

SWITZERLAND.

MEDICAL HEALTH

THE FIRST CHOICE FOR YOUR HEALTH



Switzerland.

A scenic view of a mountain valley. In the foreground, a dense forest of green trees covers a hillside. In the background, snow-capped mountain peaks rise against a clear blue sky, framed by dark, rocky cliffs on either side.

Source
of life.



Relaxing escapades.









Natural
beauty.

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10 reasons to choose Switzerland

Switzerland is the ideal destination for patients from all over the world, with renowned specialists and state-of-the-art medical facilities offering innovative treatment methods. The country's safety and security record, wonderful scenery and outstanding service attract visitors from all corners of the globe.

Written by Dr Kathrin Zimmermann

1 The best healthcare system in Europe

The Swiss healthcare system won the gold medal in the comparison of 35 European countries and has long enjoyed an excellent reputation. Switzerland is rated the best by some distance in terms of access to medical services in particular.

2 Top specialists in all areas of medicine

Switzerland possesses medical know-how of the highest quality. Doctors work closely with universities, research institutes and renowned pharmaceutical companies, giving rise to the perfect combination of theoretical knowledge and practical expertise.

3 Short waiting times

Switzerland has an excellent nationwide network of high-quality hospitals, enabling it to provide prompt medical care both in an emergency and for elective procedures.

4 Innovative medical technology

The technical infrastructure in Swiss hospitals is based on sophisticated cutting-edge systems: medical staff use top-class hardware and software to devise individual treatment plans for each patient.



5 Tradition of international hospitality

The main reasons for the growing number of international visitors are the fresh mountain air, healing thermal springs and the high standard of medicine in Swiss hospitals.

6 Quality, security and discretion

Thanks to the country's stable political situation and the natural reserve of its inhabitants, visitors feel they are in safe hands during their stay in Switzerland.

7 Cultural tolerance

Sensitivity when dealing with other cultures and religions is part and parcel of everyday life in Switzerland. Swiss hospitals take great care to respect the diverse requirements of patients from other countries.

8 Relaxation for travelling companions

Recovery is not just about optimal medical treatment – you also need your loved ones beside you. Switzerland offers excellent establishments and a relaxing programme of holiday activities for travelling companions.

9 Medical expertise and maximum comfort

In addition to highly qualified specialists, Swiss hospitals also offer a comprehensive all-round service to satisfy the most discerning requirements.

10 Short distances

Switzerland's compact size means that journeys not only to hospitals but also to tourist attractions are short and uncomplicated.



Further information:
[myswitzerland.com/
 10-reasons](https://myswitzerland.com/10-reasons)

BACKGROUND STORY

Organising a health trip in 8 steps

Your health is important to you. That's why you want the best possible treatment in one of Switzerland's outstanding clinics.

Follow these simple steps to organise your trip quickly.

1 Decision

Health trip

The most common reasons for treatment in Switzerland are the high medical standards and a desire for privacy. Relatives and doctors help with the decision.

2 Switzerland

Top health destination

Switzerland has the best healthcare system in Europe with renowned specialists, innovative medical technology and short waiting times.

3 Clinics

Based on medical services and location

Switzerland has many clinics and hospitals in its various regions. From a simple check-up to surgery, they cover all aspects of medical treatment.

4 Contact

Via agency or clinic

Contact a medical travel agency in your country or the international office of the desired clinic in Switzerland directly.

5 Preparation

Treatment and recovery

In order to plan treatment, medical data is sent before you head to Switzerland. Make sure to also plan some activities for relatives in their downtime.

6 Trip

Smooth process

Switzerland is a small country, and distances from the airport or train station to the clinic are short. Suitable transportation to the clinic is part of the service.

7 Stay

Treatment of the highest standard

Treatment appointments are coordinated during your stay in Switzerland. If necessary, further on-site examinations can be scheduled.

8 Aftercare

Long-term support

Once home, you can either go to your local doctor for follow-ups or come back to Switzerland. Telemedicine using digital tools for consultation is also an option.



BACKGROUND STORY

Your heart in good hands

The Hirslanden Group offers the full range of cardiac medicine, from prevention and individual diagnosis to treatment and aftercare at the highest level.

There are many risk factors that cause long-term damage to the heart. Some of these are easily detectable and can be influenced. A preventive check-up is worthwhile from the age of around 50, or even earlier in the case of complaints or a family history of problems in this area. Only those who know their risk factors can act with the appropriate foresight. Experienced heart specialists take their time and provide advice that is tailored to the patient. That's because a heart-healthy lifestyle helps to achieve a lasting sense of well-being and can prevent cardiovascular disease.

High blood pressure, for example, can be insidious as it often goes unnoticed. This excessive pressure damages vessel

walls and places undue strain on the organs. It is a major risk factor for stroke, heart attack and heart failure. Lifestyle changes such as a healthy diet and exercise can already help to improve blood pressure. If it cannot be lowered sufficiently by these methods alone, professionals should inform on potential medication and provide a course of treatment. Specialist doctors provide comprehensive support when it comes to advising and implementing the best possible preventive care.

Customised diagnostics and therapy

The Hirslanden clinics have state-of-the-art medical technology at their disposal. When used judiciously, these facilitate

comprehensive cardiac medical care. It is important to customise the choice of diagnostics, since the same investigations would not always make sense for every patient.

Wearables for greater assurance

Thanks to the countless options when it comes to wearable diagnostic devices, cardiac monitoring is possible from a distance, too. These can be a huge help to those proactively working to effectively control risk factors such as blood pressure and sugar levels. Cardiac arrhythmias can be detected in ECGs recorded on a smartwatch and, if necessary, transmitted digitally to a trusted doctor. This simplifies diagnostics and provides

assurance. The Hirslanden heart specialists are happy to offer assistance in selecting the right method.

Women's hearts are different

Coronary heart disease and heart attacks were long considered diseases typically suffered by men. In fact, women are just as affected, but coronary disease often develops and presents differently in women. The required diagnosis and treatment of heart disease also often differs from that for men. Better awareness of "the little differences" when it comes to heart disease is essential and benefits female patients.

Cardiogenetic analysis

Cardiogenetics at "Hirslanden Precise" examines the genes that can be associated with heart disease. In an individual consultation, the effects of the gene profile on health are explained – for more effective prevention and treatment options.

Chemotherapy and heart health

Thanks to ongoing investment in research into cancer treatments, many types can now be treated and even cured. However, it is not uncommon for these therapies to have side effects and also damage the heart, among other consequences. Individual risk should therefore be assessed for each patient prior to such treatment. Support might then be required while undergoing treatment and in the long term during aftercare. Particular attention should always be paid to heart

Cardiac medicine at the Hirslanden Group

- Over 200 highly specialised cardiologists & heart surgeons
- 12 clinics with a cardiology department
- 2 check-up centres
- 1 private health centre for international patients



Further information:
hirslanden.com

health, even if any cancer treatments took place many years ago.

The right treatment: medical expertise

If the heart is no longer performing properly, this has a massive impact on well-being and capabilities. The internationally renowned cardiologists at Hirslanden clinics offer the full range of cardiac therapies and set great store by a multi-disciplinary approach. Short channels of communication allow for comprehensive and personal care by specialist doctors. The focus is on highly individualised treatment that is as gentle as possible. With the multitude of therapeutic options available, from treatment with drugs and catheter-based procedures to minimally invasive and conventional surgical interventions, a tailored selection is of central importance for therapeutic success.

Written by Dr Kathrin Zimmermann



“Knowing your risk factors can be of huge benefit to personal heart health. Each year, more than 12,000 inpatients undergoing cardiology and cardiac surgery entrust us with their health.”

