



# The excellence for your well-being

## The Destination on its own

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

Located next to the highly exclusive five-star Le Mirador Resort & Spa and one of the world's seven-star Givenchy spas, the Centre provides an environment with perfect synergies, complete with all the most recent 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, located in the center of a region, offering a wide range of tourists, sport and cultural activities.

## The Philosophy based on balance

Adopting a personalized holistic approach, we seek to achieve harmony of the body and mind by fully restoring the inner strength naturally present in the body. Our programs 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. At Le Mirador Health 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 transmitting a selfhealing message to the body's various biological mechanisms. The medical programs offered at the Le Mirador Health Centre are integrative, combining traditional western medicine and alternative methodologies, based on latest scientific research and experimental medicine. It is a holistic approach to optimize and rebalance your health on various levels, by respecting your individuality. All our predefined expertise programs are carefully combined to enhance the efficiency of each treatment provided. Even though, they are adapted for various purposes.

Before each initial program, a medical check-up is provided. This includes a rigorous physical examination, followed by in-depth laboratory tests and diagnostics. Based on this data, we will be capable to adapt selected programs to personal requirements and advise on different specialties. Through the process of supporting the body's inherent regulatory forces, the body will return to a healthy - balanced state called homeostasis. With the methods and applications used in our center, we initiate complete body detoxification, tissue purification and immune system reload to restore natural and unique mechanisms of self-healing.

## Our History

In 1904 under survey of architect J.-H. Collombet Mon Repos clinic was built. He wanted the building to give an impression of welcoming palace, more than just a medical establishment. It was specialized in neurodegenerative and gastrointestinal diseases.

The Mon Repos clinic was very well known for its innovative approach and results obtained. 30th of XX century was the clinic's most prosperous period. Ravel and Dutilleux, French composers, created a number of excerpts from their works during their stay here.

The Second World War brought a lot of changes. Many doctors and other medical professionals were obliged to leave the centre. Due to this unfortunate circumstance the Mon Repos Clinic ceased its activity.

In 1952 Swiss entrepreneur Andre Kurz transformed the old clinic building to "The Mon-Repos Hotel" renovating a large part of the building and then employing once again medical practitioners.

In 1970 American Entrepreneur Joseph Segel and his wife transformed Mon-Repos hotel to "Le Mirador Resort". Since then the establishment has been highly recognized and renowned all over the world.

The Emperor and the Empress of Japan stayed here in 1971 during their official visit to Switzerland.

Harvard Business School selected the resort as its European Center for selected courses and Abell, Gabarro, Hayes, Jack Kennedy, Milton Brown, Pr. Larreché made their number of lectures within these walls.

In 1974 Mr Segel decided to integrate a wellness aspect into the clinic by creating a new aisle with treatment rooms and swimming pool; later this was named a SPA in the hotel industry. This aspect of the hotel being of a great innovation for this era in Europe.

In 1998 Le Mirador was the first non-smoking hotel in Europe. He developed accompanied stop-tobacco detoxification cures. Unfortunately, hotel guests didn't welcome this idea, even though many were looking for pure alpine air. Mr Segel decided to abandon this project; he was seemingly too ahead of his time!

In 1999 due to the boom in Health and Wellness, the center focused on developing revitalization and regeneration treatments using the latest innovations in anti-ageing and disease prevention programmes.

In 2018 the Le Mirador Health Centre was extended, hence, offering a numerous spectrum of medical services.

Today the Le Mirador Health Centre offers a vast number of specialties from Sport injuries medicine, Age, Stress and Weight management programmes to specialist consultations of Cardiologist, Gynecologist, Endocrinologist and Dermatologist.

The array of treatments given reflects the spectacular panoramic setting between the Lake Geneva below and the mountains around, embedded in a dab of cotton cloud.

*«I contemplated the lake, the waters were placid, all around was calm and the snowy mountains...  
the calm and heavenly scene restored me, and I continued my journey»*

– Mary Shelley

## The tailor-made approach

Health is a synergy of various aspects: balanced physiological, mental, emotional and energetical state.

