

Holistic Anti-Aging Program

The three-, five- and seven-night program includes one-time or multiple sessions of the following

- Wellness Screening (30 min)
- Personal Consultation ((30 min)
- Skin analysis (30 min)
- Group wellness activities and workshops
- Access to hydrotherapy experiences
- Program wrap up with HAAC ambassador (30 min)
- Private fitness training, hiking, Pilates or yoga (60 min)
- Compression boots recovery session (30 min)
- Forest bathing
- Private meditation or Pranayama (30 min)
- Body treatment (90 min)
- Colonic Cleansing (60 min)
- Colonic Rejuvenation (120 min)
- Facial (cleansing, restoring, nourishing) (60 or 90 min)
- A body detox treatment, (60 or 90 min)
- Hot Stone Massage, (90 mins)
- Full board

All programs also include:

- Welcome bag
- Blue light blocking sunglasses
- Supplements



THE ALPINA
GSTAAD

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SWISS DELUXE HOTELS

LEGEND™

Preferred
HOTELS & RESORTS