Dr Daniel Liedtke

Chief Executive Officer Hirslanden Swiss Hospital Group

Integrated healthcare provider

Dr Daniel Liedtke is CEO of the Hirslanden Swiss Hospital Group and a member of the Executive Board of Mediclinic International. Previously, the 52-year-old was Chief

Operating Officer (2015 to 2018) and Director (2008 to 2015) of Klinik Hirslanden Zürich. Under his leadership, Hirslanden has evolved from a pure hospital group into an integrated healthcare provider

and major market player in highly specialised cancer, cardiac and musculoskeletal medicine, which is also making its mark in the field of digital health and with private-public partnerships.

The heart – the engine of life

The heart never takes a break and reliably performs its vital task: it pumps blood around the body and supplies the organs with both oxygen and nutrients. Only when the heart weakens is its crucial role noticed. Get to know your heart and take care of it!

A healthy heart helps prevent strokes. A stroke can be caused by a number of factors. In many cases, the heart itself is the trigger. During a cardiac arrhythmia, clots can form and enter the bloodstream. If these flow into the brain, they trigger a stroke.

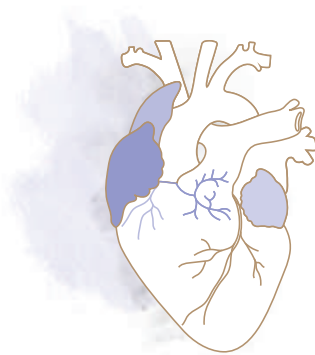
**5 – 6
litres of blood**

are pumped round the body by the heart each minute. During exercise, it can increase its pumping capacity to 20 litres, or even 35 litres for those who are very fit.

Heart failure usually develops gradually and is not taken seriously enough by those affected. Early signs include increasing fatigue, shortness of breath and weight gain with water retention.



Don't smoke. The heart will benefit from avoiding nicotine at any age. Five years after quitting smoking, the risk of heart attack will have fallen by 50%.



17.9 million

people die each year from cardiovascular disease. That equates to around 32% of all deaths worldwide.

Women often present with atypical symptoms when having a heart attack...

...such as nausea, vomiting and back or abdominal pain. Men, on the other hand, usually experience severe pain in the chest or shoulders and complain of tightness, a burning sensation and pronounced shortness of breath.

Exercise regularly, even if you have heart issues. Being fit prevents muscle breakdown and boosts well-being.



Switzerland.
by train, bus and boat.

Excellence

The most
sought-after seats.

Glacier Express Excellence Class

In the Glacier Express Excellence Class you always find yourself in pole position: in addition to guaranteed window seats and concierge services, you will be treated to an exclusive 6-course menu. Secure your seat in the luxury class now: [MySwitzerland.com/glacierexpress](https://www.myswitzerland.com/glacierexpress)

BACKGROUND STORY

High-precision therapies for cancer

Every cancer is unique and those affected also react differently to treatment. Together with a team of researchers, Prof. Dr Andreas Wicki of the Comprehensive Cancer Center Zurich (CCCZ) has succeeded in analysing the detailed properties of tumour cells. Cancer therapies at University Hospital Zurich can thus be highly efficient and tailored to each type of tumour.

Modern cancer drugs react specifically to the smallest structures of a cancer cell. A team of Swiss researchers has succeeded in using various scientific methods to study these smallest tumour cell molecules with pinpoint accuracy.

This success was possible thanks to a collaboration between the two university hospitals in Zurich and Basel with the Swiss Federal Institute of Technology

Zurich (ETH) and the University of Zurich. The first phase of this project was also backed by Roche, the world's largest pharmaceutical company by sales with headquarters in Switzerland.

Tumour profiling opens up new therapies

The study examined cancer cells from malignant melanoma, ovarian cancer and

a subtype of leukaemia. Each of these cancers consists of countless variants that require different therapies. Using the scientific analysis method, the Swiss specialists were able to measure 40,000 to 50,000 different markers within two weeks and create an exact tumour profiling. This helped doctors to determine optimal therapies. Some of the data is now being used in everyday clinical practice when making assertions about a tumour's response to drugs, possible side effects and disease prognosis. In the next step, researchers will use tumour profiling to investigate other types of cancer, such as colorectal, lung and breast cancer.*

Precision oncology – cancer therapy of the future

Ever more cutting-edge technology is being used in the operating room to ensure that tumours can be removed sparingly, barely impacting the surrounding healthy tissue in the process. Organ transplantation also plays a role here. Technological progress has opened up possibilities





figure

that seemed unimaginable just a few years ago (see info box “World premiere at the USZ”).

A knowledge hub at the Comprehensive Cancer Center Zurich (CCCZ)

CCCZ is an oncology centre of excellence at the University of Zurich and Univer-

“Advances in oncology are being made in drug treatment and treatment prediction, as well as in the technological future of surgery.”

*Prof. Andreas Wicki, Director CCCZ
Clinical Program Comprehensive Cancer Center Zurich*

sity Hospital Zurich, including Balgrist University Hospital and University Children’s Hospital Zurich. At CCCZ, surgeons, oncologists, radiation therapists, nurses and various cancer experts work closely together. This interdisciplinary approach offers cancer patients a precise diagnosis, innovative treatment options

* Irmisch, A, et al.: The Tumour Profiler Study: integrated, multi-omic, functional tumour profiling for clinical decision support. Cancer Cell, 21 January 2021

and comprehensive counselling for a personalised care according to the highest medical standards (see figure). CCCZ's research teams develop novel diagnostic and therapeutic concepts towards precision oncology. This allows CCCZ patients to benefit from tailored cancer therapies and the latest research results.

Cancer therapy at the CCCZ for international patients

The CCCZ is certified by the German Cancer Society (DKG) and enjoys an excellent reputation worldwide. The International Office helps patients from abroad get in touch with specialists and researchers at the CCCZ and the USZ (international@usz.ch).

In addition to the main USZ clinics located centrally in the city of Zurich, the new "USZ – The Circle" outpatient clinic is located directly at Zurich Airport. The ultra-modern infrastructure combined with university expertise enables an excellent service offering. CCCZ outpatient cancer therapies are also performed there.



“A single tumour is in reality a very heterogeneous group of molecularly different diseases. Therefore, we can't avoid detailed tumour profiling before starting therapy.”

Prof. Andreas Wicki,
Director CCCZ Clinical Program

Medical consultations and second opinions can take place on site in Switzerland or via video call from abroad. For outstanding medical treatment, patients come to the USZ as inpatients for anything from a few days to a few weeks.

Written by Dr Kathrin Zimmermann



Medical care at the highest level at Zurich Airport

USZ Airport is a university health centre located in The Circle at Zurich Airport. On 11,000 m², it offers patients university expertise and the latest generation of high-tech medical equipment in an easily accessible location.

The Circle is a new district at Zurich Airport. Since September 2020, premium brands, branches and service companies have been presenting their offerings on an area of around 200,000 m².



Contact for international patients:
[usz.ch/en/international-patients](https://www.usz.ch/en/international-patients)

World premiere at the USZ in Switzerland

A cancer patient who needed a new liver received a life-saving transplant. The multidisciplinary Liver4Life team treated a damaged human liver that was a match in a machine for three days outside a body. The donor liver recovered and was successfully implanted in the patient.

Further
information



**Start your treatment
with a real treat.**

**Travel is what
you make of it.**

Enjoy highest Swiss quality
on the way to Switzerland.

The man behind the machine

At the Rehaklinik Zihlschlacht, patients with brain damage learn to walk again with the help of a gait robot. Sports therapist Stefan Köhler introduces those affected to the equipment and monitors the therapy.

