

SWISS HEALTH RETREATS

Together towards  
a new sense of well-being

MEDICAL HEALTH AND BEAUTY PROGRAMMES IN SWITZERLAND

**HIRSLANDEN**   
SWISS HOSPITAL GROUP

**GIARDINO**  
HOTELS  
SWITZERLAND

HIRSLANDEN PRIVATE HOSPITAL GROUP  
AND GIARDINO HOTELS

# In the best hands.



Health and satisfaction are essential for a fulfilled life. In Switzerland, two partners have joined forces to accompany their patients and guests on the path towards greater well-being: the Hirslanden Private Hospital Group and Giardino Hotels.

The Hirslanden Private Hospital Group has stood for excellence and quality for over 25 years and is considered one of the world's leading healthcare service providers in the private sector. It is the largest medical network in Switzerland, with a range of medical services covering nearly all specialty areas. The company also has a focus on several core areas, in which experts with many different specialisations work in interdisciplinary cooperation. This includes such areas as prevention and in-vitro fertilisation as well as highly complex heart surgeries. Modern facilities and high-tech infrastructure are top priorities, as are the highest standards in medicine and care.



## REJUVENATION ON A PHYSICAL, EMOTIONAL AND MENTAL LEVEL

Giardino Hotels redefine Swiss luxury: uncompromising service, exquisite locations and a retreat for the senses. At the legendary Hotel Atlantis by Giardino in Zurich, everything revolves around resting, slowing down and eating well. With various wellness services based on Ayurvedic teachings, the staff helps guests align their internal clock and balance out their body and mind. The treatments are designed to activate the guests' own healing powers and stimulate life energy. A special nutrition concept, along with coaching sessions to restore equilibrium, help maintain the positive effects of the therapies in the long term.

### OUR SERVICES AT A GLANCE:

Combined packages from the two partners unite superior medical care with comprehensive health services on a 5-star level.

DETOX

BODY BEAUTY

WEIGHT-LOSS

BUSINESS CHECK-UP

ANTI-AGING

FERTILITY TREATMENT







DETOX

## Metabolism boosts.

The stress in our everyday lives often leaves us short of time to eat a balanced diet and get enough exercise. This leaves its mark: we feel tired, have a hard time getting motivated and are unable to perform at our usual levels.

This is exactly where the Detox programmes pick up. The experienced doctors at the Hirslanden Private Hospital Group take their time to thoroughly establish the medical history of their patients and perform a precise physical examination. They apply state-of-the-art technology to test various clinical parameters, perform an ultrasound diagnosis and analyse their patient's metabolism. This gives them a detailed idea of the patient's current situation so that they can initiate the necessary procedures – with the goal of cleansing and sustainably fortifying the body.

At the dipiù Spa at Atlantis by Giardino, specially trained therapists ensure that the guest's acid-base ratio regains its balance and that waste products are eliminated from the body. Massages and alkaline baths help with this process, as does a healthy diet. The nutrition concept based on an Ayurvedic diet does not interfere with the joy of eating – quite the contrary: fresh and regional ingredients as well as individualised seasoning offer a superb taste experience while fortifying the digestive system. Accompanying therapies, such as yoga and meditation, also help stimulate the metabolism, renew vital energy and gain mental strength.



### DETOX - OVERVIEW OF SERVICES (7 DAYS)

The Detox programme detoxifies the body and refreshes the mind. The specialists at the Hirslanden Private Hospital Group and the therapists at the Giardino Hotels have a common goal: fortifying the body and generating increased performance capacity.

#### MEDICAL CARE BY HIRSLANDEN:

- Interview and consultation with a specialist
- Blood and urine test
- Metabolic analysis
- Bioelectrical impedance analysis
- Measurement of individual energy consumption
- Thyroid ultrasound
- Analysis of body fat percentage and muscle mass as well as other physical parameters
- Discussion of results of the medical examination (usually after 5 to 6 days)
- Final medical report

#### SERVICES BY GIARDINO HOTELS:

- 6 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 3 alkaline baths
- 3 massage treatments
- One facial treatment
- One private yoga lesson
- Advice on nutrition and lifestyle

Programme rates: **From CHF 9,695** - including medical and hotel services





WEIGHT-LOSS

A new sense of the body.

More than 1.6 billion people in the world are overweight and often suffer from serious secondary diseases, such as diabetes, osteoarthritis or heart problems.

