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Wellbeing.

MySwitzerland.com
Relaxing wellness holidays in Switzerland 2004.



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Internet: MySwitzerland.com

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wellness@switzerland.com
www.MySwitzerland.com

- Swimming pool
- Indoor pool
- Sauna
- Gymnastics/fitness room
- Hotel hair stylist
- Very quiet rooms
- Non-smoking hotel
- Non-smoking rooms
- Very quiet location
- Garden, park
- Public restaurant
- Alcohol-free establishment
- Hotel car park
- No pets
- Specialist conference/seminar venue

- Room with minibar
- Lakeside location
- Panorama restaurant
- Number of rooms
- Number of beds
- Medical practice
- Nurse
- Suitable for the disabled
- Wheelchair access
- Dietary assistant
- Family-oriented
- Health trainer
- Physiotherapist
- Therapy bath

Thermal	Spa recognised by the Federal Office of Social Security
Health Hotel	Satisfies the quality criteria for cure and health resorts laid down by santésuisse
Wellness Hotel	Satisfies wellness quality criteria according to the requirements of the “wellfeeling” cooperation
EFQM	Total Quality Management EFQM
ISO	Quality Management ISO 9001
wellness plus	“Wellness Plus” is the quality mark for wellness hotels in the Alpine Classic Hotels group, whose offering centres upon the six elements exercise/fitness, water, warmth, beauty, diet and relaxation.

The pictograms are based on information provided by the hotels. Switzerland Tourism can accept no responsibility for the accuracy thereof.

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www.europcar.ch

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www.switzerland-cheese.com



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www.swisspotato.ch



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www.minotel.ch



www.swissdeluxehotels.com



www.swisstravelcenter.ch



www.swisswine.ch





www.topevents.ch


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Dear guest, look out for the Q!

In the “Swiss Tourism Quality Seal” programme the leading tourism organisations and a total of 1,000 establishments are working towards a clearly defined level of service quality on behalf of the guest.

The Category 1 Quality Seal underscores their determination to provide high-quality service. 

The Category 2 Quality Seal is awarded to establishments and organisations that have also been appraised by outside testers. 

The Category 3 Quality Seal is awarded to establishments that apply a comprehensive quality management system (QMS). There are various ways to achieve this (for example ISO, EFQM). The aim is to award establishments with an internationally recognised QMS the Category 3 Quality Seal. 



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Welcome.

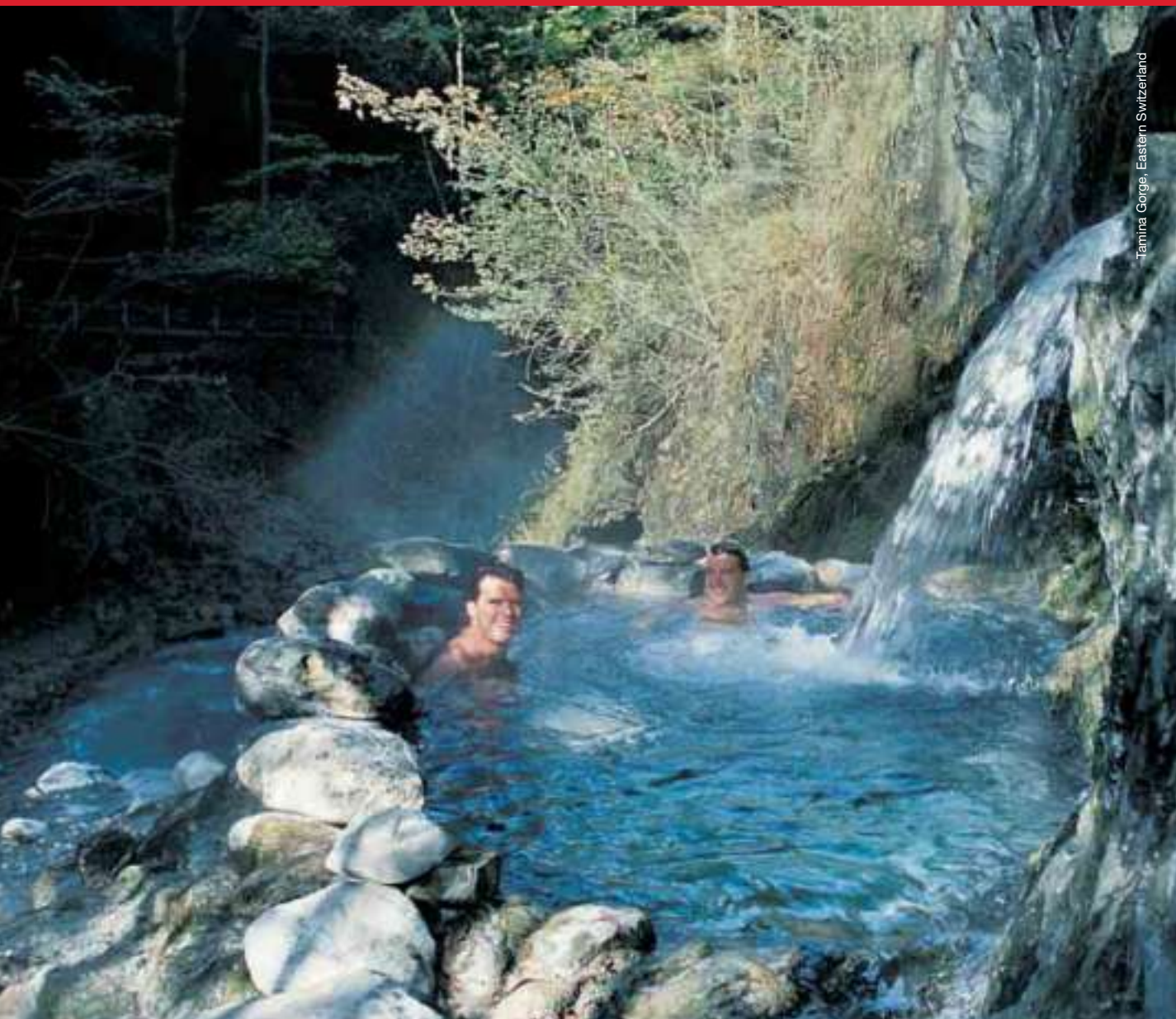
Bid farewell to the daily routine for a while. Feel how tension makes way for comforting relaxation. Head-to-toe rejuvenation. When was the last time you experienced that? Whether wellness, spa or health resort – Switzerland is brimming with possibilities. Recharge your batteries, and find yourself. The scenery is varied, ranging from majestic mountains that crown the horizon to delightful, wide-open spaces and picturesque lakes and rivers. The following pages are thus a veritable treasure trove. And there is no need to concern yourself with the quality of the offers. We've already done that for you. Enjoy our new wellness pages. As you will see, you don't need to travel far to get away from it all. We wish you a healthy, rejuvenating stay! Jürg Schmid, CEO, Switzerland Tourism



Alpine Wellness.

Allow yourself to be pampered in the Alps.

With majestic mountains, crystal-clear air and unspoiled countryside, the Alpine ambience really does offer the ideal environment for you to allow yourself to be pampered, to stay (or become) fit and healthy, and to refresh your body and soul far away from the daily grind ...



Tamina Gorge, Eastern Switzerland

Wellbeing in the Swiss Alps.

More often than not, we spare neither cost nor effort travelling far and wide in search of new concepts and solutions that are intended to turn us into outwardly healthier and better persons. Yet more and more people are recognising the limitations of such ambitions, recalling the fundamental truth that there is undreamed of potential waiting to be discovered just around the corner. The Alps, for instance.

The birthplace of Alpine Wellness, which represents a new milestone in the history of wellness tourism and is well on the way to becoming a pioneering trend, lies at the heart of this paradisiacal Alpine landscape, within grasp of the power of the mountains. Alpine Wellness signifies a different kind of holiday, for it places the emphasis on your individual needs. Regardless of whether you would rather spend your time in the open air, letting your soul fly free in gentle harmony with nature, or simply wish to let yourself be pampered – the offerings of Alpine Wellness are as multifarious as the Alpine scenery itself. The unique quality philosophy of Alpine Wellness carefully caters for the needs of every individual guest and yields an incomparably rich portfolio of offers, ranging from pure pampering

programmes and health care and fitness to unforgettable cultural experiences.

With its three themes – **Alpine Pampering, Alpine Fitness and Alpine Health** – Alpine Wellness offers precisely the right product for everyone, be it a hiking holiday, a mineral-oil massage or an Alpine picnic. Alpine Pampering satisfies the classical wellness demand for relaxation and rejuvenation. Saunas affording views of the Alps, whey baths, and sunrise walks are just some examples of the diversity on offer. In contrast, Alpine Fitness stands for supervised activities in the open air, ranging from mountain-biking and cycling to hiking, snowshoeing, cross-country skiing and unforgettable mountain ascents. Anything is possible and regular fitness checks are a matter of course. Alpine Health focuses on problem areas such as the spine, asthma and allergies, embracing prevention and successfully combining the power of nature with the latest therapeutic methods. In a sensually pleasant atmosphere, you are able to enjoy things you have always yearned for – and treat your soul to the rest and relaxation it needs, fortify your body on a tailor-made fitness programme, savour healthy cuisine with regional and seasonal dishes, or allow yourself to be gently whisked away to the world of beauty. Your very own feel-good programme thus helps you to achieve the perfect harmony of body, mind and soul for which so many of us have such a deep yearning. Because you start benefiting from the unparalleled personal attention amid unspoiled countryside right from the outset. You leave for home feeling a completely different person, a feeling that accompanies and strengthens you in your everyday life.

If we open ourselves up to the nature of the Alps, then, we will find it harbours the gamut of possibilities for rejuvenation, recovery and fitness. It is also, so to speak, in equal measure a temple of rest, doctor, pharmacy, therapist and fitness park all rolled into one. With its life-giving energy, it nurtures and vitalises body and soul and calls our attention – with no therapeutic intention whatsoever – to our own body and soul spheres. En route to rediscovering these natural treasures and making them easily accessible, Alpine Wellness helps, in its own individual way, every guest honouring it with their trust to find more rest, rejuvenation, fortification and health – without them having to undergo the rigours of an expensive long-haul flight ...



Tip.

You will be able to book Alpine Wellness offerings in Switzerland from March 2004. Information will be posted on MySwitzerland.com by this time. Should you have any queries, please do not hesitate to contact us at alpinewellness@switzerland.com

Wellness holiday resorts.

Places and regions that will enchant you in a paradise of wellness.

More and more people are finding that wellness is all the holiday they need. The resorts of Adelboden, Appenzellerland, Engadine/Scuol and Valais/Leukerbad all have a stated wellness philosophy and everything you could ever need for a rejuvenating time-out. Enjoy, relax and be happy.



Adelboden.

“S’isch gäbig hie”.

The alpenglow bathes the world in a different light. At Adelboden, the emphasis is on the simple and the natural. A place full of energy. And full of sporting challenges in step with the rhythm of nature.

The Engstligen Falls, Adelboden

Unique feel-good factors.

Unique Alpine feel-good factors leave their mark on the wellness destination of Adelboden. These include the medicinally optimum altitude of 1,350 m above sea level, the mild, invigorating climate, mountain freshness, mist-free autumns and winters, pure and healthy spring water, the Bernese Oberland way of life and the gentle scenery set against a glacier-white mountain backdrop. Embedded within it, the excellent wellness hotel, the ****Parkhotel Bellevue & Spa, with its 1,300 m² “aqua vitalis” wellness oasis. A rich contrast of Alpine culture and scenery enriched by personal encounters in the chalet village.

As a partner in an Alpine-wide cooperation project, Adelboden is on its way to becoming the Swiss centre of excellence when it comes to “Alpine Wellness”. Four guiding principles define this philosophy: (1) Maximum tourism quality in harmony with the region; (2) Personalised rejuvenation at one with nature and the environment; (3) Insight into the traditions and legends of the Alps; (4) Self-development. For you as a visitor, “Alpine Wellness” in Adelboden is synonymous with personal deceleration, active exercise, healthy air, fresh water, regional food, cultural encounters and thrilling inspiration.

Natural remedy reserves.

Adelbodner Mineral Water.
Producer: Adelbodner Mineral- und Heilquellen AG, Adelboden.
Adelbodner is a natural mineral water with outstanding, balanced mineralisation, rich in valuable calcium and magnesium, and yet low in sodium and nitrates. Thanks to its high mineral content Adelbodner promotes bone growth. The additional digestive effect contributes to your general sense of wellbeing. On account of these quality aspects Adelbodner mineral water is highly recommended by doctors and consumer organisations. Total mineralisation: approx. 2,040 mg/l.

Wellness events in 2004.

End of June 2004, Alpaufzug Engstligenalp (festival marking the procession of cows up the mountain)
25/26 June 2004,
alpenforum@adelboden.ch
July 2004, Adelboden Chamber Music Festival
End of July/beginning of August 2004, Adelboden Spa Orchestra

Wellness Tip.

The energy location by the Engstligen Fall.

“Surrounded by towering rock faces, you feel very small by the thunderous waterfall. The air is so saturated with water that the transition from water to air literally is a fluid one. The power released by the waterfall makes this place a veritable energy bath. Benches, meadow areas and boulders beckon you to stay awhile. And the seemingly enchanted forest, with its firs and secluded spots among the boulders, appears to be teeming with invisible life.”

After Pier Hänni: Magisches Berner Oberland. Wanderungen zu Orten der Kraft. AT Verlag, Aarau, Switzerland
2nd edition, 2003



During the summer season, classical summer concerts in the church
August 2004, Alpine dairy open day on the Elsigenalp

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info@adelboden.ch
www.adelboden.ch



Wellness hotel in Adelboden.
Parkhotel Bellevue & Spa, p. 41



Appenzellerland.

Natural elixirs: water, air and milk in abundance.

Everything is in flux. Visitors from all over the world have been bathing here for over a century. Springs have existed here for as long as anyone can remember. And a fresh wind blows here every day. Appenzellerland was and is a fountain of youth for body and mind.

Typical hill country of the Appenzell Vorderland

Birthplace of wellbeing.

Appenzellerland is one of the birthplaces of wellbeing. Long before wellness became fashionable, visitors from all over the world came here to recuperate by thunderous waterfalls, in moor baths, and at lofty heights. The tourism officials in the Swisest of all the Swiss cantons were trendsetters. Whey cures, for instance, were already a hit in the 19th and 20th centuries and popular society events. What is often considered a useless by-product of cheesemaking is now undergoing a remarkable renaissance.

To this day you will find original sources of rejuvenation in Appenzellerland, although time hasn't stood still here either. And so modern-day visitors to its spas experience a rich contrast of oriental and Appenzell culture; traditional moor baths and whey or Kneipp cures along with Ayurveda, Tai Chi and Qi Gong beauty weeks.

Probably the most natural "remedy", though, is the pure fresh Appenzell air. Climate health resorts that once enjoyed world renown are thus plenty in number, the most prominent of them being the Biedermeier village of Heiden, which sits on a sun-drenched terrace in the hills above Lake Constance. Alpine air is, of course, available in abundance on the Säntis, from where at 2,500 m above sea level the views stretch across six countries on a clear day.

Natural remedy reserves.

Mineral water.

The spring flows at Gonten, 3 km above the cantonal capital of Appenzell, which was first recorded in 1657. Doctors recommend the curative waters against limb pain, infertility and internal disorders.

Whey.

Whey is a by-product of cheesemaking. The dairymen used to carry it down to the health resorts from the alp at the crack of dawn. In 1790 Anton Josef Inauen opened the Weissbad whey cure establishment. Whey cures activate the metabolism, detoxify the body, stimulate the intestines and kidneys and relieve the liver.

Specialities from Appenzell.

Mineral water from Gonten
www.mineralquelle.ch
Biber from Appenzell
www.baerli-biber.ch
Appenzeller Cheese
www.appenzeller.ch

Fresh air in Appenzell.

Säntis Schwebebahn AG
www.saentisbahn.ch



Clinics.

Berit Klinik, Niderteufen,
www.beritklinik.ch
Klinik Gais AG, Gais,
www.klinik-gais.ch
Klinik am Rosenberg, Heiden
www.hirslanden.ch
Rheinburg-Klinik, Walzenhausen
www.rheinburg.ch

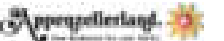
Unterrechten Spa.

Enjoy the soothing and curative effect of the 35°C water. Massage jets, whirlpool, sauna, massage.

Contact.

Mineral- und Heilbad Unterrechten
9410 Heiden
Phone +41 71 891 21 91
info@heilbad.ch
www.heilbad.ch

Appenzellerland Tourism AR

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Appenzellerland Tourism AI

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Fax +41 71 788 96 49
info.ai@appenzell.ch
www.appenzell.ch

Wellness hotels in Appenzellerland.

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Wellness Tip.

Gontenbad Natural Moor Bath.

Mineralised water from the establishment's own spring and bath salts from self-picked herbs. Six baths are available in the small bathhouse, and eight in the new one.

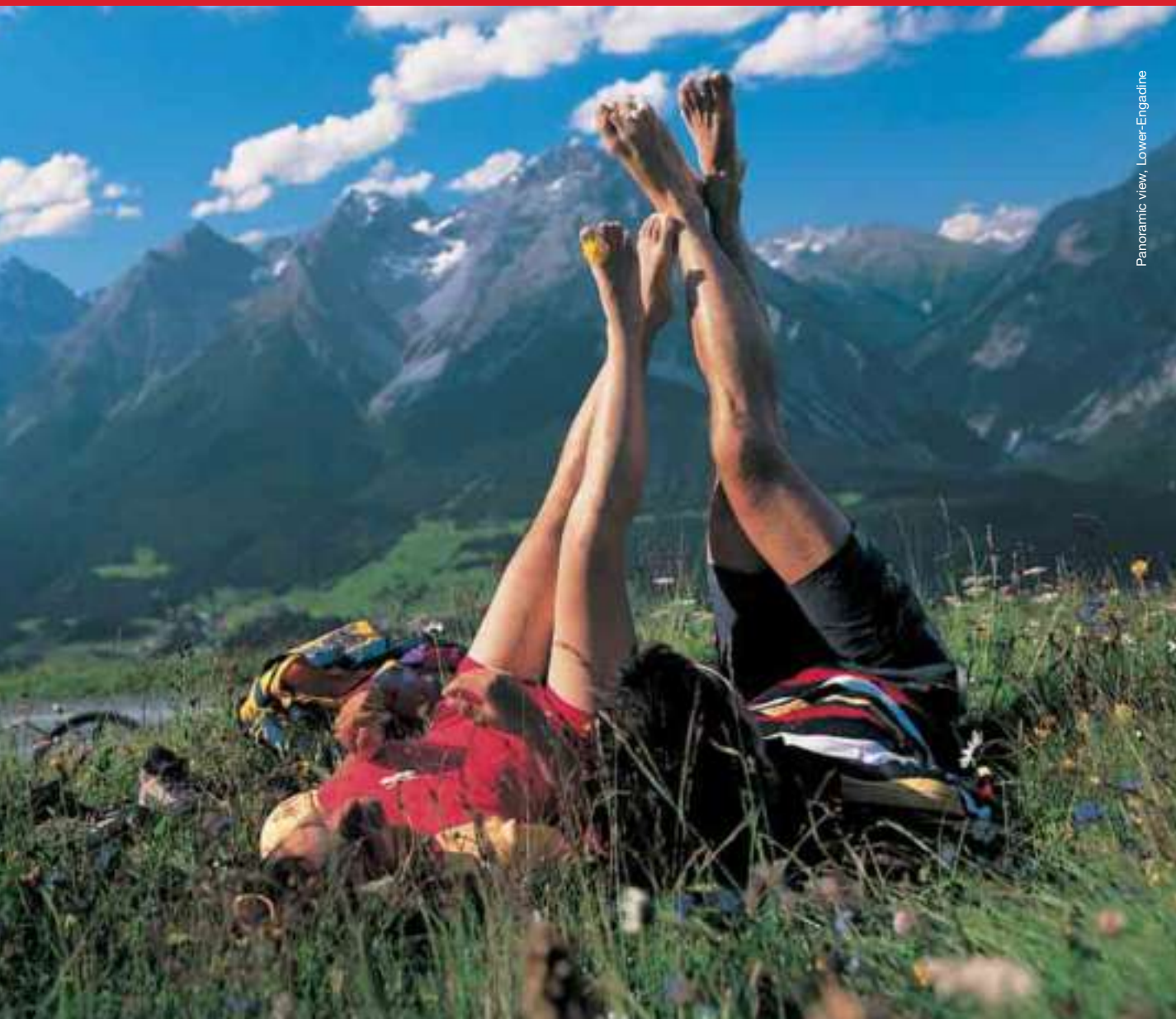
Contact:

Natur-Moorbad Gontenbad
9108 Gonten
Phone +41 71 795 31 23
altersheim.gontenbad@bluewin.ch

Engadine/Scuol.

A fascinating aspect of the Engadine valley greets you with a smile.

Mineral springs as wells of health, a mild sunny climate and beautiful mountain scenery, backed by an attractive tourism infrastructure. In Engadine/Scuol you'll find the ideal environment for the total rejuvenation of body, mind and soul.



Panoramic view, Lower-Engadine

Origin of more than 20 sources.

Wherever you come into contact with water at the Bogn Engiadina spa, it will almost always be mineral spring water. Because the village is surrounded by more than 20 springs, of which nine have been developed. A splendid walk takes you past the various village wells from which the prized mineral water flows.

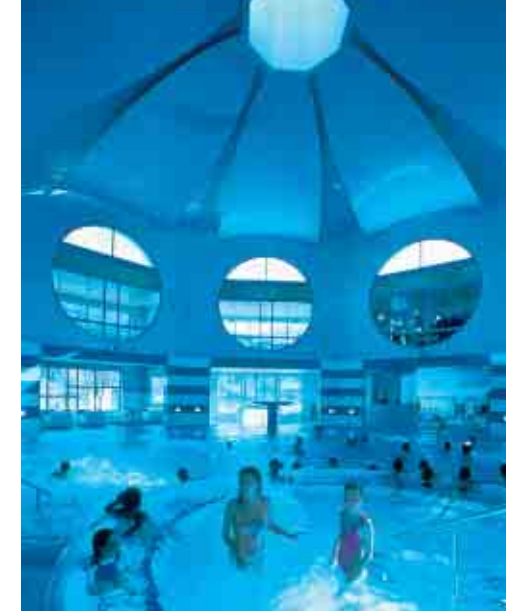
The plentiful supply of mineral water is down to the local geology. Rainwater and meltwater enters the subsoil via crevices, cracks, pores and karst openings. Depending on the route it takes, it re-emerges as "ordinary" drinking water or as "curative" mineral water. The residence time of the water in the rocky subsoil, the depth of penetration, and the pressure and temperature conditions are decisive factors. Where groundwater or crevice water en-

counters magmatic carbon-dioxide emissions at great depths, it is enriched and naturally carbonated water results. Depending on the rock through which it flows, it dissolves solids such as sodium, calcium, magnesium, potassium, iron, chloride or sulphates and emerges, usually after years or decades, as mineral water. As you can see, then, it is not just wine that needs time to mature. So quench your thirst to your heart's content with this healthy water, which is also used for drinking cures, carbonated baths and in the health and leisure pool.

The bathing amenities offer relaxation and rejuvenation and include six indoor and outdoor pools, a steam bath, a brine pool, solariums and a lounge room. The sauna complex features indoor and outdoor saunas for people interested in a "good sweat".

Bogn Engiadina has an excellent medical reputation. The acclaimed therapy centre offers classical medical rehabilitation applications. Complementary and alternative treatments complete the therapeutic offering. Water-based physiotherapy, various massages, baths and drinking cures form the focus. At the wellness centre the emphasis is on health on the basis of a holistic health concept. The combination of the components water, rejuvenation, exercise, nutrition and Alpine climate forms an ideal synthesis of beneficial health promotion and prevention.

The Thalasso-Alpine therapy developed at the Bogn Engiadina combines the power of the Atlantic with that of the Alps. By way of introduction, and for body purification, you start by drinking a mineral water cocktail, a mixture of algae from the



French Atlantic coast and mineral water. This is followed by a head-to-toe algae pack and a mineral bath containing algae extract and is finished off by a full-body algae pack. If slime isn't to your taste, you may well prefer the bathing culture of ancient Rome. Wearing an authentic toga you enter the Roman-Irish bath. It is an exhilarating experience for body and soul; in the bath your day-to-day worries seem to evaporate. After a gentle scrub a moisturising lotion is applied to the body, which is then wrapped in comfortably warm towels for a feeling of total relaxation.

Scuol Information
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7550 Scuol
Phone +41 81 861 22 22
Fax +41 81 861 22 23
info@scuol.ch
www.scuol.ch



Wellness hotel in Scuol.
Hotel Belvédère

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Spa in Scuol.
Bogn Engiadina
7570 Scuol
bad@scuol.ch
www.scuol.ch
Phone +41 81 861 20 00
Fax +41 81 861 20 01

Wellness Tip.

Roman-Irish bath.

Experience how two great bathing traditions are combined in an exciting ritual. The ancient Romans swore by steam baths of varying temperature for relaxation, whereas the ancient Irish enjoyed bathing in dry, hot air. Both traditions are broken up by a pleasant soap-and-brush massage. The entire bathing experience lasts about two hours. To finish with, and to help you relax, you are wrapped in warm towels.

Price: CHF 66.–/EUR 43.–/USD 48.– per person.
Reservations can be made on the Internet at www.scuol.ch or by telephone a day earlier on: phone +41 81 861 20 02

Valais/Leukerbad.

Spa in the Valais: mountain spirit and wellbeing.

In life, moments of true intensity are rare. And therefore all the more valuable. Valais is happy to give them as a gift. Here, you learn that water is not only indispensable for all forms of life, but also an inexhaustible source of rejuvenation.

Leukerbad, Valais

Wellbeing in the Valais.

Whether Valaisan water takes the form of cotton-wool snowflakes, eternal glacier ice or bubbling thermal springs, it is and remains one of the foundations of our holiday treasure trove. The Valaisan thermal spa resorts are veritable oases of regeneration that soon make us forget the stresses and strains of our ever more hectic lives. Even the Romans understood the power of the healing waters from deep within the mountains, long before the era of wellness and beauty. Because people were unable to provide a coherent explanation for the manifold effects of the thermal water, it was long said to have mystical powers. Today, thanks to progress, we can deliver scientific proof of the wide-ranging effectiveness of thermal spring water. Yet it

remains mysterious and unfathomable. Do you sometimes catch yourself yearning to discover all this? To drop out for a few days, slow down, and take a few deep breaths? To simply lie back in the soothingly warm thermal water and cast your gaze over the formidable mountain scenery against the backdrop of the steel-blue Valaisan sky?

Leukerbad is now the biggest thermal spa and “wellness” resort in Switzerland. Here, wellness is not simply a new-age fashion trend. Besides the thermal spring water, more than 130 additional wellness applications are waiting to be discovered.

Natural remedy reserves.

