

ROYAL DETOX: 3 DAYS TO REVITALIZE BODY AND MIND

From **March 21 to 23, 2025**, immerse yourself in a serene environment and discover the benefits of a holistic approach to well-being.



Seminars,
interactive
workshops &
practical tools



Activity
in the mountains
led by a certified
guide



Healthy daily
meals
prepared by
professionals



THE BENEFITS OF YOUR STAY: AN UNFORGETTABLE EXPERIENCE

- Qualified experts to guide you every step of the way.
- A mountain excursion with a certified guide.
- A flexible stay tailored to your needs.
- A sumptuous alpine setting that inspires serenity.
- Access to exclusive treatments and refined 5-star accommodation.

PROGRAM



FRIDAY, MARCH 21

A healthy mind in a healthy body

- Welcome and meet the participants
- Seminar on the concept of detox and its pillars
- Workshop on physical activity and stress elimination

SATURDAY, MARCH 22

Mountains and mental connection

- Mountain excursion with certified guide
- Seminar on the mental levers of detox
- Participatory workshop and case studies on mental health







SUNDAY, MARCH 23

Nutrition as a health ally

- Seminar on the fundamentals of nutrition
- Workshop on good daily detox food practices
- Lunch together at the hotel and closing

OUR FORMULAS



 FORMULA BASIC	 FORMULA COCOONING	 FORMULA PRESTIGE	 FORMULA ALL-IN
CHF 1 199.-*	CHF 1 379.-*	CHF 1 649.-**	CHF 1 829.-**
<ul style="list-style-type: none">✓ 3 half-days of seminars and workshops✓ 1 guided mountain excursion✓ 3 lunches at the Hotel Royal	<ul style="list-style-type: none">✓ 3 half-days of seminars and workshops✓ 1 guided mountain excursion✓ 3 lunches at the Hotel Royal✓ 1 "Matterhorn Relax" care treatment	<ul style="list-style-type: none">✓ 3 half-days of seminars and workshops✓ 1 guided mountain excursion✓ 3 lunches at the Hotel Royall✓ 2 nights at Hotel Royal	<ul style="list-style-type: none">✓ 3 half-days of seminars and workshops✓ 1 guided mountain excursion✓ 3 lunches at the Hotel Royal✓ 1 "Matterhorn Relax" care treatment✓ 2 nights at Hotel Royal

*Places are limited!
Book your stay now.*

*Price per person.

**Price per person. The rate shown is for a double room (shared occupancy). For a single room, a rate adjustment will apply.

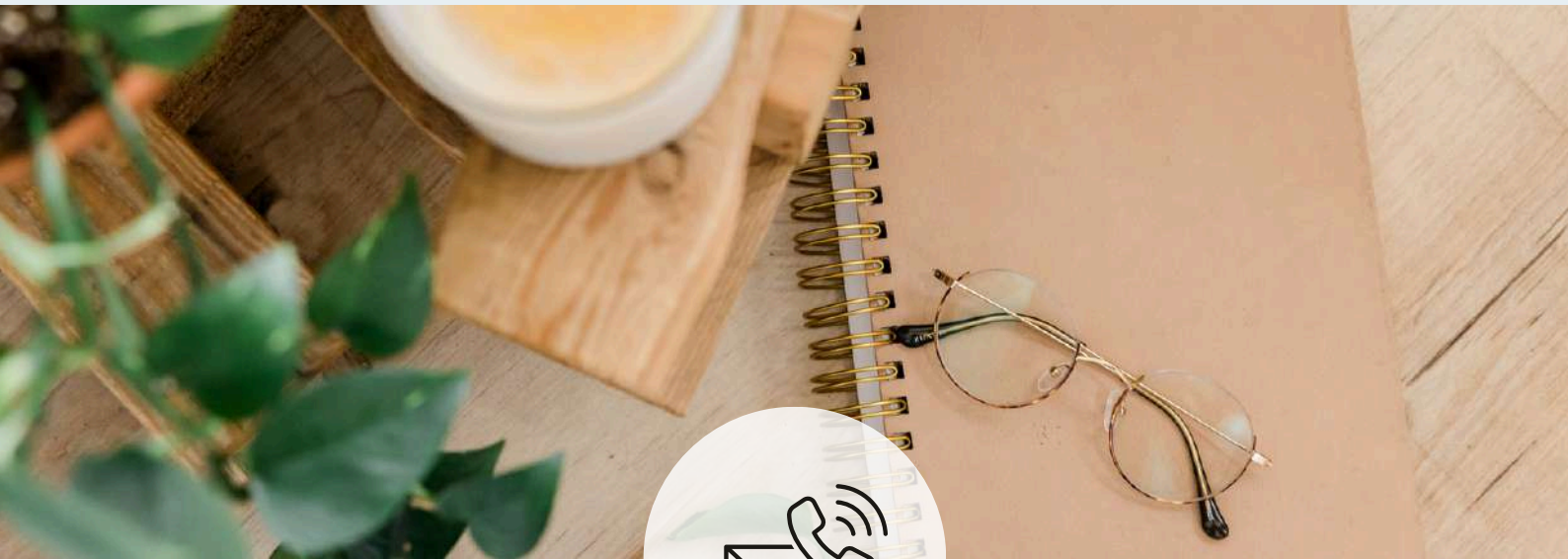
Terms and conditions:

The stay will only take place if a minimum of 3 participants register. A maximum of 10 participants per stay is allowed. Registrations open until 07.03.2025. At this date, participants will be informed in case of cancellation.

Payment must be made on arrival, by 21.03.2025 at the latest.


No-charge cancellations are guaranteed up to 14 days before arrival, but no later than 07.03.2025.

In the event of cancellation after 07.03.2025, the full amount of the stay will be due. The same policy applies in the event of early departure or no-show (the reservation is maintained only on presentation on the first day of the stay).



*The greatest gift you can give yourself: time
for yourself.*



 Information and reservation
per e-mail at
info@hotel-royal.ch

 **At the heart of Valais,
Switzerland**

Rue de l'Ehannoun 10, 3963 Crans-Montana

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**HOTEL
ROYAL**
CRANS MONTANA