The comprehensive weight-loss programme helps patients attain the desired shape and regain vitality. After an in-depth medical history is taken, the Hirslanden specialists test the heart with an ECG and echocardiogram, perform an ultrasound on the thyroid gland and analyse various clinical parameters. This gives them a comprehensive overview of the patient's current state of health, allowing them to explore the causes behind the weight gain and initiate targeted countermeasures.

The therapists at the dipiù Spa at Atlantis by Giardino provide support along the path towards a personal feel-good weight on various levels. An individual training plan helps to reduce body fat and build up muscle mass at the same time. Yoga and meditation hone the senses and boost the body's metabolism, as well as its own detoxification. The individually designed menu based on Ayurvedic nutrition is also a key factor in the guest's success: the delicious meals are prepared with fresh regional ingredients and seasoned according to individual recommendations. Experienced coaches advise the clients on lifestyle and nutrition so that they can control and maintain their weight on a long-term basis.



WEIGHT-LOSS - OVERVIEW OF SERVICES (7 DAYS)

In this programme, the specialists at the Hirslanden Private Hospital Group determine the medical causes of the excess weight, while the therapists at the Giardino Hotel provide a boost to guests' bodies. The focus is on a healthy diet, plenty of exercise and diverse Ayurvedic treatments.

MEDICAL CARE BY HIRSLANDEN:

- Interview and consultation with a specialist
- Blood and urine test
- Metabolic analysis
- Bioelectrical impedance analysis
- Measurement of individual energy consumption
- Thyroid ultrasound
- Analysis of the body fat percentage and muscle mass in the body as well as other physical parameters
- Clarification of primary and secondary causes for the excess weight or adipositas
- Discussion of results of the medical examination (usually after 5 to 6 days)
- Cardio check-up (incl. consultation with a specialist, echocardiogram, stress ergometry and transthoracic echocardiography)
- Final medical report

SERVICES BY GIARDINO HOTELS:

- 6 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 3 massage treatments
- One individual coaching session
- One personal training session
- Advice on nutrition and lifestyle

Programme rates: **From CHF 13,570** - including medical and hotel services





## ANTI-AGING

# Naturally younger.

Our skin tells the story of our lives. Although you may proudly look back on your experiences, wrinkles and sagging skin can interfere with your own perception of your beauty. Aside from changing processes in the organism, environmental influences are the main causes of facial aging. This includes the climate, air pollution, UV rays, stress and an unhealthy diet. All of this can be countered – by supporting your body both on the inside and out.

Based on a targeted survey and in-depth examinations, the experienced specialists at the Hirslanden Private Hospital Group know which substances and methods help stimulate the cell activity and actively nourish the skin. They offer various proven therapies to improve the skin's elasticity and firmness: modern ultrasound lasers deeply penetrate the skin without damaging its surface and use high-precision light impulses to stimulate the regrowth of collagen and hyaluronic acid.

A treatment with the patient's own blood during Vampire Lifting or the selective injection of botulinum toxin and hyaluronic acid fillers contribute to a refreshed appearance and thus greater well-being. If desired, the specialists will, of course, also perform smaller cosmetic modifications such as an eyelid correction.

Aging skin can also be counteracted via the entire organism. After taking a detailed medical history, the therapists at the Giardino Hotels provide individual care with specific treatments. In addition to gentle massages, breathing exercises as well as daily yoga and meditation are particularly helpful in stimulating the metabolism and blood circulation. When this is combined with a personalised nutrition plan based on an Ayurvedic diet, guests can increase the positive effects and also maintain them at home. The chefs consistently use healthy and fresh ingredients, which are seasoned appropriately according to individual recommendations.



## ANTI-AGING - OVERVIEW OF SERVICES (FROM 3 DAYS)

A refreshed appearance is the goal of the various anti-aging programmes. The specialists at the Hirslanden Private Hospital Group and therapists at the Giardino Hotels work hand in hand to actively counteract the signs of aging on the skin – from the inside and out.