The medical programmes offered at the Le Mirador Health Centre are integrative, combining traditional western medicine and alternative methodologies, which are based on the latest scientific research and experimental medicine. It is a holistic approach to optimize and rebalance your health on various levels, by respecting your individuality.

All our predefined expertise programmes are carefully combined to enhance the efficiency of each treatment provided. Even though, they are adapted for different purposes. The importance is to create a tailor-made approach, such as personal age health, stress and weight management.

Before each initial programme, a medical consultation is provided. This includes a full physical examination, followed by in-depth laboratory tests and diagnostics. With this data, we will be able to adapt selected programmes to personal requirements and advise on different specialties.

Through the process of supporting the body's inherent regulatory forces, the body will return to a healthy - balanced state called homeostasis. With the methods and applications used in our centre, we initiate complete body detoxification, tissue purification and immune system reload to restore natural and individual mechanisms of self - healing.

All of these treatments are accompanied by individualized and outstanding customer services, respecting personal security and privacy, to obtain equilibrium on its own.

## Your health - our passion

## Detox program for 5 nights/ 6 days Sunday to Friday stay

The detox program by Le Mirador Health Centre, created for a person willing maintain the general wellbeing and health on short and long term by reviewing all inner body functioning. Our careful, but sure approach based on detox acceleration from day one to day five, so your organism will adapt itself and release deeply accumulated toxins. Program continuance will be adjusted daily, in the way that inner cleaning procures only comfortable sensation and no stress. All the long of your health stay you will be listened, reinsured, accompanied by our medical and administration team to bring evident results, feeling of lightness and strength at the end.

Resuming the Detox program, it will include :

- Three medical consultation
- Nutrition consultation
- Complete medical check-up
- Two detox perfusions
- Revitaminizing perfusion
- Two Ozone-therapies
- General Hyperthermia
- Rehydrating perfusion
- Hydrocolonotherapy
- Two therapeutic massages
- Two therapeutic drainages
- Two local hyperthermia
- Two magnetic therapies
- Oxygen-therapy
- Personal file with USB key
- Personal follow up prescription

## MONDAY

### 1. Medical check up, including:

- Blood test + lipids profile
- Body acidity tests
- ECG
- Physiological norms (weight/height etc)
- Medical and nutrition consultations

### 2. Hydrocolonotherapy (probiotic prescription)

### 3. Perfusion of vitamin complex

### 4. Therapeutic drainage

## TUESDAY

### 1. Magnetic therapy

### 2. Therapeutic massage

### 3. General Hyperthermia (followed by perfusion of physiological solution)

## WEDNESDAY

### 1. Intermediary medical consultation

### 2. Detox perfusion

### 3. Ozone-therapy

### 4. Local hyperthermia (liver)

### 5. Therapeutic drainage

## THURSDAY

### 1. Detox perfusion

### 2. Magnetic therapy

### 3. Oxygen-therapy

### 4. Local hyperthermia (liver)

### 5. Therapeutic massage

## FRIDAY

### 1. Ozone-therapy

### 2. Final medical consultation with the hand over of personal file

### 3. Personalized prescription for continuous amelioration

## Revitalization for 5 nights/ 6 days Sunday to Friday stay

(price varies up to targeting organs and function: injections quantity 12/20)

Revitalization program by Le Mirador Health Centre attends the perfect match between body cleaning and health booster. Each treatment will review body's inner functioning to promote a healthy and youthful life and longevity. Careful, but sure approach based on detox acceleration from day one to day 5 will help your organism to adapt itself and release deeply accumulated toxins. Personalized injections will stimulate specific organs and systems, to obtain effective antiageing results. Hormonal, cerebral and metabolic activities will be precisely targeted by injections, chosen individually by our medical team. The initial medical check-up will wisely determine your actual health level and give direction to achieve extraordinary efficiency over these intensive 5 days

Resuming the Revitalization program, it will include :

- Three medical consultations
- Nutrition consultation
- Complete medical check-up
- Two detox perfusions
- Revitaminizing perfusion
- Two Ozone-therapies
- General Hyperthermia
- Rehydrating perfusion
- Aminoacids perfusion
- Injections 12/20
- Hydrocolonotherapy
- Two therapeutic massages
- Two therapeutic drainages
- Two local hyperthermia
- Two magnetic therapies
- Two oxygen-therapies
- Personal file with USB key
- Personal follow up prescription

