



VITA
PURA

MEDICAL WELLNESS

In cooperation with the Hospital Oberengadin



Spital Oberengadin
Ospidel Engiadin'Ota

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THE FIRST MEDICAL WELLNESS IN THE UPPER ENGADINE

In the midst of the Engadine mountain world lies the idyllic village of Celerina, a place where Swiss quality medicine and Grison hospitality come together. Here the Hospital Oberengadin and the Cresta Palace Celerina offer top services in the fields of medicine and hotel excellence – joining forces for you.

«MEIN. SEIN. REIN. FEIN.»
(MINE. BEING. PURE. FINE.)

These are the four key elements of the new Cresta Palace Medical Wellness offer.

“MEIN” is the key to a healthy life. Here the focus is on self-awareness and personal fitness. “SEIN” is the key that opens the door to a relaxed lifestyle and to individually enhanced beauty. “REIN” means to find one’s own path to bodily and mental balance. It starts with detoxification of the body and leads to individual elegance. “FEIN” stands for the refinement in life and in one’s own lifestyle.

«MEIN. SEIN. REIN. FEIN.» This holistic concept is at the root of the first Medical Wellness offer in the Upper Engadine. The team of the Hotel Cresta Palace Celerina is in charge of your wellness and your well-being. In combination with the high-altitude climate of the Engadine the perfect conditions for «MEIN. SEIN. REIN. FEIN.» are thus created.

OUR COMPETENCE TEAM





MD Jan Brem

Consultant for Anaesthesia and Intensive-Care Medicine, Head Anaesthesia Department, Hospital Oberengadin.

Dr. Brem has worked at several hospitals in Germany and Switzerland and among the positions he has held: Head of Anaesthesia, Head of Emergency Services, Head of an interdisciplinary Intensive-Care Unit, Head Physician for Anaesthesia in a German hospital, Medical studies at the University of Erlangen, Germany.

Languages: German, English



MD Patrick Egger

Consultant Internal Medicine & Cardiology, Head Clinical Medicine, Hospital Oberengadin.

Dr. Egger has worked as a specialist for internal medicine at various hospitals in Switzerland, among them: Zurich's Triemli Hospital and the Cantonal Hospitals of St.Gall and Chur. He completed his Medical Studies at the University of Zurich.

Languages: German, English, French, Italian



Lydia Pawlik

Spa Manager, Vita Pura SPA, Cresta Palace Celerina

Ms Pawlik has worked as a therapist at various hospitals in Germany, including Marienkrankenhaus Hamburg and Praxisklinik Bergedorf-Hamburg as well as in hotels in Switzerland such as the Badrutt's Palace St. Moritz. Qualifications: Masseur/ Medical Bath Attendant, Cosmetician and Spa Manager in Germany

Languages: German, English



Suzanne Reber-Hürliemann

Certified Nutrition Coach HF, Practitioner in Nutrition Coaching nudrescha't

Take advantage of the unique Engadine mountain world to improve your physical performance. The Cresta Palace Hotel is the ideal starting point for first-class winter sports activities. Ski slopes as well as cross-country



Frank Holfeld

Head of Physiotherapy, Personal and Rehabilitation Trainer, Hospital Oberengadin

tracks are directly at your doorstep. Thanks to the medical services provided by the Competence Centre at the Hospital Oberengadin you can be sure of benefitting from perfect all-round care.



Rolf J. Schmitz

Head Chef with international experience in high-end gastronomy. Cresta Palace Celerina



HOSPITAL OBERENGADIN

Competence in wellness und health care.

As a guest in the new Cresta Palace Medical Wellness programme you will be in the best of hands. The competence team with qualified medical doctors and experienced therapists will address your health issues with great empathy and hand you the key to a healthy life.

The team of MD Jan Brem, Head of Anaesthesia and Intensive-Care Medicine, in close cooperation with MD Patrick Egger, Head of Medicine and Cardiology, will be in charge of all medical matters.

THE HOSPITAL OBERENGADIN OFFERS THE FOLLOWING AREAS OF COMPETENCE, INCLUDING:

- Diabetes counselling
- Interdisciplinary 24-hour emergency centre
- Intensive care unit
- Clinical medicine (e.g. cardiology, gastro-enterology)
- Clinical surgery
(e.g. accident surgery/traumatology/visceral surgery)
- Centre for woman – mother – child
(including treatment of myoma with Sonata)
- Dialysis centre Upper Engadine
- Nutrition coaching
- Physiotherapy
- Pain-management therapy
- Further services



«MEIN.»

FIVE NIGHTS OF RECUPERATION – BETTER FITNESS AND PREVENTIVE HEALTH CARE

Tired and worn out? No energy left to take the initiative? No problem. You can recharge your batteries with the help of the Cresta Palace Medical Wellness Team. What it means: you can improve your fitness under expert instruction and with medical back-up. In addition, you can recover during five nights at the Cresta Palace Celerina – where you will wake up every morning with new vitality.

