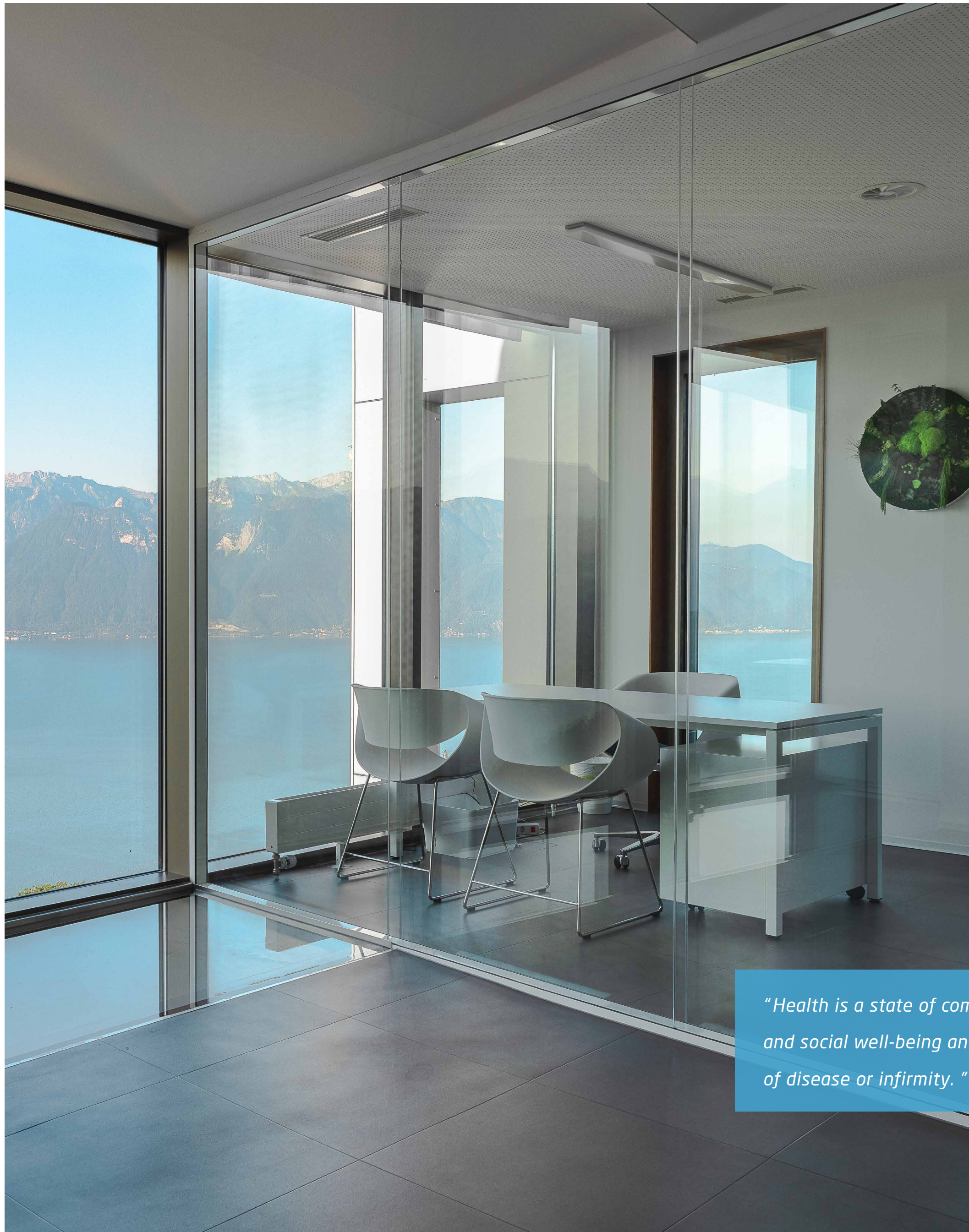




## our **Passion,** your Health

When it was founded in 1904 under the name of Clinique Mon Repos, the health centre set itself the task of concentrating the most advanced human resources and techniques in order to take care of and improve the health of its patients.

