



LE MIRADOR  
HEALTH CENTRE

## Detox, revitalisation and weight management programmes



**Reveal my body**  
7 days



**Reveal my health**  
7 days



**Reveal my health & body**  
7 days



## 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 Lemman 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.



LE MIRADOR HEALTH CENTRE  
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# Reveal my body

## 7 days

### DAY PROGRAMME

- 1 Welcome on arrival
- 2 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
- 2 Introduction to your health stay  
Check-up : Blood test and ECG  
Nutritionist consultation  
Hydrocolonotherapy  
Personal fitness training
- 3 Medical consultation  
Magnetotron treatment  
Lymphatic drainage
- 4 Therapeutic massage
- 5 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
- 2 Introduction to your health stay  
Check-up : Blood test and ECG  
Nutritionist consultation  
Magnetotron treatment  
EnCurve weight management  
Lymphatic drainage  
Personal fitness training
- 3 Medical consultation  
Therapeutic massage
- 4 Hydrocolonotherapy  
EnCurve weight management  
Lymphatic drainage  
Personal fitness training
- 5 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



## LE MIRADOR RESORT & SPA

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



THE LEADING HOTELS  
OF THE WORLD®



SWISS DELUXE HOTELS





## LE MIRADOR HEALTH CENTRE

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LE MIRADOR  
HEALTH CENTRE



Excellence for your well-being