Some 3.9 million litres of water flow from the Leukerbad springs to a total of 22 pools every day. A well of health, brimming with pure energy and enriched with valuable minerals that are just waiting to unleash their soothing effect on your body and soul. In addition to an unrivalled wellness and feel-good offering, Leukerbad offers active visitors a gamut of popular summer and winter sport opportunities that leave no wish unfulfilled. Spa, sport and the excellent cuisine in Leukerbad will combine to stimulate your senses, meet your expectations and make your stay an unforgettable one.

Leukerbad Tourism
3954 Leukerbad
Phone +41 27 472 71 71
Fax +41 27 472 71 51
Direct reservations: +41 27 472 71 77
info@leukerbad.ch
www.leukerbad.ch



Pamper yourself in Valais water. Immerse yourself in an inexhaustible source of wellbeing. Our new “wellness” brochure is full of detailed information and can be ordered from one of the addresses provided.

Wellness event.

23–25 June 2004: “Miss and Mister Wellness Switzerland” Voting in Leukerbad.

Wellness hotels in the Valais.

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Fax +41 27 327 35 71
info@valaistourism.ch
www.valaistourism.ch



Wellness Tip.

Thermal bathing experience in Leukerbad.

After a walk through the imposing mountains around Leukerbad, a game of golf or an active day of winter sport, can there be anything more relaxing than a comforting thermal bath in the open air? And later, when you've had enough of the soothing water for the time being, you have the opportunity to join us on an extra-special “wellness” journey. At our authentic Ayurveda centre in the Lindner Hotel & Alpenherme we whisk you away into the world of ancient Indian medicine. Experience undreamed of fascination for body, mind and soul ...

Wellness Plus.

Wellness Plus – the holistic hotel culture for body, mind and soul.

Wellness Plus is the controlled quality seal for Alpine Classic Hotels. It rests on the following columns: exercise/fitness, water, warmth, beauty, diet and relaxation. Wherever you see it, you know you are in for something special.

Plus Quality.

Each “Wellness Plus” hotel vows to fulfil the following minimum criteria, which are appropriate for promoting the balanced wellbeing of body, mind and soul:

Wellness amenities.

At least two pools are available free of charge: indoor pool, outdoor pool (minimum temperature 25 °C) and/or whirlpool. Spacious rest and recuperation facilities invite visitors to relax. The sauna facilities include at least three steam baths with various temperature ranges. The exercise area features a gymnastics room and a fitness area with at least two cardiovascular and two multi-purpose machines for sustainable fitness training. The beauty centre offers a wide variety of body and facial treatments as well as massages from specialists in attractive, private treatment rooms. The beauty reception area has seating and all the required information on the treatments on offer.

The soft factors.

The hotel culture focuses entirely on wellness. At least one qualified wellness

trainer is responsible for looking after you. He/she performs a fitness check, during which your blood pressure and fat values are measured. In the beauty area trained staff pamper you professionally. Experienced therapists apply the various massage techniques. Wellness staff jointly attend training seminars in both professional and human relations skills. A supervised programme of (indoor/outdoor) activities and gymnastics is offered each day. Hotel bikes are available at all times for personal use. A “Wellness Plus” menu prepared according to the latest nutritional findings is offered as an alternative to gourmet half-board. New: Online Wellness cooking club on www.wellnessplus.ch. Use of the wellness amenities is free of charge. All services with the support of a personal trainer may attract a charge, however.

Bathrobes, bathing shoes and towels are available free of charge for the duration of your stay. The wellness area contains a bar serving drinks. The wellness facilities and some applications with personal trainer support are available seven days a week.

You don’t need to train intensively to be fit and healthy. Just a few minutes of proper, concentrated exercise a day is enough. The trainers at the Wellness Plus Hotels will inform you of the individual possibilities in group lessons and personal consultations and hand you the guide for home reference.

The Wellness Plus brochure contains information, including pictures, on all member hotels. It also features an introductory wellness offer (three nights) for each hotel plus offers for a one-week stay. The Wellness Plus brochure is available free of charge.

Wellness Tip.

The special wellness tip.

Your Wellness Plus guide “Everyday exercises”. We live in an active world – and yet we are not active enough! In our illustrated Wellness Plus guide, “Everyday exercises”, you will find some light exercises designed to promote and maintain health that are easy to integrate in your daily routine.



Alpine Classic
Wellness Plus Hotels
Tribtschenstrasse 7
6005 Lucerne
Phone +41 41 368 10 05
Fax +41 41 368 10 09
info@wellnessplus.ch
www.wellnessplus.ch



The nine Wellness Plus hotels in Switzerland.

With the aforementioned criteria nine hotels in Switzerland are setting a clear quality standard:

Flims, Hotel Adula	p. 28
Saas-Fee, Ferienart Resort & Spa	p. 53
Zermatt, Hotel Alpenhof	p. 53
Weissbad, Hotel Hof Weissbad	p. 33
Merligen-Interlaken, Wellness & Spa Hotel Beatus	p. 44
Gstaad-Schönried, Wellness & Spa Hotel Ermitage-Golf	p. 42
Adelboden, Parkhotel Bellevue & Spa	p. 41
Samnaun, Hotel Chasa Montana	p. 29
Bad Ragaz, Grand Hotel Hof Ragaz	p. 31

Active deceleration.

Active wellness. Rejuvenation Swiss style.

Wellness and exercise go hand in hand. The appealing contrast between activities in the fresh air and the relaxed enjoyment of the wellness offering is the most recuperative thing the active holiday destination of Switzerland, with its mountains and valleys, has to offer.

Grosse Scheidegg, Bernese Oberland



Drop down a gear.

Activity and relaxation, perfectly mixed and realistically experienced. Dreamlike hike trails, cycle routes, skating and biketours along picturesque lakes and rivers. In between: days in unlimited wellbeing.

The age of hiking.

Hiking is Switzerland's number one leisure activity. No wonder, with 60,000 km of well-signed hiking paths, theme routes and adventure trails at all levels of difficulty.

Hiking is not only good for the body. This leisurely form of locomotion allows you to take in the impressions of the countryside as you go along. Your body may become steadily more fatigued, but your mind and soul are invigorated by the fresh air, the relaxing, wide-open spaces and the magnificent scenery. Combined with wellness, hiking is therefore a particularly promising recipe for success.

Moreover, no other sporting activity is as simple as hiking. A good pair of comforta-

ble shoes is all you need. And you can go hiking anywhere, in the mountains and in the valleys, by the lakes and in the forests. Your "hiking adventure" starts exactly where you want it to start. In front of the hotel or up at the top station, at the post bus terminal or at the far end of the valley, on the car park where the road ends.

New forms of the sport, such as the popular "Nordic walking", whose light-weight poles are highly recommended from a physiological point of view, make it easier to pursue. Why not give it a try? It's not how you do it that counts, but that you do it at all. And in the active holiday country of Switzerland, there are enough routes to last a lifetime.

Boneshakers and seven-mile boots.

Twenty years ago nobody would have dreamed that cycling would experience such a boom and that inline skating would establish itself as a fashionable new way of getting about. Switzerland is now the leading country in Europe for cycling, mountain biking and inline skating. Nine signposted cycle routes with a total length of 3,300 km for the national cycle path network, which is complemented by a number of regional routes. There are "experience routes" ranging from the challenging to the leisurely. Detailed information and maps are available for route planning, conditions, degree of difficulty

Tip.

Alpine walking – come and discover the new form of hiking in the Swiss mountains. Choose from challenge, rejuvenation, social contact, and health. Pilot destinations with new offers: Flims Laax Falera, Leysin, Engelberg, Gstaad, Saas-Fee/Saastal, Tessin. Further information: www.MySwitzerland.com



and anything else you might need to know. There is simply no better way of seeing the country at such close quarters.

In all this a further unique feature of the country comes in very useful, and that is the dense and reliable public transport system, which permits route planning flexibility and spontaneity, interesting days out and trips, weather-related changes of plan, and the inclusion of wellness days for the treatment of stiff muscles and gourmet evenings for the replacement of burned-off calories. Everything is within easy reach.

In short, visitors are able to explore the cycling country of Switzerland in a truly "à la carte" way. What an adventure!

Cycling 4 x 4.

Sometimes you can be forgiven for thinking that the rules of physics do not apply to mountain bikers. Like chamois they ascend the steep marked paths before bumping their way back down to the valley, after a brief rest at the summit, in a circus-style downhill plunge over territory rough and smooth.

The Swiss mountains are ideal for exploring by mountain bike, the off-road version of the bicycle. In many parts of the country there are signed routes for unadulterated biking fun. And more and more enthusiastic devotees of the sport are combining their wellness holidays with the challenge of a mountain-bike day trip. And with such a varied and unique offering you really are spoiled for choice.

Wellness hotels.

Everything is reduced to tranquillity, equanimity and serenity.

Suddenly, everything is so easy. You sense yourself again. You know what does you good. And are surprised at how little is required. Nothing but comfortable living. Visitors welcome.



Rejuvenating quality.

Rejuvenation means carefree enjoyment.

Allowing yourself to be carried away by the lightness of being. Safe in the knowledge that you are in good hands in every respect. In the quality of the services on offer. And in the quality of the time experienced.



Wellness is a genuine term of our time. It has to do with wellbeing, with the harmony of body, mind and soul. But wellness is not strictly defined and can emanate from many sources – ranging from a healthy diet to contemplation and physical activity. Wellness therefore means something slightly different to all of us. Individual wellbeing, in other words. What do you feel it includes? Is it activity, exercise and fitness, outdoors and indoors? Is it relaxation in water, in steam or during a massage? Sweating in the sauna? Is it wholesome, nutritional menus or fasting cures? An extensive treatment at the beauty salon or a new hairstyle? Does it involve a cultural event every now and then? Or a consistent approach to a healthy lifestyle? However you define wellness, one thing is certain: uncompromising quality in all services is absolutely essential. Swiss wellness providers must therefore satisfy stringent, detailed requirements that are subject to review by the relevant bodies. The following, very general extract, is designed to give you an idea of what this involves.

Guaranteed quality.

- All hotels have been inspected by the Swiss Hotel Association (SHV), Swiss Health Resorts (VSK) or Swiss Spas (VSH).
- The minimum requirement is possession of the Switzerland Tourism Quality Seal, Stage 1 – establishments displaying the blue Q guarantee a particular level of service quality. All the hotels included here have acquired or are about to acquire this or an equivalent quality award (e.g. ISO).

Wellness with clear outlines.

- Use of the stipulated infrastructure is included in the price of the accommodation.
- Information on the wellness philosophy of the establishment is made available to the guest.
- The establishment must offer a daily exercise programme and a swimming/indoor pool (with at least three different in-house offerings, such as steam bath, whirlpool, Kneipp applications).

- It must have indoor exercise facilities for use during inclement weather (exercise machines, fitness or gymnastics room etc.).
- The wellness facilities must be open for at least ten hours a day.
- At least 10% of the hotel rooms must be reserved for non-smokers.
- Rooms must come with courtesy bathrobes, hairdryer and bathing shoes.
- Bathing and sauna facilities must satisfy strict hygiene requirements.

Support and advice.

- At least one wellness practitioner with the appropriate qualifications must be on hand each day.
- Courses and activities must be run by suitably qualified specialists.
- Guests must be officially welcomed and given an introductory tour at the beginning of their stay.
- A selection of massage and beauty services must be on offer seven days a week (in or close to the hotel and bookable).
- At least one free exercise offering must be organised in or near the hotel each day (gymnastics, hiking, aerobics, water-based activities, cycle tours etc.).
- At least one relaxation offering must be organised in or near the hotel each day (massage, yoga, meditation, breathing exercises etc.).
- At least one cultural event (concert, exhibition, reading, visit etc.) or one health education event (lecture, course, seminar etc.) must be organised each week.

Healthy food.

- Balanced menus that must be low in fat, low in salt, fresh, regional and seasonal.
- There must be at least one equivalent vegetarian alternative (besides salad and vegetable servings).
- Varied, healthy breakfast buffets must be on offer.
- Light lunches and small snacks between meals must be available.
- Diets and fasting cures must be supervised by a specialist.
- There must be at least one low-calorie alternative.

On the following pages the individual wellness hotels present two different offers that you can book direct and free of charge via our call centre. The relevant prices, as well as the exact cost of any additional nights and an overview of the wellness infrastructure, can be found in the “Price and infrastructure list”. The hotels are listed alphabetically by region.

Our partners for quality.

hotelleriesuisse
Monbijoustrasse 130
3001 Bern
Phone +41 31 370 41 11
Fax +41 31 370 44 44
info@swisshotels.ch
www.swisshotels.ch



Wohlbefinden Schweiz
Schweizer Kurhäuser
Oberdorfstrasse 53b
9100 Herisau
Phone +41 71 350 14 14
Fax +41 71 350 14 18
info@wohlfinden.com
www.wohlfinden.com



Schweizer Heilbäder
22 Av. des Bains
1400 Yverdon-les-Bains
Phone +41 24 420 15 21
Fax +41 24 420 02 52
info@heilbad.org
www.heilbad.org





The delicious taste of Swiss potato specialities.

The beauty of Switzerland pervades not only the country and its people but also its cooking. Specialities like fondue, mesli and chocolate set off from Switzerland on their triumphant conquest of the world.

Now it's the turn of Swiss potato specialities. Six leading Swiss companies, all internationally famous for their innovative potato-based creations, are now keen for gourmets outside Switzerland to acquire a taste for them. Find out more on www.swisspotato.ch.



Arosa: Arosa Kulm Hotel & Alpin Spa*****.



Nestling on a sun-drenched, south-facing incline, this experience hotel is a stone's throw from the slopes. And in summer it's the ideal starting point for walks, mountain-bike tours or a round of golf on Europe's highest 18-hole course. Active altitude training amid spectacular mountain scenery, and total relaxation at the ALPIN SPA, the wellness rock bath made from mighty Grisons granite. Three restaurants, kids club, tennis, fitness room, fitness & beauty college, seminar rooms.

Fit in three days. For him and her.

3 nights half-board, welcome aperitif, 1 revitalising inhalation treatment with active oxygen, 1 foot reflex zone treatment, free use of mountain bikes, Alpin Spa gift. Plus: introductory golf course or full-body massage.

Kulm Alpine Beauty

7 nights half-board. Alpine Beauty offering: 1 beauty and body check, 3 facial treatments,

1 full-body peel, 1 algae whirlpool bath, 3 body massages, 1 eyelash and eyebrow tinting and shaping treatment, 1 make-up aperitif session with Christian Dior products. For him and her.

Our plus

The Arosa Kulm – the ski slopes in winter, the hiking trails in summer, but always with your needs close at heart.

7050 Arosa
Phone +41 81 378 88 88
Fax +41 81 378 88 89
info@arosakulm.ch
www.arosakulm.ch

Open:

1.1.–12.4.04, 19.6.–19.9.04

See price list, p. 60



Arosa: Sunstar Parkhotel****.



Attractive four-star establishment with an extensive wellness and beauty offering. Quiet, sunny, central location in the heart of the recognised climate health cure and holiday resort of Arosa. Rooms with views of the mountains around Arosa and Lake Untersee, pleasant hotel garden.

3-day relaxation

2 nights with breakfast buffet and four-course vitality menu in the evening. Free admission to thermal bath, fitness room, gymnastics, aerobics. 1 full-body massage, 1 aromatic whirlpool bath and 2 x solarium. No single-room supplement!

5-day intensive vitality

4 nights with breakfast buffet and four-course vitality menu in the evening. Free admission to thermal bath, fitness room etc. 1 full-body massage, 1 foot reflex zone massage, 1 soft pack plus, 1 aromatic whirlpool bath and 2 x solarium. No single-room supplement!

Our plus

A 1,300 m² wellness & beauty centre with active and pampering programmes for every taste.

7050 Arosa
Phone +41 81 378 77 77
Fax +41 81 378 77 78
arosa@sunstar.ch
www.sunstar.ch/arosa

Open:

5.12.03–13.4.04, 19.6.–17.10.04,
4.12.04–10.4.05

See price list, p. 60





Flims-Waldhaus: Hotel Adula****.

HOTEL ADULA
Zeit für das Echte.

Forget the daily grind in the large hotel park, the mountains and the forests. In cosy rooms where the air is redolent with the smell of wood. Over culinary and viticultural delights. In the unique La Mira Wellness & Spa, with its saunas and pools. In the fitness club or the massage cabin. Find yourself. We're there to help you.

Introductory Thalasso days

3 nights including half-board. Use of La Mira Wellness & Spa. 1 Thalasso therapy (choice of relaxing or invigorating), 1 sport/partial body massage (available from Sunday to Friday).

Very wellness

5 nights half-board. Use of La Mira Wellness & Spa. 1 Flims hay bath. 1 Thalasso therapy (choice of relaxing or invigorating), 1 sport/partial massage.



Our plus

La Mira Wellness & Spa: 1,200 m², comprising the elements: fitness, water, saunas, relaxation and body & beauty treatment.

7018 Flims-Waldhaus
Phone +41 81 928 28 28
Fax +41 81 928 28 29
Info@adula.ch
www.adula.ch

Open:

1.1.–18.4.04, 7.5.–14.11.04

See price list, p. 60



Flims-Waldhaus: Park Hotel Waldhaus*****.

PARK HOTEL WALDHAUS

Four interlinked establishments set in the largest hotel park in Switzerland. Culinary diversity in six restaurants, and six outdoor and two indoor tennis courts, PBI tennis school, indoor and outdoor driving range with putting green, jogging paths in the park, curling centre, high-wire adventure garden, kids activities, small animal and patting zoo. From June 2004: new "Delight" wellness world over more than 2,500 m².

Delight weekend

3 nights half-board, 1 facial treatment, 1 full-body massage, 1 hamam soap-and-brush massage. Use of the wellness facilities with indoor and heated outdoor pools, "bio" swimming pond, fitness and gymnastics area, hamam, maa (earth) sauna, and steam and aromatic baths.

Light bright days

7 nights half-board, 1 relaxation massage,



1 manicure, 1 soft pack treatment, use of wellness facilities with indoor and heated outdoor pools, "bio" swimming pond, fitness and gymnastics area, hamam, maa (earth) sauna, and steam and aromatic baths.

Our plus

Rich fauna and flora, spacious park grounds, belle époque grandeur. From June 2004: "Delight" wellness world (partially opened in December 2003).

7018 Flims-Waldhaus
Phone +41 81 928 48 48
Fax +41 81 928 48 58
info@parkhotel-waldhaus.ch
www.parkhotel-waldhaus.ch

Open:

1.1.–12.4.04, 1.6.–31.12.04

See price list, p. 61

Pontresina: Hotel Rosatsch*** and Residence Rosatsch****.

HOTEL
ROSATSCH
*** STAMMHAUS RESIDENCE ****

Engadine – the sun balcony of the Alps. At the hub of things and yet quiet, the wellness residence boasts a superb indoor pool, whirlpool, sauna, steam bath, solarium, oxygen bar and fitness salon. "Garten des Inn" thermal baths with aromatic brine grotto, laconium (Roman-style sauna), jet showers, vitality garden, fountain and waterfall. Facilities for massages, baths, Thalasso treatments and packs. Comfortable rooms/suites and highly-praised cuisine.

Pampering wellness days

2 nights half-board, gourmet dinner/fondue chinoise, 1 partial or foot reflex zone massage, 1 hydrojet waterbed massage, 1 solarium, 1 aromatic "Atlantis" surf bath.

Wellness and relaxation week

7 nights half-board (hors d'oeuvres/dessert buffets, gourmet dinner, fondue chinoise), indoor pool, saunas, steam baths, fitness,



"Garten des Inn" thermal bath, 1 full, 1 partial or 1 foot reflex zone massage, 1 aromatic "Atlantis" surf bath, 1 "Aphrodite" full-body cream pack, 1 carriage ride into the Roseg valley.

Our plus

Varied wellness offering in the "holiday paradise" of Engadine. The unrivalled scenery in the most beautiful of mountain valleys.

7504 Pontresina
Phone +41 81 842 77 77
Fax +41 81 842 77 78
hotelrosatschpontresina@bluewin.ch
www.hotel-rosatsch.ch

Open:

6.1.–19.4.03, 12.6.–19.10.04, 29.11.–27.12.04

See price list, p. 61



Samnaun: Hotel Chasa Montana****.

HOTEL CHASA MONTANA

Enjoy the finest service, select gourmet cuisine and noble wines. Backed by wellness in perfected form: body treatments, baths, massages and much more besides with care products from Ligne St. Barth, Sisley and Anna Yake. Indoor pool, whirlpool, sauna, steam bath, biothermarium and fitness centre.

Relaxation arrangement

3 nights (Sun–Wed or Mon–Thu) including breakfast buffet, table d'hôte dinner, 1 four-wave bath, 1 partial massage, indoor pool, whirlpool, sauna, steam bath, biothermarium, morning gymnastics, fitness centre.

Montana pampering week

7 nights (arrival on any day) including breakfast buffet, table d'hôte dinner, 1 emperor bath, 1 partial massage, indoor pool, whirlpool, sauna, steam bath, biothermarium, morning gymnastics, fitness centre.



Our plus

Combine wellness and relaxation with tax-free shopping in our exclusive specialist shops.

7563 Samnaun
Phone +41 81 861 90 00
Fax +41 81 861 90 02
info@hotelchasamontana.ch
www.hotelchasamontana.ch

Open:

1.1.–2.5.04, 29.5.–17.10.04, 29.11.–31.12.04

See price list, p. 61





Samnaun: Wellnesshotel Silvretta****.



This beautiful four-star establishment full of esprit sits amid the unique Samnaun mountain scenery. Its rooms are in local Swiss pine. Enjoy unforgettable evenings with outstanding cuisine and refind your inner peace in a peerless wellness area. Underground passageway to indoor pool and fitness area at the Chasa Montana.

Two hearts, three wellness days

3 nights including pampering half-board. Enjoy an Asian bath together, 2 x 1 intensive facial treatment and 2 x 1 full-body massage. Recuperate and relax in the Vitaleum, followed by a romantic tête-à-tête in the evening over a fondue chinoise or gourmet or vitality meal. Do your body and soul a favour.

Beauty wellness week

7 nights including pampering half-board with breakfast buffet and evening meal (revitalising and whole food also available).

1 full-body massage, 1 intensive facial treatment, 1 fango or Thalasso treatment, 1 Asian bath. Use of Vitaleum.

Our plus

The Vitaleum – zest for life, rejuvenation and unadulterated wellness pleasure. Samnaun tax-free shopping oasis in the border triangle of Switzerland, Austria and Italy.

7563 Samnaun

Phone +41 81 861 95 00

Fax +41 81 861 95 05

silvretta@bluewin.ch

www.hotel-silvretta.ch

Open:

1.1.–1.11.04, 27.11.–31.12.04

See price list, p. 62



Scuol: Hotel Belvédère****.



Sensually appointed rooms and suites are places that offer every comfort for the discriminating traveller. Places where you can simply be, recharge your batteries, and do yourself good. Quiet, sun-drenched location in the centre of the village. New wellness area with Finnish and bio saunas, steam bath, Kneipp pools, outdoor pool, solarium and massage. Just 200 m from the Bogn Engiadina bathing complex.

Bad Scuol wellness experience

2 nights including sumptuous breakfast buffet, 1 x admission to the extended Roman-Irish bath and welcome aperitif. Unlimited use of hotel wellness area.

Gourmet wellness days

2 nights including sumptuous breakfast buffet, 1 x admission to the Bogn Engiadina bathing complex, 1 tasting menu in our

Allegra restaurant, 1 evening meal in the Gault-Millau Engiadina restaurant or the Curry & Chai Indian restaurant. Unlimited use of hotel wellness area.

Our plus

A fascinating establishment with turn-of-the-century spaciousness and modern comfort. From 19.5.–10.12.04 free admission to Bogn Engiadina.

7550 Scuol

Phone +41 81 861 06 06

Fax +41 81 861 06 00

info@belvedere-scuol.ch

www.belvedere-scuol.ch

Open:

1.1.–18.4.04, 15.5.–31.12.04

See price list, p. 62



St. Moritz: Kempinski Grand Hôtel des Bains*****.



The spectacular Kempinski Grand Hôtel des Bains offers superlative leisure facilities and luxurious accommodation amid the breathtaking mountain scenery of St. Moritz. With more than 100 years of experience in the five-star hotel business, Kempinski Hotels & Resorts ensure you will enjoy a personalised, exclusive stay in an ambience that combines local style and tradition with contemporary design.

Pure relaxation

2 nights in double/single room including breakfast buffet and choice of one of the following treatments: facial, manicure, pedicure (60 mins each), aromatic massage, foot reflex zone massage, full-body massage; free use of the Kempinski Spa & Wellness area, 20% discount on other listed treatments.

St. Moritz Well & Fit

6 nights in double/single room including breakfast buffet, choice of four listed treat-

ments (max. two the same), free use of the Kempinski Spa & Wellness area, 20% discount on other listed treatments.

Our plus

Unadulterated relaxation in the 1,500 m² Spa & Wellness area. Nordic ski runs and ski slopes outside the hotel.

7500 St. Moritz

Phone +41 81 838 38 38

Fax +41 81 838 30 00

reservations.grandhoteldesbains@

kempinski.com

www.kempinski-stmoritz.com

Open:

1.1.–12.4.04, 25.6.–12.9.04

See price list, p. 62



Bad Ragaz: Hof Ragaz****.



The only health, spa and golf resort in Switzerland with its own thermal water and 18-hole golf course. Wellness oasis over more than 2,500 m². Classical beauty centre. Direct access to Medical Centre and Cosmetic Medicine Centre. Six restaurants including seminar and banqueting facilities. Casino.

Small & Beautiful

3 nights including breakfast buffet, "Dine Around", "To B." fitness and wellness centre, 2,500 m² wellness oasis, daily fitness lessons, classical facial treatment, full-body peel, choice of spa massage.

Lifestyle week

6 nights including breakfast buffet, "Dine Around", 2,500 m² fitness and wellness area, fitness lessons, spa massage, aromatic massage, back massage, classical facial

treatment, special facial treatment, manicure with paraffin hand bath, foot care, full-body peel, surf bath, algae gel pack.

Our plus

Unique combination of luxury hotel, wellness amenities, thermal water, Medical Centre, golf course and casino.

7310 Bad Ragaz

Phone +41 81 303 30 30

Fax +41 81 303 30 33

reservation@resortragaz.ch

www.resortragaz.ch

Open:

1.1.–31.12.04

See price list, p. 63





Heiden: Hotel Heiden****.



The Hotel Heiden sits high above Lake Constance, offering great views into Germany and Austria. Your health, beauty and vitality is our calling. We offer you à la carte wellness with style. As well as Ayurveda cures by Dr. Rai, you can sample Ayurveda all year round.

Total wellness

2 nights including “vitality” breakfast buffet, welcome drink, 1 partial massage, 1 whey or herbal air whirlpool, free admission to indoor pool, fitness room, sauna and solarium.