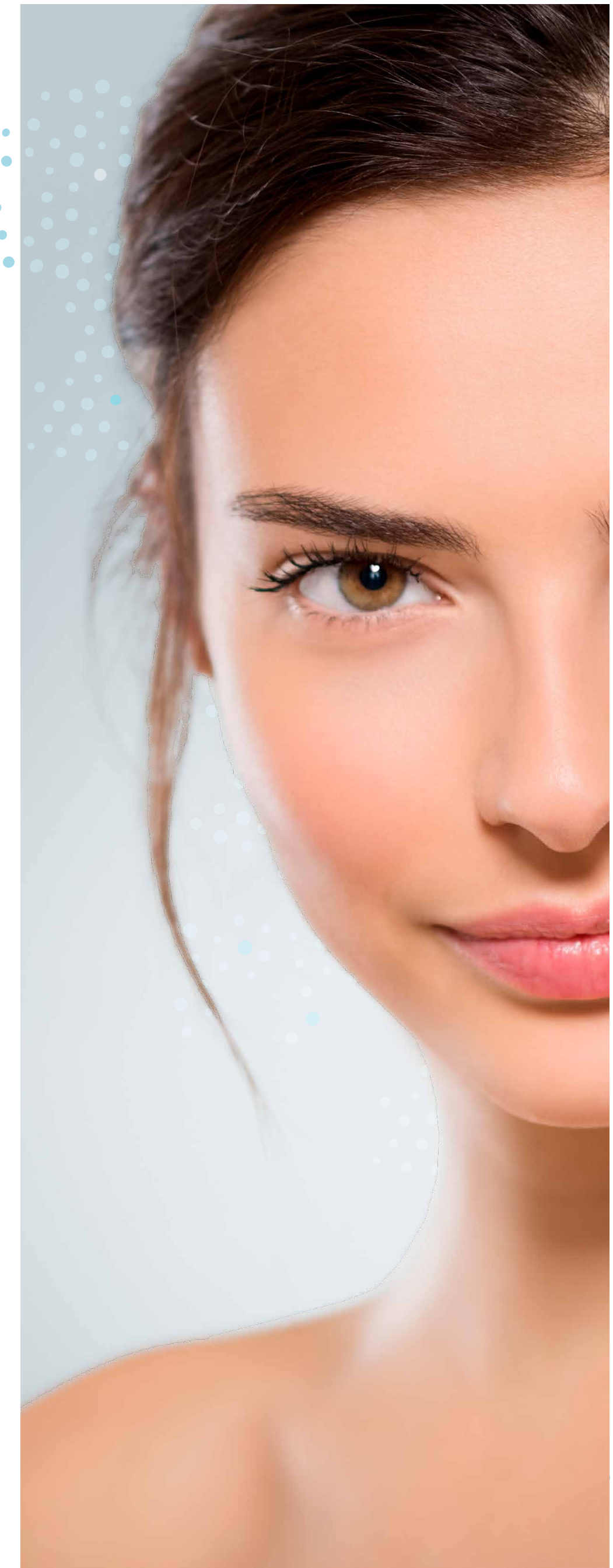
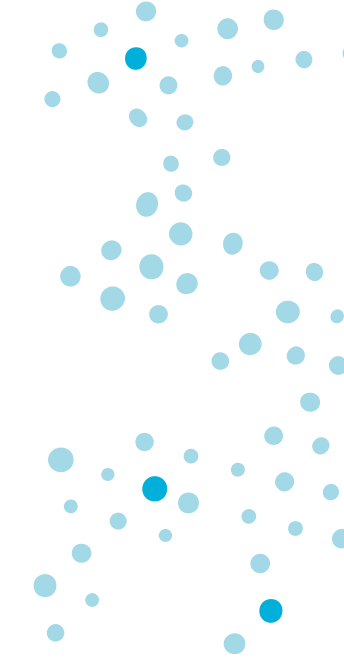




## A Pinnacle of Well-Being

Nestled in an idyllic natural setting  
affording breathtaking views, Le  
Mirador Health Centre is a true oasis  
of tranquillity offering a range of  
techniques, treatments and activities  
essential to maintaining inner balance.

*"Health is a state of complete physical, mental  
and social well-being and not merely the absence  
of disease or infirmity."*