### MEDICAL CARE BY HIRSLANDEN:

#### VAMPIRE LIFTING, 3 DAYS

- Consultation with a specialist
- Skin examination
- Local anaesthetic
- 3 vampire facelifts with PRP (platelet-rich plasma)

**From CHF 7,730** – including medical and hotel services

#### BOTULINUM TOXIN AND ANTI-WRINKLE INJECTIONS WITH HYALURONIC ACID, 3 DAYS

- Consultation with a specialist
- Skin examination
- Injection of botulinum toxin (possible areas: forehead, eye region, mouth region)
- Injection of hyaluronic acid (possible areas: forehead wrinkles, eyebrow lift, corners of the mouth, cheeks, nasolabial fold, marionette folds, neck lines, chin)

**From CHF 3,430** – including medical and hotel services

#### ULTRASOUND LASER, 3 DAYS

- Consultation with a specialist
- Skin examination
- Ultrasound treatment (per zone): forehead, eye region, cheeks, lips, cleavage

**From CHF 4,730** – including medical and hotel services

#### EYELID CORRECTION (BOTH EYES), 7 DAYS

- Consultation with a specialist
- Skin examination
- Local anaesthetic
- Eyelid correction (upper or lower eyelids)
- 2 to 3 follow-ups

**From CHF 11,230** – including medical and hotel services

### SERVICES BY GIARDINO HOTELS:

- 2 or 6 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 2 or 5 massage treatments





## BODY BEAUTY

# Feel good in your own body.

There are various reasons why women consider shaping their bodies to reflect their own preferences. Sometimes pain can be the impetus to make a change, or maybe you are simply dissatisfied with certain regions of your body. Often, your motivation may also be about delaying the natural aging process or getting back into top shape after giving birth, for example.

The Hirslanden Private Hospital Group supports its patients along this path. In state-of-the-art facilities, the experienced surgeons perform a wide range of aesthetic operations – from liposuctions to breast enlargements or facelifts. The so-called “Mommy Makeover” has become a trend: often sports are not enough to compensate for the strain of a pregnancy, birth

and nursing. The Mommy Makeover actively helps by firming the abdominal surface and correcting potential umbilical hernias.

The therapists at the dipiù Spa at the Hotel Atlantis by Giardino support the healing process from the inside and out: gentle massages and individualised facial treatments provide soothing relaxation and offer the body and mind the calmness they require. A daily programme consisting of yoga, meditation and breathing exercises helps boost the metabolism and activate the body’s own healing powers. Competent nutrition counselling and an individual nutrition programme based on an Ayurvedic diet round out the offer and make it possible to stay in top shape in the long term.



## BODY BEAUTY - OVERVIEW OF SERVICES (FROM 7 DAYS)

The Body Beauty offers provide an overall sense of well-being. While the specialists at the Hirslanden Private Hospital Group demonstrate their expertise in the operating room, the therapists at the Giardino Hotels help provide relaxation to the body and mind and activate the body’s own healing powers.

### MEDICAL CARE BY HIRSLANDEN:

#### MOMMY MAKEOVER, 11 DAYS

- Consultation with a specialist
- Examination of the body regions to be treated
- Abdominoplasty
- Correction of umbilical hernia
- Follow-up examinations (3 to 5 appointments)
- Inpatient stay (3 days)

**From CHF 42,360** - including medical and hotel services

#### BREAST ENLARGEMENT, 10 DAYS

- Consultation with a specialist
- Examination of the body regions to be treated
- Breast enlargement
- Follow-up examinations (3 to 5 appointments)
- Overnight stay at the day clinic

**From CHF 20,380** - including medical and hotel services

#### BREAST LIFTING, 10 DAYS

- Consultation with a specialist
- Examination of the body regions to be treated
- Breast lifts
- Follow-up examinations (3 to 5 appointments)
- Overnight stay at the day clinic

**From CHF 27,380** - including medical and hotel services

#### LIPOSUCTION OF THE ABDOMEN, 7 DAYS

- 2 zones: lower and upper abdomen
- Interview and consultation with a specialist
- Examination of the body regions to be treated
- Liposuction with local anaesthetic
- Follow-up examinations (3 to 5 appointments)

**From CHF 10,770** - including medical and hotel services

### SERVICES BY GIARDINO HOTELS (7, 10 OR 11 DAYS):

- 6, 9 or 10 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 3 massages and a facial treatment
- One nutrition counselling session





**BUSINESS CHECK-UP WITH PHARMACOGENETICS**

# Manage your own health.

If you're working at full speed every day and travel a great deal, it's crucial to maintain your health. But often there just is not enough time to exercise and eat healthy meals. This can be dangerous in the long run, since constant stress strains not only the body but also the mind.

That is why the experts at the Hirslanden Private Hospital Group offer business people two components of personalised medical care: on the one hand, they perform an extensive medical history check and examine the heart and lungs. An ultrasound of the abdomen and various clinical parameters help the doctors provide an exact assessment of the current health condition. On the other hand, by applying their diagnostic expertise, the specialists determine their patients' individual pharmacogenetic profile, which allows them to reduce

potential medical complications of any current or future pharmaceutical therapy or increase its effectiveness (see box for more information).

