

PRESS RELEASE



The next generation of Detox therapies, using modern bioresonance technology, is available now exclusively at Guarda Golf Hotel & Residences in Crans-Montana.

Crans-Montana, December 2018 – Guarda Golf Hotel & Residences continues to innovate, this time announcing the launch of the new Dr Fijan Detox & Vitality programme. The therapy is entirely tailored, based on an initial consultation using cutting-edge bioresonance technology, promising a host of tempting benefits.

A personalised detox therapy, for rapidly visible (and invisible) results.

A great number of toxins are built up on a daily basis through our current lifestyles. Stress, fatigue, dietary imbalance, lack of physical activity and countless other elements all affect our organisms negatively. Far from the daily routine, a holiday is the perfect moment to in which to cleanse. Along with the Guarda Golf, Dr Zana Fijan, an expert on nutrition and detoxification, has created an exclusive Detox & Vitality programme that aims to realign the delicate balance of the organism.

This is achieved over 3, 4, 5, 6 or 7 days, starting with an initial consultation with Dr Fijan, using cutting-edge Bio-resonance technology (which reads, analyses and harmonises the body's energy signals), an individualised dietary programme, beauty treatments by Biologique Recherche at the Guard Golf Spa, as well as massages and gentle exercises. Within a few days, visible results are apparent: improved physical and mental wellbeing, renewed vitality and energy, increased metabolism, improved digestion and sleep



patterns, released toxins, reduced fluid retention and radiant complexion. Each programme will be customised personally by Dr. Fijan, according to each person's needs and expectations.

A typical 7-day programme, priced at CHF 6,700.-, includes 5 bioresonance sessions, around 12 spa treatments - including massages, facials reflexology and a manicure and pedicure - at the Guarda Golf Spa, as well as a diet and exercise plan. For those who cannot spare a week of their precious time, can enjoy a 3 day programme for CHF 3,500.-.

For further information, please contact the team at Guarda Golf Hotel & Residences on +41 (0)27 486 2000, at info@guardagolf.com, or on the website, www.guardagolf.com.

Dr Zana Fijan

Dr Zana Fijan specializes in nutrition and detoxification treatments and is currently working for Summit Clinic in Crans-Montana. She is an internationally recognized expert in her field and a certified BICOM bioresonance practitioner with advanced studies in naturopathy and toxicology, holding degrees from the Biological Medicine Academy in Switzerland and the Faculty of Biological Science in Milan, Italy. Dr Zana Fijan provides a personalised holistic approach to each individual.

Bioresonance

Bioresonance is a biophysical model of healing using modern and sophisticated technologies. Bioresonance devices read the signals that are emitted throughout the body in order to detect when agents are acting as stressors. Dr Fijan uses such a bioresonance device for her diagnostics and therapies. During treatment, the device amplifies weakened healthy signals. In turn, this changes the way in which the body has been functioning and therefore improves its state of health.

Guarda Golf Spa

The award-winning Guarda Golf Spa offers a variety of intimate spaces laid out over 600 m². It features a heated indoor pool, whirlpool, sauna, steam room, relaxation room and a fitness centre with the latest Technogym® equipment. In four private treatment rooms, facials and massages with internationally acclaimed brands Biologique Recherche and KOS Paris are available, including oxygen-based remedies with Le Cube O2+. In addition, a large choice of wellbeing rituals and cosmetic treatments are on offer.

Guarda Golf Hôtel & Résidences

Guarda Golf Hotel & Residences in Crans-Montana was founded by owners Nati and Giancarlo Felli and opened its doors in 2009. Since the opening, the hotel has been part of a select circle of the finest luxury hotels in Switzerland, as a member of Swiss Deluxe Hotels as well as of The Leading Hotels of the World. Perfectly located adjacent to the Jack Nicklaus golf course and in





the centre of Crans-Montana, the hotel offers spectacular panoramic views over the Swiss Alps. Individual, personalized guest service is of the highest order, a philosophy that is put into practise daily in this establishment, currently consisting of 23 rooms and suites, 7 Suite Apartments, 18 private residences, a refined Japanese Restaurant 'MiZUKI by Kakinuma' and a Lounge Bar, Cigar Lounge, billiard room, library and several private dining rooms. The hotel pays homage to legendary actor Sir Roger Moore, loyal friend to the hotel, by naming the 15-seat cinema, the "Sir Roger Moore Private Cinema". The Guarda Golf Spa features an indoor pool, jacuzzi, sauna, steam room, gym and private suites for beauty treatments and massages. The international brand 'Biologique Recherche' is the main product range here. Two conference rooms have a capacity of up to 120 persons and state-of-the-art technical equipment.

In 2013 and again in 2018, Guarda Golf Hotel & Residences received the 'Prix Bienvenue' Award by the Swiss Tourism Board for being named among the top three most friendly and welcoming luxury hotels in Switzerland. It is also consistently listed as one of the most appreciated luxury properties by travellers on TripAdvisor and booking.com.

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