Introductory Ayurveda

3 nights in an attractive, feel-good room with bath or shower/WC, “vitality” breakfast buffet, welcome drink, 3 x lunch or evening meal, panorama bath, fitness room, sauna, solarium, 2 robes for therapy, 1 oil massage, 1 Shirodara and Svedana, tea, mineral water.



Our plus

Redesigned, attractive wellness area with competent therapists.

9410 Heiden
Phone +41 71 898 15 15
Fax +41 71 898 15 55
info@hotelheiden.ch
www.hotelheiden.ch

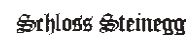
Open:

1.1.–31.12.04

See price list, p. 63



Hüttwilen: Schloss Steinegg.



This elevated feel-good oasis offers views stretching as far as the Alps. Our vitality fasting programmes and low-calorie, vegetarian gourmet menus will help you lose weight and do something for your health. Fast with carefully coordinated teas, soups and vegetable juices; whey purifies and regenerates the body's natural self-healing powers.

Schloss Steinegg flirt

2 nights including vegetarian full-board, selected teas, mineral water, 1 partial massage with colour therapy, daily gymnastics, walking, hiking, cycling, nutrition lectures with advice.

Compact fasting weeks

7 nights with fasting programme (full-board), body purification, deacidification, selected teas, soups, whey/juices, rehabilitation diet with tips for home reference, intestinal cleansing with Glauber's salt. Gymnastics,

walking, 1 brush bath with herbal essences, 1 partial massage with colour therapy.

Our plus

Days to change your format. Obtain your feel-good weight with vitality fasting. Active supplementary offerings such as stretching, fitness, Feldenkrais, breathing therapy, yoga, Tai Chi and Qi-Gong.

8536 Hüttwilen/Thurgau
Phone +41 52 748 27 27
Fax +41 52 748 27 28
info@schloss-steinegg.ch
www.schloss-steinegg.ch

Open:

4.1.–15.12.04

See price list, p. 64



Weissbad: Hotel Hof Weissbad****.



The charming health and holiday hotel at the heart of Appenzellerland. Here, life is still lived at a slightly more leisurely, contemplative pace. The air cannot be compared with that down in the valley. A place to recuperate, to experience, to hold meetings, or simply to be. At the foot of the Alpstein mountain range you'll find a wellness offering that leaves no wish unfulfilled. Neither inside, nor outside.

St. Barth relaxation days

2 nights half-board, 1 full-body peel (marine sand or Jojoba granules), 1 full-body brush massage with oil, 1 full-body relaxation massage with oil.

Whey body purification cure

7 nights including whey diet, introductory medical consultation, blood and urine tests, 2 extended showers, 2 back massages,

1 whey bath, 1 body fat analysis, free whey drinks.

Our plus

Health centre with sauna facilities, separate ladies' sauna, fitness room, Thalasso centre, F.X. Mayr cure, concessionary green fee for Gonten golf course, hotel-owned mountain and city bikes.

9057 Weissbad

Phone +41 71 798 80 80
Fax +41 71 798 80 90
hotel@hofweissbad.ch
www.hofweissbad.ch

Open:

1.1.–31.12.04

See price list, p. 64



Wienacht: Hotel Seeblick***.



Far from the hustle and bustle of the city, the listed village of Wienacht nestles in the hills above Lake Constance between Heiden and Rorschach. The hotel more than lives up to its name, as the Seeblick (lake view in German) oasis affords superb views of the lake. Here, it's so much easier to simply let go, relax and feel good. Especially as you'll find everything you need.

Mini beauty package

2 nights half-board, 1 body peel, 1 beauty bath, 1 small facial, solarium, sauna, indoor pool.

Wellness week

5 nights half-board, 1 Chi Nei Tsang, 1 facial treatment, 1 partial massage, 1 aquatic wellness treatment.

Our plus

Holiday courses, Thalasso-Ayurveda weeks.

9405 Wienacht
Phone +41 71 891 31 41
Fax +41 71 891 29 44
seeblick@pop.agri.ch
www.hotel-seeblick.ch

Open:

1.1.–31.12.04

See price list, p. 64





Feusisberg: Panorama Resort & Spa****.



Unique and only 30 minutes from Zurich, the Panorama Resort & Spa offers magnificent panorama views of Lake Zurich and the mountains. The exclusive 2,000 m² Akari spa and the suites, double rooms and single rooms overlooking the lake cater for your every wish.

Luxury Japanese bath

2 nights half-board, 1 luxury Japanese bath including 1 aromatic steam bath, 1 full-body peel and 1 jasmine whirlpool bath, 1 belle époque pearl bath with algae pack.

Luxury Oriental bath

2 nights half-board, 1 relaxing steam bath, 1 refreshing seasalt full-body peel, 1 invigorating brine whirlpool bath, 1 seasalt peel hand treatment.

Our plus

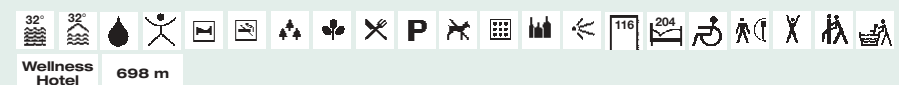
Occupying a prime location, the Akari Spa is open seven days a week and offers the ultimate in bathing pleasure and total rejuvenation. Home-made food prepared almost entirely from biologically grown produce.

8835 Feusisberg
Phone +41 1 786 00 00
Fax +41 1 786 00 99
info@panoramaresort.ch
www.panoramaresort.ch

Open:

1.1.–31.12.04

See price list, p. 65



Zurich: InterContinental Zurich****.



The centrally situated InterContinental Zurich is the right place to recharge your batteries and get in a spot of wellness, culture and shopping at the same time. The hotel has 364 elegant, air-conditioned rooms and junior suites, a 2,000 m² health club, a cosmopolitan hotel bar, two restaurants and 24-hour room service.

Spa delight

2 nights in an elegant, air-conditioned double room including breakfast buffet. Wellness: 1 personalised fitness test, use of health club, aerobics facilities, sauna and whirlpool, 2 x solarium, choice of 2 x 45 min. massages.

Mind balance

1 night in an elegant, air-conditioned double room including breakfast buffet. Wellness: use of health club, aerobics facilities, sauna and whirlpool, choice of 1 x 45 min. massage.

Our plus

Health club with physical therapy centre, nutritional advice and extensive wellness offering.

8040 Zurich
Phone +41 1 404 44 44
Fax +41 1 404 44 40
zurich@interconti.com
www.intercontinental.com

Open:

1.1.–31.12.04

See price list, p. 65



Bürgenstock: Bürgenstock Hotels & Resort*****.



At the heart of central Switzerland, the Bürgenstock occupies a magnificent setting 450 m above the picturesque Lake Lucerne. The Park Hotel, as a member of “The Leading Hotels of the World”, offers stylish, modern comfort, while the Palace and Grand hotels recreate a refined, belle époque atmosphere. All in all, a jewel!

Wellness arrangement

2 nights half-board, 1 classical full-body massage (50 mins), choice of 1 relaxation bath (20 mins), 1 alpine flower pack (25 mins).

Thalgo week

5 nights half-board, 1 full-body peel, 1 algae pack and seasalt bath, 1 foot reflex zone massage, 2 Frigi-Thalgo leg wraps, 1 full-body lymphatic drainage, 1 aromatic oil bath.

Our plus

Breathtaking views from the indoor and outdoor pools. Funicular to hotel's own mooring facility.

6363 Bürgenstock
Phone +41 41 612 90 10
Fax +41 41 612 90 11
Information@buergenstock-hotels.ch
www.buergenstock-hotels.ch

Open:

1.4.–31.10.04

See price list, p. 66



Lucerne/Kastanienbaum: Seehotel Kastanienbaum****.



Located on the bank of Lake Lucerne, some 8 km from Lucerne's old town, the Seehotel Kastanienbaum has all the comforts that make for a relaxing stay. In the Margot KAZ wellness club you enjoy a harmonious balance of exercise and relaxation. Expert beauticians cater for your every need. Treat yourself to culinary delights in our three restaurants and on the sun terrace.

Introductory beauty weekend

2 nights half-board, 1 electronic skin analysis, home care plan, 1 face, neck and décolleté treatment, 1 hand and foot pack with massage, 1 body peel, 1 moor mud pack, 1 whirlpool bath and chat, 1 solarium visit.

Wellness “cuddle” week

6 nights half-board, 1 electronic skin analysis, 1 Kneipp therapy, daily bio-sauna, home care

plan, 1 aromatic whirlpool bath, 1 solarium visit, 1 Asian seasalt massage, various massages and facial treatments.

Our plus

Qualified staff take plenty of time for your wellbeing.

6047 Kastanienbaum
Phone +41 41 340 03 40
Fax +41 41 340 10 15
seehotel@kastanienbaum.ch
www.kastanienbaum.ch

Open:

10.1.–21.12.04

See price list, p. 66





Morschach: Swiss Holiday Park****.



This wellness paradise sits in the heart of central Switzerland above Lake Lucerne. Enjoy the Roman-Irish thermal baths with brine pools, a sauna and steam bath facility, vitality baths, a massage department, a beauty centre, solariums and a host of sport and leisure activities.

Wellness

2 nights in a well-appointed room including breakfast buffet, free admission to adventure pool, sauna facility and Roman-Irish thermal bath. 1 soap-and-brush massage, 1 full-body massage and 1 soothing facial treatment.

Our plus

The combination of Roman-Irish thermal baths and brine pools is unique in Switzerland.

6443 Morschach
Phone +41 41 825 50 50
Fax +41 41 825 50 05
info@shp.ch
www.swissholidaypark.ch

Open:

1.1.–31.12.04

See price list, p. 66



Weggis: Alexander-Gerbi Hotels****.



Discover the quality of life at our hotels. The traditional hospitality amid the beautiful mountain scenery of Lake Lucerne and central Switzerland. And the amenities at our new Vitalis wellness and beauty centre (1,500 m²), with its relaxing bathing and vitality offerings.

“La vie en rose” Vitalis weekend

2 nights, balcony offering lake and mountain views, vitality breakfast buffet, welcome rose cocktail, 1 x five-course evening meal, 1 rose gala dinner, rose surprise, 1 aromatic rose-petal bath, 1 facial treatment with relaxing face massage, rose grotto.

The pampering experience for total relaxation

7 nights, balcony offering lake and mountain views, welcome drink, vitality breakfast buffet, 7 x gourmet half-board, 1 facial treatment

with ear and face massage, 1 body peel with salt rub and aromatic foot treatment, 1 body massage, 1 mud bath with mineral-oil massage.

Our plus

Enjoy our feel-good offerings, culinary delights and family atmosphere.

6353 Weggis
Phone +41 41 392 22 22
Fax +41 41 392 22 23
info@alexander-gerbi.ch
www.alexander-gerbi.ch

Open:

1.1.–31.12.04

See price list, p. 67



Weggis: Wellness and Beauty Hotel Graziella****.



The Swiss Riviera has many highlights, and the Graziella, at the foot of the Rigi alongside Lake Lucerne, is one of them. You'll love this feel-good hotel with its wellness and beauty character. Fitness and gymnastics room, a daily fitness programme and lectures on a variety of subjects complete the offering.

Fitness-beauty weekend

2 nights (Friday lunch to Sunday lunch) in an attractive, south-facing room, wellness full-board, use of wellness facilities, face care, Okkaido oxygen steam bath, partial body massage, alpha massage.

Beauty week package

7 nights in an attractive, south-facing room, wellness full-board, 2 Okkaido oxygen steam baths, 2 partial body massages, 1 cosmetic face care, 1 manicure, 1 pedicure, 2 alpha massages.

Our plus

On request, unique Graziella fruit diet for body purification, detoxification and weight loss.

6353 Weggis
Phone +41 41 392 78 78
Fax +41 41 392 78 88
info@graziella.ch
www.graziella.ch

Open:

1.1.–31.12.04

See price list, p. 67



Weggis: Park Hotel Weggis*****.



Rooms in an “enjoy-life” design. Aquarius Hall, Sparkling Wellness programme with six custom SPA cottages (70 m² each) and Japanese meditation garden. Annex gourmet restaurant (15 Gault-Millau points), Sparks restaurant (sparkling cuisine) and The Grape restaurant (Californian wine & dine). Sunset and Beach bars. Kids club, spacious parks, private beach.

Parc & Soul

2 nights half-board, “Sparkling Open Eyes Path”, choice of 1 exclusive treatment (60 mins), 1 wellness facial treatment with Ligne St. Barth products, 3-hour use of private SPA cottage, choice of 1 Lomi Lomi Nui or treatment (120 mins).

Parc & Wisdom

4 nights half-board, 2 x 3-hour use of private SPA cottage, 1 treatment (60 mins), 1 wellness facial treatment with Ligne St. Barth

products, polar pulse monitor instruction, mountain-bike excursion, jogging or walking, 1 choice of exclusive treatment (60 mins), 1 hour wellness consultation, evening make-up or paraffin hand treatment.

Our plus

Winning mix of joie de vivre, rejuvenation, enjoyment, tranquillity, energy, inspiration and enthusiasm.

6353 Weggis
Phone +41 41 392 05 05
Fax +41 41 392 05 28
info@phw.ch
www.phw.ch

Open:

1.1.–31.12.04

See price list, p. 68





Weggis: Wellness Hotel Rössli***.



Sitting outside beneath the palm trees, the soothing babbling of the fountain in your ear, you'll agree that the Rössli is truly idyllic. Stylish and generously appointed facilities, such as the well-maintained dining room and the Dorfstübli restaurant, await your visit. Sophisticated, home cooking is complemented by vitality food. And the new La Mira Beauty & SPA facility will be the highlight of your stay.

Introductory wellness

2 nights including breakfast, welcome drink, free use of La Mira Beauty & SPA, 1 freshwater whirlpool and 1 partial massage (25 mins).

La Mira week

7 nights with breakfast buffet, welcome drink, 1 rose dinner, 1 La Mira dinner, 1 return trip up the Rigi, use of La Mira Beauty & SPA including bathrobe, 1 solarium chip,

2 whirlpool chips, 1 partial body massage, 1 Escale beauty facial treatment, 1 Thalasso bath, 1 anti-stress treatment.

Our plus

QMS Anti-Age, special face-care system for the treatment of mouth wrinkles and pigment marks.

6353 Weggis
Phone +41 41 390 11 06
Fax +41 41 390 27 26
mail@wellness-roessli.ch
www.wellness-roessli.ch

Open:
1.1.–31.12.04

See price list, p. 68



Baden: Limmathof Novum Spa.



Small hotel with wellness area, fitness amenities and gourmet restaurant. The rooms are sensually appointed and have plenty of individual charm. The wellness area marries state-of-the-art wellness facilities with the traditional bathing in mineral-rich thermal water to create an unrivalled ambience.

Novum Spa for beauty

1 night (between Friday and Monday), use of wellness and fitness facilities, 1 facial treatment Cocon anti-stress gauze and foam mask, 1 Thalasso body treatment with natural marine products, 1 foot massage.

Source of joie de vivre

1 night (between Friday and Monday), use of wellness and fitness facilities, 1 Indonesian Lulur beauty massage with exotic oils, spices and petal bath, 1 refreshing, revitalising Thalasso facial treatment with natural marine products, 1 manicure or pedicure.

Our plus

Relaxed atmosphere, wellbeing, quality and hospitality. Far away, yet very close.

5400 Baden
Phone +41 56 200 17 17
Fax +41 56 200 17 18
info@limmathof.ch
www.limmathof.ch

Open:
1.1.–31.12.04

See price list, p. 69



Zurzach: Kurhotel****.



The health and wellness oasis in Bad Zurzach offers direct links to the thermal baths, the Medical Wellness Centre (SPA) and the rehabilitation clinic. Admission to thermal baths and SPA included. Here, you can rest, enjoy the experience and allow yourself to be pampered by our therapists, fitness trainers and the culinary delights on offer.

Introductory wellness offer

2 nights half-board, 1 body brush massage, 1 Thalasso bath, 1 algae treatment, solarium, make-up course or partial body massage.

5-day beauty package

5 nights half-board, 1 full-body peel, 2 body brush massages, 2 Thalasso baths, 2 algae gel packs, 2 algae treatments, 1 cold-wrap method, 1 manicure, 1 facial treatment, 1 x make-up and personalised treatment.

Our plus

In-house nutritional consultation, attractive fitness, wellness and beauty packages of various durations.

5330 Zurzach
Phone +41 56 265 22 22
Fax +41 56 265 22 00
info@kurhotel-zurzach.ch
www.kurhotel-zurzach.ch

Open:
1.1.–31.12.04

See price list, p. 69



Zurzach: Park-Hotel Bad Zurzach****.



Time belongs to you. The Park-Hotel Bad Zurzach is situated in a park with a pond in the immediate vicinity of "The SpA" and the thermal baths. Immerse yourself in the holistic wellness offering, where you will find peace, rest and relaxation. Because the nicest time is the time you have for yourself.

2 day relaxation weekend

2 nights with gourmet half-board, use of brine pool, admission to "The SpA" and Zurzach thermal baths, 1 Thalasso treatment, 1 full-body massage.

5 beauty & relax days

5 nights with gourmet half-board, use of brine pool, admission to "The SpA" and Zurzach thermal baths, 1 introductory consultation, 1 Thalasso treatment, 1 facial treatment, 1 manicure, 1 clay skin treatment, 2 partial body massages.

Our plus

In-house brine pool (34° C), in-house physiotherapy, direct access to "The SpA" and Zurzach thermal baths.

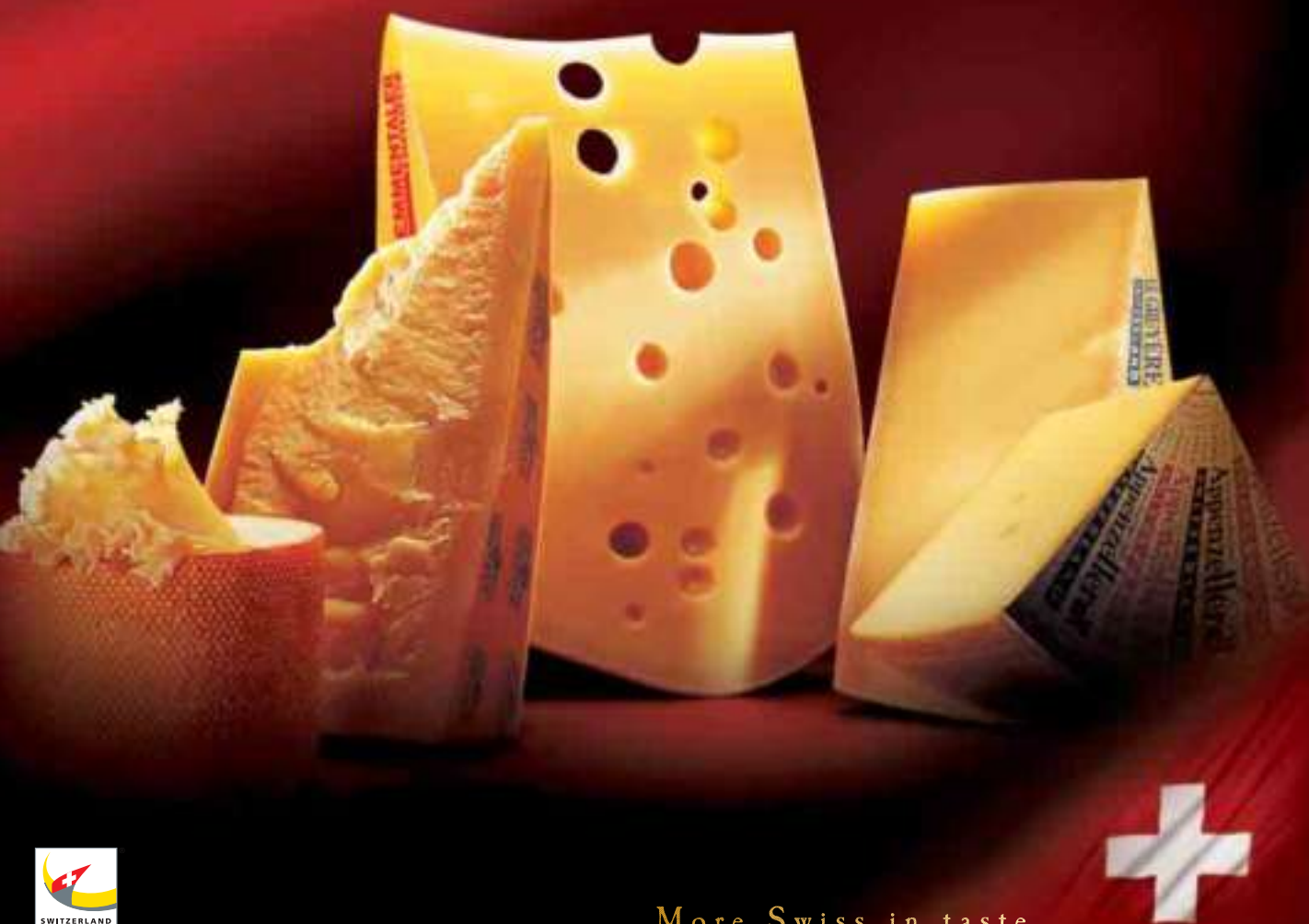
5330 Zurzach
Phone +41 56 269 88 11
Fax +41 56 249 38 08
info@park-hotel-zurzach.ch
www.park-hotel-zurzach.ch

Open:
1.1.–31.12.04

See price list, p. 70



Let your palate explore the Swiss Alps. In this unique natural paradise, cheese is still made from the best raw milk according to old cheese-making traditions. And you can taste it.



More Swiss in taste.



Adelboden: Parkhotel Bellevue & Spa****.



Magnificent park setting amid majestic mountains, overlooking the heart of the village, quiet and yet central. Fine views from the garden and the sun terrace. Unrivalled wellness oasis with outdoor brine pool, indoor pool, Roman baths, fango and Thalasso therapies, outdoor sauna, massage and beauty treatments, Serail bath and petal bath plus cardio and fitness area. The cuisine and the wine cellar are insider tips.

Pampering days for two

3 nights in a romantically appointed room, champagne surprise, late-riser breakfast, 3 gourmet dinners, "Aqua vitalis" wellness area over more than 1,300 m²; 1 AromaLuxe massage, 1 Serail beauty bath and 1 wellness bath with underwater massage per person.

Thalasso week

7 nights in a double room, breakfast buffet, five-course dinner, "Aqua vitalis" wellness

area, 2 algae baths, 1 surf bath, 1 Algo Sel body peel, 3 full-body algae packs, 2 leg treatments, 2 AromaLuxe massages, 2 tightening argile marine body care packs, 1 facial with body treatment.

Our plus

The charm of a homely country house, the comfort of a grand hotel.

3715 Adelboden

Phone +41 33 673 80 00

Fax +41 33 673 80 01

info@parkhotel-bellevue.ch

www.parkhotel-bellevue.ch

Open:

1.1.-31.12.04

See price list p. 70



Cards

www.americanexpress.ch

www.swisshotels.ch

We offer wellness holidays

Your Swiss hotels



Gstaad: Grand Hotel Bellevue*****.



The Grand Hotel Bellevue, which reopened in December 2002, sits in the middle of an 18,000 m² park at the entrance to Gstaad. It has special suites, junior suites and double rooms, the Bellevue SPA, two restaurants, a stylish hotel bar and the 911 Porsche Live Jazz Bar.

Relaxation Asian-style

3 nights in a design room including “Fit for Fun” breakfast, 1 gourmet meal, admission to the Bellevue SPA, 1 relaxing facial treatment with Shiseido, 1 luxury Japanese bath with massage, 1 bedtime read.

SPA & Action

3 nights in a design room including “Fit for Fun” breakfast, 1 gourmet meal, admission to the Bellevue SPA, 1 mountain-bike or hiking tour, daily 60-minute group workout, 1 hour personal trainer, 1 sport massage.

Our plus

At the Grand Hotel Bellevue you experience wellness for body and mind.

3780 Gstaad
Phone +41 33 748 00 00
Fax +41 33 748 00 01
info@bellevue-gstaad.ch
www.bellevue-gstaad.ch

Open:

1.1.–12.4.04, 14.5.–31.12.04

See price list, p. 70



Gstaad-Schönried: Wellness- & Spa-Hotel ERMITAGE-GOLF*****.



The Wellness & Spa Hotel ERMITAGE-GOLF offers more than just a holiday. An unspoilt countryside, combined with the sense of wellbeing conveyed by our wellness oasis, leaves you feeling much better within yourself. An extensive wellness offering, culinary delights and an elegant, cosy “home-from-home” await you.

Mini wellness ABC

3 nights including pampering half-board, early morning tea, newspaper, participation in gymnastics, sport and hiking programmes, admission to brine pool (35° C) and sauna park, 1 herbal bath, 1 vitality massage (25 mins).

Vitality and wellbeing

6 nights including pampering half-board, early morning tea, newspaper, participation in gymnastics, sport and hiking programmes,

admission to brine pool (35° C) and sauna park, 1 herbal bath, 2 vitality massages (25 mins).

Our plus

Daily programme of sport and excursions, daily newspaper, early morning tea, cake buffet. Indoor and open-air brine pool, 35° C (also in winter).

3778 Gstaad-Schönried
Phone +41 33 748 60 60
Fax +41 33 748 60 67
ermitagegolf@gstaad.ch
www.ermitagegolf.ch

Open:

13.12.03–31.10.04

See price list, p. 71



Interlaken: Victoria-Jungfrau Grand Hotel & Spa*****.



The Victoria-Jungfrau, at a prime location with breathtaking views of the magnificent Jungfrau mountain, has long become a symbol of the area. At one of the most beautiful towns in Switzerland, and one which enjoys world renown as a summer and winter health resort.

Relaxation package

2 nights in a comfortable double room, VICTORIA-JUNGFRAU “Dine-around” with breakfast, five-course table d’hôte meal in the La Terrasse restaurant or à la carte in one of our other restaurants, 1 facial cleansing and care treatment, 1 full-body massage.

Pampering package

3 nights in a comfortable double room, VICTORIA-JUNGFRAU “Dine-around” with breakfast, five-course table d’hôte meal in the La Terrasse restaurant or à la carte in one

of our other restaurants, 1 intensive facial treatment according to the Clarins method, 1 body soft (full-body peel with care treatment), 1 combination massage.

Our plus

The Spa – a unique setting for rejuvenation, wellbeing and revitalisation over 5,500 m².

3800 Interlaken
Phone +41 33 828 28 28
Fax +41 33 828 28 80
interlaken@victoria-jungfrau.ch
www.victoria-jungfrau.ch

Open:

1.1.–31.12.04

See price list, p. 71



Kandersteg: Royal Park Hotel*****.



Built in the style of a Bernese manor house in a sun-drenched 12,000 m² private park, this luxury hotel has both outdoor and indoor swimming pools. Varied sport, beauty and wellness offering. Riding stable, putting green, tennis. Elegant, homely ambience in the evening, sporty and informal during the day. Member of “The Leading Hotels of the World”.

Wellbeing and elegance

3 nights half-board, 1 facial treatment (30 mins), 1 sport massage (30 mins), 2 Thalasso underwater therapies (70 mins), 1 partner Thalasso treatment (120 mins).

