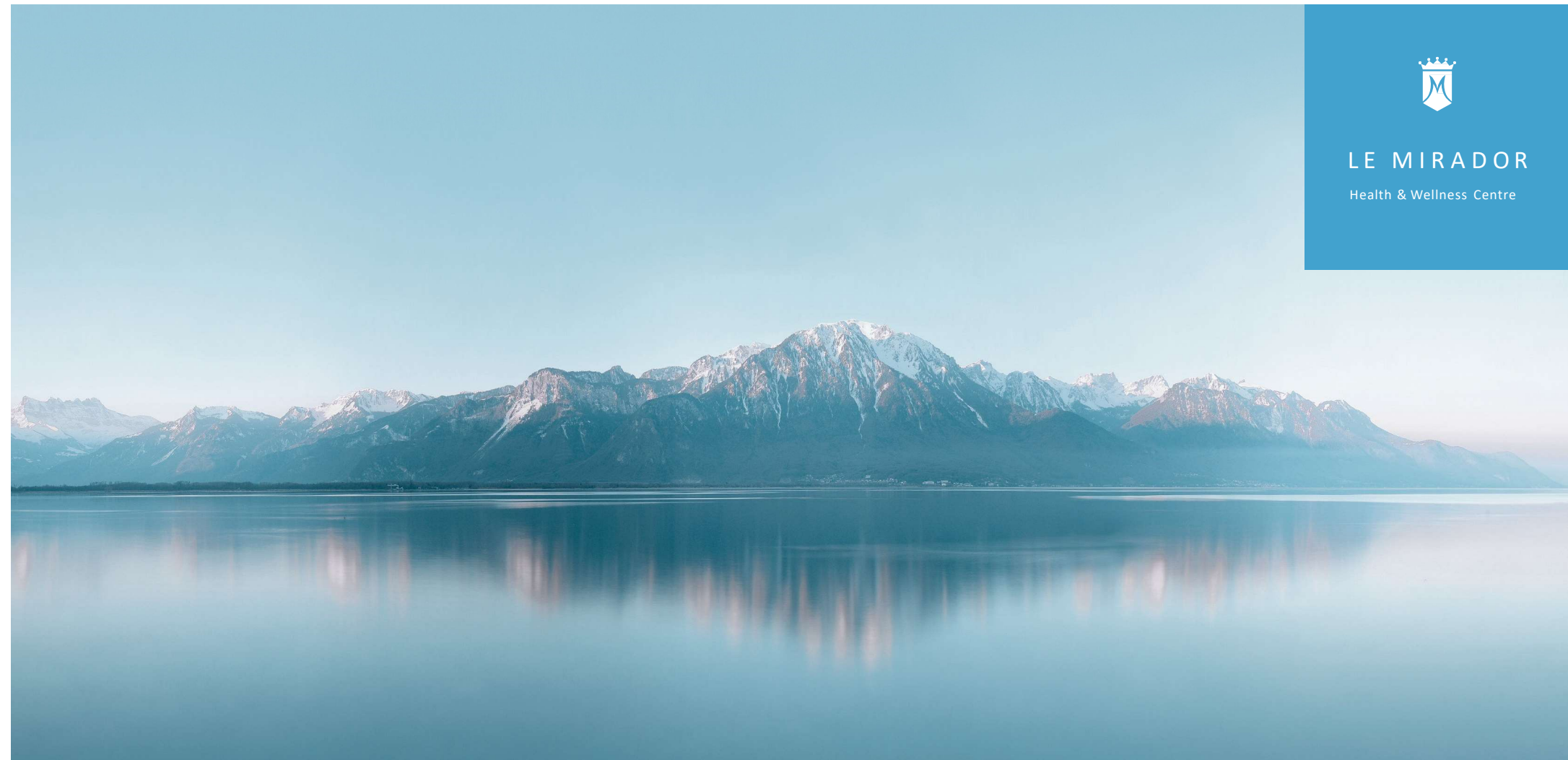




LE MIRADOR

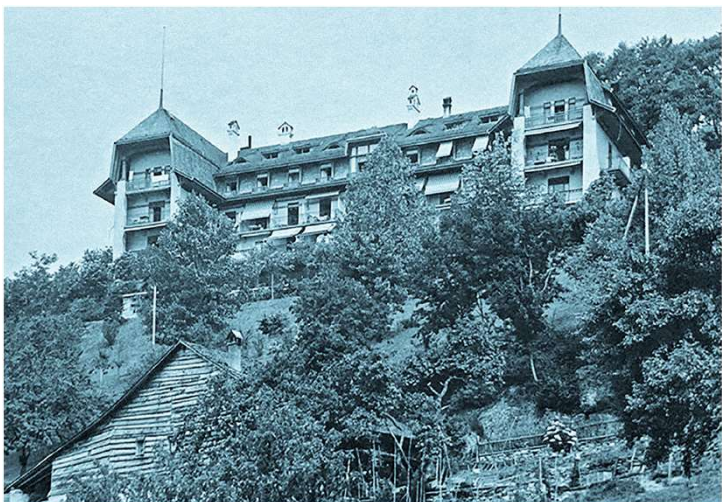
Health & Wellness Centre



Chemin de l'Hôtel Mirador 5  
1801 Le Mont-Pèlerin  