The Robotics Centre at the Rehaklinik Zihlschlacht is an open, bright space offering state-of-the-art treatment options. It is one of the world's largest neurological rehabilitation centres for effective training. This is where people with brain or nerve injuries after a stroke come to recover. However, robot-assisted therapy is also useful for Parkinson's disease or multiple sclerosis or after a traumatic brain injury. Thanks to the equipment, the intensity of training can be increased tenfold, as demonstrated by the successful rapid recovery. But the Robotics Centre is also a space for meetings, where people can exchange ideas and find new courage.

Modern physiotherapy roboticist

Stefan Köhler is a trained EKSO therapist and is able to combine his interest in technology with working with people at the Robotics Centre. He is most often found using the exoskeleton, a mobile support corset that is attached to a patient's trunk and legs. He sets up the EKSO GT gait robot from EKSO-Bionics, then walks behind the patient during the therapy and stabilises them if necessary. Without the device, as many as three strong assistants could be needed in order to support the patient's body. Thanks to the device, the patient and therapist can move around the room entirely freely.

On ropes on the treadmill

The treadmill with weight relief is another piece of equipment that Stefan Köhler uses to practice a normal gait pattern with patients. Above the treadmill is a suspension device that relieves and supports even the most severely affected according to their individual needs. Training sessions can thus be designed to be more intensive and targeted. Studies have shown that this improves both the physical and psychological well-being of patients.

Motivation is everything

"Stroke patients are taken out of life from one moment to the next. The motivation to learn to walk again is enormous," says Stefan Köhler. Therapy doesn't always follow a set path, however. Great progress is often made in the beginning, but as the nervous system and muscles regenerate, the visible changes become smaller. The therapist's guidance and constant support is therefore key throughout the process.

Written by Dr Kathrin Zimmermann

Photos by Kim Corpataux, Switzerland Tourism

"With the help of the exoskeleton, patients can stand upright and meet people at eye level again for the first time. For the patients, this change of perspective is a freeing experience."

Stefan Köhler

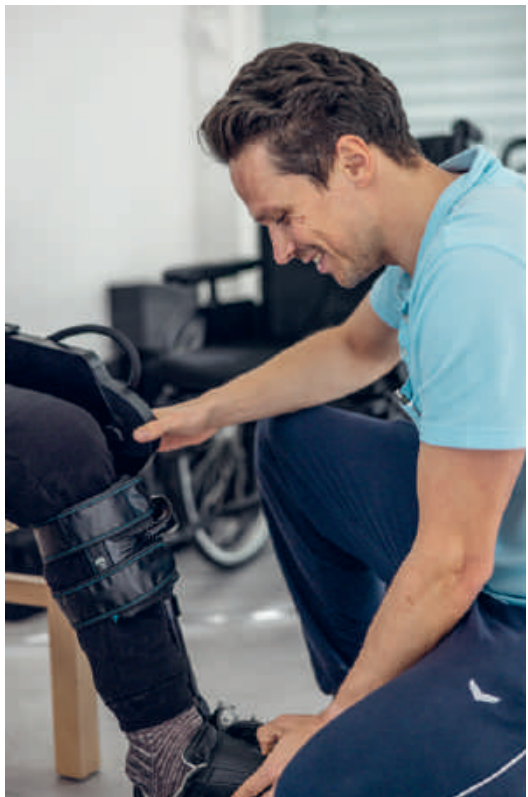


◀ Total control

“When I strap the exoskeleton on a patient, they relinquish control. If I press the start button, the device stands up with them,” says Stefan.

▼ Long-term therapy

Patient E.H. visits the clinic for therapy once a week. He has been suffering from multiple sclerosis (MS) for 25 years.



◀ At eye level

With the exoskeleton, E.H. walks freely through the corridors of the rehab clinic. He stands on his own two feet and can look other people straight in the eyes. That makes him feel good.

◀ **Sports therapist Stefan Köhler explains:** “The machines don’t replace the therapist, but rather they are a valuable, evidence-based therapy tool. We are a team of patients, therapists and robot-assisted therapeutic devices.”

► **Intensive**

At the beginning, therapy with the exoskeleton was very strenuous for Stefan Köhler.

▼ **In lockstep**

“I have to adapt my movements to those of the patient so that I can guarantee stability. I really break a sweat during some of the training sessions,” the therapist says.



▲ **Mutual trust**

Patient E.H. and Stefan Köhler have an excellent relationship and trust one another.

◀ **Control is essential**

The technology also has its pitfalls, as Stefan notes: “Before therapy, I always have to check very carefully that everything is set correctly and that the batteries are charged.”



Further information:
rehaklinik-zihlschlacht.ch/en



GÜBELIN
JEWELLERY



DEEPLY INSPIRED

Immerse yourself into the fascinating inner world of the paraiba tourmaline and discover the spectacular structures which inspired Gübelin Jewellery to create the “Grace of the Sea Anemone” cocktail ring. Coloured gemstones create sparkling highlights while spreading lightness and joy.

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gubelin.com

BACKGROUND STORY

Skin rejuvenation through regenerative cells

The wish for eternal youth is as old as mankind. With the use of regenerative cells in aesthetic medicine, this goal is getting a little closer. Dr Sophie Menkes, Medical Director of the Center of Aesthetic and Regenerative Medicine at Clinique Nescens, explains how she uses the body's own regenerative cells in a new procedure to achieve convincing long-term results.



Why did the use of regenerative cells in aesthetic medicine convince you?

Regenerative cells have the ability to renew and revitalise the skin. That is what is special about the nanofat method (see info box): It rejuvenates the skin quality, improves the moisture content of the skin and makes small wrinkles disappear. Previously known methods of beauty medicine tighten the skin or artificially pad volume. With this new method, regenerative cells settle in the skin and multiply there. In this way, the skin's appearance changes from the inside out, and the effect lasts for a long time.

“Regenerative cell treatment is like a transplantation of new cells. All it takes is one treatment.”

Can you describe the nanofat grafting treatment procedure for us?

It is a minimally invasive procedure performed under local anaesthesia. First, a quantity of the body's own fat, about the size of a fingertip, is removed from the inside of the knee, the buttocks or the outside of the thigh. The fat tissue is then dissolved so that the regenerative cells they contain can be extracted. Using a fine cannula, the so-called nanofat is gently injected in the skin through four puncture sites. The treatment is hardly visible on the face, only the extraction site may bruise at first. However, the treated persons do need a short recovery time until the evening, and then they can immediately take part in everyday life again.

“Nowadays, patients want to look natural and prefer low-risk therapy methods without artificial fillers.”

Does cell regeneration therapy replace conventional methods of beauty medicine?

No, nanofat therapy is a supplement and can help to avoid conventional methods altogether if used early. If necessary, we combine classic treatments such as hyaluronic acid injections, Botox injections,

peelings or even facelifts with cell regeneration treatment. However, the trend is clearly moving away from highly invasive procedures towards more gentle ones.

In which areas is cell regeneration therapy used?

We most commonly use nanofat grafting for facial rejuvenation and to treat hair loss. Regenerative cells injected in the scalp stimulate hair growth again and maintain the hair's splendor after a hair transplant.

Another area of application is the intimate area of women. Hormonal changes lead to complaints which cell regeneration therapy together with a microfat grafting or a vampire lift (see info box) can convincingly improve.

Three revolutionary treatments at Clinique Nescens

Nanofat grafting

The Nanofat procedure uses regenerative cells to improve the renewable capacity of the skin. The regenerative cells are extracted from the body's own fat tissue and injected into the areas to be treated using a thin cannula. No volume is added, but the appearance and quality of the skin improves over the years. Nanofat grafting requires a single session.

