



**GRAND RESORT  
BAD RAGAZ**  
★★★★★  
TAMINA HEALTH CENTER



## DETOX

Length of stay: 7 days / 6 nights

Relieve your body, activate your metabolism, and strengthen your immune system with a targeted Detox Programme: our medically supervised Detox Retreat helps you restore balance. Through natural detoxification, gut cleansing, and an alkaline-rich diet, you stimulate your body's self-healing powers — and regain renewed vitality. Our Detox Programme offers a profound, medically supervised detox tailored to your individual needs.

The goal is to sustainably relieve the liver, kidneys, digestive system, and connective tissue. We support your body on every level: from targeted elimination of toxins and restoration of a healthy gut microbiome to balancing the body's acid-base equilibrium.

The process is complemented by soothing detox treatments, therapeutic applications, and a carefully designed alkaline detox full-board nutrition plan.

## What to expect:

- Liver: metabolism activation
- Kidneys: support for toxin elimination
- Connective tissue: assistance with heavy metal detoxification
- Digestive system: cleansing, acid-base balance regulation, and gut microbiome optimization
- Skin: support for natural detoxification processes
- Lungs: enhanced oxygen-carbon dioxide exchange
- Immune system: stabilization and strengthening
- Lifestyle: personalized guidance, education, and practical, everyday recommendations

## Your Programme:

### Medical & Health:

- Admission & Discharge Consultation with Doctor
- Detox Laboratory Tests
- Dental Cleansing
- Final Report by Doctor

### Nutrition & Food:

- Admission & Discharge Consultation with Nutritionist
- Personalized Detox Full-Board at the Health & Lifestyle Restaurant verve by sven (Michelin Star)
- Detox Drinks
- Final Report by Nutritionist

### Wellbeing & Regeneration:

- Detox-Cellulite Treatment
- 2 Chi Nei Tsang Sessions
- 2 Infrared Sauna Sessions
- 2 Lymphatic Drainage Treatments
- 2 Pressotherapy Sessions
- 2 Personal Training Sessions
- 2 Cupping Massages
- haki® Purna Treatment

**Rate per person excluding accommodation: CHF 7'700**

Contacts:



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