INCLUDED ARE

5 nights with breakfast, lunch and dinner based on our individual nutrition plan. Arrival on Sunday, departure on Friday

8 GROUP ACTIVITIES (SUMMER OR WINTER)

SUMMER

- 2 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 2 morning runs
- 2 surprise sports programmes in- or outdoor including lunch package

WINTER

- 3 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 1 introduction at the Cresta Gym
- 2 surprise sports programmes in- or outdoor including lunch package

6 INDIVIDUAL MEDICAL CARE MODULES

- Questionnaire about your medical history in preparation for your stay*
- Welcome interview with initial medical examination at the Hospital Oberengadin
- Medical health check in the Competence Centre of the Hospital Oberengadin with exercise EKG in order to determine cardiac rhythm and blood pressure, physical condition and optimum pulse rate during physical exercise
- Nutrition counselling with initial talk, advice and guidelines for nutrition, plus a second talk to determine progress during your stay at the Cresta Palace Hotel (90')
- Body composition measurement (15')
- Report on medical findings with discharge letter by your attending physician

3 PERSONAL TRAINING UNITS AND PHYSIOTHERAPY

- Identifying your situation at the beginning of your stay and personal training (30')
- Personal training lesson (30')
- Physiotherapy on the basis of medical check (45')

3 INDIVIDUAL MESSAGES

- Sports massage for muscular regeneration (50')
- Individual therapeutic massage (50')
- Cresta Intensive Back Massage (50')

from CHF 3,960.— P.P.
IN STANDARD ROOM
DOUBLE OCCUPANCY

MEDICAL WELLNESS INCLUSIVE SERVICES

- Daily supply of WINFORCE Isotone and in-house Engadine mountain spring water
- Towelling robe and bath slippers during your stay
- Transport for Cresta Palace medical treatments – Competence Centre Hospital Oberengadin
- Free-of-charge use of hotel infrastructure such as Finnish sauna, panoramic indoor pool, Sanarium Cristallo, textile steam bath and Palace Gym.
- «staziun da basa», in-house base camp for outdoor activities
- Free internet access and parking

* In order to guarantee the best medical care, your filled-in medical history questionnaire should arrive at the Hospital Oberengadin at least 21 days before the start of your Medical Wellness stay.

Your questionnaire will be sent to you by the Cresta Palace after we have received your booking.



«SEIN.»

FIVE NIGHTS BEAUTY SLEEP – ENHANCED AESTHETIC AND RADIANCE

Enjoy the beauty of the Upper Engadine— and feel your own beauty coming alive. The Cresta Palace Medical Wellness Team combines aesthetics and medicine and provides a lasting enhancement of your vitality. As a bonus you can regenerate for five nights at the Cresta Palace Celerina and after your beauty sleep allow yourself to be pampered with massages, manicures, pedicures, peeling or with Alpen Bio Lifting. Medical checks and individual nutrition counselling included.

INCLUDED ARE

5 nights with breakfast, lunch and dinner based on our individual nutrition plan. Arrival on Sunday, departure on Friday

10 GROUP ACTIVITIES (SUMMER OR WINTER)

SUMMER

- 2 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 2 morning runs
- 2 surprise sports programmes in- or outdoor including lunch package
- 2 stretching sessions belly/ legs/bottom

WINTER

- 3 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 1 introduction at the Cresta Gym
- 2 surprise sports programmes in- or outdoor including lunch package
- 2 stretching sessions belly/ legs/bottom

6 INDIVIDUAL MEDICAL CARE MODULES

- Questionnaire about your medical history in preparation for your stay*
- Welcome interview with initial medical examination at the Hospital Oberengadin
- Lab tests of liver, kidney, thyroid, blood sugar and blood fat values as well as a haemogram
- Nutrition counselling with initial talk, counselling and guidelines for nutrition plus a second talk to determine your progress during your stay at the Cresta Palace Hotel (90')
- Report on medical findings with discharge letter by your attendant physician

6 INDIVIDUAL TREATMENTS

- Alpen Lifting facial treatment (80')
- Classic massage (50')
- Salt/oil peeling whole body (25')
- Aroma oil massage (50')
- SPA pedicure (80')
- Lashes and Eyebrow colouring or Magic Moments treatment (25')

from CHF 2,990.— P.P.
IN STANDARD ROOM
DOUBLE OCCUPANCY

MEDICAL WELLNESS INCLUSIVE SERVICES

- Drinking health cure with herbal teas and in-house Engadine mountain water
- Towelling robe and bath slippers during your stay
- Transport for Cresta Palace medical treatments – Competence Centre Hospital Oberengadin
- Free-of-charge use of hotel infrastructure such as Finnish sauna, panoramic indoor pool, Sanarium Cristallo, textile steam bath and Palace Gym.
- «staziun da basa», in-house base camp for outdoor activities
- Free internet access and parking

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«REIN.»

FIVE NIGHTS RELAXATION – ENHANCED ELEGANCE, BALANCE AND ENERGY

The Cresta Palace Medical Wellness Team has created a programme which will detoxify your body, providing purity and health – giving you new energy and elegance. «Everyday toxins» are responsible for hyperacidity. This is why your body needs to find its balance again: once accomplished you will experience lasting well-being. Of course, the programme is embedded in a world of elegance and relaxation – in the world of the Upper Engadine and the Cresta Palace Celerina.