Microfat grafting

A small amount of fat is taken from specific areas of the body (knees, thighs, buttocks) and rinsed in a complex procedure so that tiny flaps of fat remain. The microfat graft is injected with high precision in the face with a special cannula, filling the finest areas of the body and restoring missing volume. The results give a natural look and are long-lasting.

Platelet rich plasma (PRP) = vampire lifting

The solution PRP of blood fluid (plasma) and platelets (thrombocytes) is extracted from the body's own blood. This solution is injected in the skin at the desired location. There, the platelets release growth factors with regenerative properties, which improves the appearance of the skin. The application must be repeated several times for an optimal result.

Volume is built up again in the thinned-out intimate area, and the nano-transplantation additionally improves the moistening of the mucous membrane.

“We don't just want to replace lost volume in the tissue rather help the aging cells to renew themselves.”

Where do you see further promising research approaches in the field of beauty medicine?

Switzerland is involved in numerous research projects and supports innovative ideas. The Clinique de Genolier is in the process of setting up a large centre for integrated innovations in the field of



Further information:
cliniquenescens.com/en

activities and so entertainment is available for accompanying guests. The clinic's own international concierge service takes care of guests' concerns and organises the entire stay, from medical procedures to helicopter arrival options.

“We tailor the treatment programme to the needs and available time of the international guests. Thus, the therapy lasts between one or two days up to two weeks.”

medical technology, pharmaceuticals and life sciences (Genolier Innovation Hub). In addition to regenerative cells, exosomes will certainly be the talk of the town in the coming years. Exosomes are small transport vesicles that are responsible for communication between cells in the body. In my opinion, the future lies in these tiny structures.

You work at the Clinique Nescens. What special features does this clinic offer?

This is not only a place for medical treatment, but also a place for relaxation and recreation. The exclusive suites overlooking Lake Geneva offer the highest level of comfort as well as absolute privacy. The clinic is close to various tourist

What is it about treatment at a Swiss clinic that convinces international guests?

Switzerland is one of the safest countries in the world and has an excellent health-care system. As the example of the nanofat grafting at the Clinique Nescens shows, Swiss clinics combine the latest innovations with the best service. As an attractive destination with the highest medical standards, Switzerland is ideal for health stays.

Interview by Dr Kathrin Zimmermann



“I came to Switzerland because it offered me better opportunities to work in my area of interest. I wanted to specialise in regenerative and aesthetic medicine.”

Dr Sophie Menkes
Medical Director of the Center for Aesthetic and Regenerative Medicine at Clinique Nescens

Member of numerous professional societies
Sophie Menkes, MD, is Medical Director of the Centre for Aesthetic and Regenerative Medicine at the Clinique Nescens and originally comes from France. She is a special-

ist in general and aesthetic medicine and a member of numerous national and international professional societies. She has also become an expert in functional an aesthetic gynaecology and her unique cell regenera-

tion therapy procedure has been published in the American journal Plastic and Reconstructive Surgery. Due to her broad expertise, she can respond individually to the needs of female and male patients.



Medical Tourism at its Finest with Geneva

Geneva advances as one of the most sought-after destinations for those seeking not only relaxation and comfort, but also the feeling of coming back to their homes with a healthier mind and body.



GENEVE.COM



TOP ATTRACTIONS

Spectacular landmarks wherever you look

The variety of different sights to see in Switzerland is truly incredible. Breathtaking mountain vistas, glaciers, rivers and buildings are all waiting to be discovered. All the highlights of this little mountainous country are within easy reach by train, by boat or on foot.



Further information:
[myswitzerland.com/
top-attractions](https://myswitzerland.com/top-attractions)



1

Rhine Falls

Europe's largest waterfall

To stand high above Europe's largest waterfall, feeling the roar and vibration of the water over your entire body – this can be experienced at the Rhine Falls near Schaffhausen. Over a span of 150 metres, several hundred cubic metres of water plunge into the depths at a rate of 23 metres per second. Visitors can reach the castles of Laufen and Wörth, the Rhine Falls Basin and even the mighty rock in the middle of the waterfall by boat. The view from the top of the falls is not to be missed.

2

The Matterhorn

Symbol of Switzerland

The pyramid-shaped giant is considered to be the world's most photographed mountain. An ascent of the Matterhorn should only be attempted by well-equipped, experienced mountaineers accompanied by a professional guide. The Klein Matterhorn, just across from its big brother, can be reached from Zermatt by cable car. At 3,820 metres above sea level, its upper station is the highest cable car station in the Alps.

3

Jungfrauoch

Top of Europe

A trip to the Jungfrauoch is the crowning moment of any visit to Switzerland. A year-round cog railway climbs from Kleine Scheidegg to reach Europe's highest mountain railway station, at 3,454 metres above sea level, in the heart of the "Swiss Alps Jungfrau-Aletsch" UNESCO World Heritage site.



4

Lucerne's old town and Chapel Bridge

Switzerland's most famous bridge

Lucerne is a popular lakeside tourist destination and the gateway to Central Switzerland, nestled in an impressive mountain setting right by Lake Lucerne. The cityscape is dominated by the mediaeval Chapel Bridge, one of the oldest covered wooden bridges in Europe, complete with gable paintings.



