



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



## RECHARGE

Length of stay: 3 days / 2 nights or 5 days / 4 nights

Take a deep breath, let go, and recharge: our Recharge Programme guides you back to your balance. Through deeply restorative treatments, targeted stress reduction, and mindfulness, you will learn to integrate conscious self-care into your life – and sustainably replenish your energy reserves.

Recovery begins with mindful pause. The Recharge Programme combines effective elements of bodywork, mental relaxation, and mindfulness.

Whether as a stress-relief retreat or for holistic regeneration, our treatments help you release tension, calm the mind, and sustainably restore energy.

Experience renewed mental clarity, physical wellbeing, and emotional balance – and learn how to carry this equilibrium into your daily life.

## What to expect:

- Strengthening of emotional and mental balance
- Deep regeneration for body, mind, and soul
- Targeted stress reduction – noticeable and lasting
- Time to let go, breathe, relax, and recharge

## Your Programme

	3 days / 2 nights	5 days / 4 nights
<ul style="list-style-type: none"><li>• Aroma Mind Massage</li><li>• Yoga session</li><li>• Inner Balance Chakra Massage</li><li>• Tibetan Singing Bowl Massage</li><li>• Cellular Recreation Face by Team Dr. Joseph</li><li>• Lomi Lomi Nui Massage</li><li>• Mindfulness Training Sessions</li><li>• Haki® Purna Treatment</li></ul>	1 1 1 1 - - - 1	1 3 1 1 1 1 2 2
<b>Rate per person excluding accommodation</b>	<b>CHF 1'250</b>	<b>CHF 2'700</b>