SWITZERLAND

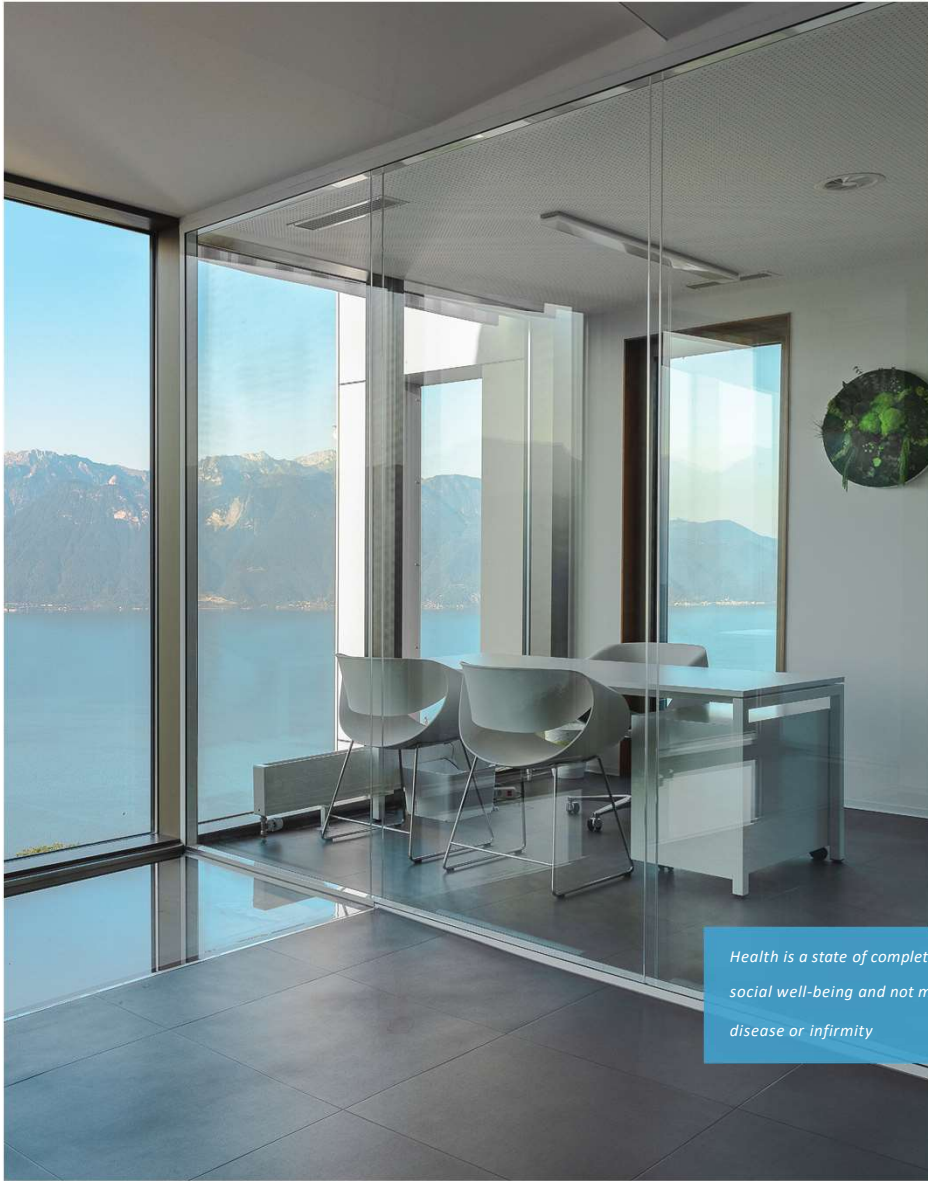
Tel +41 21 925 15 00  
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[medical@mirador.ch](mailto:medical@mirador.ch)