5

Glacier Express

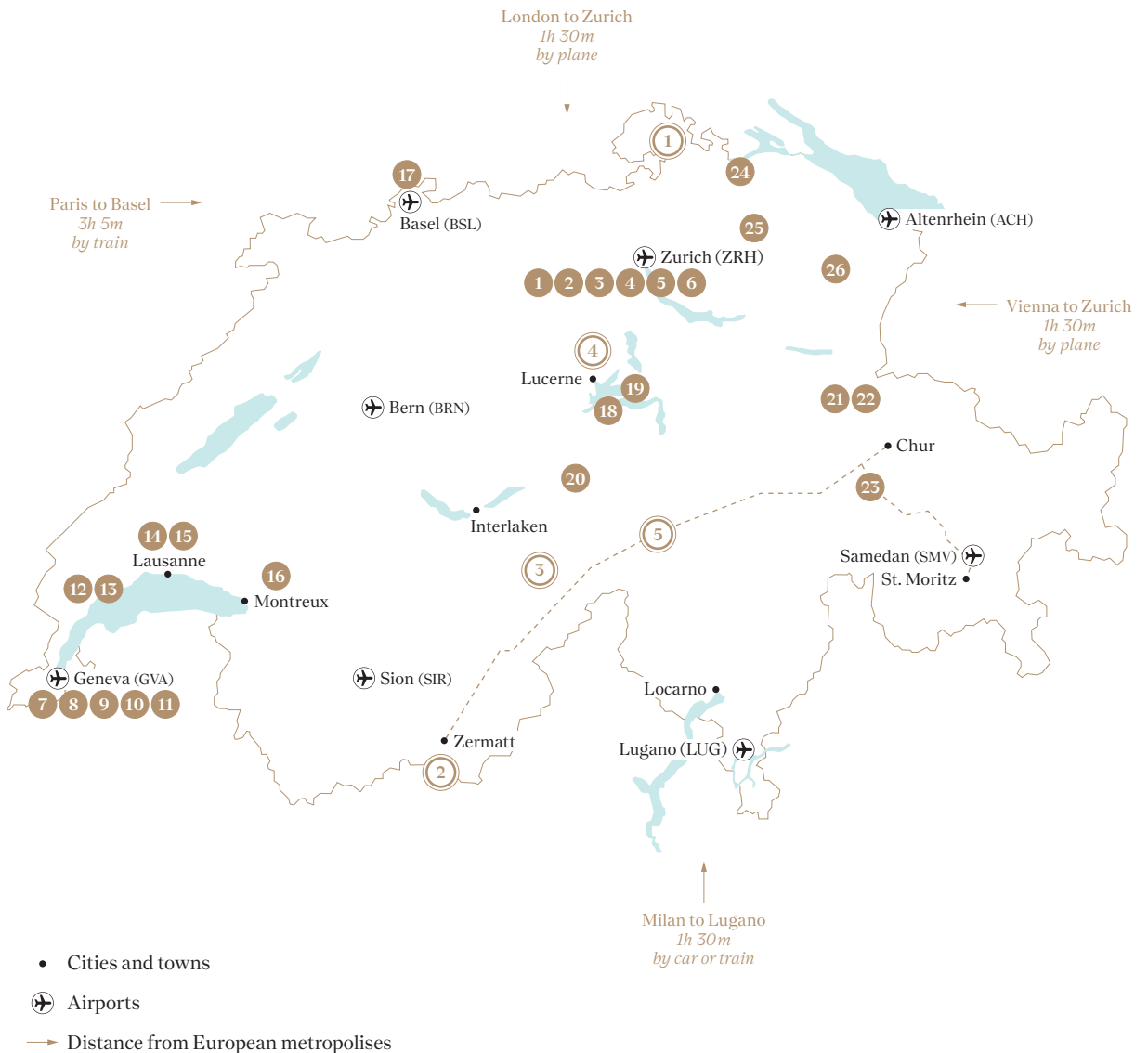
A train like no other

The Glacier Express connects St. Moritz with Zermatt, and its fully-glazed carriages offer passengers unimpeded views of the unique landscape. The journey through the Alps by the world's slowest express train takes around eight hours, passing through 91 tunnels and crossing 291 bridges.

HOSPITALS/CLINICS

Switzerland's top medical facilities at a glance

Switzerland is the ideal destination for health travel, combining the highest standards of medical care with exclusive service. The country's exclusive clinics offer outstanding infrastructure, and Swiss doctors are pioneers in innovative medical techniques and research.



Zurich

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Geneva

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Lausanne & Montreux

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Basel

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Lake Lucerne Region & Bernese Oberland

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Eastern Switzerland & Graubünden

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5 top attractions

①

Rhine Falls

Europe's largest waterfall

②

The Matterhorn

Symbol of Switzerland

③

Jungfraujoch

Top of Europe

④

Lucerne's old town and Chapel Bridge

Switzerland's most famous bridge

⑤

Glacier Express

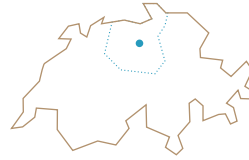
A train like no other



[myschweiz.com/
zurich](https://myschweiz.com/zurich)

ZÜRICH





Cosmopolitan city at the water's edge

Zurich is Switzerland's economic hub and centre of education and has ranked among the world's top cities in terms of quality of life for many years. The city offers all the benefits of a cosmopolitan metropolis, while retaining its authenticity.



Zurich Airport

The award-winning, top-quality airport serves around 200 destinations worldwide. Its cleanliness and customer friendliness are particularly prized.



Flourishing economy

In addition to financial companies, global corporations are increasingly attracted by what Zurich has to offer. Google employs 4,000 people here, for example.



World-famous and irresistible

The origins of the delicious Luxembourgli macaroons are shrouded in legend. The colourful little treat has since achieved cult status.

Nature, shopping, culture and avant garde by Lake Zurich

Where creative urban living meets the wonders of nature. Zurich is abuzz with activity day and night, with its countless events, diverse museums and Switzerland's most vibrant nightlife. And if you're after rest and relaxation, the Swiss mountains are less than an hour away.



Old town

Mediaeval flair and plenty of opportunities to shop

Zurich's mediaeval streets are an attractive backdrop, and history comes alive on a walking tour of the old town. The twin towers of the Grossmünster are Zurich's most famous landmark. Other sights include the Peterskirche, with the largest clock face in Europe, and the Fraumünster, which is known worldwide for its stained glass windows by Alberto Giacometti and Marc Chagall.

Chocolate, chocolate, chocolate...

In an impressive building designed by star architects Christ & Gantenbein, the Lindt Home of Chocolate welcomes chocolate lovers from all over the world to Kilchberg on Lake Zurich. A very special highlight is the largest Lindt chocolate shop in the world.



Bahnhofstrasse

Zurich's shopping boulevard

Bahnhofstrasse is one of Europe's loveliest shopping streets, offering 1.4 kilometres of department stores, boutiques and jewellers. The closer you get to Lake Zurich, the more exclusive the shops become. As the headquarters of major Swiss banks, Paradeplatz is the country's largest banking centre.





Lake Zurich

Ideal for a swim or a boat tour

Previously a channel for transport and trade, the lake is now a popular spot for a day out. The easiest way to explore the Lake Zurich region is by taking a boat tour. Many cruisers operate all year round. The two historic paddle steamers are the undisputed public favourites.

Swiss National Museum

Discovering culture and history

The Swiss National Museum by Zurich main train station can be found in a 120-year-old building and has been given an impressive modern extension. The museum houses the largest cultural history collection in the country and presents the history of Switzerland from the earliest days to the present.



Who: Kate and Tom – a couple from London, who loves good food



Reason for stay: To accompany Tom's father for a second opinion on his hip treatment

Food mecca Zurich

In addition to regional specialities, we have discovered international trends and rarities. We are impressed by how the chefs combine inspiration from faraway countries with local products.

HIGHLIGHTS

1.

KLE

Zizi Hattab's vegan dishes are created with plenty of attention to detail and personality.

We couldn't get enough of it.

restaurantkle.com

2.

The Restaurant

Fine dining chef Heiko Nieder celebrates the highest culinary art at The Dolder Grand. We chose the "Amuse Bouche" menu for our lunch.

thedoldergrand.com/en/the-restaurant

3.

Neue Taverne

This cosy restaurant can be found in the middle of the old town. We enjoyed a wonderful evening of market-fresh vegetarian dishes.

neuetaverne.ch/en



“At our clinic, renowned specialists work in close collaboration to provide state-of-the-art medical care that addresses all of the patient’s needs.”

Dr Daniel Christen, MD
*Medical Director
Specialist in visceral surgery*





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[myswitzerland.com/
bethanien](https://myswitzerland.com/bethanien)



Type of hospital
Private

Number of beds
105

Patients per year
4,150 inpatients

- ① The highest level of medical expertise and personalised medical care.
- ② A top-class hotel setting with a welcoming and relaxed atmosphere.
- ③ Privatklinik Bethanien is located in the centre of beautiful Zurich.
- ④ High-quality cuisine tailored to your preferences.
- ⑤ Limousine service in the region of Zurich for patients.

First-class medical care, highly skilled nursing, individual patient services, conscientiousness and absolute discretion are a matter of course at the Privatklinik Bethanien.

With around 340 doctors, Privatklinik Bethanien offers its patients an extensive range of medical services, from the diagnosis to surgery, right through to rehabilitation in the clinic's own physiotherapy department. We offer all-round care with the emphasis on first-class medical treatment, provided with a personal approach in comfortable surroundings. Specially trained interdisciplinary teams of doctors and nursing staff remain on duty around the clock. Some 4,000 surgical procedures are carried out in the clinic, and around 500 babies are born each year in the maternity department.

The renowned clinic with its 110-year history offers comfortable rooms, junior suites and suites. It has been part of the Swiss Medical Network since 2010 and is a member of the Swiss Leading Hospitals. This guarantees the highest quality standards.