Rejuvenation and elegance

7 nights half-board, 1 facial treatment (90 mins), 6 Thalasso treatments (70 mins), 3 water gymnastics offerings (45 mins), 2 body massages (45 mins), 1 outdoor activity (hiking, skiing, paragliding etc.).

Our plus

Extensive therapy and sport offering at a world-class establishment.

3718 Kandersteg
Phone +41 33 675 88 88
Fax +41 33 675 88 80
royal@rikli.com
www.royalkandersteg.com

Open:

20.12.03–15.3.04, 1.6.–30.9.04

See price list, p. 72





Lenk: Lenkerhof alpine resort*****.



The newest and most youthful five-star hotel in Switzerland is one of the best hotels in the Bernese Oberland. At the far end of the Simmental valley, in unspoilt countryside, the excellent cuisine and a unique wellness facility offer the ultimate in rejuvenation!

Beauty weekend special

2 nights half-board including St. Barth body peel (papaya, avocado, cocos), St. Barth aromatic massage, St. Barth small deluxe facial treatment.

Fit and healthy

5 nights half-board, St. Barth aromatic massage, fitness check with lactate test, royal hydro bath, personal coaching, back massage, crystal bath and fitness advice.

Our plus

Extensive 2,000 m² wellness facility with outdoor sulphur bath, crystal bath and beauty packages.

3775 Lenk

Phone +41 33 736 36 36

Fax +41 33 736 36 37

welcome@lenkerhof.ch

www.lenkerhof.ch

Open:

1.1.–18.4.04, 28.5.–31.12.04

See price list, p. 72



Merligen: Wellness- & Spa-Hotel Beatus****.



Occupying a dream location by Lake Thun in the Bernese Oberland, the Wellness & Spa Hotel Beatus sits in a 12,000 m² park and offers unrivalled views of the lake and the Alps. Light communal areas, three restaurants with exquisite cuisine, and elegant rooms and suites ensure your stay will be an experience-packed, rejuvenating and happy one.

Mini wellness ABC

3 nights in a twin or single room, including half-board, 1 herbal bath, 1 “Relax Royal” treatment, 1 vitality massage (25 mins), use of indoor swimming pool (29° C), open-air brine pool (35° C), and sauna park with 7 saunas and a rest room with waterbeds.

Vitality and wellbeing

6 nights in a twin or single room, including half-board, 1 hay or herbal bath, 2 vitality

massages (25 mins each), use of indoor swimming pool (29° C), open-air brine pool (35° C), and sauna park with 7 saunas and a rest room with waterbeds.

Our plus

Extensive 1,400 m² wellness facility at a unique location. Superb open-air brine pool right by the lake. Price reductions between 24.10. and 19.12.04.

3658 Merligen

Phone +41 33 252 81 81

Fax +41 33 251 36 76

info@beatus.ch

www.beatus.ch

Open:

1.1.–31.12.04

See price list, p. 72



Sigriswil: Solbad-Hotel Sigriswil****.



Amid the marvellous scenery of the Bernese Oberland, with superb lake and mountain views, enjoy this wellness oasis with its 35° C brine pool, whirlpool, Kneipp pool, fitness room, Finnish and bio-saunas, aromatic steam grotto, jet showers, cosmetics treatment and massage facilities. Here you experience cordiality and hospitality.

Wellness days

2 nights including welcome drink, breakfast buffet, four-course dinner, free admission to wellness oasis, cosmetic treatments for him and her (facial or full-body peel with pack or relaxing back treatment) and a partial body massage.

Wellness week

7 nights including welcome drink, breakfast buffet, four-course table d’hôte dinner, free admission to the wellness oasis, cosmetic

treatments for him and her (1 facial and 2 cellulite treatments or 2 anti-stress treatments) and 1 full-body or 2 partial body massages.

Our plus

Submerge and enjoy. Treat yourself. In a cordial and personal atmosphere.

3655 Sigriswil

Phone +41 33 252 25 25

Fax +41 33 252 25 00

info@solbadhotel-sigriswil.ch

www.solbadhotel-sigriswil.ch

Open:

1.1.–31.12.04

See price list, p. 73



Lausanne: Lausanne Palace & Spa*****.



In the heart of the Olympic city, just a few paces from the business quarter and shopping district, this exceptional hotel offers breath-taking panorama views across Lake Geneva and the Alps. During its refurbishment a unique environment was created, a synthesis of luxury, sophistication, wellbeing and cultivated “savoir-vivre”!

Anti-stress weekend

2 nights in a Deluxe room, breakfast buffet in our restaurant Côté Jardin, 1 calming massage, full-body wrap, hydrobath, 1 face massage, use of wellness infrastructure.

Ayurvedic weekend

2 nights in a luxury room, Deluxe room, breakfast buffet in our restaurant Côté Jardin, 1 Aveda aqua-polish, 1 Shirodhara followed by an Ayurvedic massage, use of wellness infrastructure.

Our plus

AVEDA cosmetic products, Phytomer and CBE Cosmetics, Ayurvedic medicine, balneological therapies and massage.

1002 Lausanne

Phone +41 21 331 31 31

Fax +41 21 323 25 71

reservation@lausanne-palace.ch

www.lausanne-palace.ch

Open:

1.1.–31.12.04

See price list, p. 73





Lavey-les-Bains: Grand Hôtel des Bains***.

After undergoing extensive redevelopment, Lavey-les-Bains, the historic spa in the Chablais, is enjoying a well-deserved renaissance. Here, Switzerland's hottest thermal spring, at a temperature of 70°C, supplies water to the bathing and novelty fountain facility. Situated in a spacious pine park, the three-star Grand Hôtel des Bains is an old manor house with 74 comfortable rooms. Excellent buffets. Ideal for seminars and festivities.

Apaisance

2 nights in a double room, including 3 x half-board, personal welcome, free admission to baths, 6 hydrotherapy treatments, 3 massages.

Silhouette

6 nights in a double room, including half-board, personal welcome, free admission to

the baths. Ideal for losing weight and fortifying the body, or as accompaniment to a diet. Includes 24 treatments (hydrotherapy, mud wrap, electrotherapy).

Our plus

Tranquillity, relaxation and slimness in a jewel of a hotel in green surroundings, where nothing is lacking.

1892 Lavey-les-Bains
Phone +41 24 486 15 15
Fax +41 24 486 15 17
grand.hotel@lavey-les-bains.ch
www.lavey-les-bains.ch

Open:

1.1.–31.12.04

See price list, p. 73



Mont-Pèlerin: Le Mirador Kempinski, Lake Geneva*****.

Le Mirador Kempinski sits among the vineyards above Vevey and Montreux. Its elegantly appointed rooms offer breathtaking views of Lake Geneva. Three restaurants and their terraces cater to all tastes. And at the Givenchy Spa, you can choose from a wide range of treatments. Banqueting and conference centre.

Spa "à la carte"

Includes 2 nights with breakfast buffet and half-board in the Le Patio restaurant, welcome cocktail, fruit basket, 1 Givenchy spa treatment per person/day (1 hour max.), swimming pool, fitness, tennis, billiard table, sauna, hamam, whirlpool, VAT and service. Tourist tax extra: 2.50/pers/day.

Wellness package

Includes 6 nights with breakfast buffet and half-board in the Le Patio restaurant, welcome cocktail, fruit basket, 2 Givenchy

spa treatments per person/day 1 hour max. each, swimming pool, fitness, tennis, billiard table, sauna, hamam, whirlpool, VAT and service. Tourist tax extra: 2.50/pers/day.

Our plus

Unrivalled views of Lake Geneva and the Alps. Givenchy spa, indoor and outdoor swimming pools. Hotel-owned yacht.

1801 Mont-Pèlerin
Phone +41 21 925 11 11
Fax +41 21 925 11 12
mirador@attglobal.net
www.mirador.ch

Open:

1.1.–31.12.04

See price list, p. 74



Montreux: Le Montreux Palace*****.

Montreux, the pearl of the Swiss Riviera, is situated on the shores of Lake Geneva within reach of the glorious Alpine peaks. Here, the Montreux Palace offers you an atmosphere of tradition, beauty and elegance. Discover Amrita Wellness, our exclusive 1,935 m² oasis of relaxation. A new type of well-being, combined with fitness, rejuvenation, treatments and healthy eating.

Elixir of youth Amrita

6 nights in a superior room with views of the lake, including breakfast buffet, four-course evening meal in the gastronomic Jaan restaurant, 5 lunches or evening meals in the Brasserie du Palace, 1 Amrita elixir of youth, 3 full-body massages, 1 relaxation bath with ethereal oils, 1 refreshing facial treatment.

Relaxation deluxe

2 nights in a superior room with views of the lake, including breakfast buffet, four-course evening meal in the Jaan restaurant, 1 lunch in the Brasserie du Palace, 1 Amrita elixir of youth, 1 full-body massage.

Our plus

Amrita wellness – the totally new, age-old type of wellbeing.

1820 Montreux
Phone +41 21 962 12 12
Fax +41 21 962 17 17
sales@montreux-palace.com
www.montreux-palace.com

Open:

1.1.–31.12.04

See price list, p. 74



Yverdon-les-Bains: Grand Hotel des Bains****.

The Grand Hotel des Bains offers every possible comfort in a charming historic setting with a gourmet restaurant and a cosy bar. For active rejuvenation you can use the thermal baths and beauty, wellness and fitness amenities of the Centre Thermal, which is directly linked to the hotel.

"Water and stone"

2 nights including breakfast buffet, 1 hot stone therapy or 1 Valmont facial treatment.

Élan and energy

5 nights including breakfast buffet, four-course half-board, 1 "mille et une nuit", either with 1 body peel, 1 Rhassoul pack and 1 oriental massage or 1 full-body massage, 1 aromatic whirlpool bath, 1 facial treatment.

Our plus

Wellness at the Centre Thermal: tyarium, steam baths, Japanese bath, whirlpool bath, fitness club. Lake Neuchâtel, largest national park, historical small town, golf, mountain biking, hiking.

1401 Yverdon-les-Bains
Phone +41 24 424 64 64
Fax +41 24 424 64 65
reservation@grandhotelyverdon.ch
www.grandhotelyverdon.ch

Open:

1.1.–31.12.04

See price list, p. 74





Breiten: Bade-Wellnesshotel
Salina Maris****.



The Salina Maris is situated on a sun-drenched terrace in the middle of the Aletsch glacier world heritage site. With its large, bright rooms, garden, sun-lounger lawns and attractive bathing area, this gently decorated hotel makes for carefree wellness, bathing, hiking and mountain holidays. A therapy centre (recognised spa) is linked to the hotel.

An island of time in an ancient sea
3 nights including breakfast buffet, unlimited use of brine pool, sauna, steam bath and fitness room, 1 massage (Mon–Sat), 1 x solarium, 1 inhalation treatment, 1 x water gymnastics (Mon/Wed/Fri 0730), free car park.

We get you into shape
6 nights including breakfast buffet, unlimited use of brine pool, sauna, steam bath and

fitness room, 3 partial massages, 3 brine wraps, 2 brine inhalation treatments, hiking or excursion, 3 x water gymnastics, free car park.

Our plus
Well-maintained, homely hotel on a sun terrace. Oasis of peace, bio-climate. 300 days of sun a year. Guided hikes, excursions, sport and courses.

3983 Breiten ob Mörel
Phone +41 27 928 42 42
Fax +41 27 928 42 41
salina.maris@breiten.ch
www.urmeer.com

Open:
6.12.03–30.10.04, 4.12.–31.12.04

See price list, p. 75

33°

Wellness Hotel

900 m



Crans-Montana: Centre Mességué-
Phytotherm*****.



Our recuperative breaks and weight reduction weeks are based on the detoxifying effect of medicinal plants (phytotherapy). Herbal teas, baths, massages, colonic irrigations and the optimum use of recognised and effective medicinal plants by specialists regenerate the body in a beneficial way.

“Phyto-Wellness”
2 nights including full-board, diet food, 1 manual massage, 2 plant-based, hydro-massage baths, 1 fango treatment, 1 facial treatment, 2 x water gymnastics, 2 stimulating hand-foot treatments, medicinal teas, Jacuzzi, hamam, inhalation room.

“Phyto-health”
7 nights including full-board, diet food, examination by a naturopath on arrival and departure, 5 relaxation massages, 2 lymphatic drainages, 1 facial treatment, 5 relaxation and

2 steam baths, 5 fango treatments, 3 hand-foot treatments, 4 cabbage compresses, gymnastics, aquajogging, sophrology.

Our plus
If you enjoy sport you will more than appreciate our proximity to the ski slopes, hiking trails and golf course.

3963 Crans-Montana 1
Phone +41 27 485 48 48
Fax +41 27 485 48 49
info@crans-ambassador.ch
www.crans-ambassador.ch

Open:
1.1.–21.11.04

See price list, p. 75

Health Hotel

Wellness Hotel

1500 m

Leukerbad: Hotel Bristol****.



At the refurbished Hotel Bristol you really feel at ease thanks to the personal service, the superb thermal bathing facilities in our private park (one 37° C indoor pool, two 34° C/29° C outdoor pools; a beauty centre and a therapy department), the sophisticated, light cuisine and the homely rooms with their panorama windows and balconies.

Wellness days
2 nights including breakfast buffet and free admission to thermal baths. 1 massage, 1 fango treatment, 1 Thalasso bath and water gymnastics per person.

3-day relaxation package
3 nights half-board, water gymnastics, 1 massage, 1 aromatic relaxation treatment, 1 Thalasso bath and manicure or pedicure.

Our plus
The unique, private, thermal bathing park – exclusively reserved for hotel guests.

3954 Leukerbad
Phone +41 27 472 75 00
Fax +41 27 472 75 52
bristolteuk@bluewin.ch
www.bristolteukerbad.ch

Open:
1.1.–31.12.04

See price list, p. 76

29/34°

1450 m



Leukerbad: Wellness-Hotel Grichting
and Badnerhof****.



The hotel's modern, comfortable infrastructure, featuring newly decorated light rooms, makes it a small holiday centre all of its own, both in summer and in winter. And the Grichting is impressive on the culinary side, too: extensive breakfast buffet until 1100, six-course, gourmet or feel-good table d'hôte dinner.

Introductory package
3 nights half-board, 1 Cleopatra bath, 1 back massage, 3 visits to the Roman temple, 1 sand and light therapy, 1 facial treatment with Thalasso face mask, 1 pampering mask for the hands.

Snuggle and pampering week
6 nights half-board, examination on arrival, hand treatment, alpine hay bath with full-body massage, foot treatment with pressotherapy, introduction to the 5 Tibetans, 1 Cleopatra bath for her, 1 partial fango treat-

ment for him, facial treatment with eyebrow correction, face massage, face mask, hay flower wrap for liver detoxification, and personalised make-up.

Our plus
In-house beauty and revitalisation centre, brine swimming pool (33 °), Roman temple. Highest alpine thermal baths in Europe.

3954 Leukerbad
Phone +41 27 472 77 11
Fax +41 27 470 22 69
badnerhof@grichting-hotels.ch
www.hotel-grichting.ch

Open:
1.1.–30.11.04, 21.12.–31.12.04

See price list, p. 76

Wellness Hotel

1425 m





SWISS BUSINESS™ TOOL



WENGER®

MAKER OF THE GENUINE SWISS ARMY KNIFE™



Saas-Fee: Ferienart Resort & Spa*****.



Holiday art in a first-class hotel with homely to luxurious rooms and suites, pampering half-board (champagne breakfast, six-course table d'hôte meal, four restaurants), piano bar and dancing. New wellness area with adventure pool, whirlpool, saunas, steam baths and thermal baths, beauty & bathing department, fitness, indoor sport.

Our plus

Holistic, active, enjoyment-oriented wellness days in a cordial, "holiday-style" ambience.

3906 Saas-Fee

Phone +41 27 958 19 00

Fax +41 27 958 19 05

info@ferienart.ch

www.ferienart.ch

Introductory wellness

3 nights half-board, 1 Rasul bath, 1 relaxation massage and choice of 1 wellness bath (Cleopatra, hay or night candle oil). Let your soul fly free and allow yourself to be pampered.

Holiday-style rejuvenation

5 nights half-board, wellness programme with 1 QMS facial treatment, 1 manicure & pedicure, 1 full-body salt massage, 1 white mud treatment and 1 balneotherapy. Enjoy the peace and quiet, recharge your batteries, and simply recuperate!



Zermatt: Alpenhof Zermatt****.



The Alpenhof is a first-rate modern hotel. Besides newly decorated rooms equipped with every comfort, the Alpenhof has a string of extremely spacious, sophisticated suites.

Davana

6 nights in double or single room, including half-board (breakfast buffet, five-course gourmet table d'hôte meal), 1 Chi Yang face, 1 eyelash/eyebrow tinting session, 1 foot treatment, 1 paraffin manicure, 1 Chi Yang body treatment, 1 petal bath with aromatic massage, 1 Reiki or full-body massage, foot reflex zone massage, admission to 600 m² Pfifoltra bathing facility.

Maniola

2 nights in double or single room, including half-board (breakfast buffet, five-course gourmet table d'hôte meal), QMS neo-tissu-dermine facial treatment, paraffin hand massage pack, cosmetic foot treatment with

massage, full-body massage (55 mins), foot reflex zone massage, 1 night candle oil cream bath or Thalasso algae bath, personal advice for home care, admission to 600 m² Pfifoltra bathing facility.

Our plus

Pfifoltra bathing facility, new "hot spot", outdoor Jacuzzi, log cabin sauna, waterbeds, gourmet delights.

3920 Zermatt

Phone +41 27 966 55 55

Fax +41 27 966 55 56

alpenhof.zermatt@reconline.ch

www.reconline.ch/alpenhof





Zermatt: Hotel Berghof****.

Welcome to the Hotel Berghof, our small, elegant holiday residence with 28 rooms, including 3 four-poster-bed rooms, 3 junior suites and 2 suites. Here you will find the comfort and atmosphere you are looking for. Our cuisine is refined, fresh and appetising. Rock pool sauna, mountain crystal grotto, beauty, massage and much more besides guarantee soothing rejuvenation.

Introductory stay

4 nights in a homely double room, including half-board. Use of wellness area with rock pool, 1 full-body massage, 1 skin tightening and rejuvenation cure (Maria Galland), 1 sunbed.

Fairytale week

7 nights in a homely double room, including half-board. Use of wellness area with rock pool, 1 full-body massage, 1 classical facial

treatment with Maria Galland, Carita or Med Beauty products, 1 full-body peel followed by a partial massage, 1 sunbed.

Our plus

Allow yourself to be enchanted by ambience, comfort, personal attention and tranquillity.

3920 Zermatt
Phone +41 27 967 54 00
Fax +41 27 967 54 52
info@berghof-zermatt.ch
www.berghof-zermatt.ch

Open:

1.1.–2.5.04, 26.6.–23.10.04

See price list, p. 79



Ascona: Relais & Châteaux Albergo Giardino*****.



A magical park with exotically scented plants surrounds this country house with its romantic rooms and suites. As well as sauna facilities, you will find a Roman bathing temple, a fitness studio and the “Giardino di Bellezza”, with its beauty, coiffeur and massage amenities.

Giardino feel-good days

2 nights with à la carte dinner, 1 facial treatment, 1 body peel followed by a body pack, 1 crystal bath or hydroxur jet bath followed by a full-body massage.

Caesar & Cleopatra

3 nights with à la carte dinner. For her: 1 “deluxe” facial treatment, 1 hand peel, 1 paraffin manicure, 1 marine sand peel and body pack, 1 crystal bath, 1 aromatic full-body massage, 1 x coiffeur.

For him: 1 “deluxe homme” facial treatment, 1 foot peel, 1 paraffin pedicure, 1 marine sand body peel, 1 body pack, 1 hydroxur jet bath, 1 full-body sport massage, 1 manicure.

Our plus

Top-quality cuisine by the water lily pond, “Teatro Giardino” culture programme, romantic hotel grounds.

6612 Ascona
Phone +41 91 785 88 88
Fax +41 91 785 88 99
welcome@giardino.ch
www.giardino.ch

Open:

28.2.–7.11.04

See price list, p. 80



Zermatt: Romantik Hotel Julen****.



The Romantik Hotel Julen, with a tradition stretching back almost 70 years and exclusive rustic-style rooms in mature spruce wood, really is one of a kind. The hospitality of days gone by, combined with contemporary service quality in a state-of-the-art, three-storey fitness and wellness facility with an indoor adventure pool – now doesn't that sound good?

Julen pampering days

3 nights including breakfast buffet and five-course gala dinner, trip to the Little Matterhorn with visit to the ice grotto, 1 vitality or relaxing massage (25 mins), 1 hay and Cleopatra bath. Free use of wellness facilities.

Fitness vitality week

7 nights including breakfast buffet and five-course gala dinner, 1 day's mountain-biking through the Zermatt mountains, 1 day's skiing on the Theodul glacier (including ski pass

and ski hire), 1 raclette evening in our Schäferstube restaurant (not including drinks), 1 hay or Cleopatra bath. Free use of wellness facilities.

Our plus

A unique “water wonderland” on three floors.

3920 Zermatt
Phone +41 27 966 76 00
Fax +41 27 966 76 76
info@Julen.com
www.Julen.com

Open:

1.1.–31.12.04

See price list, p. 79



Cademario: WellnessHotel Kurhaus Cademario***.



Unadulterated wellness in an agreeable atmosphere. In the wellness centre, with its adventure pool, Roman baths and modern fitness centre, recuperation and regeneration translates into great fun. Wellness treatments in the Beauty Corner. Heated swimming pool in the park. À la carte panorama restaurant, Ticino locanda.

Activity and relaxation

3 nights half-board, indoor adventure pool and open-air pool (in summer), fitness, various sports, Roman thermal baths, 1 full-body massage, 1 breathing therapy and free offerings as per weekly programme.

Cademario anti-stress week

7 nights including full-board, 1 doctor's appointment, 4 breathing therapies, 2 relaxation therapies, 1 Tai Chi, 1 full-body mas-

sage, 2 foot reflex zone massages, free offerings as per weekly programme.

Our plus

Hiking paradise in the Malcantone region. Mediterranean climate, plenty of sunshine, no fog and no cars, magnificent views.

6936 Cademario
Phone +41 91 610 51 11
Fax +41 91 610 51 12
info@swisswellnesshotel.com
www.swisswellnesshotel.com

Open:

1.1.–31.12.04

See price list, p. 80





Minusio/Locarno: ESPLANADE HOTEL RESORT & SPA****.



The pleasure of active rejuvenation. Come and enjoy the seductive charm of the Esplanade, set in a dream location amid a giant palm-tree park offering panorama views of the lake and mountains. A 1,600 m² wellness, beauty and sport area with Finnish saunas, caldarium, steam bath, whirlpool, heated swimming pool under the palm trees, fitness centre and tennis courts can be used free of charge.

Energy sources

2 nights including breakfast buffet, five-course table d'hôte meal, non-alcoholic drinks from the minibar, use of saunas, caldarium, steam bath, heated swimming pool and tennis courts, 1 full-body massage (50 mins), 1 aromatic whirlpool bath, 1 manicure or pedicure.

Tropical feeling

7 nights including breakfast buffet, five-

course table d'hôte meal, non-alcoholic drinks from the minibar, use of saunas, caldarium, steam bath, heated swimming pool and tennis courts, 1 St. Barth tropical body peel, 1 St. Barth tropical body pack, 1 full-body massage (50 mins).

Our plus

Mediterranean climate and ambience, large, tranquil palm-tree park. Free pick-up service from the station.

6648 Minusio/Locarno
Phone +41 91 735 85 85
Fax +41 91 735 85 86
reservations@esplanade.ch
www.esplanade.ch

Open:
27.2.–14.11.04

See price list, p. 80



Orselina: Romantik Hotel Orselina****.



Spend a unique, carefree holiday in a Mediterranean ambience on the sun-drenched southern slope at the heart of the Locarno/Ascona region. Attractive spa & wellness area with indoor and open-air pool, whirlpool, laconium, saunas, aromatic baths, massage, cosmetics, creative gourmet cuisine with fresh produce and select wines. For more information, see our website.

Raggio di sole

3 nights including breakfast buffet and five-course table d'hôte meal from our gourmet kitchen, choice of 1 aromatic bath, 1 complete face massage, 1 full-body massage, free use of spa & wellness area.

Wellness beneath Ticino palms

7 nights including breakfast buffet and five-course table d'hôte meal from our gourmet kitchen, 1 body peel, choice of 1 aromatic bath, 1 complete face massage, 1 full-body massage, free use of our spa & wellness area.

Our plus

Unrivalled value for money. Free admission to Losone 18-hole golf course and Locarno 6-hole golf course.

6644 Orselina
Phone +41 91 735 73 50
Fax +41 91 735 73 51
hotel@orselina.com
www.orselina.com

Open:
21.2.–1.11.04

See price list, p. 81



Serpiano: Hotel Serpiano***.



Extremely quiet, dream location amid magnificent chestnut and oak forests. Views of Lake Lugano and the Alps. A host of walks and places to visit and a mist-free climate lend Serpiano the special characteristics that typify this special wellness and holiday resort.

Serpiano special

2 nights including full-board, welcome drink, 1 vitality bath (honey or herbs), 1 massage or mask massage, 1 sauna or Turkish bath, 1 solarium, 1 aqua-training in indoor pool.

Serpiano special

7 nights including full-board, welcome drink, 2 vitality baths (Thalasso treatment or Kaokuma), 1 massage or mask massage, 1 sauna or Turkish bath, 1 solarium, 1 aqua-training in indoor pool.

Our plus

One of the largest wellness offerings in Ticino, featuring moxa, hamam, La Stone therapy, vitality baths and much more besides.

6867 Serpiano
Phone +41 91 986 20 00
Fax +41 91 986 20 20
info@serpiano.ch
www.serpiano.ch

Open:
1.3.–22.11.04

See price list, p. 81



Schwefelberg-Bad: Romantik Kurhotel****.



Enjoy the beneficial effects of our massages, fango treatments, sulphur bath and cosmetics offering. Delight in the colourful Alpine meadows in summer, and the glittering, snow-covered slopes and magnificent cross-country runs and ski slopes in winter. Listen to the birds singing and the marmots whistling, whilst enjoying the peace and quiet in the unspoiled countryside and pungent mountain air!

Introductory arrangement

2 nights half-board (breakfast buffet, candle-light dinner, fondue chinoise), "Holidays away from it all" introductory wellness package, 1 lunch, afternoon tea, Roman bath, sauna, tennis, mountain bikes. Massage and cosmetics subject to an extra charge.

Sensual experience

5 nights half-board. Wellness means treating your body and soul. We treat you over five full days with massage, baths, fango treatment,

cosmetics and a range of year-round sporting activities.

Our plus

Natural fango mud from our own sulphur spring. Highest Alpine thermal baths in Europe, summer and winter sport.