[mirador.ch](http://mirador.ch)



## Our passion, your health

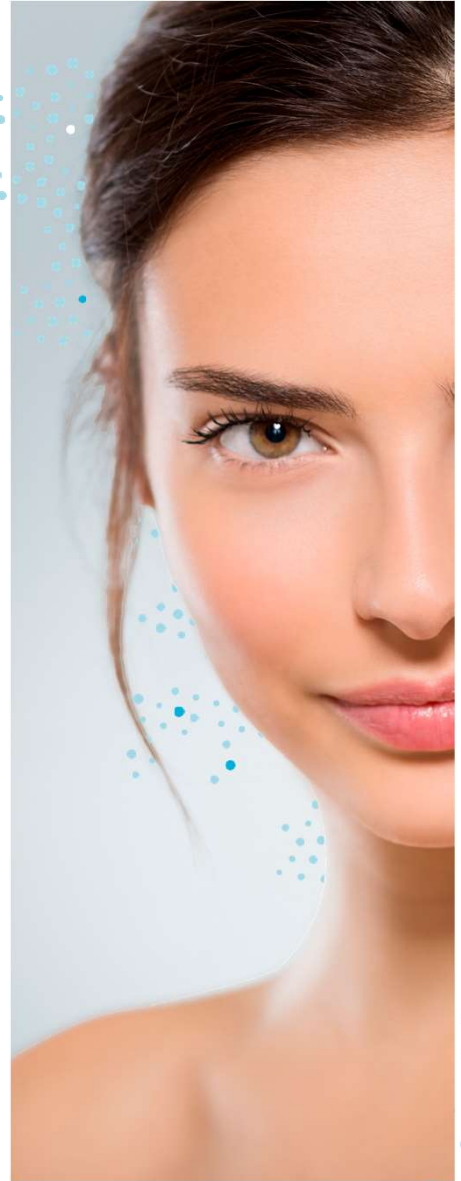
When it was founded in 1904 under the name of Clinique Mon Repos, the health centre set itself the task of concentrating the most advanced human resources and techniques in order to take care of and improve the health of its patients.