Major medical fields and specialties

General surgery
· Orthopaedics and spinal surgery
· Visceral surgery
· Thoracic surgery

Internal medicine

Urology

Obstetrics

Gynaecology

Cardiology

Ear, nose and throat medicine

Multidisciplinary cancer treatment

Gastroenterology



Chief doctors/ professors per field
Dr Daniel Christen,
Medical Director



Medical equipment
· Da Vinci robot
· Papillon-50
· ARTEMIS - Prostate Fusion Biopsy System



Memberships

- Swiss Medical Network
- SLH
- ISO
- ANQ
- SIRIS
- Swissnoso
- CIRS
- H+
- mecon



Specific services for international patients

- Special menus/meals (vegetarian, vegan, lactose and gluten free)
- Concierge service
- Limousine service
- Public restaurant
- Suite service

Distance to closest airport
Zurich Airport – 15 minutes by taxi (11 km)



“The close ties of our clinical units with top medical research enables us to apply the latest cutting-edge treatments for our patients.”

Prof. Dr Gregor Zünd
CEO



2 University Hospital Zurich

USZ Universitäts
Spital Zürich

Universitätsklinik Zurich
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8091 Zurich

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usz.ch/en/international-patients



[myswitzerland.com/
university-hospital-zurich](http://myswitzerland.com/university-hospital-zurich)



Type of hospital
University Hospital

Number of beds
900

Patients per year
39,599 inpatients
867,446 outpatients

- ① At Zurich Airport we opened one of the most modern outpatient clinics in Switzerland with state-of-the-art infrastructure.
- ② Our emergency is available 24 hours a day, 7 days a week.
- ③ The USZ is located in the heart of the city.
- ④ Enjoy our International Office Lounge before your treatment.
- ⑤ The latest diagnostic and treatment methods according to the highest scientific standards are applied in our hospital.

The University Hospital Zurich provides state-of-the-art medical care and cutting-edge medicine in the heart of Zurich and at Zurich Airport. We treat complex health issues, taking an interdisciplinary approach based on up-to-date research.

The University Hospital Zurich (USZ) is the main academic hospital and one of the most renowned hospitals in Switzerland. Our 44 departments and institutes, which are located in the heart of Zurich and at Zurich Airport, cover almost all medical disciplines. We apply the latest treatment methods according to strict scientific, evidence-based criteria and the most advanced diagnostic and therapeutic methods.

Research and education is conducted in close collaboration with the University of Zurich medical school and other international universities, including the ETH Zurich, one of the world's top-rated universities. Our hospital is at the forefront of medical research and has an excellent international reputation.



Major medical fields and specialities

The University Hospital Zurich covers nearly all medical specialties across its 44 medical departments and institutes. We provide the most advanced diagnostic and therapeutic methods, some of which are only available in our hospital. Patients with complex health problems from all over the world choose the USZ for their treatment.



Chief doctors/professors per field

Of our approximately 10,000 employees, over 1,600 are physicians. Researchers at the USZ contribute to the development of medicine with numerous innovative projects. Our specialists work together in a holistic and interdisciplinary manner. This enables us to provide our patients with comprehensive treatment and care at the highest medical level. Thanks to innovative medical research, they also

benefit from new, personalised treatment plans.



Medical equipment

We apply the latest diagnostic and treatment methods according to the highest scientific standards, e.g. an ultra-modern burn centre, state-of-the-art diagnostics and radiotherapy with the latest generation of PET-CT, MR-PET and MR-Linac, robot-assisted microsurgery, etc. Some of the methods applied are only available in our academic hospital.



Awards/medical achievements

We are among the world's best hospitals, e.g. Newsweek ranking. Many of our researchers and doctors have won international awards and prizes. Our hospital has been awarded various international certifications, and we conduct many forefront research projects supported by the Swiss National Science

Foundation and other important international organizations.

Memberships

We are one of the largest research and education centres in the medical field in Switzerland and Europe. Many of our doctors are members of international committees and participate in renowned expert panels.



Specific services for international patients

- Central coordination for all inquiries and requests
- Assistance and accompaniment by expert patient relations managers
- Rapid organisation of treatments
- Access to the International Office Lounge
- Organisation of medical translators
- Visa support

Distance to closest airport

Zurich Airport: USZ Campus – 17 min (10.5 km);
USZ Circle – 1 min



“We guarantee our patients the highest quality of care based on the latest medical findings.”

Marco Guğolz
Director Klinik Hirslanden



3 Klinik Hirslanden



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myswitzerland.com/hirslanden



Type of hospital
Private

Number of beds
335

Patients per year
18,600 inpatients

- 1 The personal setting of the guest reception area at Klinik Hirslanden in Zurich.
- 2 Highly modern operating theatres with state-of-the-art equipment.
- 3 First-class medical care at the top of Lake Zurich.
- 4 Well-equipped, modern guest rooms including a private balcony.
- 5 We serve culinary delights specific to your needs to ensure the best start for your quick and successful recovery.

Hirslanden offers a comprehensive range of services and medical care thanks to its collaboration with affiliated doctors and centres of excellence.

This collaboration allows patients to receive the most professional and cutting-edge treatment in the sector. The clinic with 90 institutes and centres of medical excellence offers the medical expertise of an acute hospital, whilst working with affiliated doctors as well as in-house physicians. The primary focus areas lie in cardiology, oncology, gynaecology, urology, orthopaedics, visceral surgery and neurology.

The hospital's emergency unit is available 24/7. Founded in 1932, Klinik Hirslanden today has 335 beds, 14 operating theatres and 3 delivery rooms. More than 510 accredited doctors and over 1,800 employees are dedicated to the welfare of every patient. Every patient is provided with tailored care and is accompanied during their treatment by the Hirslanden staff from the initial diagnosis right through to recovery.



Major medical fields and specialities

Cardiology

- Interventional cardiology: coronary stents/pacemaker-/IDC-Implantation
- Cardiac surgery (MF): coronary bypass/heart valve replacement
- Heart valve diseases

Oncology

- Certified cancer centre
- Interdisciplinary tumour board
- CART-cell therapy cancer treatment
- Autologous blood stem cell transplantation

Neurology

- Highly specialised stroke centre
- Interdisciplinary network of neurological competence centres
- Therapy of multiple sclerosis

Orthopaedics

- Shoulder surgery
- Hand/foot surgery
- Knee/hip surgery
- Spine surgery

Visceral surgery

- Laparoscopic surgery
- Gastrointestinal tumours
- Colorectal surgery

Urology

- Prostate cancer
- Bladder tumours/testicular tumours/kidney tumours



Chief doctors/professors per field

The doctors who treat our international patients have many years of experience as senior physicians. Furthermore, they are particularly well qualified to meet the needs of international patients, for instance regarding language, flexibility and intercultural competence. Our pool of specialists also includes surgeons who are authorised to perform highly specialised medical operations.



