

DR FIJAN DETOX & VITALITY PROGRAMME

Exclusive to Guarda Golf Hotel & Residences in Crans-Montana



The Package

Diagnostic by Dr Fijan and personalised treatments applying her bioresonance model
Tailor-made diet plan and nutritional advice by Dr Fijan
Beauty treatments by Guarda Golf Spa
Massages and soft physical exercise at Guarda Golf Spa

Your Benefits

Improved physical and mental wellbeing
Regained energy and vitality
Increased metabolism and improved digestion
Released toxins and reduced fluid retention
Improved sleep patterns
Brighter and clearer skin

3-day programme: CHF 3'500.-
4-day programme: CHF 4'300.-
5-day programme: CHF 5'100.-
6-day programme: CHF 5'900.-
7-day programme: CHF 6'700.-

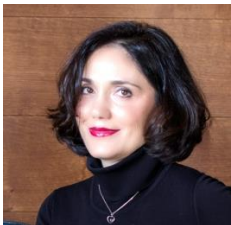
Prices are per person for the full program including: Diagnostic and treatment with Dr Fijan, tailor-made diet plan and nutritional advice by Dr Fijan, full board (breakfast, lunch and dinner) and alcohol-free beverages, beauty treatments and massages at Guarda Golf Spa, daily soft physical exercise, herbal tea selection. Optional hotel stay not included.

Ask for a detailed programme proposal. The content and timing of the Dr Fijan Detox & Vitality Programme can be adapted and personalised according to your specific expectations and your individual travel schedule. This therapy cannot be provided to persons with chronic or heavily medicated conditions, type 2 diabetes or pregnant women.

Preferred rates for rooms and suites at Guarda Golf Hotel & Residences are available on request

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SWISS DELUXE HOTELS



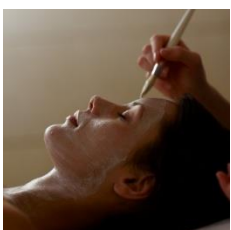
Dr Zana Fijan

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 *La Colline* and *KOS Paris* are available. In addition, a large choice of wellbeing rituals and cosmetic treatments are on offer.