## MONDAY

1. Medical check up, including:
  - Blood test
  - ECG
  - Physiological norms (weight/height etc)
  - Medical and nutrition consultations
2. Hydrocolonotherapy (probiotic prescription)
3. Perfusion of vitamin complex
4. Therapeutic massage

## TUESDAY

1. Detox perfusion
2. Therapeutic drainage
3. Injections 3/5
4. Local hyperthermia
5. Ozone therapy
6. Magnetic therapy

## WEDNESDAY

1. Intermediary medical consultation
2. General hyperthermia
3. Perfusion of aminoacids + physiosolution
4. Oxygen – therapy
5. Injections 3/5
6. Therapeutic drainage

## THURSDAY

1. Detox perfusion
2. Therapeutic massage
3. Injections 3/5
4. Magnetic therapy
5. Local Hyperthermia
6. Ozone-therapy

## FRIDAY

1. Injections 3/5
2. Oxygen-therapy
3. Final medical consultation with the hand over of personal file
4. Personalized prescription for continuous amelioration

## Stress Management program

Stress is the style of life that we are living today and is the ultimate cause of illnesses. Our program resulting significant amelioration in the brain and body reaction is created especially for people having first symptoms of stress as anxiety, sleep disorders, headaches, and lack of concentration and memory etc. Stress Relaxation Response test will help to detect exact brain zones and body symptoms to be treated. During 2 hours the specialist will control all body and brain waves reactions to create individualized SRR treatment program. Physiological renewal combined with personalized SRR treatment will permit to obtain the best available result on general resistance recovery.

Resuming the Stress Management program, it will include :

- Medical Check-up including:
  - Blood and urine test
  - ECG
  - Capnography
  - Medical consultation
- Hydrocolon therapy
- Ozone therapy 2 sessions
- SRR test (Stress Relaxation Response)
- SRR treatment 3 sessions
- Vibration therapy with chanting bowls
- Magnetic therapy 2 sessions
- Personal file with USB key

## Three days ReSTART health program

We are delighted to offer you 3 days general health improving program, which aims to ReSTART the body's recovery process. Following the concept of 3 stages: medical check-up, in-depth cleaning of the body and ending with the regeneration of the physiological balance, we target the best result in a short time period. Each treatment is adjusted and personalized through the program by the health professionals promoting your natural healing mechanisms.

Resuming the Three days ReSTART health program, it will include :

- Medical Check-up including:
  - Blood and urine test
  - ECG
  - Capnography
  - Medical consultation
- Detox perfusion
- Hydrocolon therapy
- Therapeutic drainage
- Local hyperthermia (liver cleansing)
- Magnetotron therapy
- Vitaminizing perfusion
- Ozone therapy (intravenous)
- Therapeutic massage
- Final medical consultation
- Personal file with USB key

Your day by day stay will be perfectly scheduled arrival.

The meal plan (breakfast, lunch and dinner) will be adjusted to personalized detox menu after nutrition and medical consultation. We suggest following the detox full board meal plan to enhance the efficiency of medical care.

Le Mirador Resort & SPA infrastructure permit to relax in Givenchy SPA, where you can receive Givenchy professional treatments for the face and body. Fitness & water zones are highly recommended during your free time. Hiking and jogging areas around the Resort permit to maintain physical activities on fresh air, and we recommend to maintain sport loads of light to intermediary levels (up to your everyday habits) during medical treatments.

Don't hesitate to address to Le Mirador Health Centre team for any inquiries.

### *CANCELLATION POLICY*

To confirm the stay, we require your payment two weeks at least before your arrival.

1. For cancellations made within 14 days to 7 days before date of arrival: Full refund.
2. For cancellations made within 7 days to 4 days before date of arrival: 50% refund.
3. For cancellations made within 4 days to 0 days before the arrival date: No refund.
4. For cancellations without notice: No refund.
5. Unexpected departure: No refund

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