Memberships

Hirslanden Swiss Hospital Group

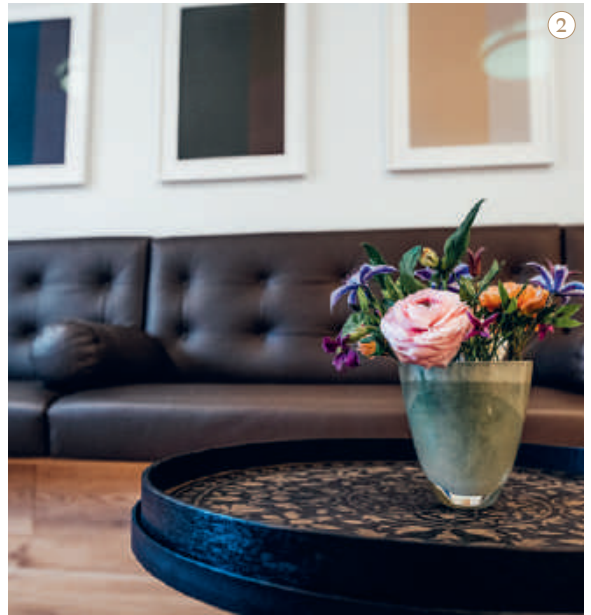


Specific services for international patients

- Special menus/meals (vegan, halal, kosher)
- Designated check-in area for international patients
- Shuttle service
- In-house restaurant and coffee-lounge
- Modern rooms with lake views and lounge area for private meetings/dining options

Distance to closest airport

Zurich Airport – 25 min (15 km)



“Our goal is to provide holistic and tailored advice, even in complex medical situations, in order to enable a targeted and efficient diagnostic procedure and therapy.”

Claude Cao, MD, MPH
Specialist in General Internal Medicine



4 Private Health Center

HIRSLANDEN
KLINIK IM PARK
PRIVATE HEALTH CENTER

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[myswitzerland.com/
private-health-center](https://myswitzerland.com/private-health-center)



Type of hospital
Private

Patients per year
350

- 1 Our patients are welcomed in a private setting with discretion and privacy.
- 2 The modern waiting area is exclusively for our patients of the Private Health Center.
- 3 Physical examinations or organ-specific assessments are carried out with state-of-the-art equipment.
- 4 Each patient is treated individually in a discreet and confidential environment.
- 5 Modern interior combined with high-end comfort.

Preventive healthcare is not just about diagnostics. It is about managing your future health. Benefit from advanced preventive medicine and the scientifically proven examinations.

The Private Health Center stands for Swiss discretion, privacy and responsiveness in a safe environment. Individuals looking for convenience and efficiency for their personalised check-up will experience medical excellence, tailored to their personal needs.

Advanced preventive healthcare means that we obtain your history, perform a physical examination or organ-specific assessment, carry out appropriate tests to form a diagnostic hypothesis and decide on treatment where necessary. All our medical services are tailor-made with a holistic approach. We answer your questions on work-life-balance, physical performance, nutrition, medication, hereditary health and more. Because the earlier a health problem is identified and treated, the greater the chances of success and the shorter the treatment time.



Major medical fields and specialities

Prevention/medical health

- Check-ups and screening
- Sleep diagnostics
- Sports medicine

Check-up and screenings

- Full medical health check-up
- Cardiac screening
- Diabetes screening

Personalised medicine

- Pharmacogenetics
- Personalized oncology
- Personalized cardiology

Long Covid program

- Pneumology
- Neurology
- Infectiology



Chief doctors/ professors per field

- Claude Cao, MD, MPH, Hirslanden Group, General Internal Medicine
- A wide array of specialists in other fields is available through the doctor network at Klinik Im Park, where the Private Health Center is located.



Medical equipment

Part of Klinik Im Park



Memberships

Hirslanden Swiss Hospital Group

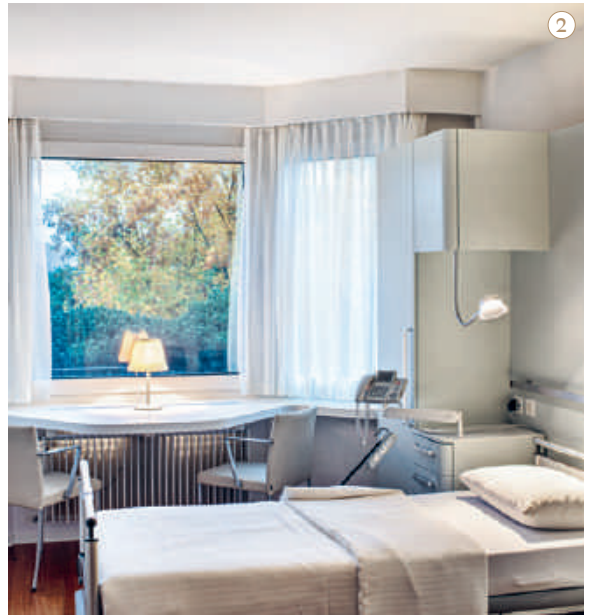
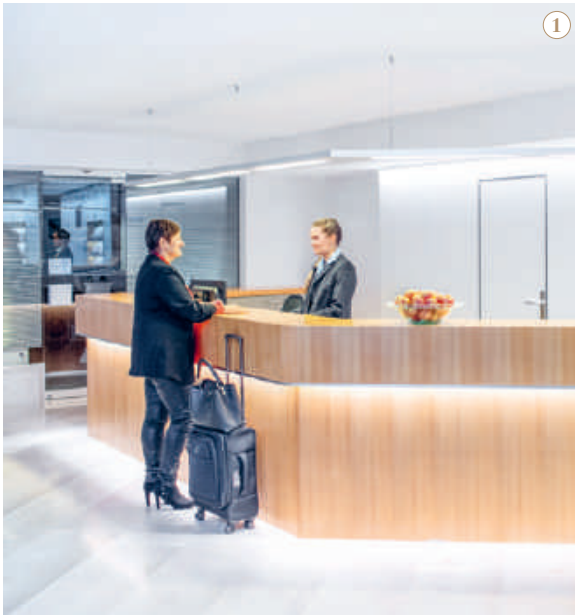


Specific services for international patients

- Special menus/meals (vegan, halal, kosher)
- Dedicated nursing and medical staff for patients first-class medical experience
- In-house restaurant
- Modern rooms with lake views

Distance to closest airport

Zurich Airport – 20 min (14 km)



“With our individual, personal medical care, the patient always comes first.”

Dominique Jäggi
Director Klinik Im Park



5 Hirslanden Klinik Im Park

HIRSLANDEN

KLINIK IM PARK

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myswitzerland.com/park

Klinik Im Park guarantees medical excellence combined with high-quality professional care. Outstanding medical expertise, modern infrastructure, lavish facilities and leading experts with a personal touch mean patients can rest assured that they are in best hands.

Klinik Im Park covers most medical specialities of the Hirslanden Private Hospital Group and shares the expertise and experience from 41 institutes and centres of excellence. The hospital's main areas of specialisation include: cardiac and thoracic vascular surgery, visceral surgery, orthopaedics, urology, trauma and sports surgery and gynaecology.

The hospital's emergency unit is available 24/7. Thanks to the hospital's shared collaboration and expertise, it offers its patients first-class medical care tailored to their individual needs. The highly skilled nursing staff and environment will cater to the requirements of each individual patient and guarantee privacy and discretion.



Type of hospital
Private

Number of beds
114

Patients per year
6,200 inpatients

- 1 At Klinik Im Park, you will feel welcomed and comfortable from the first moment.
- 2 Modern interior and high-end comfort.
- 3 Located in a superior setting on Lake Zurich.
- 4 We will guarantee an intimate setting and quality on every level.
- 5 Utilising the newest and most innovative equipment ensures patients are treated with medical excellence at every step.



Major medical fields and specialities

Cardiology

- Interventional cardiology: coronary stents/pacemaker and ICD implantation
- Cardiac surgery (MF): coronary bypass/heart valve replacement
- Heart valve diseases

Visceral surgery

- Laparoscopic surgery
- Gastrointestinal tumours
- Colorectal surgery

Orthopaedics

- Shoulder surgery
- Hand/foot surgery
- Knee/hip surgery
- Spine surgery

Gynaecology

- Breast diseases (breast cancer/mammography [MS])
- Birth
- IVF

Urology

- Prostate cancer
- Bladder/testicular/kidney tumours



Chief doctors/ professors per field

345 qualified doctors from various medical specialisations run their own practices at Klinik Im Park and collaborate closely with the hospital. Patients come to us to see their chosen doctor. An emergency doctor is available at the hospital at all times of the day and night. Your attending doctor or their representative can also be reached by the hospital at any time if required. Our wards and intensive care units operate around the clock. Surgery and anaesthesia teams are on duty 24/7.