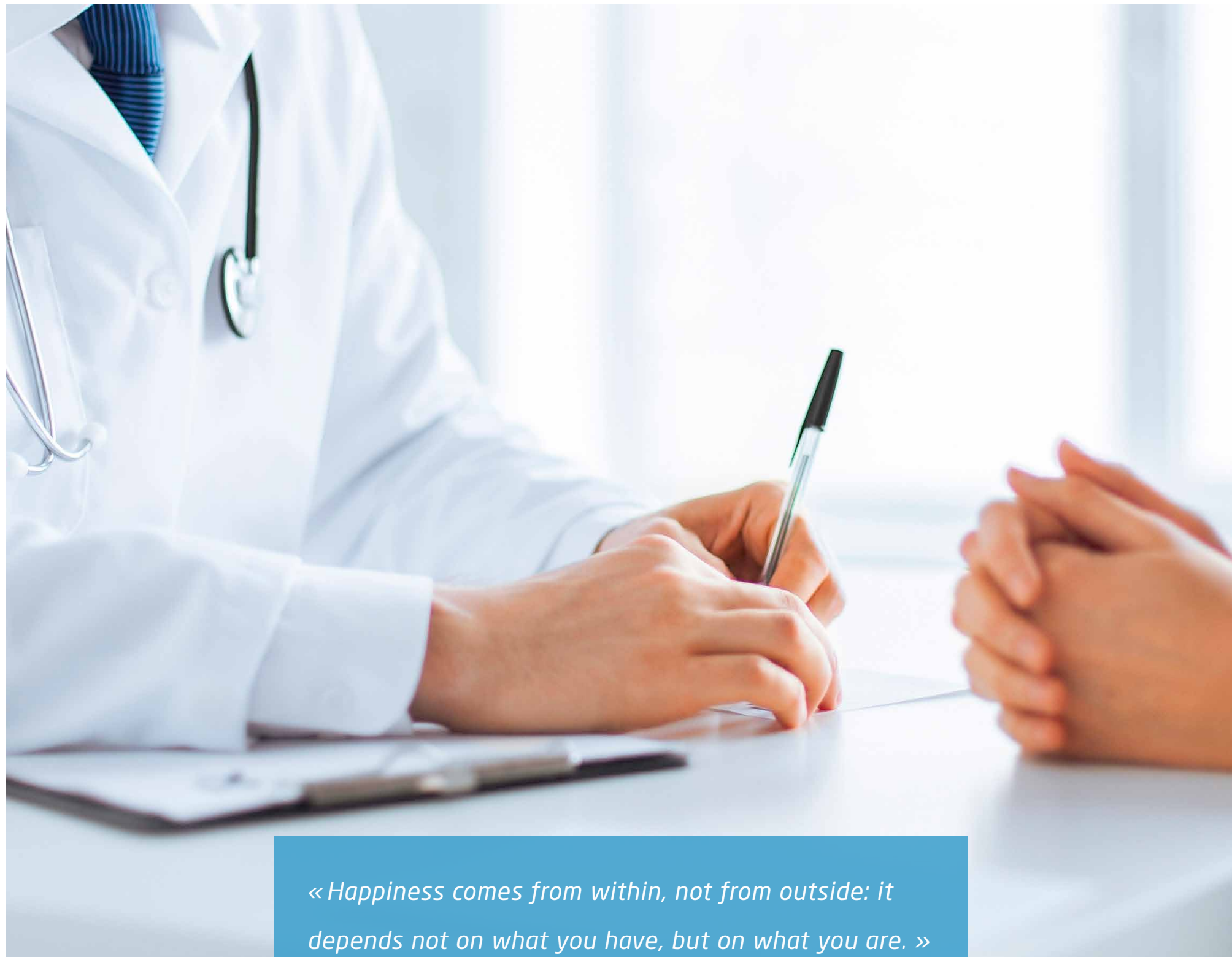
## A Unique Environment

The perfect place for anyone wishing to combine relaxation with an in-depth medical programme aimed at restoring their body's healthy natural balance, the Health Centre offers its expertise through an array of personalised care plans and top-of-the-range treatments. Le Mirador Health Centre offers a perfect symbiosis of modern Western medicine and the latest research and technology in preventive and integrative medicine based on decades of medical experience and a century serving the Geneva Lake region.



*"Well-being is the harmony of our strong interior; enhanced well-being is a sustainable improvement of our well-being."*





«Happiness comes from within, not from outside: it depends not on what you have, but on what you are. »



## A Philosophy Based on Balance

Adopting a personalised holistic approach, we seek to achieve harmony of the body and mind by fully restoring the inner strength naturally present in the body. Our programmes aimed at stimulating the metabolism offer the very best, whether you wish to regain a sense of general well-being, feel invigorated, get into shape or slow down the effects of time for the sole purpose of living better and for as long as possible.

At Le Mirador Health & Wellness Centre, we believe that health is all about balance. Enjoying good health means maintaining stability on all levels: physiological, mental, emotional and energetic.

Our holistic approach focuses on restoring inner balance by sending a self-healing message to the body's various biological mechanisms: in so doing, we can help you achieve harmony between body and mind.



## A Destination in its Own Right

*An environment that combines the services of a luxury resort and those of a unique Health Centre.*



A veritable temple of enhanced well-being, Le Mirador Health Centre is an oasis of tranquillity nestled in a small picturesque village overlooking the crystal-clear waters of Lake Geneva.

Located next to the highly exclusive five-star Le Mirador Hotel Resort & Spa and one of the world's seven-star Givenchy spas, the Centre provides an environment with perfect synergies, complete with all the latest technologies and innovations that go with exceptionally high-quality service.

Set in one of the most spectacular landscapes in Switzerland and indeed in the world, Le Mirador Health Centre is a destination in its own right, located in the centre of a region offering a wide range of tourist, sport and cultural activities and in the heart of Europe, just an hour from Geneva International Airport.



