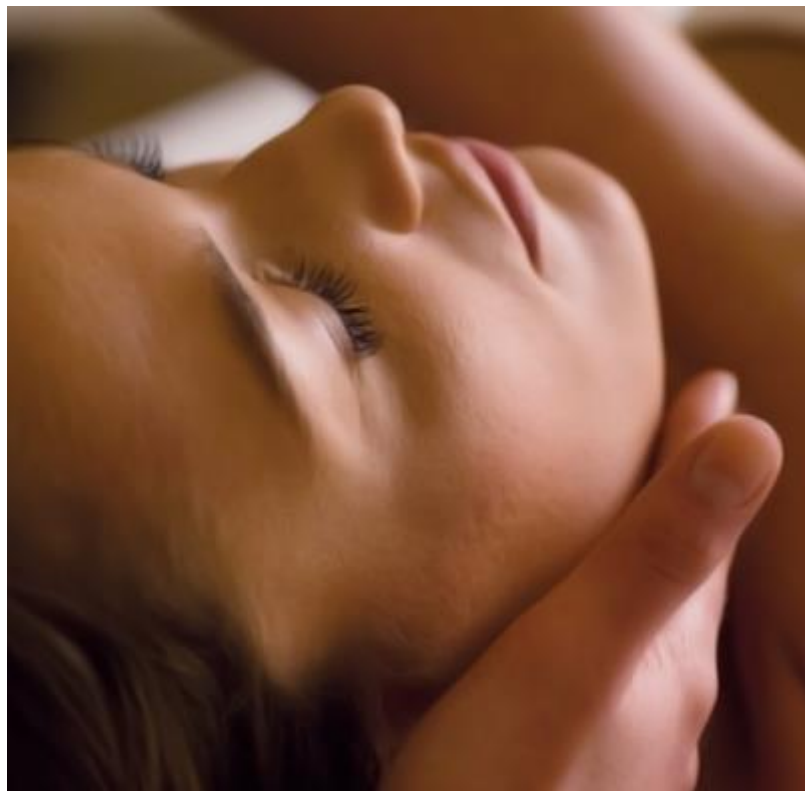


La Reserve 4 days Better Aging Program

4 days to take a break, to recharge your batteries, to get back to a healthy weight, as well as to develop a better understanding of how to optimize your future quality of life



Nescens better-aging check-up

- Session with the doctor responsible for the program, health and diet check-up, interpretation of biological assessment results
- Session with the osteopath, physical and joint-health evaluation
- Session with the dietician, dietary assessment

Intensive, personalized program of physical activities and treatments

Physical activities

- 1 daily personal training session from the second day
- Access to all spa facilities (swimming pool, fitness, sauna, hammam...)
- Access to group classes

Spa treatments, 1 massage per day minimum:

- 2 exclusive better-aging massages - 1h30
- 2 exclusive better-aging massages - 2h
- 1 complete 3-in-1 remodeling treatment - 1h30
- 2 body wraps
- 1 body scrub
- 4 balneotherapy treatments

Better-aging dietary program

- 3 personalized healthy meals daily

Excluding accommodation: CHF 3'200

Including accommodation: CHF 4'800 for a Superior room for single occupancy or CHF 8'000 CHF for double occupancy. In addition to the Nescens better-aging 4-day break, the stay includes:

- 4 nights
- A welcome Smoothie in your room
- Free access to La Petite Réserve for children from 6 months to 13 years old, daily from 9am to 6pm
- Soft drinks free of charge from the mini-bar
- Free wireless internet access

Book now [here: hello@medicaltravel.swiss](mailto:hello@medicaltravel.swiss) Mobile: 0041 78 737 35 41

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