Based on a range of physical parameters, the specialists at the Giardino Hotels can detect the strengths and weaknesses of the body and mind. As a result, they can provide individual help relating to the patient's lifestyle and preventive care. Offers such as a sauna or steam bath as well as yoga and meditation support the body's detoxification and boost the immune system. Ayurvedic treatments help this process and provide deep physical and mental relaxation. The individual nutrition programme based on an Ayurvedic diet represents indulgence with no sacrifices and the individualised seasoning stimulates the digestion. Guests can thus recharge their energy for new tasks.



**PHARMACOGENETICS:  
THE BEST THERAPY FOR EVERYONE**

What might heal one person could be ineffective or cause strong side effects in another. This is where pharmacogenetics comes in. The experts in the lab detect the relevant genetic factors, making it possible for doctors to ideally coordinate the medical treatment for each patient – for example, to find the best possible dosage or ideal combination of various medicines. The results of the individual pharmacogenetic profile will be valid for the patient's entire life!



**BUSINESS CHECK-UP -  
OVERVIEW OF SERVICES (3 DAYS)**

A pharmacogenetic profile lets patients become managers of their own health. The specialists at the Hirslanden Private Hospital Group gain an overview of the current situation while the therapists at Atlantis by Giardino minimise the effects of stress and tension and share helpful tips for future preventive measures.

**MEDICAL CARE BY HIRSLANDEN:**

- Interview and consultation with a specialist
- Abdominal ultrasound
- Blood and urine test
- Electrocardiogram (ECG)
- Stress ergometry
- Small lung function test
- Follow-up
- Final medical report
- Laboratory test and gene sequencing
- Creation of a pharmacogenetic profile
- Follow-up to discuss results:
  - Assessment and adjustment of preventive medication
  - Diagnosis, treatment and prevention of adverse drug reactions
  - Identification and interpretation of drug levels
  - Adjustment of acute medical drugs and dosage
  - Final clinical pharmacological assessment incl. medical report

**NEW: WITH PHARMACOGENETIC PROFILING**

- Clinical pharmacological examination and medical history
- Review of current medication

**SERVICES BY GIARDINO HOTELS:**

- 6 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 2 massages

Programme rates: **From CHF 8,780** - including medical and hotel services



FERTILITY TREATMENT

# Welcoming a new life.

Many couples dream of starting a family. But, the likelihood of a natural conception may decrease for various reasons. Medical factors, stress, lack of exercise and an inadequate diet could negatively influence the fertility of both partners.

For all those who have waited in vain for a pregnancy for a long time, there are various options to support the desire for children. The specialists at the Hirslanden Private Hospital Group take time for a thorough medical history discussion and to review existing medical documents. Based on the results of the physical exam, there are two methods of artificial insemination, although the procedure is identical for the patients: after a hormonal pre-treatment, the specialist applies a mild anaesthetic and removes ova, which are then

fertilised outside the body. Following a successful fertilisation, the embryo transfer is performed a few days later. Additional embryos can be frozen and preserved.

Therapists at the Hotel Atlantis by Giardino support the medical treatment. Special massages in a relaxed atmosphere and a personalised nutrition programme on an Ayurvedic basis fortify the immune system and eliminate negative influences. A daily exercise programme as well as yoga, meditation and breathing exercises help guests to relax and gather energy for the upcoming tasks as parents-to-be. The trained coaches at the Giardino Hotels also provide plenty of useful advice relating to “becoming and being pregnant” and are happy to answer any questions.



## FERTILITY TREATMENT - OVERVIEW OF SERVICES (14 DAYS)

Helping the new generation get started – that is the shared goal of both partners. Based on all the examination results, the specialists at the Hirslanden Private Hospital Group perform an in vitro fertilisation of the ova, while the therapists at the Giardino Hotels apply their expertise to increase the chances of conception and optimally prepare the couple for a pregnancy.