1738 Schwefelberg-Bad
Phone +41 26 419 88 88
Fax +41 26 419 88 44
info@schwefelbergbad.ch
www.schwefelbergbad.ch

Open:
1.1.–15.4.04, 1.5.–31.10.04

See price list, p. 81



Tailor-made holidays.

• = The services marked with a • are available in the hotel concerned.

[illegible]

Information subject to change.

Graubünden.

Arosa		04.01.–30.01.04 14.03.–12.04.04		31.01.–13.03.04		19.06.–10.07.04 09.08.–19.09.04		11.07.–08.08.04	
Arosa Kulm Hotel & Alpin Spa*****		page 27		S	D	S	D	S	D
Fit in three days. For him and her.	CHF	1110.–	1125.–	1215.–	1245.–	810.–	855.–	855.–	900.–
3 nights	EUR	722.–	731.–	790.–	809.–	527.–	556.–	556.–	585.–
including half-board	USD	799.–	810.–	875.–	896.–	583.–	616.–	616.–	648.–
Single use	CHF		1860.–		2100.–		1320.–		1410.–
	EUR		1209.–		1365.–		858.–		917.–
	USD		1339.–		1512.–		950.–		1015.–
Kulm Alpine Beauty	CHF	2780.–	2815.–	3025.–	3095.–	1765.–	1870.–	1870.–	2010.–
7 nights	EUR	1807.–	1830.–	1966.–	2012.–	1147.–	1216.–	1216.–	1307.–
including half-board	USD	2002.–	2027.–	2178.–	2228.–	1271.–	1346.–	1346.–	1447.–
Single use	CHF		4530.–		5090.–		2815.–		3095.–
	EUR		2945.–		3309.–		1830.–		2012.–
	USD		3262.–		3665.–		2027.–		2228.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 21 days before arrival.
Blocked dates: 1.1.04–3.1.04, 7.2.–7.3.04

Arosa		04.01.–29.01.04 07.03.–12.04.04 04.12.–18.12.04		19.06.–03.07.04 07.08.–17.10.04		04.07.–06.08.04		29.01.–06.03.04 19.12.–24.12.04	
Sunstar Parkhotel****		page 27		S	D	S	D	S	D
3-day relaxation	CHF	486.–	486.–	396.–	396.–	426.–	426.–	556.–	556.–
2 nights	EUR	316.–	316.–	357.–	257.–	277.–	277.–	361.–	361.–
including half-board	USD	350.–	350.–	285.–	285.–	307.–	307.–	400.–	400.–
Single use	CHF		586.–		476.–		506.–		656.–
	EUR		381.–		309.–		329.–		426.–
	USD		422.–		343.–		364.–		472.–
5-day intensive vitality	CHF	976.–	976.–	798.–	798.–	858.–	858.–	1116.–	1116.–
4 nights	EUR	634.–	634.–	519.–	519.–	558.–	558.–	725.–	725.–
including half-board	USD	703.–	703.–	575.–	575.–	618.–	618.–	804.–	804.–
Single use	CHF		1176.–		958.–		996.–		1316.–
	EUR		764.–		623.–		947.–		855.–
	USD		847.–		690.–		717.–		948.–
Additional night	CHF	180.–	180.–	130.–	130.–	145.–	145.–	210.–	210.–
including half-board	EUR	117.–	117.–	85.–	85.–	94.–	94.–	137.–	137.–
	USD	130.–	130.–	94.–	94.–	104.–	104.–	151.–	151.–

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 1.1.–3.1.04, 19.12.–31.12.04

Flims-Waldhaus		04.01.–30.01.04 14.03.–12.04.04		31.01.–13.03.04		19.06.–10.07.04 09.08.–19.09.04		11.07.–08.08.04	
Hotel Adula****		page 28		S	D	S	D	S	D
Introductory Thalasso days	CHF	835.–	760.–	700.–	700.–	610.–	580.–	715.–	655.–
3 nights	EUR	543.–	494.–	455.–	455.–	397.–	377.–	465.–	426.–
including half-board	USD	601.–	547.–	504.–	504.–	439.–	418.–	515.–	472.–
Very wellness	CHF	1385.–	1260.–	1160.–	1160.–	1010.–	960.–	1185.–	1085.–
5 nights	EUR	900.–	819.–	754.–	754.–	657.–	624.–	770.–	705.–
including half-board	USD	997.–	907.–	835.–	835.–	727.–	691.–	853.–	781.–
Additional night	CHF	245.–	220.–	200.–	200.–	170.–	160.–	205.–	185.–
	EUR	159.–	143.–	130.–	130.–	111.–	104.–	133.–	120.–
	USD	176.–	158.–	144.–	144.–	122.–	115.–	148.–	133.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 21.12.03–6.1.04, 7.2.–7.3.04

Flims-Waldhaus		01.06.–10.07.04 21.08.–20.12.04		10.07.–21.8.04			
Park Hotel Waldhaus*****		page 28		S	D	S	D
Delight weekend	CHF	1075.–	1060.–	1210.–	1195.–		
3 nights	EUR	699.–	689.–	787.–	777.–		
including half-board	USD	774.–	763.–	871.–	860.–		
Single use	CHF		1412.–		1615.–		
	EUR		918.–		1050.–		
	USD		1017.–		1163.–		
Additional nights	CHF	270.–	265.–	315.–	310.–		
including half-board	EUR	176.–	172.–	205.–	202.–		
	USD	194.–	191.–	227.–	223.–		
Light bright days	CHF	2015.–	1980.–	2365.–	2330.–		
7 nights	EUR	1310.–	1287.–	1537.–	1515.–		
including half-board	USD	1451.–	1426.–	1703.–	1678.–		
Single use	CHF		2750.–		3275.–		
	EUR		1788.–		2125.–		
	USD		1980.–		2358.–		
Additional nights	CHF	255.–	250.–	305.–	300.–		
including half-board	EUR	166.–	163.–	198.–	195.–		
	USD	184.–	180.–	220.–	216.–		

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Pontresina		06.01.–24.01.04 13.04.–19.04.04 12.06.–12.07.04 17.08.–19.10.04		24.01.–07.02.04 12.03.–13.04.04 13.07.–16.08.04		07.02.–12.03.04	
Hotel Rosatsch*** and Residence Rosatsch****		page 29		S	D	S	D
Pampering wellness days	CHF	438.–	388.–	462.–	412.–	480.–	430.–
2 nights including half-board	EUR	285.–	252.–	300.–	268.–	312.–	280.–
Main building	USD	315.–	279.–	333.–	297.–	346.–	310.–
2 nights	CHF	532.–	462.–	556.–	486.–	574.–	504.–
including half-board	EUR	346.–	300.–	361.–	316.–	373.–	328.–
Residence	USD	383.–	333.–	400.–	350.–	413.–	363.–
Wellness and relaxation week	CHF	1323.–	1148.–	1407.–	1232.–	1470.–	1295.–
7 nights including half-board	EUR	860.–	746.–	915.–	801.–	956.–	842.–
Main building	USD	953.–	827.–	1013.–	887.–	1058.–	932.–
7 nights	CHF	1638.–	1393.–	1722.–	1477.–	1785.–	1540.–
including half-board	EUR	1065.–	905.–	1119.–	517.–	1160.–	1001.–
Residence	USD	1179.–	1003.–	1240.–	1063.–	1285.–	1109.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 4 weeks before arrival.

Samnaun		29.05.–17.10.04					
Hotel Chasa Montana****		page 29		S	D	S	D
Relaxation arrangement	CHF	492.–	411.–				
3 nights	EUR	320.–	267.–				
including half-board	USD	354.–	296.–				
Montana pampering week	CHF	1025.–	843.–				
7 nights	EUR	666.–	548.–				
including half-board	USD	738.–	607.–				

Additional categories upon request. Reservations are possible up until arrival (summer). Cost-free cancellations are possible up until arrival (summer).
Blocked dates: in winter upon request

Samnaun		03.05.–01.11.04		28.03.–02.05.04 27.11.–20.12.04		03.01.–06.02.04		07.02.–27.03.04	
Wellnesshotel Silvretta****									
	page 30	S	D	S	D	S	D	S	D
Two hearts, three wellness days	CHF		570.–		795.–		825.–		855.–
3 nights	EUR		371.–		517.–		536.–		556.–
including half-board	USD		410.–		572.–		594.–		616.–
Beauty wellness week	CHF	1090.–	950.–	1410.–	1290.–	1550.–	1430.–	1760.–	1640.–
7 nights	EUR	709.–	618.–	917.–	839.–	1008.–	930.–	1144.–	1066.–
including half-board	USD	785.–	684.–	1015.–	929.–	1116.–	1030.–	1267.–	1181.–
Additional night	CHF		55.–						
including breakfast	EUR		36.–						
	USD		40.–						
Additional night	CHF		85.–		160.–		170.–		180.–
including half-board	EUR		55.–		104.–		111.–		117.–
	USD		61.–		115.–		122.–		130.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 27.12.04, 3.1.04

Scuol		11.04.–18.04.04		15.05.–31.12.04					
Hotel Belvédère****									
	page 30	S	D	S	D	S	D	S	D
Bad Scuol wellness experience	CHF		340.–						
2 nights	EUR		221.–						
including breakfast	USD		245.–						
Single use	CHF		510.–						
	EUR		332.–						
	USD		367.–						
Additional night	CHF		135.–						
including breakfast	EUR		88.–						
	USD		97.–						
Gourmet wellness days	CHF		450.–						
2 nights	EUR		293.–						
including half-board	USD		324.–						
Single use	CHF		675.–						
	EUR		439.–						
	USD		486.–						
Additional night	CHF		135.–						
including breakfast	EUR		88.–						
	USD		97.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.

St. Moritz		01.01.–12.04.04		25.06.–12.09.04					
Kempinski Grand Hôtel des Bains*****									
	page 31	S	D	S	D	S	D	S	D
Pure relaxation	CHF	890.–	890.–	390.–	390.–				
2 nights	EUR	579.–	579.–	254.–	254.–				
including breakfast	USD	641.–	641.–	281.–	281.–				
St. Moritz Well & Fit	CHF	2710.–	2710.–	1210.–	1210.–				
6 nights	EUR	1762.–	1762.–	787.–	787.–				
including breakfast	USD	1952.–	1952.–	871.–	871.–				
Additional night	CHF		495.–		360.–				
including breakfast	EUR		322.–		234.–				
	USD		356.–		259.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 21 days before arrival. **Blocked dates:** 1.1.–4.1.04

Eastern Switzerland.

Bad Ragaz		10.01.–27.03.04		27.03.–02.11.04		02.11.–21.12.04			
Hof Ragaz****									
	page 31	S	D	S	D	S	D	S	D
Small & Beautiful	CHF	1230.–	1110.–	1800.–	1440.–				
3 nights	EUR	800.–	722.–	1170.–	936.–				
including breakfast	USD	886.–	799.–	1296.–	1037.–				
Single use	CHF		upon request		upon request				
	EUR								
	USD								
Lifestyle week	CHF	2760.–	2550.–	2910.–	2700.–				
6 nights	EUR	1794.–	1658.–	1892.–	1755.–				
including breakfast	USD	1987.–	1836.–	2095.–	1944.–				
Additional night	CHF	440.–		490.–					
	EUR	286.–		319.–					
	USD	317.–		353.–					

Additional categories upon request. Reservations are possible up until 10 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 20.12.04–9.1.05

Heiden		03.01.–30.04.04		01.05.–20.10.04		01.01.– 31.12.04			
		21.10.–20.12.04							
Hotel Heiden****									
	page 32	S	D	S	D	S	D	S	D
Total wellness	CHF	380.–	335.–	380.–	335.–				
2 nights	EUR	247.–	218.–	247.–	218.–				
including breakfast	USD	274.–	241.–	274.–	241.–				
Single use	CHF		355.–		355.–				
	EUR		231.–		231.–				
	USD		256.–		256.–				
Additional night	CHF	145.–	125.–	145.–	125.–				
	EUR	94.–	81.–	94.–	81.–				
	USD	104.–	90.–	104.–	90.–				
Introductory Ayurveda	CHF					990.–	922.–		
3 nights	EUR					644.–	599.–		
including half-board	USD					713.–	664.–		
Single use	CHF						952.–		
	EUR						619.–		
	USD						685.–		
Additional night	CHF					183.–	163.–		
	EUR					119.–	106.–		
	USD					132.–	117.–		

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: Christmas/New Year

Hüttwilen		25.01.–11.08.04		04.01.–24.01.04					
		12.09.–03.11.04		11.08.–11.09.04		03.11.–15.12.04			
Schloss Steinegg									
	page 32	S forest	D south	S forest	D south	S	D	S	D
Schloss Steinegg flirt	CHF	689.–	569.–	639.–	530.–				
2 nights	EUR	448.–	370.–	415.–	345.–				
including full-board (vegetarian)	USD	496.–	410.–	460.–	382.–				
Single use	CHF		789.–		729.–				
	EUR		513.–		474.–				
	USD		568.–		525.–				
Additional night	CHF	327.–	267.–	301.–	248.–				
	EUR	213.–	174.–	196.–	161.–				
	USD	235.–	192.–	217.–	179.–				
Compact fasting weeks	CHF	1945.–	1525.–	1768.–	1390.–				
7 nights	EUR	1264.–	991.–	1149.–	904.–				
including fasting programme	USD	1400.–	1098.–	1273.–	1001.–				
Single use	CHF		2295.–		2083.–				
	EUR		1492.–		1354.–				
	USD		1652.–		1500.–				
Additional night	CHF	267.–	207.–	242.–	188.–				
	EUR	174.–	135.–	157.–	122.–				
	USD	192.–	149.–	174.–	135.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 21 days before arrival.

Blocked dates: 1.1.–3.1.04, 16.12.–31.12.04

Weissbad		01.01.–31.12.04							
Hotel Hof Weissbad****									
	page 33	S	D	S	D	S	D	S	D
St. Barth relaxation days	CHF	590.–	590.–						
2 nights	EUR	384.–	384.–						
including half-board	USD	425.–	425.–						
Whey body purification cure	CHF	1890.–	1890.–						
7 nights	EUR	1229.–	1229.–						
including whey diet	USD	1361.–	1361.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Blocked dates: Christmas/New Year’s Eve 2004

Wienacht		01.01.–31.12.04							
Hotel Seeblick***									
	page 33	S	D	S	D	S	D	S	D
Mini beauty package	CHF	430.–	390.–						
2 nights	EUR	280.–	254.–						
including half-board	USD	310.–	281.–						
Single use	CHF		390.–						
	EUR		254.–						
	USD		281.–						
Wellness week	CHF	987.–	887.–						
5 nights	EUR	642.–	577.–						
including half-board	USD	711.–	639.–						
Single use	CHF		887.–						
	EUR		577.–						
	USD		639.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until arrival.

Zurich Region.

Feusisberg		01.01.–31.12.04							
Panorama									
Resort & Spa****	page 34	S	D	S	D	S	D	S	D
Luxury Japanese bath	CHF	960.–	810.–						
2 nights	EUR	624.–	527.–						
including half-board	USD	691.–	583.–						
Single use	CHF		960.–						
	EUR		624.–						
	USD		691.–						
Luxury Oriental bath	CHF	930.–	780.–						
2 nights	EUR	605.–	507.–						
including half-board	USD	670.–	562.–						
Single use	CHF		930.–						
	EUR		605.–						
	USD		670.–						
Additional night	CHF		330.–						
including half-board	EUR		215.–						
	USD		238.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until arrival.

Zurich		01.01.–31.12.04							
InterContinental Zurich****									
page 34		S	D	S	D	S	D	S	D
Spa delight	CHF	490.–	350.–						
2 night	EUR	319.–	228.–						
including breakfast	USD	353.–	252.–						
Single use	CHF		490.–						
	EUR		319.–						
	USD		353.–						
Mind balance	CHF	230.–	170.–						
1 night	EUR	150.–	111.–						
including half-board	USD	166.–	122.–						
Single use	CHF		230.–						
	EUR		150.–						
	USD		166.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 1 day before arrival.

Blocked dates: 15.–22.4.04, 3.–6.8.04

Central Switzerland.

Bürgenstock		01.04.–31.10.04							
Bürgenstock									
Hotels & Resort*****	page 35	S	D	S	D	S	D	S	D
Wellness arrangement	CHF	765.–	625.–						
2 nights	EUR	497.–	406.–						
including half-board	USD	551.–	450.–						
Single use	CHF		765.–						
	EUR		497.–						
	USD		551.–						
Thalgo week	CHF	1985.–	1635.–						
5 nights	EUR	1290.–	1063.–						
including half-board	USD	1429.–	1177.–						
Additional night	CHF		185.–						
including half-board	EUR		120.–						
	USD		133.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Lucerne/Kastanienbaum		10.01.–30.04.04		01.05.–30.09.04					
		10.12.–21.10.04							
Seehotel Kastanienbaum****									
	page 35	S	D	S	D	S	D	S	D
Introductory beauty weekend	CHF	700.–	620.–	780.–	700.–				
2 nights	EUR	455.–	403.–	507.–	455.–				
including half-board	USD	504.–	446.–	562.–	504.–				
Lakeside	CHF	750.–	650.–	830.–	730.–				
	EUR	488.–	423.–	540.–	475.–				
	USD	540.–	468.–	598.–	526.–				
Wellness “cuddle” week	CHF	1760.–	1490.–	1820.–	1580.–				
6 nights	EUR	1144.–	969.–	1183.–	1027.–				
including half-board	USD	1267.–	1073.–	1310.–	1138.–				
Lakeside	CHF	1850.–	1550.–	1970.–	1670.–				
	EUR	1203.–	1008.–	1281.–	1086.–				
	USD	1332.–	1116.–	1418.–	1202.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 1.1.–10.1.04, 21.12.–31.12.04

Morschach		01.01.–31.12.04							
Swiss Holiday Park****									
	page 36	S	D	S	D	S	D	S	D
Wellness	CHF		480.–						
2 nights	EUR		312.–						
including breakfast	USD		346.–						

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.

Blocked dates: 27.12.03–3.1.04

Weggis		01.01.–30.04.04		01.05.–30.09.04					
		01.10.–31.12.04							
Alexander-Gerbi Hotels****		S	D	S	D	S	D	S	D
	page 36								
“La vie en rose” Vitalis weekend	CHF		499.–		499.–				
2 nights	EUR		324.–		324.–				
including half-board and 1 dinner	USD		359.–		359.–				
Single use	CHF		529.–		529.–				
	EUR		344.–		344.–				
	USD		381.–		381.–				
The pampering experience	CHF		1476.–		1616.–				
for total relaxation	EUR		959.–		1050.–				
7 nights including half-board	USD		1063.–		1164.–				
Single use	CHF		1756.–		1896.–				
	EUR		1141.–		1232.–				
	USD		1264.–		1365.–				

Additional categories upon request. Reservations are possible up until half day before arrival. Cost-free cancellations are possible up until 2 days before arrival.

Weggis		01.01.–31.12.2004							
Wellness- and Beauty									
Hotel Graziella****	page 37	S	D	S	D	S	D	S	D
Fitness-beauty weekend	CHF	630.–	550.–						
2 nights	EUR	410.–	358.–						
including Wellness full-board	USD	454.–	396.–						
Single use	CHF		630.–						
	EUR		410.–						
	USD		454.–						
Additional night	CHF	140.–	100.–						
	EUR	91.–	65.–						
	USD	101.–	72.–						
Beauty week package	CHF	1750.–	1510.–						
7 nights	EUR	1138.–	982.–						
including Wellness full-board	USD	1260.–	1087.–						
Single use	CHF		1750.–						
	EUR		1138.–						
	USD		1260.–						
Additional night	CHF	140.–	100.–						
	EUR	91.–	65.–						
	USD	101.–	72.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 3 days before arrival.

Weggis		01.01.–31.03.04		01.04.–30.09.04					
		01.10.–31.12.04							
Park Hotel Weggis*****									
	page 37	S	D	S	D	S	D	S	D
Parc & Soul	CHF	1468.–	1171.–	1588.–	1291.–				
2 nights	EUR	954.–	761.–	1032.–	839.–				
including half-board	USD	1057.–	843.–	1143.–	930.–				
Single use	CHF		1504.–		1624.–				
	EUR		978.–		1056.–				
	USD		1083.–		1169.–				
Parc & Wisdom	CHF	2618.–	1966.–	2861.–	2209.–				
4 nights	EUR	1702.–	1278.–	1860.–	1436.–				
including half-board	USD	1885.–	1416.–	2060.–	1590.–				
Single use	CHF		2690.–		2933.–				
	EUR		1749.–		1906.–				
	USD		1937.–		2112.–				
Additional night	CHF	20%	20%	20%	20%				
no meals	EUR								
	USD								

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Weggis		01.01.–04.01.04		05.01.–07.04.04					
		08.04.–12.04.04		13.04.–30.04.04					
		01.05.–10.10.04		11.10.–24.12.04					
Wellness Hotel Rössli***									
	page 38	S	D	S	D	S	D	S	D
Introductory wellness	CHF	310.–	270.–	270.–	230.–				
2 nights	EUR	202.–	176.–	176.–	150.–				
including breakfast	USD	223.–	194.–	194.–	166.–				
Single use	CHF		350.–		310.–				
	EUR		228.–		202.–				
	USD		252.–		223.–				
La Mira week	CHF	1150.–	1010.–	1030.–	890.–				
7 nights	EUR	748.–	657.–	670.–	579.–				
including breakfast	USD	828.–	727.–	742.–	641.–				
Single use	CHF		1290.–		1170.–				
	EUR		839.–		761.–				
	USD		929.–		842.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 6 days before arrival.

Blocked dates: 11.–22.1.04

Basel/Aargau Region.

Baden		01.01.–31.12.04							
Limmathof Novum Spa									
	page 38	S	D	S	D	S	D	S	D
Novum Spa for beauty	CHF	490.–	450.–						
1 nights	EUR	319.–	293.–						
including breakfast	USD	353.–	324.–						
Single use	CHF		490.–						
	EUR		319.–						
	USD		353.–						
Source of joie de vivre	CHF	590.–	550.–						
1 night	EUR	384.–	358.–						
including breakfast	USD	425.–	396.–						
Single use	CHF		590.–						
	EUR		384.–						
	USD		425.–						
Additional night	CHF		70.–						
including half-board	EUR		46.–						
	USD		50.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 2 days before arrival.

Blocked dates: Tuesday–Wednesday

Zurzach		01.01.–31.12.04							
Kurhotel****									
	page 39	S	D	S	D	S	D	S	D
Introductory wellness offer	CHF	544.–	504.–						
2 nights	EUR	354.–	328.–						
including half-board	USD	392.–	363.–						
Single use	CHF		544.–						
	EUR		354.–						
	USD		392.–						
Additional night	CHF	137.–	107.–						
including breakfast	EUR	89.–	70.–						
	USD	99.–	77.–						
5-day beauty package	CHF	1475.–	1395.–						
5 nights	EUR	959.–	907.–						
including half-board	USD	1062.–	1004.–						
Single use	CHF		1475.–						
	EUR		959.–						
	USD		1062.–						
Additional night	CHF	137.–	107.–						
including breakfast	EUR	89.–	70.–						
	USD	99.–	77.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 15 days before arrival.

Zurzach		01.01.–31.12.04							
Park-Hotel Bad Zurzach****	page 39	S	D	S	D	S	D	S	D
2-day relaxation weekend	CHF	624.–	555.–						
2 nights	EUR	406.–	361.–						
including half-board	USD	449.–	400.–						
Single use	CHF		624.–						
	EUR		406.–						
	USD		449.–						
5 beauty & relax days	CHF	1425.–	1256.–						
5 nights	EUR	926.–	816.–						
including half-board	USD	1026.–	904.–						
Single use	CHF		1425.–						
	EUR		926.–						
	USD		1026.–						
Additional night	CHF	170.–	140.–						
including half-board	EUR	111.–	91.–						
	USD	122.–	101.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 1 day before arrival.
Blocked dates: 1.1.–4.1.04, 9.4.–12.4.04, 28.5.–31.5.04, 20.12.–31.12.04

Bernese Oberland.