INCLUDED ARE

5 nights with breakfast, lunch and dinner based on our individual nutrition plan. Arrival on Sunday, departure on Friday

8 GROUP ACTIVITIES (SUMMER OR WINTER)

SUMMER

- 2 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 2 morning runs
- 2 surprise sports programmes in- or outdoor including lunch package

WINTER

- 3 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 1 introduction at the Cresta Gym
- 2 surprise sports programmes in- or outdoor including lunch package

6 INDIVIDUAL MEDICAL CARE MODULES

- Questionnaire about your medical history in preparation for your stay*
- Welcome interview with initial medical examination at the Hospital Oberengadin
- Medical health check in the Competence Centre of the Hospital Oberengadin with exercise EKG in order to determine cardiac rhythm and blood pressure, physical condition and optimum pulse rate during physical exercise
- Nutrition counselling with initial talk, counselling and guidelines for nutrition, plus a second talk to determine progress during your stay at the Cresta Palace Hotel (90')
- Body composition measurement (15')
- Report on medical findings with discharge letter by your attendant physician

5 INDIVIDUAL TREATMENTS

- Detox and regeneration treatments with brush massage and cupping massage (50')
- Cleansing honey peeling (whole body) with detoxifying honey back massage (50')
- 2× manual lymphatic drainage (50')
- Cresta Alpen Detox facial treatment (80')

from CHF 3,150.— p.p.
IN STANDARD ROOM
DOUBLE OCCUPANCY

MEDICAL WELLNESS INCLUSIVE SERVICES

- Drinking health cure with Kombucha which will support your digestive system and strengthen your immune system. Daily detox-tea to get rid of toxins.
- Towelling robe and bath slippers during your stay
- Transport for Cresta Palace medical treatments – Competence Centre Hospital Oberengadin
- Free-of-charge use of hotel infrastructure such as Finnish sauna, panoramic indoor pool, Sanarium Cristallo, textile steam bath and Palace Gym.
- «staziun da basa», in-house base camp for outdoor activities
- Free internet access and parking

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Your questionnaire will be sent to you by the Cresta Palace after we have received your booking.



«FEIN.»

FIVE NIGHTS – AND AN IMPROVED BODY SHAPE

A medical health check will determine your physical condition with regard to sporting activities. Nutrition counselling with initial talk, advice and coaching? Personal training with a sports lesson or a running session in the morning? Doesn't sound tempting? Don't worry: The Cresta Palace Medical Wellness Team will do everything to make your «Weight Loss»-programme a gentle and fine experience – and that you will find the right shape with medical support. With joy and pleasure.

INCLUDED ARE

5 nights with breakfast, lunch and dinner based on our individual nutrition plan. Arrival on Sunday, departure on Friday

8 GROUP ACTIVITIES (SUMMER OR WINTER)

SUMMER

- 2 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 2 morning runs
- 2 surprise sports programmes in- or outdoor including lunch package

WINTER

- 3 sports lessons in the morning
- 2 myo-fascial trainings in the afternoon
- 1 introduction at the Cresta Gym
- 2 surprise sports programmes in- or outdoor including lunch package

7 INDIVIDUAL MEDICAL CARE MODULES

- Questionnaire about your medical history in preparation for your stay*
- Welcome interview with initial medical examination at the Hospital Oberengadin
- Lab tests of liver, kidney, thyroid, blood sugar and blood fat values as well as a haemogram
- Health check with regard to sporting activities: exercise EKG and lactate monitoring to determine cardiac rhythm and blood pressure, physical condition and optimum pulse rate for physical activities
- Nutrition counselling with initial talk, advice and guidelines for nutrition plus a second talk to determine your progress during your stay (90')
- Body composition measurement (15')
- Report on medical findings with discharge letter by your attendant physician

4 PERSONAL TRAINING SESSIONS

- Identifying your situation at the beginning of your stay, followed by 3 further
- Personal Training sessions with final talk (50')

4 INDIVIDUAL TREATMENTS

- 2 × manual lymphatic drainage (50')
- 1 × brush massage in combination with cupping massage (50')
- 1 × sports massage (50')

from CHF 4,080.— p.p.
IN STANDARD ROOM
DOUBLE OCCUPANCY

MEDICAL WELLNESS INCLUSIVE SERVICES

- Drinking health cure with herbal teas and in-house Engadine mountain water
- Towelling robe and bath slippers during your stay
- Transport for Cresta Palace medical treatments – Competence Centre Hospital Oberengadin
- Free-of-charge use of hotel infrastructure such as Finnish sauna, panoramic indoor pool, Sanarium Cristallo, textile steam bath and Palace Gym.
- «staziun da basa», in-house base camp for outdoor activities
- Free internet access and parking

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Your questionnaire will be sent to you by the Cresta Palace after we have received your booking.





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