

HOLISTIC WELLBEING PROGRAMS

Experience a program that fits to your need.

Away Spa has created for you a range of holistic programs involving the balance of the body, mind, spirit and emotions. Our experts will customize and supervise your experience, helping you to restore your wellbeing.

Revitalization Program – 1550 Chf

This program is designed for people in need of the time and place to recover balance, relax, renew their energy and replenish their spirit. Experience a range of therapies and theme: nutrition, individualization, nutritional supplements, lifestyle adjustments and the "vitality boosters".

Detox Program – 1550 Chf

This program is a great starting point for many health goals; it features simultaneously: nutrition, stress management / relaxation and toxin elimination. Our experts will help you to improve your health on all levels including internal balance and increased energy and vitality.

Weight Program – 1550 Chf

Designed to help identify areas of physical imbalance and related emotional or mental patterns, this structured program guides you towards achieving your optimal weight and maintaining your balance within and without. It is design as a healthy lifestyle approach for long-term weight management and improved wellbeing.

Sleep Enhancement Program – 1550 Chf

The focus of the Sleep Enhancement program is to re-establish healthy and restful sleep while addressing sleep issues and imbalances. It includes a combination of core treatments and therapies drawing from naturopathy. Whatever your problem is, our experts will create a ptailor-made program according to your needs.

Back Program – 1550 Chf

A combination of treatments during the Back program will resolve the underlying problems that govern patterns of imbalance in the mind and body. The therapies will revitalize the life force energy in addition to removing stress from the nervous system to relieve chronic injuries and tension in the body.

HOLISTIC RETREAT INCLUDE:

- 1 Vital Hygiene Check & So Check report – Upon arrival on Monday
- 3 Holistic Wellness treatments (1 per day – From Monday to Wednesday)
- 3 Spa Treatments (1 per day – From Tuesday to Thursday)
- 5 fitness activities (cardio, muscle-strengthening, conditioning) – 1 per day
- Hydrology activities (sauna, steam room, Jacuzzi, foot baths)
- Free access to Away Spa & Fitness – Every day
- Personal Hygiene Program delivered at the end of the program to continue the experience at home

NE COMPREND PAS :

- 5 nights accomodation (From Sunday to Thursday) with breakfast included: 1200 Chf
- Meals and drinks, and any service not mentioned

Contraindication: Pregnant or breast feeding women, pace maker, degenerative disease (MS, cancer...)

AWAY Spa W Verbier

Rue de Médran 70 – 1936 Verbier – Switzerland
T. +41 27 472 88 90 – E. awayspa.verbier@whotels.com