Adelboden		28.05.–09.07.04		12.01.–22.01.04		23.01.–29.01.04		04.01.–11.01.04	
		18.08.–22.12.04		29.03.–18.04.04		08.03.–28.03.04		30.01.–07.03.04	
				10.07.–17.08.04					
Parkhotel Bellevue & Spa****	page 41	S	D	S	D	S	D	S	D
Pampering days for two	CHF		720.–		765.–		795.–		
3 nights	EUR		468.–		497.–		517.–		
including half-board	USD		518.–		551.–		572.–		
Thalasso week	CHF		1635.–		1740.–		1810.–		1915.–
7 nights	EUR		1063.–		1131.–		1177.–		1245.–
including half-board	USD		1177.–		1253.–		1303.–		1379.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 1.1.–11.1.04, 30.1.–7.3.04

Gstaad		05.01.–05.02.04		06.02.–06.03.04					
		07.03.–02.07.04		03.07.–28.08.04					
		29.08.–31.10.04							
Grand Hotel Bellevue*****	page 42	S	D	S	D	S	D	S	D
Relaxation Asian-style	CHF		1100.–		1250.–				
3 nights including “Fit for Fun” breakfast and 1 gourmet menu	EUR		715.–		813.–				
	USD		792.–		900.–				
Single use	CHF		1550.–		1800.–				
	EUR		1008.–		1170.–				
	USD		1116.–		1296.–				
SPA & Action	CHF		1200.–		1350.–				
3 nights including breakfast and 1 gourmet menu	EUR		780.–		878.–				
	USD		864.–		972.–				
Single use	CHF		1650.–		1900.–				
	EUR		1073.–		1235.–				
	USD		1188.–		1368.–				
Additional night	CHF		274.–		324.–				
	EUR		178.–		211.–				
	USD		197.–		233.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 3.7.–11.7.04, 18.12.04–5.1.05

Gstaad-Schönried		04.01.–07.02.04		21.03.–19.05.04		11.07.–23.07.04		19.05.–03.07.04	
		07.03.–21.03.04				22.08.–26.09.04		26.09.–31.10.04	
Wellness & Spa Hotel									
ERMITAGE-GOLF*****	page 42	S	D	S	D	S	D	S	D
Mini wellness ABC	CHF	689.–	689.–	524.–	524.–	599.–	599.–	554.–	554.–
3 nights	EUR	448.–	448.–	341.–	341.–	389.–	389.–	360.–	360.–
including half-board	USD	496.–	496.–	377.–	377.–	431.–	431.–	399.–	399.–
Additional night	CHF	205.–	205.–	150.–	150.–	175.–	175.–	160.–	160.–
including half-board	EUR	133.–	133.–	98.–	98.–	114.–	114.–	104.–	104.–
	USD	148.–	148.–	108.–	108.–	126.–	126.–	115.–	115.–
Single use	CHF		997.–		749.–		862.–		794.–
	EUR		648.–		487.–		560.–		516.–
	USD		718.–		539.–		621.–		572.–
Vitality and wellbeing	CHF	1300.–	1300.–	970.–	970.–	1160.–	1160.–	1070.–	1070.–
6 nights	EUR	845.–	845.–	631.–	631.–	754.–	754.–	696.–	696.–
including half-board	USD	936.–	936.–	698.–	698.–	835.–	835.–	770.–	770.–
Additional night	CHF	195.–	195.–	140.–	140.–	165.–	165.–	150.–	150.–
including half-board	EUR	127.–	127.–	91.–	91.–	107.–	107.–	98.–	98.–
	USD	140.–	140.–	101.–	101.–	119.–	119.–	108.–	108.–
Single use	CHF		1885.–		1350.–		1655.–		1520.–
	EUR		1225.–		878.–		1076.–		988.–
	USD		1357.–		972.–		1192.–		1094.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 19.12.03–5.1.04, 7.2.–7.3.04 (for offer Mini wellness ABC)

Interlaken		03.01.–30.04.04		01.05.–31.10.04					
		01.11.–22.12.04							
Victoria-Jungfrau									
Grand Hotel & Spa*****	page 43	S	D	S	D	S	D	S	D
Relaxation package	CHF		965.–		1075.–				
2 nights	EUR		627.–		699.–				
including half-board	USD		695.–		774.–				
Single use	CHF		1285.–		1675.–				
	EUR		835.–		1089.–				
	USD		925.–		1206.–				
Additional night	CHF		375.–		430.–				
including half-board	EUR		244.–		280.–				
	USD		270.–		310.–				
Pampering package	CHF		1515.–		1680.–				
3 nights	EUR		985.–		1092.–				
including half-board	USD		1091.–		1210.–				
Single use	CHF		2010.–		2310.–				
	EUR		1307.–		1502.–				
	USD		1447.–		1663.–				
Additional night	CHF		375.–		430.–				
	EUR		244.–		280.–				
	USD		270.–		310.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 22.12.03–2.1.04, 23.12.04–2.1.05

Kandersteg		05.01.–30.01.04		31.01.–31.05.04			
		01.06.–30.06.04		01.07.–31.12.04			
Royal Park Hotel*****							
	page 43	S	D	S	D	S	D
Wellbeing and elegance	CHF		825.–		1035.–		
3 nights	EUR		536.–		673.–		
including half-board	USD		594.–		745.–		
Single use	CHF		1260.–		1560.–		
	EUR		819.–		1014.–		
	USD		907.–		1123.–		
Additional night	CHF		275.–		345.–		
	EUR		179.–		224.–		
	USD		198.–		248.–		
Rejuvenation and elegance	CHF	2800.–	1800.–	3500.–	2275.–		
7 nights	EUR	1820.–	1170.–	2275.–	1479.–		
including half-board	USD	2016.–	1296.–	2520.–	1638.–		
Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 21 days before arrival. Blocked dates: 1.1.–11.1.04							

Lenk		01.01.–31.12.04					
Lenkerhof alpine resort*****							
	page 44	S	D	S	D	S	D
Beauty weekend special	CHF	797.–	698.–				
2 nights	EUR	518.–	454.–				
including half-board	USD	574.–	503.–				
Single use	CHF		869.–				
	EUR		565.–				
	USD		626.–				
Fit and healthy	CHF	1840.–	1593.–				
5 nights	EUR	1196.–	1036.–				
including half-board	USD	1325.–	1147.–				
Single use	CHF		2020.–				
	EUR		1313.–				
	USD		1454.–				
Additional night	CHF	300.–	245.–				
including half-board	EUR	195.–	159.–				
	USD	216.–	176.–				
Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 10 days before arrival. Blocked dates: 1.1.–4.1.04, 26.12.–31.12.04							

Merligen		04.01.–03.04.04		03.04.–08.05.04		08.05.–17.07.04		17.07.–29.08.04	
				19.09.–19.12.04		29.08.–19.09.04			
Wellness- & Spa-Hotel Beatus****									
	page 44	S	D	S	D	S	D	S	D
Mini wellness ABC	CHF		492.–		552.–		612.–		672.–
3 nights	EUR		320.–		359.–		398.–		437.–
including half-board	USD		354.–		397.–		441.–		484.–
Vitality and wellbeing	CHF		822.–		942.–		1062.–		1152.–
6 nights	EUR		534.–		612.–		690.–		748.–
including half-board	USD		592.–		678.–		765.–		829.–
Additional night	CHF		125.–		145.–		165.–		185.–
including half-board	EUR		81.–		94.–		107.–		120.–
	USD		90.–		104.–		119.–		133.–
Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 30 days before arrival. Blocked dates: 21.12.04–2.1.05									

Sigriswil		01.01.–31.12.04.							
SolbadHotel Sigriswil****	page 45	S	D	S	D	S	D	S	D
Wellness days	CHF	529.–	489.–						
2 nights	EUR	344.–	318.–						
including half-board	USD	381.–	352.–						
Single use	CHF		529.–						
	EUR		344.–						
	USD		381.–						
Additional night	CHF		170.–						
including half-board	EUR		111.–						
	USD		122.–						
Wellness week	CHF	1360.–	1220.–						
7 nights	EUR	884.–	793.–						
including half-board	USD	979.–	878.–						
Single use	CHF		1360.–						
	EUR		884.–						
	USD		979.–						
Additional night	CHF		170.–						
including half-board	EUR		111.–						
	USD		122.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Lake Geneva Region.

Lausanne		01.01.–31.12.04		01.01.–31.12.04					
Lausanne Palace & Spa*****	page 45	S	D	S	D	S	D	S	D
Anti-stress weekend	CHF	1000.–	780.–	1200.–	980.–				
2 nights	EUR	650.–	507.–	780.–	637.–				
including breakfast	USD	720.–	562.–	864.–	706.–				
Single use	CHF		1000.–		1200.–				
	EUR		650.–		780.–				
	USD		720.–		864.–				
Ayurvedic weekend	CHF	1000.–	780.–	1200.–	980.–				
2 nights	EUR	650.–	507.–	780.–	637.–				
including breakfast	USD	720.–	562.–	864.–	706.–				
Single use	CHF		1000.–		1200.–				
	EUR		650.–		780.–				
	USD		720.–		864.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Lavey-les-Bains		01.01.–31.12.04							
Grand Hôtel des Bains***	page 46	S	D	S	D	S	D	S	D
Apaisance	CHF	1035.–	965.–						
2 nights	EUR	673.–	627.–						
including half-board	USD	745.–	695.–						
Silhouette	CHF	2350.–	2230.–						
6 nights	EUR	1528.–	1450.–						
including half-board	USD	1692.–	1606.–						
Additional night	CHF	165.–	140.–						
including breakfast	EUR	107.–	91.–						
	USD	119.–	101.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are not possible.
Blocked dates: No packages during the maintenance.

Mont-Pèlerin		01.01.–30.04.04		01.05.–31.10.04		01.11.–31.12.04				
Le Mirador Kempinski, Lake Geneva*****		page 46	S	D	S	D	S	D	S	D
Spa “à la carte”	CHF		700.–		810.–		700.–			
2 nights	EUR		455.–		527.–		455.–			
including half-board	USD		504.–		583.–		504.–			
Single use	CHF		1020.–		1130.–		1020.–			
	EUR		663.–		735.–		663.–			
	USD		734.–		814.–		734.–			
Wellness package	CHF		2715.–		3045.–		2715.–			
6 nights	EUR		1765.–		1979.–		1765.–			
including half-board	USD		1955.–		2192.–		1955.–			
Single use	CHF		3675.–		4005.–		3675.–			
	EUR		2389.–		2603.–		2389.–			
	USD		2646.–		2884.–		2646.–			

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Montreux		01.01.–31.03.04		01.04.–31.10.04					
		01.11.–31.12.04							
Le Montreux Palace*****									
page 47		S	D	S	D	S	D	S	D
Elixir of youth Amrita	CHF	2820.–	2520.–	2970.–	2610.–				
6 nights	EUR	1833.–	1638.–	1931.–	1697.–				
including half-board	USD	2030.–	1814.–	2138.–	1879.–				
Relaxation deluxe	CHF	1175.–	1075.–	1225.–	1105.–				
2 nights	EUR	764.–	699.–	796.–	718.–				
including half-board	USD	846.–	774.–	882.–	796.–				
Additional night including	CHF	300.–	240.–	350.–	265.–				
breakfast buffet	EUR	195.–	156.–	228.–	172.–				
	USD	216.–	173.–	252.–	191.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.

Yverdon-les-Bains		01.01.–24.06.04		25.06.–25.08.04					
		26.08.–31.10.04		01.11.–31.12.04					
Grand Hôtel des Bains****									
	page 47	S	D	S	D	S	D	S	D
“Water and stone”	CHF	550.–	550.–						
2 nights	EUR	358.–	358.–						
including breakfast	USD	396.–	396.–						
Single use	CHF		900.–						
	EUR		585.–						
	USD		648.–						
Additional night	CHF	244.–	244.–						
including half-board	EUR	159.–	159.–						
	USD	176.–	176.–						
Élan and energy	CHF	1600.–	1600.–	1400.–	1400.–				
5 nights	EUR	1040.–	1040.–	910.–	910.–				
including breakfast	USD	1152.–	1152.–	1008.–	1008.–				
Single use	CHF		2050.–						
	EUR		1333.–						
	USD		1476.–						
Additional night	CHF	244.–	244.–						
including half-board	EUR	159.–	159.–						
	USD	176.–	176.–						

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 6 days before arrival.

Valais.

Breiten		04.01.–30.10.04 04.12.–31.12.04								
Bade-Wellnesshotel Salina Maris****		page 48	S	D	S	D	S	D	S	D
An island of time	CHF	489.–	399.–							
in an ancient sea	EUR	318.–	259.–							
3 nights including breakfast	USD	352.–	287.–							
Single use	CHF		489.–							
	EUR		318.–							
	USD		352.–							
Additional night including breakfast	CHF	148.–	118.–							
	EUR	96.–	77.–							
	USD	107.–	85.–							
Supplement Suite garden view	CHF	108.–	90.–							
	EUR	70.–	59.–							
	USD	78.–	65.–							
We get you into shape	CHF	1091.–	911.–							
6 nights	EUR	709.–	592.–							
including breakfast	USD	786.–	656.–							
Single use	CHF		1091.–							
	EUR		709.–							
	USD		786.–							
Additional night including breakfast	CHF	148.–	118.–							
	EUR	96.–	77.–							
	USD	107.–	85.–							
Supplement Suite garden view	CHF	222.–	180.–							
	EUR	144.–	117.–							
	USD	160.–	130.–							

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 31.10.–3.12.04

Crans-Montana		04.04.–20.06.04		11.01.–01.02.04		01.02.–07.03.04				
		05.09.–21.11.04		07.03.–04.04.04		18.07.–22.08.04				
				20.06.–18.07.04						
				22.08.–05.09.04						
Centre Mességué-Phytotherm*****		page 48	S	D	S	D	S	D	S	D
“Phyto-Wellness”	CHF	860.–	790.–	910.–	880.–	1020.–	950.–			
2 nights	EUR	559.–	514.–	592.–	572.–	663.–	618.–			
including full-board	USD	619.–	569.–	655.–	634.–	734.–	684.–			
Single use	CHF		920.–		1020.–		1160.–			
	EUR		598.–		663.–		754.–			
	USD		662.–		734.–		835.–			
“Phyto-health”	CHF	3115.–	2870.–	3290.–	3185.–	3675.–	3430.–			
7 nights	EUR	2025.–	1866.–	2139.–	2070.–	2389.–	2230.–			
including full-board	USD	2243.–	2066.–	2369.–	2293.–	2646.–	2470.–			
Single use	CHF		3325.–		3675.–		4165.–			
	EUR		2261.–		2389.–		2707.–			
	USD		2394.–		2646.–		2999.–			

Additional categories upon request. Reservations are possible up until 7 (High Season 14) days before arrival. Cost-free cancellations are possible up until 3 weeks before arrival. Blocked dates: 21.11.–31.12.05

Leukerbad		05.01.–09.03.04 01.07.–19.12.04							
Hotel Bristol****									
	page 49	S	D	S	D	S	D	S	D
Wellness days	CHF	420.–	398.–						
2 nights	EUR	273.–	259.–						
including breakfast	USD	302.–	287.–						
Single use	CHF		440.–						
	EUR		286.–						
	USD		317.–						
3-day relaxation package	CHF	786.–	756.–						
3 nights	EUR	511.–	491.–						
including half-board	USD	566.–	544.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 1 day before arrival.
Blocked dates: 20.12.–31.12.04

Leukerbad		01.01.–03.01.04		04.01.–12.04.04		13.04.–10.07.04 06.11.–01.12.04		11.07.–05.11.04	
Wellness-Hotel Grichting and Badnerhof****									
	page 49	S	D	S	D	S	D	S	D
Introductory package	CHF			680.–	650.–	650.–	620.–	680.–	650.–
3 nights	EUR			442.–	423.–	423.–	403.–	442.–	423.–
including half-board	USD			490.–	468.–	468.–	446.–	490.–	468.–
Snuggle and pampering week	CHF	1495.–	1425.–	1355.–	1295.–	1255.–	1195.–	1355.–	1295.–
6 nights	EUR	972.–	926.–	881.–	842.–	816.–	777.–	881.–	842.–
including half-board	USD	1076.–	1026.–	976.–	932.–	904.–	860.–	976.–	932.–
Additional night	CHF	160.–	160.–	150.–	145.–	133.–	128.–	138.–	142.–
including half-board	EUR	104.–	104.–	98.–	94.–	86.–	83.–	90.–	92.–
	USD	115.–	115.–	108.–	104.–	96.–	92.–	99.–	102.–

Additional categories upon request. Reservations are possible up until 7/2 days (High/Low Season) before arrival. Cost-free cancellations are possible up until 14 days before arrival. **Blocked dates:** 1.12.–21.12.04

Leukerbad		11.01.–17.04.04 18.07.–21.08.04		22.08.–06.11.04		18.04.–17.07.04	
Les Sources des Alpes*****							
	page 50	S	D	S	D	S	D
Anti-stress days for him and her	CHF		1210.–		1100.–		1020.–
3 nights	EUR		787.–		715.–		663.–
including half-board	USD		871.–		792.–		743.–
Single use	CHF		1428.–		1293.–		1128.–
	EUR		928.–		840.–		733.–
	USD		1028.–		931.–		812.–
Additional night	CHF		314.–		294.–		250.–
including half-board	EUR		204.–		191.–		163.–
	USD		226.–		212.–		180.–
Aquawell feel-good week	CHF		2420.–		2240.–		2070.–
7 nights	EUR		1573.–		1456.–		1346.–
including half-board	USD		1742.–		1613.–		1490.–
Single use	CHF		2840.–		2660.–		2490.–
	EUR		1846.–		1729.–		1619.–
	USD		2045.–		1915.–		1793.–

Additional categories upon request. Reservations are possible up until 4 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: Christmas/New Year

Leukerbad		14.03.–04.04.04 13.04.–18.07.04 07.11.–25.12.04		04.04.–13.04.04 18.07.–07.11.04		04.01.–14.03.04	
		Season A		Season B		Season C	
Lindner Hotels****							
	page 50	S	D	S	D	S	D
Simply Thalasso for him and her	CHF	715.–	715.–	755.–	755.–	775.–	775.–
2 nights	EUR	465.–	465.–	491.–	491.–	504.–	504.–
including half-board	USD	515.–	515.–	544.–	544.–	558.–	558.–
Single use	CHF		795.–		835.–		855.–
	EUR		517.–		543.–		556.–
	USD		572.–		601.–		616.–
“Kizhi”	CHF	1635.–	1635.–	1775.–	1775.–	1845.–	1845.–
7 nights	EUR	1063.–	1063.–	1154.–	1154.–	1199.–	1199.–
including half-board	USD	1177.–	1177.–	1278.–	1278.–	1328.–	1328.–
Additional night	CHF	90.–		110.–		120.–	
including breakfast buffet	EUR	59.–		72.–		78.–	
	USD	65.–		79.–		86.–	

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible:
Season A: 8 days before arrival. Season B: 10 days before arrival. Season C: 14 days before arrival.
Blocked dates: 1.1.–4.1.04, 26.12.–31.12.04

Ovronnaz		06.11.–17.12.04		03.01.–06.02.04 17.04.–23.07.04 21.08.–01.10.04 23.10.–05.11.04 18.12.–24.12.04		07.02.–13.02.04 28.02.–16.04.04 24.07.–20.08.04 02.10.–22.10.04		01.01.–02.01.04 14.02.–27.02.04 25.12.–31.12.04	
Résidence Hôtelière des Bains ***									
	page 51	S	D	S	D	S	D	S	D
Wellness package	CHF		370.–		380.–		390.–		
2 nights	EUR		241.–		247.–		254.–		
including half-board	USD		266.–		274.–		281.–		
Single use	CHF		430.–		440.–		450.–		
	EUR		280.–		286.–		293.–		
	USD		310.–		317.–		324.–		
Additional night	CHF		138.–		148.–		158.–		
	EUR		90.–		96.–		103.–		
	USD		99.–		107.–		114.–		
Regeneration package	CHF		1065.–		1125.–		1225.–		1275.–
7 nights	EUR		692.–		731.–		796.–		829.–
including half-board	USD		767.–		810.–		882.–		918.–
Single use	CHF		1280.–		1340.–		1640.–		1940.–
	EUR		832.–		871.–		1066.–		1261.–
	USD		922.–		965.–		1181.–		1397.–
Additional night	CHF		138.–		148.–		158.–		170.50
	EUR		90.–		96.–		103.–		111.–
	USD		99.–		107.–		114.–		123.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.
Blocked dates: 1.1.–2.1.04, 14.2.–27.2.04, 25.12.–31.12.04

Saas-Almagell		01.01.–31.12.04							
Hotel Pirmin Zurbriggen****									
	page 51	S	D	S	D	S	D	S	D
Just relaxing	CHF		575.–						
3 nights	EUR		374.–						
including half-board	USD		414.–						
Single use	CHF		690.–						
	EUR		449.–						
	USD		497.–						
Additional night	CHF		120.–						
including half-board	EUR		78.–						
	USD		86.–						
Lomi-Lomi relaxation days	CHF		790.–						
3 nights	EUR		514.–						
including half-board	USD		569.–						
Single use	CHF		900.–						
	EUR		585.–						
	USD		648.–						

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are not possible.

Blocked dates: 1.1.–4.1.04, 21.2.–6.3.04

Saas-Fee		10.01.–23.01.04		24.01.–13.02.04		14.02.–06.03.04			
		17.04.–25.06.04		27.03.–02.04.04		03.04.–16.04.04			
		20.09.–17.12.04		26.06.–19.09.04					
Ferienart Resort & Spa*****									
	page 53	S	D	S	D	S	D	S	D
Introductory wellness	CHF	693.–	666.–	790.–	766.–	985.–	963.–		
3 nights	EUR	450.–	433.–	514.–	498.–	640.–	626.–		
including half-board	USD	499.–	480.–	569.–	552.–	709.–	693.–		
Single use	CHF		801.–		901.–		1098.–		
	EUR		521.–		586.–		714.–		
	USD		577.–		649.–		791.–		
Additional night	CHF	173.–	173.–	207.–	207.–	273.–	273.–		
including half-board	EUR	112.–	112.–	135.–	135.–	177.–	177.–		
	USD	125.–	125.–	149.–	149.–	197.–	197.–		
Holiday-style rejuvenation	CHF	1385.–	1315.–	1511.–	1473.–	1817.–	1783.–		
5 nights	EUR	900.–	855.–	982.–	957.–	1181.–	1159.–		
including half-board	USD	997.–	947.–	1088.–	1061.–	1308.–	1284.–		
Single use	CHF		1528.–		1685.–		1995.–		
	EUR		993.–		1095.–		1297.–		
	USD		1100.–		1213.–		1436.–		
Additional night	CHF	164.–	164.–	169.–	196.–	258.–	258.–		
including half-board	EUR	107.–	107.–	110.–	127.–	168.–	168.–		
	USD	118.–	118.–	122.–	141.–	186.–	186.–		

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.

Blocked dates: 20.12.03–09.01.04

Zermatt		10.01.–13.02.04		19.06.–09.07.04		14.02.–26.03.04		27.03.–162.04.04	
		17.04.–24.04.04		04.09.–03.10.04		03.04.–12.04.04			
		10.07.–03.09.04							
Alpenhof Zermatt****									
	page 53	S	D	S	D	S	D	S	D
Davana	CHF	1886.–	1826.–	1784.–	1724.–	2318.–	2233.–	2000.–	1940.–
6 nights	EUR	1226.–	1187.–	1160.–	1121.–	1507.–	1451.–	1300.–	1261.–
including half-board	USD	1358.–	1315.–	1284.–	1241.–	1669.–	1608.–	1440.–	1397.–
Single use	CHF		2432.–		2228.–		3416.–		2660.–
	EUR		1581.–		1448.–		2220.–		1729.–
	USD		1751.–		1604.–		2460.–		1915.–
Maniola	CHF	853.–	823.–	853.–	823.–				
2 nights	EUR	554.–	535.–	554.–	535.–				
including half-board	USD	614.–	593.–	614.–	593.–				
Single use	CHF		1059.–		991.–				
	EUR		688.–		644.–				
	USD		762.–		714.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 3 days before arrival.

Blocked dates: winter arrival on Saturday/Sunday, Christmas/New Year (for offer Davana), 30.11.04–17.04.04 (for offer Maniola)

Zermatt		03.01.–13.02.04		26.06.–23.10.04					
		20.03.–02.04.04		01.11.–19.12.04					
Hotel Berghof****									
	page 54	S	D	S	D	S	D	S	D
Introductory stay	CHF	1040.–	1040.–	960.–	960.–				
4 days	EUR	676.–	676.–	624.–	624.–				
including half-board	USD	749.–	749.–	691.–	691.–				
Fairytale week	CHF	1650.–	1650.–	1490.–	1490.–				
7 days	EUR	1073.–	1073.–	969.–	969.–				
including half-board	USD	1188.–	1188.–	1073.–	1073.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 1.1.–2.1.04, 14.2.–19.3.04, 3.4.–2.5.04

Zermatt		01.05.–09.07.04		10.07.–10.09.04			
		11.08.–30.117.04					
Romantik Hotel Julen****							
	page 54	S	D	S	D	S	D
Julen pampering days	CHF		680.–		680.–		
3 nights	EUR		442.–		442.–		
including half-board	USD		490.–		490.–		
Additional night	CHF		141.–		176.–		
including half-board	EUR		92.–		114.–		
	USD		102.–		127.–		
Fitness vitality week	CHF		1442.–		1442.–		
7 nights	EUR		937.–		937.–		
including half-board	USD		1038.–		1038.–		
Additional night	CHF		141.–		176.–		
including half-board	EUR		92.–		114.–		
	USD		102.–		127.–		

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Blocked dates: December–April

Ticino.

Ascona		28.02.–07.11.04		28.02.–07.11.04					
		Friday–Sunday		Friday–Sunday					
Relais & Châteaux									
Albergo Giardino*****	page 55	S	D	S	D	S	D	S	D
Giardino feel-good days	CHF		1120.–		1195.–				
2 nights	EUR		728.–		777.–				
including half-board	USD		806.–		860.–				
Single use	CHF		1365.–		1470.–				
	EUR		887.–		956.–				
	USD		983.–		1058.–				
Caesar & Cleopatra	CHF		1660.–		1800.–				
3 nights	EUR		1079.–		1170.–				
including half-board	USD		1195.–		1296.–				
Additional night	CHF		340.–		378.–				
including half-board	EUR		221.–		246.–				
	USD		245.–		272.–				

Rooms with morning sun. Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Cademario		01.01.–31.12.04							
Wellness-Hotel Kurhaus									
Cademario***	page 55	S	D	S	D	S	D	S	D
Activity and relaxation	CHF	590.–	590.–						
3 nights	EUR	384.–	384.–						
including half-board	USD	425.–	425.–						
Cademario anti-stress week	CHF	1626.–	1626.–						
7 nights	EUR	1057.–	1057.–						
including half-board	USD	1171.–	1171.–						

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Minusio/Locarno		01.03.–31.10.04							
ESPLANADE HOTEL									
RESORT & SPA****	page 56	S	D	S	D	S	D	S	D
Energy sources	CHF	674.–	614.–						
2 nights	EUR	438.–	399.–						
including half-board	USD	485.–	442.–						
Single use	CHF		884.–						
	EUR		575.–						
	USD		636.–						
Tropical feeling	CHF	1809.–	1599.–						
7 nights	EUR	1176.–	1039.–						
including half-board	USD	1302.–	1151.–						
Single use	CHF		2474.–						
	EUR		1608.–						
	USD		1151.–						
Additional night	CHF	192.–	242.–						
including half-board	EUR	125.–	157.–						
	USD	138.–	174.–						

Additional categories upon request. Reservations are possible up until 10 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 8.4.–12.4.04, 10.5.–14.5.04, 20.5.–23.5.04, 28.5.–31.5.04, 30.7–2.8.04

Orselina		21.02.–01.11.04							
Romantik Hotel Orselina****									
	page 56	S	D	S	D	S	D	S	D
Raggio di sole	CHF		922.–						
3 nights	EUR		599.–						
including half-board	USD		664.–						
Additional night	CHF		234.–						
	EUR		152.–						
	USD		168.–						
Wellness beneath Ticino palms	CHF		1923.–						
7 nights	EUR		1250.–						
including half-board	USD		1385.–						
Additional night	CHF		234.–						
	EUR		152.–						
	USD		168.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 14 days before arrival.

Serpiano		01.03.–22.11.04							
Hotel Serpiano***									
	page 57	S	D	S	D	S	D	S	D
Serpiano special	CHF	410.–	390.–						
2 nights	EUR	267.–	254.–						
including full-board	USD	295.–	281.–						
Serpiano special	CHF	1150.–	1080.–						
7 nights	EUR	748.–	702.–						
including full-board	USD	828.–	778.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 3 days before arrival.

Mittelland.

Schwefelberg-Bad		01.01.–31.10.04							
Romantik Kurhotel****									
	page 57	S	D	S	D	S	D	S	D
Introductory arrangement	CHF	390.–	390.–						
2 nights	EUR	254.–	254.–						
including half-board	USD	281.–	281.–						
Sensual experience	CHF	999.–	999.–						
5 nights	EUR	649.–	649.–						
including half-board	USD	719.–	719.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 10 days before arrival.
Blocked dates: Mid-April until early in May, end of October until end of December



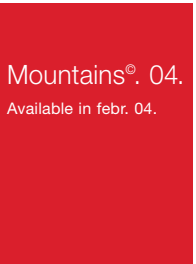
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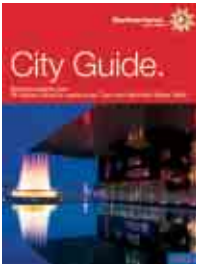
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Information subject to change.

Graubünden.