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

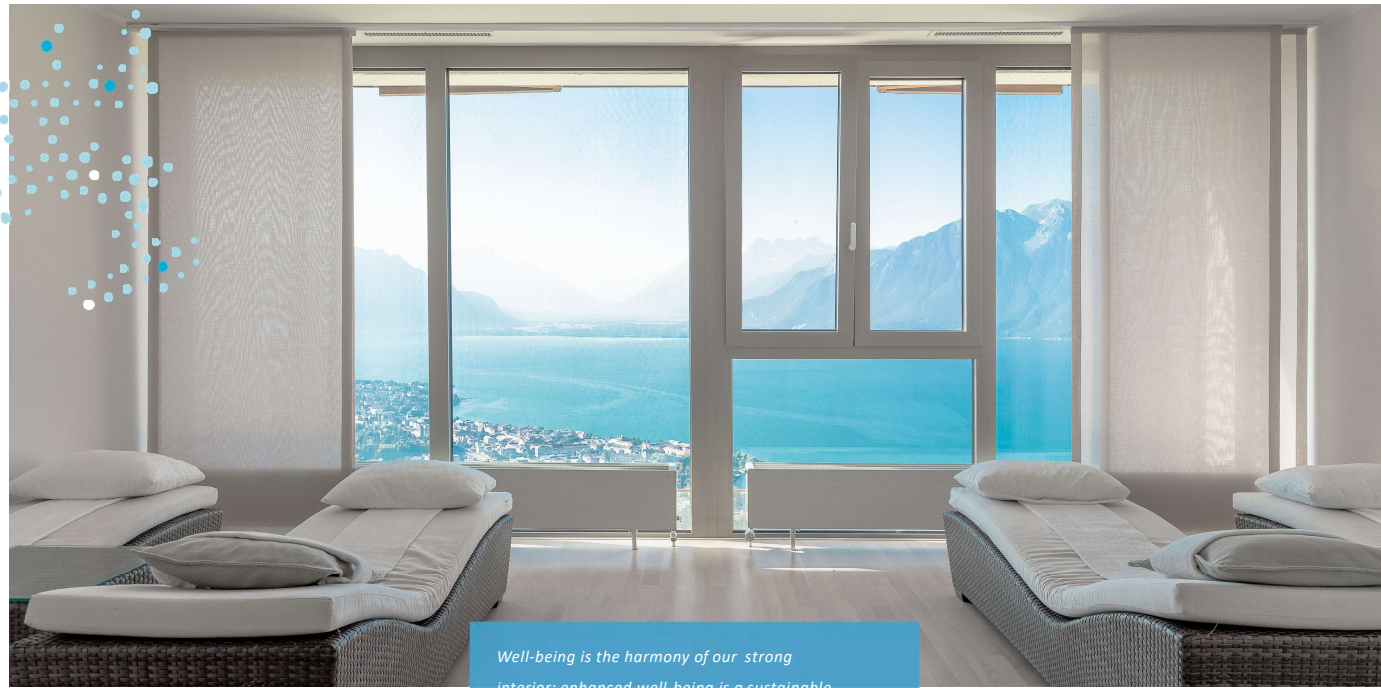
## A pinnacle of well-being

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.



## 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. »*

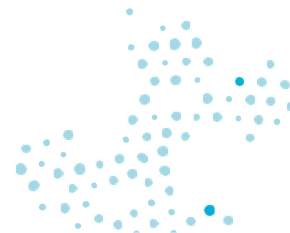


## A philosophy based on balance

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 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, sports and cultural activities and in the heart of Europe, just an hour from Geneva International Airport.



Program list

# Enhancer Mirador

## Detox

Programmes

*Flash - 3 days / 2 nights*

- 1 Blood Test
- 1 ECG
- 1 Medical Consultation
- 1 Detox Infusion
- 2 Magnetotron Therapies
- 2 Local Hyperthermia Treatments

## Basic

*7 days / 6 nights*

- 1 Blood Test
- 1 ECG
- 2 Medical Consultations
- 2 Detox Infusions
- 1 Ozonotherapy
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 3 Magnetotron Therapies
- 3 Local Hyperthermia Treatments
- 1 Lymphatic Drainage

## Intensive

*10 days / 9 nights*

- 1 Blood Test
- 1 ECG
- 2 Medical Consultations
- 4 Detox Infusions
- 2 Ozonotherapies
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 6 Magnetotron Therapies
- 6 Local Hyperthermia Treatments
- 2 Lymphatic Drainages

