



GRAND RESORT BAD RAGAZ



TAMINA HEALTH CENTER



WEIGHT LOSS

Length of stay: 7 nights or 13 nights

Our Weight Loss Programme is about more than just losing weight. It's an opportunity to give your life a new direction – with renewed energy, a revitalized body, and a sustainably healthy lifestyle. Movement, balanced nutrition, and mental resilience are the keys to true transformation.

Our Weight Loss Programme is designed for anyone looking to lose weight healthily, effectively, and sustainably, while restoring overall wellbeing. With medical supervision, targeted nutrition, personalized training, and mental coaching, we guide you on your journey to a renewed body experience. Based on a comprehensive health check, we create an individualized programme focused on reducing body fat and optimizing your metabolism. Step by step, you will regain your natural balance – and enhance your quality of life.

What to expect:

- Personalized medical Weight Loss Programme based on a comprehensive health check
- Individually tailored training and nutrition strategy
- Mental coaching to boost motivation, focus, and readiness for change
- Practical tips and tools for sustaining lifestyle changes – even after your stay

Your Programme

	7 days / 6 nights	14 days / 13 nights
<ul style="list-style-type: none"> • Medical & Health: Admission & Discharge Consultation with Senior Physician Progress Review with Senior Physician Resting Metabolic Rate Testing, HRV Measurement, and Spiroergometry Body Fat Measurement Movement Analysis Weight Loss Laboratory Tests Final Report by Senior Physician	1 - 1 1 1 1 1	1 1 1 1 1 1
<ul style="list-style-type: none"> • Food & Nutrition: Admission & Discharge Consultation with Nutritionist Progress Review with Nutritionist Analysis of Eating Habits, Including Short-, Mid-, and Long-Term Nutrition Planning Personalized Weight Loss Full-Board at the Health & Lifestyle Restaurant verve by sven (Michelin star) Individually Tailored Weight Loss Supplements Final Report by Nutritionist	1 - 1 included included 1	1 1 1 included included 1
<ul style="list-style-type: none"> • Wellbeing & Regeneration: Personalized Training Sessions Outdoor Personal Training Mental Coaching Medical Massage	4 - 1 1	9 1 2 2
Rate per person excluding accommodation	CHF 6'400	CHF 10'300