Arosa		04.01.–30.01.04 14.03.–12.04.04		31.01.–13.03.04		19.06.–10.07.04 09.08.–19.09.04		11.07.–08.08.04	
Arosa Kulm Hotel & Alpin Spa*****		page 27		S	D	S	D	S	D
Fit in three days. For him and her.	CHF	1110.–	1125.–	1215.–	1245.–	810.–	855.–	855.–	900.–
3 nights	EUR	722.–	731.–	790.–	809.–	527.–	556.–	556.–	585.–
including half-board	USD	799.–	810.–	875.–	896.–	583.–	616.–	616.–	648.–
Single use	CHF		1860.–		2100.–		1320.–		1410.–
	EUR		1209.–		1365.–		858.–		917.–
	USD		1339.–		1512.–		950.–		1015.–
Kulm Alpine Beauty	CHF	2780.–	2815.–	3025.–	3095.–	1765.–	1870.–	1870.–	2010.–
7 nights	EUR	1807.–	1830.–	1966.–	2012.–	1147.–	1216.–	1216.–	1307.–
including half-board	USD	2002.–	2027.–	2178.–	2228.–	1271.–	1346.–	1346.–	1447.–
Single use	CHF		4530.–		5090.–		2815.–		3095.–
	EUR		2945.–		3309.–		1830.–		2012.–
	USD		3262.–		3665.–		2027.–		2228.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 21 days before arrival.
Blocked dates: 1.1.04–3.1.04, 7.2.–7.3.04

Arosa		04.01.–29.01.04 07.03.–12.04.04 04.12.–18.12.04		19.06.–03.07.04 07.08.–17.10.04		04.07.–06.08.04		29.01.–06.03.04 19.12.–24.12.04	
Sunstar Parkhotel****		page 27		S	D	S	D	S	D
3-day relaxation	CHF	486.–	486.–	396.–	396.–	426.–	426.–	556.–	556.–
2 nights	EUR	316.–	316.–	357.–	257.–	277.–	277.–	361.–	361.–
including half-board	USD	350.–	350.–	285.–	285.–	307.–	307.–	400.–	400.–
Single use	CHF		586.–		476.–		506.–		656.–
	EUR		381.–		309.–		329.–		426.–
	USD		422.–		343.–		364.–		472.–
5-day intensive vitality	CHF	976.–	976.–	798.–	798.–	858.–	858.–	1116.–	1116.–
4 nights	EUR	634.–	634.–	519.–	519.–	558.–	558.–	725.–	725.–
including half-board	USD	703.–	703.–	575.–	575.–	618.–	618.–	804.–	804.–
Single use	CHF		1176.–		958.–		996.–		1316.–
	EUR		764.–		623.–		947.–		855.–
	USD		847.–		690.–		717.–		948.–
Additional night	CHF	180.–	180.–	130.–	130.–	145.–	145.–	210.–	210.–
including half-board	EUR	117.–	117.–	85.–	85.–	94.–	94.–	137.–	137.–
	USD	130.–	130.–	94.–	94.–	104.–	104.–	151.–	151.–

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 1.1.–3.1.04, 19.12.–31.12.04

Flims-Waldhaus		04.01.–30.01.04 14.03.–12.04.04		31.01.–13.03.04		19.06.–10.07.04 09.08.–19.09.04		11.07.–08.08.04	
Hotel Adula****		page 28		S	D	S	D	S	D
Introductory Thalasso days	CHF	835.–	760.–	700.–	700.–	610.–	580.–	715.–	655.–
3 nights	EUR	543.–	494.–	455.–	455.–	397.–	377.–	465.–	426.–
including half-board	USD	601.–	547.–	504.–	504.–	439.–	418.–	515.–	472.–
Very wellness	CHF	1385.–	1260.–	1160.–	1160.–	1010.–	960.–	1185.–	1085.–
5 nights	EUR	900.–	819.–	754.–	754.–	657.–	624.–	770.–	705.–
including half-board	USD	997.–	907.–	835.–	835.–	727.–	691.–	853.–	781.–
Additional night	CHF	245.–	220.–	200.–	200.–	170.–	160.–	205.–	185.–
	EUR	159.–	143.–	130.–	130.–	111.–	104.–	133.–	120.–
	USD	176.–	158.–	144.–	144.–	122.–	115.–	148.–	133.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 21.12.03–6.1.04, 7.2.–7.3.04

Flims-Waldhaus		01.06.–10.07.04 21.08.–20.12.04		10.07.–21.8.04			
Park Hotel Waldhaus*****		page 28		S	D	S	D
Delight weekend	CHF	1075.–	1060.–	1210.–	1195.–		
3 nights	EUR	699.–	689.–	787.–	777.–		
including half-board	USD	774.–	763.–	871.–	860.–		
Single use	CHF		1412.–		1615.–		
	EUR		918.–		1050.–		
	USD		1017.–		1163.–		
Additional nights	CHF	270.–	265.–	315.–	310.–		
including half-board	EUR	176.–	172.–	205.–	202.–		
	USD	194.–	191.–	227.–	223.–		
Light bright days	CHF	2015.–	1980.–	2365.–	2330.–		
7 nights	EUR	1310.–	1287.–	1537.–	1515.–		
including half-board	USD	1451.–	1426.–	1703.–	1678.–		
Single use	CHF		2750.–		3275.–		
	EUR		1788.–		2125.–		
	USD		1980.–		2358.–		
Additional nights	CHF	255.–	250.–	305.–	300.–		
including half-board	EUR	166.–	163.–	198.–	195.–		
	USD	184.–	180.–	220.–	216.–		

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Pontresina		06.01.–24.01.04 13.04.–19.04.04 12.06.–12.07.04 17.08.–19.10.04		24.01.–07.02.04 12.03.–13.04.04 13.07.–16.08.04		07.02.–12.03.04	
Hotel Rosatsch*** and Residence Rosatsch****		page 29		S	D	S	D
Pampering wellness days	CHF	438.–	388.–	462.–	412.–	480.–	430.–
2 nights including half-board	EUR	285.–	252.–	300.–	268.–	312.–	280.–
Main building	USD	315.–	279.–	333.–	297.–	346.–	310.–
2 nights	CHF	532.–	462.–	556.–	486.–	574.–	504.–
including half-board	EUR	346.–	300.–	361.–	316.–	373.–	328.–
Residence	USD	383.–	333.–	400.–	350.–	413.–	363.–
Wellness and relaxation week	CHF	1323.–	1148.–	1407.–	1232.–	1470.–	1295.–
7 nights including half-board	EUR	860.–	746.–	915.–	801.–	956.–	842.–
Main building	USD	953.–	827.–	1013.–	887.–	1058.–	932.–
7 nights	CHF	1638.–	1393.–	1722.–	1477.–	1785.–	1540.–
including half-board	EUR	1065.–	905.–	1119.–	517.–	1160.–	1001.–
Residence	USD	1179.–	1003.–	1240.–	1063.–	1285.–	1109.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 4 weeks before arrival.

Samnaun		29.05.–17.10.04					
Hotel Chasa Montana****		page 29		S	D	S	D
Relaxation arrangement	CHF	492.–	411.–				
3 nights	EUR	320.–	267.–				
including half-board	USD	354.–	296.–				
Montana pampering week	CHF	1025.–	843.–				
7 nights	EUR	666.–	548.–				
including half-board	USD	738.–	607.–				

Additional categories upon request. Reservations are possible up until arrival (summer). Cost-free cancellations are possible up until arrival (summer).
Blocked dates: in winter upon request

Samnaun		03.05.–01.11.04		28.03.–02.05.04 27.11.–20.12.04		03.01.–06.02.04		07.02.–27.03.04	
Wellnesshotel Silvretta****									
	page 30	S	D	S	D	S	D	S	D
Two hearts, three wellness days	CHF		570.–		795.–		825.–		855.–
3 nights	EUR		371.–		517.–		536.–		556.–
including half-board	USD		410.–		572.–		594.–		616.–
Beauty wellness week	CHF	1090.–	950.–	1410.–	1290.–	1550.–	1430.–	1760.–	1640.–
7 nights	EUR	709.–	618.–	917.–	839.–	1008.–	930.–	1144.–	1066.–
including half-board	USD	785.–	684.–	1015.–	929.–	1116.–	1030.–	1267.–	1181.–
Additional night	CHF		55.–						
including breakfast	EUR		36.–						
	USD		40.–						
Additional night	CHF		85.–		160.–		170.–		180.–
including half-board	EUR		55.–		104.–		111.–		117.–
	USD		61.–		115.–		122.–		130.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 27.12.04, 3.1.04

Scuol		11.04.–18.04.04		15.05.–31.12.04					
Hotel Belvédère****									
	page 30	S	D	S	D	S	D	S	D
Bad Scuol wellness experience	CHF		340.–						
2 nights	EUR		221.–						
including breakfast	USD		245.–						
Single use	CHF		510.–						
	EUR		332.–						
	USD		367.–						
Additional night	CHF		135.–						
including breakfast	EUR		88.–						
	USD		97.–						
Gourmet wellness days	CHF		450.–						
2 nights	EUR		293.–						
including half-board	USD		324.–						
Single use	CHF		675.–						
	EUR		439.–						
	USD		486.–						
Additional night	CHF		135.–						
including breakfast	EUR		88.–						
	USD		97.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.

St. Moritz		01.01.–12.04.04		25.06.–12.09.04					
Kempinski Grand Hôtel des Bains*****									
	page 31	S	D	S	D	S	D	S	D
Pure relaxation	CHF	890.–	890.–	390.–	390.–				
2 nights	EUR	579.–	579.–	254.–	254.–				
including breakfast	USD	641.–	641.–	281.–	281.–				
St. Moritz Well & Fit	CHF	2710.–	2710.–	1210.–	1210.–				
6 nights	EUR	1762.–	1762.–	787.–	787.–				
including breakfast	USD	1952.–	1952.–	871.–	871.–				
Additional night	CHF		495.–		360.–				
including breakfast	EUR		322.–		234.–				
	USD		356.–		259.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 21 days before arrival. **Blocked dates:** 1.1.–4.1.04

Eastern Switzerland.

Bad Ragaz		10.01.–27.03.04		27.03.–02.11.04		02.11.–21.12.04			
Hof Ragaz****									
	page 31	S	D	S	D	S	D	S	D
Small & Beautiful	CHF	1230.–	1110.–	1800.–	1440.–				
3 nights	EUR	800.–	722.–	1170.–	936.–				
including breakfast	USD	886.–	799.–	1296.–	1037.–				
Single use	CHF		upon request		upon request				
	EUR								
	USD								
Lifestyle week	CHF	2760.–	2550.–	2910.–	2700.–				
6 nights	EUR	1794.–	1658.–	1892.–	1755.–				
including breakfast	USD	1987.–	1836.–	2095.–	1944.–				
Additional night	CHF	440.–		490.–					
	EUR	286.–		319.–					
	USD	317.–		353.–					

Additional categories upon request. Reservations are possible up until 10 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 20.12.04–9.1.05

Heiden		03.01.–30.04.04		01.05.–20.10.04		01.01.– 31.12.04			
		21.10.–20.12.04							
Hotel Heiden****									
	page 32	S	D	S	D	S	D	S	D
Total wellness	CHF	380.–	335.–	380.–	335.–				
2 nights	EUR	247.–	218.–	247.–	218.–				
including breakfast	USD	274.–	241.–	274.–	241.–				
Single use	CHF		355.–		355.–				
	EUR		231.–		231.–				
	USD		256.–		256.–				
Additional night	CHF	145.–	125.–	145.–	125.–				
	EUR	94.–	81.–	94.–	81.–				
	USD	104.–	90.–	104.–	90.–				
Introductory Ayurveda	CHF					990.–	922.–		
3 nights	EUR					644.–	599.–		
including half-board	USD					713.–	664.–		
Single use	CHF						952.–		
	EUR						619.–		
	USD						685.–		
Additional night	CHF					183.–	163.–		
	EUR					119.–	106.–		
	USD					132.–	117.–		

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: Christmas/New Year

Hüttwilen		25.01.–11.08.04		04.01.–24.01.04					
		12.09.–03.11.04		11.08.–11.09.04		03.11.–15.12.04			
Schloss Steinegg									
	page 32	S forest	D south	S forest	D south	S	D	S	D
Schloss Steinegg flirt	CHF	689.–	569.–	639.–	530.–				
2 nights	EUR	448.–	370.–	415.–	345.–				
including full-board (vegetarian)	USD	496.–	410.–	460.–	382.–				
Single use	CHF		789.–		729.–				
	EUR		513.–		474.–				
	USD		568.–		525.–				
Additional night	CHF	327.–	267.–	301.–	248.–				
	EUR	213.–	174.–	196.–	161.–				
	USD	235.–	192.–	217.–	179.–				
Compact fasting weeks	CHF	1945.–	1525.–	1768.–	1390.–				
7 nights	EUR	1264.–	991.–	1149.–	904.–				
including fasting programme	USD	1400.–	1098.–	1273.–	1001.–				
Single use	CHF		2295.–		2083.–				
	EUR		1492.–		1354.–				
	USD		1652.–		1500.–				
Additional night	CHF	267.–	207.–	242.–	188.–				
	EUR	174.–	135.–	157.–	122.–				
	USD	192.–	149.–	174.–	135.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 21 days before arrival.

Blocked dates: 1.1.–3.1.04, 16.12.–31.12.04

Weissbad		01.01.–31.12.04							
Hotel Hof Weissbad****									
	page 33	S	D	S	D	S	D	S	D
St. Barth relaxation days	CHF	590.–	590.–						
2 nights	EUR	384.–	384.–						
including half-board	USD	425.–	425.–						
Whey body purification cure	CHF	1890.–	1890.–						
7 nights	EUR	1229.–	1229.–						
including whey diet	USD	1361.–	1361.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Blocked dates: Christmas/New Year’s Eve 2004

Wienacht		01.01.–31.12.04							
Hotel Seeblick***									
page 33		S	D	S	D	S	D	S	D
Mini beauty package	CHF	430.–	390.–						
2 nights	EUR	280.–	254.–						
including half-board	USD	310.–	281.–						
Single use	CHF		390.–						
	EUR		254.–						
	USD		281.–						
Wellness week	CHF	987.–	887.–						
5 nights	EUR	642.–	577.–						
including half-board	USD	711.–	639.–						
Single use	CHF		887.–						
	EUR		577.–						
	USD		639.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until arrival.

Zurich Region.

Feusisberg		01.01.–31.12.04							
Panorama									
Resort & Spa****	page 34	S	D	S	D	S	D	S	D
Luxury Japanese bath	CHF	960.–	810.–						
2 nights	EUR	624.–	527.–						
including half-board	USD	691.–	583.–						
Single use	CHF		960.–						
	EUR		624.–						
	USD		691.–						
Luxury Oriental bath	CHF	930.–	780.–						
2 nights	EUR	605.–	507.–						
including half-board	USD	670.–	562.–						
Single use	CHF		930.–						
	EUR		605.–						
	USD		670.–						
Additional night	CHF		330.–						
including half-board	EUR		215.–						
	USD		238.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until arrival.

Zurich		01.01.–31.12.04							
InterContinental Zurich****									
page 34		S	D	S	D	S	D	S	D
Spa delight	CHF	490.–	350.–						
2 night	EUR	319.–	228.–						
including breakfast	USD	353.–	252.–						
Single use	CHF		490.–						
	EUR		319.–						
	USD		353.–						
Mind balance	CHF	230.–	170.–						
1 night	EUR	150.–	111.–						
including half-board	USD	166.–	122.–						
Single use	CHF		230.–						
	EUR		150.–						
	USD		166.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 1 day before arrival.

Blocked dates: 15.–22.4.04, 3.–6.8.04

Central Switzerland.

Bürgenstock			01.04.–31.10.04							
Bürgenstock										
Hotels & Resort*****	page 35	S	D	S	D	S	D	S	D	
Wellness arrangement	CHF	765.–	625.–							
2 nights	EUR	497.–	406.–							
including half-board	USD	551.–	450.–							
Single use	CHF		765.–							
	EUR		497.–							
	USD		551.–							
Thalgo week	CHF	1985.–	1635.–							
5 nights	EUR	1290.–	1063.–							
including half-board	USD	1429.–	1177.–							
Additional night	CHF		185.–							
including half-board	EUR		120.–							
	USD		133.–							

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Lucerne/Kastanienbaum		10.01.–30.04.04		01.05.–30.09.04					
		10.12.–21.10.04							
Seehotel Kastanienbaum****									
	page 35	S	D	S	D	S	D	S	D
Introductory beauty weekend	CHF	700.–	620.–	780.–	700.–				
2 nights	EUR	455.–	403.–	507.–	455.–				
including half-board	USD	504.–	446.–	562.–	504.–				
Lakeside	CHF	750.–	650.–	830.–	730.–				
	EUR	488.–	423.–	540.–	475.–				
	USD	540.–	468.–	598.–	526.–				
Wellness “cuddle” week	CHF	1760.–	1490.–	1820.–	1580.–				
6 nights	EUR	1144.–	969.–	1183.–	1027.–				
including half-board	USD	1267.–	1073.–	1310.–	1138.–				
Lakeside	CHF	1850.–	1550.–	1970.–	1670.–				
	EUR	1203.–	1008.–	1281.–	1086.–				
	USD	1332.–	1116.–	1418.–	1202.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 1.1.–10.1.04, 21.12.–31.12.04

Morschach										01.01.–31.12.04									
Swiss Holiday Park****																			
page 36										S	D	S	D	S	D	S	D		
Wellness										CHF	480.–								
2 nights										EUR	312.–								
including breakfast										USD	346.–								

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.

Blocked dates: 27.12.03–3.1.04

Weggis		01.01.–30.04.04		01.05.–30.09.04		01.10.–31.12.04	
Alexander-Gerbi Hotels****							
	page 36	S	D	S	D	S	D
“La vie en rose” Vitalis weekend	CHF		499.–		499.–		
2 nights	EUR		324.–		324.–		
including half-board and 1 dinner	USD		359.–		359.–		
Single use	CHF		529.–		529.–		
	EUR		344.–		344.–		
	USD		381.–		381.–		
The pampering experience	CHF		1476.–		1616.–		
for total relaxation	EUR		959.–		1050.–		
7 nights including half-board	USD		1063.–		1164.–		
Single use	CHF		1756.–		1896.–		
	EUR		1141.–		1232.–		
	USD		1264.–		1365.–		

Additional categories upon request. Reservations are possible up until half day before arrival. Cost-free cancellations are possible up until 2 days before arrival.

Weggis										01.01.–31.12.2004									
Wellness- and Beauty																			
Hotel Graziella****		page 37	S	D	S	D	S	D	S	D									
Fitness-beauty weekend		CHF	630.–	550.–															
2 nights		EUR	410.–	358.–															
including Wellness full-board		USD	454.–	396.–															
Single use		CHF		630.–															
		EUR		410.–															
		USD		454.–															
Additional night		CHF	140.–	100.–															
		EUR	91.–	65.–															
		USD	101.–	72.–															
Beauty week package		CHF	1750.–	1510.–															
7 nights		EUR	1138.–	982.–															
including Wellness full-board		USD	1260.–	1087.–															
Single use		CHF		1750.–															
		EUR		1138.–															
		USD		1260.–															
Additional night		CHF	140.–	100.–															
		EUR	91.–	65.–															
		USD	101.–	72.–															

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 3 days before arrival.

Weggis		01.01.–31.03.04		01.04.–30.09.04					
		01.10.–31.12.04							
Park Hotel Weggis*****									
	page 37	S	D	S	D	S	D	S	D
Parc & Soul	CHF	1468.–	1171.–	1588.–	1291.–				
2 nights	EUR	954.–	761.–	1032.–	839.–				
including half-board	USD	1057.–	843.–	1143.–	930.–				
Single use	CHF		1504.–		1624.–				
	EUR		978.–		1056.–				
	USD		1083.–		1169.–				
Parc & Wisdom	CHF	2618.–	1966.–	2861.–	2209.–				
4 nights	EUR	1702.–	1278.–	1860.–	1436.–				
including half-board	USD	1885.–	1416.–	2060.–	1590.–				
Single use	CHF		2690.–		2933.–				
	EUR		1749.–		1906.–				
	USD		1937.–		2112.–				
Additional night	CHF	20%	20%	20%	20%				
no meals	EUR								
	USD								

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Weggis		01.01.–04.01.04		05.01.–07.04.04					
		08.04.–12.04.04		13.04.–30.04.04					
		01.05.–10.10.04		11.10.–24.12.04					
Wellness Hotel Rössli***									
	page 38	S	D	S	D	S	D	S	D
Introductory wellness	CHF	310.–	270.–	270.–	230.–				
2 nights	EUR	202.–	176.–	176.–	150.–				
including breakfast	USD	223.–	194.–	194.–	166.–				
Single use	CHF		350.–		310.–				
	EUR		228.–		202.–				
	USD		252.–		223.–				
La Mira week	CHF	1150.–	1010.–	1030.–	890.–				
7 nights	EUR	748.–	657.–	670.–	579.–				
including breakfast	USD	828.–	727.–	742.–	641.–				
Single use	CHF		1290.–		1170.–				
	EUR		839.–		761.–				
	USD		929.–		842.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 6 days before arrival.

Blocked dates: 11.–22.1.04

Basel/Aargau Region.

Baden		01.01.–31.12.04							
Limmathof Novum Spa									
	page 38	S	D	S	D	S	D	S	D
Novum Spa for beauty	CHF	490.–	450.–						
1 nights	EUR	319.–	293.–						
including breakfast	USD	353.–	324.–						
Single use	CHF		490.–						
	EUR		319.–						
	USD		353.–						
Source of joie de vivre	CHF	590.–	550.–						
1 night	EUR	384.–	358.–						
including breakfast	USD	425.–	396.–						
Single use	CHF		590.–						
	EUR		384.–						
	USD		425.–						
Additional night	CHF		70.–						
including half-board	EUR		46.–						
	USD		50.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 2 days before arrival.

Blocked dates: Tuesday–Wednesday

Zurzach		01.01.–31.12.04							
Kurhotel****									
	page 39	S	D	S	D	S	D	S	D
Introductory wellness offer	CHF	544.–	504.–						
2 nights	EUR	354.–	328.–						
including half-board	USD	392.–	363.–						
Single use	CHF		544.–						
	EUR		354.–						
	USD		392.–						
Additional night	CHF	137.–	107.–						
including breakfast	EUR	89.–	70.–						
	USD	99.–	77.–						
5-day beauty package	CHF	1475.–	1395.–						
5 nights	EUR	959.–	907.–						
including half-board	USD	1062.–	1004.–						
Single use	CHF		1475.–						
	EUR		959.–						
	USD		1062.–						
Additional night	CHF	137.–	107.–						
including breakfast	EUR	89.–	70.–						
	USD	99.–	77.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 15 days before arrival.

Zurzach		01.01.–31.12.04							
Park-Hotel Bad Zurzach****	page 39	S	D	S	D	S	D	S	D
2-day relaxation weekend	CHF	624.–	555.–						
2 nights	EUR	406.–	361.–						
including half-board	USD	449.–	400.–						
Single use	CHF		624.–						
	EUR		406.–						
	USD		449.–						
5 beauty & relax days	CHF	1425.–	1256.–						
5 nights	EUR	926.–	816.–						
including half-board	USD	1026.–	904.–						
Single use	CHF		1425.–						
	EUR		926.–						
	USD		1026.–						
Additional night	CHF	170.–	140.–						
including half-board	EUR	111.–	91.–						
	USD	122.–	101.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 1 day before arrival.
Blocked dates: 1.1.–4.1.04, 9.4.–12.4.04, 28.5.–31.5.04, 20.12.–31.12.04

Bernese Oberland.