### MEDICAL CARE BY HIRSLANDEN:

- Interview and discussion of existing medical data with a specialist
- Gynaecological examination
- Abdominal and vaginal ultrasound
- Fertility counselling and examination
- Final medical report

### IN VITRO FERTILISATION (IVF)/ICSI:

- Medication and ultrasound
- Egg collection, mild anaesthesia by specialists, fertilisation and insertion of the ovum (potentially with ICSI micro-injection), laboratory tests
- Freezing of surplus embryos, incl. storage for 6 months
- Additional storage for 6 months

### SERVICES BY GIARDINO HOTELS:

- 13 nights at the Hotel Atlantis by Giardino
- Airport transfer (ZRH) and all transfers to and from the Hirslanden clinic
- Basic Ayurvedic programme: daily yoga, meditation and Pranayama (special breathing exercises)
- Full Ayurvedic board (individual nutritional programme)
- 14 massage treatments
- One individual coaching session
- One private yoga lesson or meditation

Programme rates: **From CHF 27,420** – including medical and hotel services



## The Hirlanden Private Hospital Group

The Hirlanden Private Hospital Group comprises 18 hospitals, many of which are equipped with an outpatient surgery centre and an emergency station, and operates four outpatient clinics as well as 17 radiology and 5 radiotherapy institutes. This makes it the largest medical network in Switzerland.

The Hirlanden Group offers a range of services that covers all levels of care – from basic care and diagnostics to highly specialised medicine at a university level. The highest priority always remains the same: the benefit to patients.

### HIRSLANDEN IN NUMBERS

- 18 hospitals
- 1680 affiliated doctors
- 9,635 employees, including 461 employed doctors
- 102,903 patients
- 1,805 inpatient beds
- 80 intensive care beds

### HIRSLANDEN INTERNATIONAL

From establishing first contact and coordinating appointments to completion of the treatment, a specialised team takes care of the needs of international patients. The entire staff has expert knowledge which also allows them to give qualified answers to complex questions.

### HIRSLANDEN HOSPITALS IN ZURICH

All medical services are performed in Zurich – at the Hirlanden hospital Hirlanden, Hirlanden Klinik Im Park or at one of the specialised centres. All facilities provide superior expertise, excellent amenities and optimal airport access as well as the Hotel Atlantis by Giardino.

More information is available at [www.hirlanden.com](http://www.hirlanden.com)







## About Giardino Hotels Switzerland

**CONCEPT** · The unique Swiss lifestyle hotel group offers a new interpretation of the luxury boutique hotel concept with a clear goal: unique experiences in an exquisite setting, creative culinary delights and a sense of the joyful Mediterranean lifestyle.

**LOCATION** · Whether in sunny Ticino, on the peaks of the Alps or in the city centre, the Giardino Hotels are in all the most beautiful places in Switzerland. They combine all the amenities of the luxury hotel experience with a sprinkling of the famous Swiss hospitality.

**CUISINE** · The Giardino Hotels offer numerous culinary experiences – including the Ecco restaurant concept which has been awarded two stars, as well as the Ayurvedic-inspired restaurant Hide & Seek.

**WELL-BEING** · The diverse health programmes on an Ayurvedic basis focus on prevention, offering guests a rich assortment of holistic health applications, treatments and healing methods. The selection of the treatments ensures that the individuality of each guest always comes first.

More information at [www.giardino.ch](http://www.giardino.ch)

### OUR 5-STAR RESORTS:

#### ZURICH

Hotel Atlantis by Giardino  
[www.atlantisbygiardino.ch](http://www.atlantisbygiardino.ch)

#### ASCONA

Hotel Giardino Ascona  
[www.giardino-ascona.ch](http://www.giardino-ascona.ch)

#### ST. MORITZ

Hotel Giardino Mountain  
[www.giardino-mountain.ch](http://www.giardino-mountain.ch)



## ATLANTIS BY GIARDINO ZÜRICH

**CONCEPT** · Nestled in a beautiful natural setting and yet still in the centre of the financial metropolis, this elegantly furnished retreat is a historic landmark with a legendary story.

**LOCATION** · Situated at the base of the Üetliberg Mountain in Zurich and framed by magnificent green scenery, the Atlantis by Giardino offers a spectacular view of the glittering city.

**CUISINE** · Award-winning food: thanks to its unique concept and its creative cuisine, the Restaurant Ecco Zurich has been awarded not just one but two Michelin stars. The casual restaurant Hide & Seek features light Ayurvedic-inspired dishes.

**WELL-BEING** · The only hotel in Zurich with an outdoor pool. The dipiù Spa also contains an indoor pool, a sauna, a steam bath and treatment suites.



### CONTACT

Are you interested in our offers or do you have questions about the services of the Hirslanden Private Hospital Group or the Giardino Hotels Switzerland?

We will be happy to assist you. Call us or send us an e-mail:

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