## Elite

*14 days / 13 nights*

- 1 Blood test
- 1 ECG
- 2 Medical Consultations
- 7 Detox Infusions
- 4 Ozonotherapies
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 9 Magnetotron Therapies
- 9 Local Hyperthermia Treatments
- 2 Lymphatic Drainages





# Energy Mirador

## Essential

Revitalisation Programme

*4 days / 3 nights*

- 1 Blood Test
- 1 ECG
- 2 Medical Consultations
- 1 detox infusion
- 1 Ozonotherapy
- 4 Mesotherapy Treatments
- 1 Hydrocolon Therapy
- 2 Magnetotron Therapies
- 2 Local Hyperthermia Treatments
- 1 Lymphatic drainage

## Intensive

Revitalisation Programme

*6 days / 5 nights*

- 1 Blood Test
- 1 ECG
- 3 Medical Consultations
- 2 Detox Infusions
- 2 Ozonotherapies
- 8 Mesotherapy Treatments
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 4 Magnetotron Therapies
- 4 Local Hyperthermia Treatments
- 1 Lymphatic Drainage

## Elite

Revitalisation Programme

*8 days / 7 nights*

- 1 Blood Test
- 1 ECG
- 5 Medical Consultations
- 3 Detox Infusions
- 3 Ozonotherapies
- 10 Mesotherapy Treatments
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 6 Magnetotron Therapies
- 6 Local Hyperthermia Treatments
- 1 Lymphatic Drainage



## Emphasis Mirador

## Efficiency Mirador

### Liver Cleansing

Programme

*7 days / 6 nights*

- 1 Blood Test
- 1 ECG
- 2 Medical Consultations
- 2 Ozonotherapies
- 1 Liver Cleansing Infusion
- 1 Wholebody Hyperthermia Treatment
- 1 Hydrocolon Therapy
- 3 Magnetotron Therapies
- 3 Local Hyperthermia Treatments
- 1 Lymphatic Drainage

### Basic

Weight Management Programme

*7 days / 6 nights*

- 1 Blood Test
- 1 ECG
- 1 Medical Consultation
- 1 Dietetic Consultation
- 1 Detox Infusion
- 3 Mesotherapy Treatments
- 1 Wholebody Hyperthermia Treatment
- 2 Hydrocolon Therapies
- 3 Magnetotron Therapies
- 3 Local Hyperthermia Treatments
- 1 Gym Coaching Session
- 1 Creation of a diet Menu

### Intensive

Weight Management Programme

*10 days / 9 nights*

- 1 Blood Test
- 1 ECG
- 2 Medical Consultations
- 1 Dietetic Consultation
- 2 Detox Infusions
- 4 Mesotherapy Treatments
- 1 Wholebody Hyperthermia Treatment
- 2 Hydrocolon Therapies
- 4 Magnetotron Therapies
- 4 Local Hyperthermia Treatments
- 2 Gym Coaching Sessions
- 1 Creation of a diet Menu



## Expertise Mirador options

Check up

Cardiologic Medicine

Gynecological Medicine

Internal Medicine

Orthopedic Medicine

Pediatric Medicine

Blood test

- Classic blood test
- Genetic blood test
- Neurological blood - test
- Compulsory medical consultation

Aesthetic Medicine

- Consultation
- Consultation + Botox
- Consultation + hyaluronic acid
- Aesthetic Mesotherapy
- Dermatology



## A la carte

*Energy Mirador Mito infusion*

*Energy Mirador Balance infusion*

*Energy Mirador Power infusion*

*Energy Mirador Metabol infusion*

*Liver cleansing infusion*

*Wholebody hyperthermia*

*Ozone therapy*

*Check-up laboratory*

*Aesthetic consultation*

*Mesotherapy*

*Aesthetic mesotherapy*

*Hydrocolon therapy*

*Lymphatic drainage*

*Indiba therapy*

*Magnetotron therapy*

*Platelet rich plasma therapy*





LE MIRADOR  
Health & Wellness Centre



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