Adelboden		28.05.–09.07.04		12.01.–22.01.04		23.01.–29.01.04		04.01.–11.01.04	
		18.08.–22.12.04		29.03.–18.04.04		08.03.–28.03.04		30.01.–07.03.04	
				10.07.–17.08.04					
Parkhotel Bellevue & Spa****	page 41	S	D	S	D	S	D	S	D
Pampering days for two	CHF		720.–		765.–		795.–		
3 nights	EUR		468.–		497.–		517.–		
including half-board	USD		518.–		551.–		572.–		
Thalasso week	CHF		1635.–		1740.–		1810.–		1915.–
7 nights	EUR		1063.–		1131.–		1177.–		1245.–
including half-board	USD		1177.–		1253.–		1303.–		1379.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 1.1.–11.1.04, 30.1.–7.3.04

Gstaad		05.01.–05.02.04		06.02.–06.03.04					
		07.03.–02.07.04		03.07.–28.08.04					
		29.08.–31.10.04							
Grand Hotel Bellevue*****	page 42	S	D	S	D	S	D	S	D
Relaxation Asian-style	CHF		1100.–		1250.–				
3 nights including “Fit for Fun” breakfast and 1 gourmet menu	EUR		715.–		813.–				
	USD		792.–		900.–				
Single use	CHF		1550.–		1800.–				
	EUR		1008.–		1170.–				
	USD		1116.–		1296.–				
SPA & Action	CHF		1200.–		1350.–				
3 nights including breakfast and 1 gourmet menu	EUR		780.–		878.–				
	USD		864.–		972.–				
Single use	CHF		1650.–		1900.–				
	EUR		1073.–		1235.–				
	USD		1188.–		1368.–				
Additional night	CHF		274.–		324.–				
	EUR		178.–		211.–				
	USD		197.–		233.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 3.7.–11.7.04, 18.12.04–5.1.05

Gstaad-Schönried		04.01.–07.02.04		21.03.–19.05.04		11.07.–23.07.04		19.05.–03.07.04	
		07.03.–21.03.04				22.08.–26.09.04		26.09.–31.10.04	
Wellness & Spa Hotel									
ERMITAGE-GOLF*****	page 42	S	D	S	D	S	D	S	D
Mini wellness ABC	CHF	689.–	689.–	524.–	524.–	599.–	599.–	554.–	554.–
3 nights	EUR	448.–	448.–	341.–	341.–	389.–	389.–	360.–	360.–
including half-board	USD	496.–	496.–	377.–	377.–	431.–	431.–	399.–	399.–
Additional night	CHF	205.–	205.–	150.–	150.–	175.–	175.–	160.–	160.–
including half-board	EUR	133.–	133.–	98.–	98.–	114.–	114.–	104.–	104.–
	USD	148.–	148.–	108.–	108.–	126.–	126.–	115.–	115.–
Single use	CHF		997.–		749.–		862.–		794.–
	EUR		648.–		487.–		560.–		516.–
	USD		718.–		539.–		621.–		572.–
Vitality and wellbeing	CHF	1300.–	1300.–	970.–	970.–	1160.–	1160.–	1070.–	1070.–
6 nights	EUR	845.–	845.–	631.–	631.–	754.–	754.–	696.–	696.–
including half-board	USD	936.–	936.–	698.–	698.–	835.–	835.–	770.–	770.–
Additional night	CHF	195.–	195.–	140.–	140.–	165.–	165.–	150.–	150.–
including half-board	EUR	127.–	127.–	91.–	91.–	107.–	107.–	98.–	98.–
	USD	140.–	140.–	101.–	101.–	119.–	119.–	108.–	108.–
Single use	CHF		1885.–		1350.–		1655.–		1520.–
	EUR		1225.–		878.–		1076.–		988.–
	USD		1357.–		972.–		1192.–		1094.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: 19.12.03–5.1.04, 7.2.–7.3.04 (for offer Mini wellness ABC)

Interlaken		03.01.–30.04.04		01.05.–31.10.04					
		01.11.–22.12.04							
Victoria-Jungfrau									
Grand Hotel & Spa*****	page 43	S	D	S	D	S	D	S	D
Relaxation package	CHF		965.–		1075.–				
2 nights	EUR		627.–		699.–				
including half-board	USD		695.–		774.–				
Single use	CHF		1285.–		1675.–				
	EUR		835.–		1089.–				
	USD		925.–		1206.–				
Additional night	CHF		375.–		430.–				
including half-board	EUR		244.–		280.–				
	USD		270.–		310.–				
Pampering package	CHF		1515.–		1680.–				
3 nights	EUR		985.–		1092.–				
including half-board	USD		1091.–		1210.–				
Single use	CHF		2010.–		2310.–				
	EUR		1307.–		1502.–				
	USD		1447.–		1663.–				
Additional night	CHF		375.–		430.–				
	EUR		244.–		280.–				
	USD		270.–		310.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 22.12.03–2.1.04, 23.12.04-2.1.05

Kandersteg		05.01.–30.01.04		31.01.–31.05.04			
		01.06.–30.06.04		01.07.–31.12.04			
Royal Park Hotel*****							
	page 43	S	D	S	D	S	D
Wellbeing and elegance	CHF		825.–		1035.–		
3 nights	EUR		536.–		673.–		
including half-board	USD		594.–		745.–		
Single use	CHF		1260.–		1560.–		
	EUR		819.–		1014.–		
	USD		907.–		1123.–		
Additional night	CHF		275.–		345.–		
	EUR		179.–		224.–		
	USD		198.–		248.–		
Rejuvenation and elegance	CHF	2800.–	1800.–	3500.–	2275.–		
7 nights	EUR	1820.–	1170.–	2275.–	1479.–		
including half-board	USD	2016.–	1296.–	2520.–	1638.–		
Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 21 days before arrival. Blocked dates: 1.1.–11.1.04							

Lenk		01.01.–31.12.04					
Lenkerhof alpine resort*****							
	page 44	S	D	S	D	S	D
Beauty weekend special	CHF	797.–	698.–				
2 nights	EUR	518.–	454.–				
including half-board	USD	574.–	503.–				
Single use	CHF		869.–				
	EUR		565.–				
	USD		626.–				
Fit and healthy	CHF	1840.–	1593.–				
5 nights	EUR	1196.–	1036.–				
including half-board	USD	1325.–	1147.–				
Single use	CHF		2020.–				
	EUR		1313.–				
	USD		1454.–				
Additional night	CHF	300.–	245.–				
including half-board	EUR	195.–	159.–				
	USD	216.–	176.–				
Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 10 days before arrival. Blocked dates: 1.1.–4.1.04, 26.12.–31.12.04							

Merligen		04.01.–03.04.04		03.04.–08.05.04		08.05.–17.07.04		17.07.–29.08.04	
				19.09.–19.12.04		29.08.–19.09.04			
Wellness- & Spa-Hotel Beatus****									
	page 44	S	D	S	D	S	D	S	D
Mini wellness ABC	CHF		492.–		552.–		612.–		672.–
3 nights	EUR		320.–		359.–		398.–		437.–
including half-board	USD		354.–		397.–		441.–		484.–
Vitality and wellbeing	CHF		822.–		942.–		1062.–		1152.–
6 nights	EUR		534.–		612.–		690.–		748.–
including half-board	USD		592.–		678.–		765.–		829.–
Additional night	CHF		125.–		145.–		165.–		185.–
including half-board	EUR		81.–		94.–		107.–		120.–
	USD		90.–		104.–		119.–		133.–
Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 30 days before arrival. Blocked dates: 21.12.04–2.1.05									

Sigriswil		01.01.–31.12.04.							
SolbadHotel Sigriswil****	page 45	S	D	S	D	S	D	S	D
Wellness days	CHF	529.–	489.–						
2 nights	EUR	344.–	318.–						
including half-board	USD	381.–	352.–						
Single use	CHF		529.–						
	EUR		344.–						
	USD		381.–						
Additional night	CHF		170.–						
including half-board	EUR		111.–						
	USD		122.–						
Wellness week	CHF	1360.–	1220.–						
7 nights	EUR	884.–	793.–						
including half-board	USD	979.–	878.–						
Single use	CHF		1360.–						
	EUR		884.–						
	USD		979.–						
Additional night	CHF		170.–						
including half-board	EUR		111.–						
	USD		122.–						

Lake Geneva Region.

Lausanne		01.01.–31.12.04		01.01.–31.12.04					
Lausanne Palace & Spa*****	page 45	S	D	S	D	S	D	S	D
Anti-stress weekend	CHF	1000.–	780.–	1200.–	980.–				
2 nights	EUR	650.–	507.–	780.–	637.–				
including breakfast	USD	720.–	562.–	864.–	706.–				
Single use	CHF		1000.–		1200.–				
	EUR		650.–		780.–				
	USD		720.–		864.–				
Ayurvedic weekend	CHF	1000.–	780.–	1200.–	980.–				
2 nights	EUR	650.–	507.–	780.–	637.–				
including breakfast	USD	720.–	562.–	864.–	706.–				
Single use	CHF		1000.–		1200.–				
	EUR		650.–		780.–				
	USD		720.–		864.–				
Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.									

Lavey-les-Bains		01.01.–31.12.04								
Grand Hôtel des Bains***		page 46	S	D	S	D	S	D	S	D
Apaisance	CHF		1035.–	965.–						
2 nights	EUR		673.–	627.–						
including half-board	USD		745.–	695.–						
Silhouette	CHF		2350.–	2230.–						
6 nights	EUR		1528.–	1450.–						
including half-board	USD		1692.–	1606.–						
Additional night	CHF		165.–	140.–						
including breakfast	EUR		107.–	91.–						
	USD		119.–	101.–						
Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are not possible. Blocked dates: No packages during the maintenance.										

Mont-Pèlerin		01.01.–30.04.04		01.05.–31.10.04		01.11.–31.12.04				
Le Mirador Kempinski, Lake Geneva*****		page 46	S	D	S	D	S	D	S	D
Spa “à la carte”	CHF			700.–		810.–		700.–		
2 nights	EUR			455.–		527.–		455.–		
including half-board	USD			504.–		583.–		504.–		
Single use	CHF			1020.–		1130.–		1020.–		
	EUR			663.–		735.–		663.–		
	USD			734.–		814.–		734.–		
Wellness package	CHF			2715.–		3045.–		2715.–		
6 nights	EUR			1765.–		1979.–		1765.–		
including half-board	USD			1955.–		2192.–		1955.–		
Single use	CHF			3675.–		4005.–		3675.–		
	EUR			2389.–		2603.–		2389.–		
	USD			2646.–		2884.–		2646.–		

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Montreux		01.01.–31.03.04		01.04.–31.10.04					
		01.11.–31.12.04							
Le Montreux Palace*****									
	page 47	S	D	S	D	S	D	S	D
Elixir of youth Amrita	CHF	2820.–	2520.–	2970.–	2610.–				
6 nights	EUR	1833.–	1638.–	1931.–	1697.–				
including half-board	USD	2030.–	1814.–	2138.–	1879.–				
Relaxation deluxe	CHF	1175.–	1075.–	1225.–	1105.–				
2 nights	EUR	764.–	699.–	796.–	718.–				
including half-board	USD	846.–	774.–	882.–	796.–				
Additional night including	CHF	300.–	240.–	350.–	265.–				
breakfast buffet	EUR	195.–	156.–	228.–	172.–				
	USD	216.–	173.–	252.–	191.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.

Yverdon-les-Bains		01.01.–24.06.04		25.06.–25.08.04					
		26.08.–31.10.04		01.11.–31.12.04					
Grand Hôtel des Bains****									
	page 47	S	D	S	D	S	D	S	D
“Water and stone”	CHF	550.–	550.–						
2 nights	EUR	358.–	358.–						
including breakfast	USD	396.–	396.–						
Single use	CHF		900.–						
	EUR		585.–						
	USD		648.–						
Additional night	CHF	244.–	244.–						
including half-board	EUR	159.–	159.–						
	USD	176.–	176.–						
Élan and energy	CHF	1600.–	1600.–	1400.–	1400.–				
5 nights	EUR	1040.–	1040.–	910.–	910.–				
including breakfast	USD	1152.–	1152.–	1008.–	1008.–				
Single use	CHF		2050.–						
	EUR		1333.–						
	USD		1476.–						
Additional night	CHF	244.–	244.–						
including half-board	EUR	159.–	159.–						
	USD	176.–	176.–						

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 6 days before arrival.

Valais.

Breiten		04.01.–30.10.04 04.12.–31.12.04								
Bade-Wellnesshotel Salina Maris****		page 48	S	D	S	D	S	D	S	D
An island of time	CHF	489.–	399.–							
in an ancient sea	EUR	318.–	259.–							
3 nights including breakfast	USD	352.–	287.–							
Single use	CHF		489.–							
	EUR		318.–							
	USD		352.–							
Additional night including breakfast	CHF	148.–	118.–							
	EUR	96.–	77.–							
	USD	107.–	85.–							
Supplement Suite garden view	CHF	108.–	90.–							
	EUR	70.–	59.–							
	USD	78.–	65.–							
We get you into shape	CHF	1091.–	911.–							
6 nights	EUR	709.–	592.–							
including breakfast	USD	786.–	656.–							
Single use	CHF		1091.–							
	EUR		709.–							
	USD		786.–							
Additional night including breakfast	CHF	148.–	118.–							
	EUR	96.–	77.–							
	USD	107.–	85.–							
Supplement Suite garden view	CHF	222.–	180.–							
	EUR	144.–	117.–							
	USD	160.–	130.–							

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 31.10.–3.12.04

Crans-Montana		04.04.–20.06.04		11.01.–01.02.04		01.02.–07.03.04				
		05.09.–21.11.04		07.03.–04.04.04		18.07.–22.08.04				
				20.06.–18.07.04						
				22.08.–05.09.04						
Centre Mességué-Phytotherm*****		page 48	S	D	S	D	S	D	S	D
“Phyto-Wellness”	CHF	860.–	790.–	910.–	880.–	1020.–	950.–			
2 nights	EUR	559.–	514.–	592.–	572.–	663.–	618.–			
including full-board	USD	619.–	569.–	655.–	634.–	734.–	684.–			
Single use	CHF		920.–		1020.–		1160.–			
	EUR		598.–		663.–		754.–			
	USD		662.–		734.–		835.–			
“Phyto-health”	CHF	3115.–	2870.–	3290.–	3185.–	3675.–	3430.–			
7 nights	EUR	2025.–	1866.–	2139.–	2070.–	2389.–	2230.–			
including full-board	USD	2243.–	2066.–	2369.–	2293.–	2646.–	2470.–			
Single use	CHF		3325.–		3675.–		4165.–			
	EUR		2261.–		2389.–		2707.–			
	USD		2394.–		2646.–		2999.–			

Additional categories upon request. Reservations are possible up until 7 (High Season 14) days before arrival. Cost-free cancellations are possible up until 3 weeks before arrival. Blocked dates: 21.11.–31.12.05

Leukerbad		05.01.–09.03.04 01.07.–19.12.04							
Hotel Bristol****									
	page 49	S	D	S	D	S	D	S	D
Wellness days	CHF	420.–	398.–						
2 nights	EUR	273.–	259.–						
including breakfast	USD	302.–	287.–						
Single use	CHF		440.–						
	EUR		286.–						
	USD		317.–						
3-day relaxation package	CHF	786.–	756.–						
3 nights	EUR	511.–	491.–						
including half-board	USD	566.–	544.–						

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 1 day before arrival.
Blocked dates: 20.12.–31.12.04

Leukerbad		01.01.–03.01.04		04.01.–12.04.04		13.04.–10.07.04 06.11.–01.12.04		11.07.–05.11.04	
Wellness-Hotel Grichting and Badnerhof****									
	page 49	S	D	S	D	S	D	S	D
Introductory package	CHF			680.–	650.–	650.–	620.–	680.–	650.–
3 nights	EUR			442.–	423.–	423.–	403.–	442.–	423.–
including half-board	USD			490.–	468.–	468.–	446.–	490.–	468.–
Snuggle and pampering week	CHF	1495.–	1425.–	1355.–	1295.–	1255.–	1195.–	1355.–	1295.–
6 nights	EUR	972.–	926.–	881.–	842.–	816.–	777.–	881.–	842.–
including half-board	USD	1076.–	1026.–	976.–	932.–	904.–	860.–	976.–	932.–
Additional night	CHF	160.–	160.–	150.–	145.–	133.–	128.–	138.–	142.–
including half-board	EUR	104.–	104.–	98.–	94.–	86.–	83.–	90.–	92.–
	USD	115.–	115.–	108.–	104.–	96.–	92.–	99.–	102.–

Additional categories upon request. Reservations are possible up until 7/2 days (High/Low Season) before arrival. Cost-free cancellations are possible up until 14 days before arrival. **Blocked dates:** 1.12.–21.12.04

Leukerbad		11.01.–17.04.04 18.07.–21.08.04		22.08.–06.11.04		18.04.–17.07.04	
Les Sources des Alpes*****							
	page 50	S	D	S	D	S	D
Anti-stress days for him and her	CHF		1210.–		1100.–		1020.–
3 nights	EUR		787.–		715.–		663.–
including half-board	USD		871.–		792.–		743.–
Single use	CHF		1428.–		1293.–		1128.–
	EUR		928.–		840.–		733.–
	USD		1028.–		931.–		812.–
Additional night	CHF		314.–		294.–		250.–
including half-board	EUR		204.–		191.–		163.–
	USD		226.–		212.–		180.–
Aquawell feel-good week	CHF		2420.–		2240.–		2070.–
7 nights	EUR		1573.–		1456.–		1346.–
including half-board	USD		1742.–		1613.–		1490.–
Single use	CHF		2840.–		2660.–		2490.–
	EUR		1846.–		1729.–		1619.–
	USD		2045.–		1915.–		1793.–

Additional categories upon request. Reservations are possible up until 4 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.
Blocked dates: Christmas/New Year

Leukerbad		14.03.–04.04.04		04.04.–13.04.04		04.01.–14.03.04			
		13.04.–18.07.04		18.07.–07.11.04					
		07.11.–25.12.04							
		Season A		Season B		Season C			
Lindner Hotels****									
page 50		S	D	S	D	S	D	S	D
Simply Thalasso for him and her	CHF	715.–	715.–	755.–	755.–	775.–	775.–		
2 nights	EUR	465.–	465.–	491.–	491.–	504.–	504.–		
including half-board	USD	515.–	515.–	544.–	544.–	558.–	558.–		
Single use	CHF		795.–		835.–		855.–		
	EUR		517.–		543.–		556.–		
	USD		572.–		601.–		616.–		
“Kizhi”	CHF	1635.–	1635.–	1775.–	1775.–	1845.–	1845.–		
7 nights	EUR	1063.–	1063.–	1154.–	1154.–	1199.–	1199.–		
including half-board	USD	1177.–	1177.–	1278.–	1278.–	1328.–	1328.–		
Additional night	CHF	90.–		110.–		120.–			
including breakfast buffet	EUR	59.–		72.–		78.–			
	USD	65.–		79.–		86.–			

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible:
Season A: 8 days before arrival. Season B: 10 days before arrival. Season C: 14 days before arrival.
Blocked dates: 1.1.–4.1.04, 26.12.–31.12.04

Ovronnaz		06.11.–17.12.04		03.01.–06.02.04 17.04.–23.07.04 21.08.–01.10.04 23.10.–05.11.04 18.12.–24.12.04		07.02.–13.02.04 28.02.–16.04.04 24.07.–20.08.04 02.10.–22.10.04		01.01.–02.01.04 14.02.–27.02.04 25.12.–31.12.04	
Résidence Hôtelière des Bains ***									
	page 51	S	D	S	D	S	D	S	D
Wellness package	CHF		370.–		380.–		390.–		
2 nights	EUR		241.–		247.–		254.–		
including half-board	USD		266.–		274.–		281.–		
Single use	CHF		430.–		440.–		450.–		
	EUR		280.–		286.–		293.–		
	USD		310.–		317.–		324.–		
Additional night	CHF		138.–		148.–		158.–		
	EUR		90.–		96.–		103.–		
	USD		99.–		107.–		114.–		
Regeneration package	CHF		1065.–		1125.–		1225.–		1275.–
7 nights	EUR		692.–		731.–		796.–		829.–
including half-board	USD		767.–		810.–		882.–		918.–
Single use	CHF		1280.–		1340.–		1640.–		1940.–
	EUR		832.–		871.–		1066.–		1261.–
	USD		922.–		965.–		1181.–		1397.–
Additional night	CHF		138.–		148.–		158.–		170.50
	EUR		90.–		96.–		103.–		111.–
	USD		99.–		107.–		114.–		123.–

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are not possible.
Blocked dates: 1.1.–2.1.04, 14.2.–27.2.04, 25.12.–31.12.04

Saas-Almagell		01.01.–31.12.04							
Hotel Pirmin Zurbriggen****									
	page 51	S	D	S	D	S	D	S	D
Just relaxing	CHF		575.–						
3 nights	EUR		374.–						
including half-board	USD		414.–						
Single use	CHF		690.–						
	EUR		449.–						
	USD		497.–						
Additional night	CHF		120.–						
including half-board	EUR		78.–						
	USD		86.–						
Lomi-Lomi relaxation days	CHF		790.–						
3 nights	EUR		514.–						
including half-board	USD		569.–						
Single use	CHF		900.–						
	EUR		585.–						
	USD		648.–						

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are not possible.

Blocked dates: 1.1.–4.1.04, 21.2.–6.3.04

Saas-Fee		10.01.–23.01.04		24.01.–13.02.04		14.02.–06.03.04	
		17.04.–25.06.04		27.03.–02.04.04		03.04.–16.04.04	
		20.09.–17.12.04		26.06.–19.09.04			
Ferienart Resort & Spa*****							
	page 53	S	D	S	D	S	D
Introductory wellness	CHF	693.–	666.–	790.–	766.–	985.–	963.–
3 nights	EUR	450.–	433.–	514.–	498.–	640.–	626.–
including half-board	USD	499.–	480.–	569.–	552.–	709.–	693.–
Single use	CHF		801.–		901.–		1098.–
	EUR		521.–		586.–		714.–
	USD		577.–		649.–		791.–
Additional night	CHF	173.–	173.–	207.–	207.–	273.–	273.–
including half-board	EUR	112.–	112.–	135.–	135.–	177.–	177.–
	USD	125.–	125.–	149.–	149.–	197.–	197.–
Holiday-style rejuvenation	CHF	1385.–	1315.–	1511.–	1473.–	1817.–	1783.–
5 nights	EUR	900.–	855.–	982.–	957.–	1181.–	1159.–
including half-board	USD	997.–	947.–	1088.–	1061.–	1308.–	1284.–
Single use	CHF		1528.–		1685.–		1995.–
	EUR		993.–		1095.–		1297.–
	USD		1100.–		1213.–		1436.–
Additional night	CHF	164.–	164.–	169.–	196.–	258.–	258.–
including half-board	EUR	107.–	107.–	110.–	127.–	168.–	168.–
	USD	118.–	118.–	122.–	141.–	186.–	186.–

Additional categories upon request. Reservations are possible up until 2 days before arrival. Cost-free cancellations are possible up until 30 days before arrival.

Blocked dates: 20.12.03–09.01.04

Zermatt		10.01.–13.02.04		19.06.–09.07.04		14.02.–26.03.04		27.03.–162.04.04	
		17.04.–24.04.04		04.09.–03.10.04		03.04.–12.04.04			
		10.07.–03.09.04							
Alpenhof Zermatt****									
	page 53	S	D	S	D	S	D	S	D
Davana	CHF	1886.–	1826.–	1784.–	1724.–	2318.–	2233.–	2000.–	1940.–
6 nights	EUR	1226.–	1187.–	1160.–	1121.–	1507.–	1451.–	1300.–	1261.–
including half-board	USD	1358.–	1315.–	1284.–	1241.–	1669.–	1608.–	1440.–	1397.–
Single use	CHF		2432.–		2228.–		3416.–		2660.–
	EUR		1581.–		1448.–		2220.–		1729.–
	USD		1751.–		1604.–		2460.–		1915.–
Maniola	CHF	853.–	823.–	853.–	823.–				
2 nights	EUR	554.–	535.–	554.–	535.–				
including half-board	USD	614.–	593.–	614.–	593.–				
Single use	CHF		1059.–		991.–				
	EUR		688.–		644.–				
	USD		762.–		714.–				

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 3 days before arrival.

Blocked dates: winter arrival on Saturday/Sunday, Christmas/New Year (for offer Davana), 30.11.04–17.04.04 (for offer Maniola)

Zermatt		03.01.–13.02.04		26.06.–23.10.04					
		20.03.–02.04.04		01.11.–19.12.04					
Hotel Berghof****									
	page 54	S	D	S	D	S	D	S	D
Introductory stay	CHF	1040.–	1040.–	960.–	960.–				
4 days	EUR	676.–	676.–	624.–	624.–				
including half-board	USD	749.–	749.–	691.–	691.–				
Fairytale week	CHF	1650.–	1650.–	1490.–	1490.–				
7 days	EUR	1073.–	1073.–	969.–	969.–				
including half-board	USD	1188.–	1188.–	1073.–	1073.–				

Additional categories upon request. Reservations are possible up until 1 day before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Blocked dates: 1.1.–2.1.04, 14.2.–19.3.04, 3.4.–2.5.04

Zermatt		01.05.–09.07.04		10.07.–10.09.04			
		11.08.–30.117.04					
Romantik Hotel Julen****							
	page 54	S	D	S	D	S	D
Julen pampering days	CHF		680.–		680.–		
3 nights	EUR		442.–		442.–		
including half-board	USD		490.–		490.–		
Additional night	CHF		141.–		176.–		
including half-board	EUR		92.–		114.–		
	USD		102.–		127.–		
Fitness vitality week	CHF		1442.–		1442.–		
7 nights	EUR		937.–		937.–		
including half-board	USD		1038.–		1038.–		
Additional night	CHF		141.–		176.–		
including half-board	EUR		92.–		114.–		
	USD		102.–		127.–		

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 14 days before arrival.

Blocked dates: December–April

Ticino.

Ascona		28.02.–07.11.04		28.02.–07.11.04					
		Friday–Sunday		Friday–Sunday					
Relais & Châteaux									
Albergo Giardino*****	page 55	S	D	S	D	S	D	S	D
Giardino feel-good days	CHF		1120.–		1195.–				
2 nights	EUR		728.–		777.–				
including half-board	USD		806.–		860.–				
Single use	CHF		1365.–		1470.–				
	EUR		887.–		956.–				
	USD		983.–		1058.–				
Caesar & Cleopatra	CHF		1660.–		1800.–				
3 nights	EUR		1079.–		1170.–				
including half-board	USD		1195.–		1296.–				
Additional night	CHF		340.–		378.–				
including half-board	EUR		221.–		246.–				
	USD		245.–		272.–				

Rooms with morning sun. Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 7 days before arrival.

Cademario		01.01.–31.12.04							
Wellness-Hotel Kurhaus									
Cademario***	page 55	S	D	S	D	S	D	S	D
Activity and relaxation	CHF	590.–	590.–						
3 nights	EUR	384.–	384.–						
including half-board	USD	425.–	425.–						
Cademario anti-stress week	CHF	1626.–	1626.–						
7 nights	EUR	1057.–	1057.–						
including half-board	USD	1171.–	1171.–						

Additional categories upon request. Reservations are possible up until 7 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.

Minusio/Locarno		01.03.–31.10.04							
ESPLANADE HOTEL									
RESORT & SPA****	page 56	S	D	S	D	S	D	S	D
Energy sources	CHF	674.–	614.–						
2 nights	EUR	438.–	399.–						
including half-board	USD	485.–	442.–						
Single use	CHF		884.–						
	EUR		575.–						
	USD		636.–						
Tropical feeling	CHF	1809.–	1599.–						
7 nights	EUR	1176.–	1039.–						
including half-board	USD	1302.–	1151.–						
Single use	CHF		2474.–						
	EUR		1608.–						
	USD		1151.–						
Additional night	CHF	192.–	242.–						
including half-board	EUR	125.–	157.–						
	USD	138.–	174.–						

Additional categories upon request. Reservations are possible up until 10 days before arrival. Cost-free cancellations are possible up until 7 days before arrival.
Blocked dates: 8.4.–12.4.04, 10.5.–14.5.04, 20.5.–23.5.04, 28.5.–31.5.04, 30.7–2.8.04

Orselina		21.02.–01.11.04							
Romantik Hotel Orselina****									
	page 56	S	D	S	D	S	D	S	D
Raggio di sole	CHF		922.–						
3 nights	EUR		599.–						
including half-board	USD		664.–						
Additional night	CHF		234.–						
	EUR		152.–						
	USD		168.–						
Wellness beneath Ticino palms	CHF		1923.–						
7 nights	EUR		1250.–						
including half-board	USD		1385.–						
Additional night	CHF		234.–						
	EUR		152.–						
	USD		168.–						

Additional categories upon request. Reservations are possible up until 3 days before arrival. Cost-free cancellations are possible up until 14 days before arrival.

Serpiano		01.03.–22.11.04							
Hotel Serpiano***									
	page 57	S	D	S	D	S	D	S	D
Serpiano special	CHF	410.–	390.–						
2 nights	EUR	267.–	254.–						
including full-board	USD	295.–	281.–						
Serpiano special	CHF	1150.–	1080.–						
7 nights	EUR	748.–	702.–						
including full-board	USD	828.–	778.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 3 days before arrival.

Mittelland.

Schwefelberg-Bad		01.01.–31.10.04							
Romantik Kurhotel****									
	page 57	S	D	S	D	S	D	S	D
Introductory arrangement	CHF	390.–	390.–						
2 nights	EUR	254.–	254.–						
including half-board	USD	281.–	281.–						
Sensual experience	CHF	999.–	999.–						
5 nights	EUR	649.–	649.–						
including half-board	USD	719.–	719.–						

Additional categories upon request. Reservations are possible up until arrival. Cost-free cancellations are possible up until 10 days before arrival.
Blocked dates: Mid-April until early in May, end of October until end of December



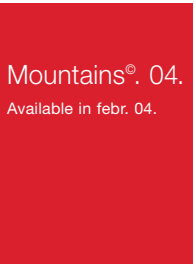
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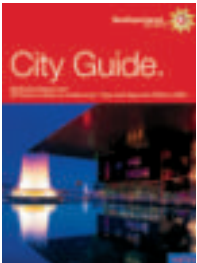
Winter 03/04.



Summer Holidays 04.



Family Holidays 04.
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City Guide 03.



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Theme Route:
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