



HEALING HOTELS OF THE WORLD

VITAL HEALTH

When Traditional Naturopathy Meets State-of-The-Art Medicine

In the past, conventional medicine and alternative health methods were seen as two opposite health philosophies. However, the health approach of the future does not choose a single method.

By selecting the finest and scientifically supported therapies of alternative and conventional methodologies, health retreats can offer patients the best and most holistic care possible. Conventional and alternative methods focus on different, but complementary health aspects when it comes to patient care: one concentrating on the cure of illness, the physical symptoms, the other on the prevention of disease and sustainability of health.

Together, they form a holistic health package, putting the patient at the centre of health care, which will lead to long-lasting health and vitality. Give yourself the most precious gift of all – and discover how much more active, happier and efficient your life can be.

Nils Behrens, CMO, [Lanserhof](#)

Does a clinical approach go together with healing? Yes, it does – when it is carried out in a holistic way. [Healing Hotels of the World](#) carefully selected the best [medical resorts](#) in the world, all fulfilling strict healing criteria, guaranteeing the highest standard, combining modern and alternative medicine, and putting your personal needs where they belong - in the center of attention.



Dr. Otto Buchinger complemented water fasting with juices and vegetable consommés, homeopathy, gymnastics and hiking. But above all, he recognized that fasting activates the body's self-healing powers. Therapeutic fasting means voluntarily giving up solid food for a certain time, preferably under medical supervision and in a caring environment that conveys a sense of security as it is provided at Buchinger Wilhelmi Marbella and Buchinger Wilhelmi Bodensee. Fasting helps to strengthen your immune system, activate your self-healing powers, treat a wide range of chronic illnesses and generally increase your vitality and wellbeing. Buchinger's therapeutic fasting combines traditional fasting methods with integrative medicine and various stimuli to enhance personal development with the aim of improving physical well-being and inner harmony in the long term.

+ Buchinger Wilhelmi Bodensee, Germany

+ Buchinger Wilhelmi Marbella, Spain



Lanserhof combines the best of a luxury health retreat and a medical resort; its famous LANS Med concept is recognized as one of the world's leading detox regimes. The LANS MED Concept is based on the latest medical know-how and the philosophy of the Austrian physician and so-called 'father of fasting', Franz Xaver Mayr, who believed that a clean digestive system leads to a clean bill of health. The FX Mayr method is built on three pillars – rest, detoxification, and training. Lanserhof Tegernsee, Germany and Lanserhof Luxury Health Retreat in Lans, Austria (re-opening in December 2016) provide personalized detox and fasting programs as well as health treatments - a mix of alternative approaches with contemporary preventative techniques and selected fitness programs.

+ Lanserhof Lans, Austria

+ Lanserhof Tegernsee, Germany



Clinique La Prairie works as accurate and perfect as Swiss clockwork. 60 consultants have nothing else on their mind than to make your life better, healthier, longer – and happier! You can expect medical and wellbeing treatments with up to date technology providing long-term answers for nearly any imaginable need. Centers of expertise include aesthetic medicine, mental wellness, weight management, sleep improvement, the musculoskeletal system and many more. It's a clinic with a holistic view on its patients' health, believing it is necessary to care for and treat the entire person rather than a single organ or illness. Total discretion goes without saying.

+ Clinique La Prairie, Switzerland



The creation of Canyon Ranch stems directly from the experience of founder Mel Zuckerman, who – overweight, sedentary and desperate – checked himself into a fat farm in 1978. After just 10 days of physical training and healthy eating, he realized that he felt wonderful, that he'd changed his life forever, and that he wanted to help other people change theirs. The Canyon Ranches follow the new paradigm of health care with their philosophy of personalized integrative medicine. Their board-certified doctors include experts in lifestyle and integrative medicine, weight loss, nutrition, sleep medicine, cognitive wellness, gut health, fitness, optimal performance and healthy longevity. Bringing innovative approaches to a wide range of health conditions, Canyon Ranch's physicians address issues as challenging as autoimmune diseases and cancer – employing proven alternative methods of pain management. Canyon Ranch aims to inspire people to make a commitment to healthy living, turning hopes and intentions into the highest enjoyment of life.

+ Canyon Ranch Tucson, USA

+ Canyon Ranch Lenox, USA



Cocoon Medical Wellness Retreat lives up to its name and offers you a secluded escape from your everyday life in the midst of lush Balinese beauty. Whether you are looking for anti-aging treatments, improved wellbeing or total regeneration, Cocoon will provide you with the space and the tools that help your inner and outer beauty to be reborn. A consultation with your doctor is the start to personalized treatments according to your individual needs. Cocoon's experts treat you holistically by practicing state of the art medicine, using screening tests and the latest equipment combined with traditional healing methods to make sure you meet your health goals and leave refreshed, reenergized and simply happy.

+ Cocoon Medical Wellness Retreat, Indonesia

check out our online magazine at www.justbreathemag.com

HEALING HOTELS OF THE WORLD

Im Zollhafen 24

Cologne 50678

Germany

☎ +49 221 2053 1175

✉ meetyou@healing-hotels.com

www.healinghotelsoftheworld.com

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