Memberships

Hirslanden Swiss Hospital Group



Specific services for international patients

- Special menus/meals (vegan, halal, kosher)
- Dedicated nursing and medical staff to provide patients with a first-class medical experience
- In-house restaurant
- Modern rooms with lake views

Distance to closest airport
Zurich Airport – 20 min (14 km)



“We are passionate about helping clients make sustainable life changes.”

Eduardo Greghi
CEO & Chairman



6 The Kusnacht Practice



THE KUSNACHT PRACTICE

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[myswitzerland.com/
the-kusnacht-practice](https://myswitzerland.com/the-kusnacht-practice)



Type of hospital

Treatment centre with more than 80 doctors and specialists

Number of villas

12 villas and penthouses

- 1 The Kusnacht Practice headquarters in Zollikon-Zurich.
- 2 Swimming pool of a villa.
- 3 Exclusive gardens surrounding the villas.
- 4 Outdoor dining with a view.
- 5 Doctor's session in villa.

The Kusnacht Practice is renowned for its absolute, dedicated attention and precision, honesty and transparency in a warm and empathetic environment. Enveloped by nature, beauty and clean air, the treatment centre – based in Zurich and Geneva – truly offers a holistic, 360 degree, mind, body and soul rebalancing and restoration.

Through a unique combination of medical care, psychiatric care and Biomolecular Restoration (BIO-R®), alongside exceptional service, accommodation, complementary therapies and hospitality, The Kusnacht Practice is a recognised authority among experts and is a global leader in its field. The state-of-the-art facility combines Swiss standards of excellence, luxury and cutting-edge, innovative technologies with world-renowned medical expertise, compassion and fully bespoke treatments, as well as a unique continuing care programme.

Only one client is treated at a time to guarantee the highest level of discretion.



Major medical fields and specialities

- Medical rehabilitation
- Mental health and Biomolecular Restoration (BIO-R®)



Chief doctors/ professors per field

- Prof. Dr Georg Schulthess, Chief Medical Officer
- Dr László Ürögi, Head of Psychiatry, Psychotherapy & Relapse Prevention
- Dr Antoinette Sarasin Gianduzzo, Director of Biomolecular Restoration (BIO-R®), Nutrition & Lifestyle, Member of Board of Directors



Medical equipment

State-of-the-art technologies



Awards/medical achievements

Winner of the Spear's 500 Client Relationship Award 2022



Specific services for international patients

- Facilitating international interventions
- Unique network of excellent medical contacts at world-renowned institutions in Switzerland

Distance from clinics to airports

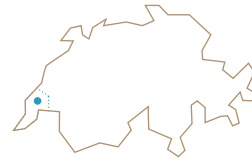
Zurich Airport – 30 min (16 km)
Geneva Airport – 25 min (15 km)



[mysitzerland.com/
geneva](https://mysitzerland.com/geneva)

GENEVA





International hotspot for humanity

Geneva is known for French élan and Mediterranean flair, and scores highly for its cultural offerings and impressive mountain panorama. It has gained international recognition as the seat of institutions such as the World Health Organisation (WHO).



The capital of peace

Because of the numerous international institutions based in Geneva, the city is the second-most important seat of international diplomacy after New York.



The watchmaking capital

As the home of names such as Rolex, Omega, Patek Philippe, Vacheron Constantin and Baume & Mercier, Geneva is synonymous with the art of luxury watchmaking.



Three-legged wooden sculpture

Created in 1997, the “Broken Chair” commemorates the victims of landmines and is one of the most heavily symbolic works of art of the 21st century.

International flair in the world's smallest metropolis

Geneva is Switzerland's most cosmopolitan city. The UN, the World Trade Organisation (WTO) and the international Red Cross are all based here. In addition to being a congress venue, Geneva is also a centre for culture, history and trade fairs. Geneva's watchmaking industry is world-famous.



Headquarters of the United Nations

A centre of international diplomacy

The United Nations has its headquarters in the Palais des Nations. Each year, 25,000 delegates pass through the doors of this centre of international diplomacy. Located in the middle of Ariana Park, the palace is also famous for its works of art, such as the dome of the "Human Rights and Alliance of Civilizations Room" by Miquel Barceló. The daily guided tours are not to be missed.

Watches and more

Gübelin is a Swiss family-owned company known for its range of luxury watches.

The Geneva-based boutique carries selected brands such as Parmigiani Fleurier, IWC Schaffhausen, Bulgari, Breitling, Cyrus, Montblanc, Baume & Mercier and TAG Heuer.

Rue du Rhône

Shopper's paradise

On the Rue du Rhône, the most elegant labels vie for the attention of shoppers. This street is the cradle of luxury shopping, where the most well-known names in watchmaking, jewellery and fashion can be found. Allow yourself plenty of time to discover their charms!





The old town and St. Pierre

Rich in history

Geneva boasts a lively old town with wine cellars, art galleries and antiques shops. The 12th-century St. Pierre Cathedral perches above the old town. The climb to the top of the tower is rewarded with a breathtaking 360-degree panoramic view of the city and lake.

Geneva Watch Tour & Patek Philippe Museum

Experience history

The walking tour brings the history of the watchmaking industry to life. You'll pass hundreds of boutiques and a dozen historic monuments. These include the Patek Philippe Museum in the heart of the Plainpalais district. This houses a priceless collection of watches from the 16th to 19th centuries.



Who: Sophia and João – a couple from São Paulo, Brazil, who loves art and nature



Reason for stay: To visit Sophia's brother Gustavo, who is recovering from a surgery

A city with plenty of charm

What do you like about this place? The mix of shopping, culture and nature, and especially the Mamco with its gallery district.

Was there any time to relax? Oh yes, and we certainly did! The city's green oases offered us the perfect place to recharge.

Your insider tip? In the port district of Carouge, you feel as though you've entered another world.

HIGHLIGHTS

1.

Quartier des Bains

Beautiful galleries, independent stores and friendly eateries at every turn.

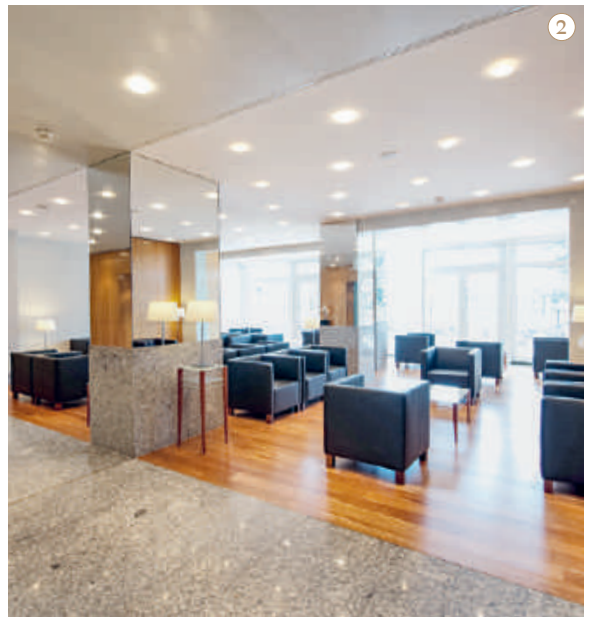
quartierdesbains.ch

2.

Botanical Gardens

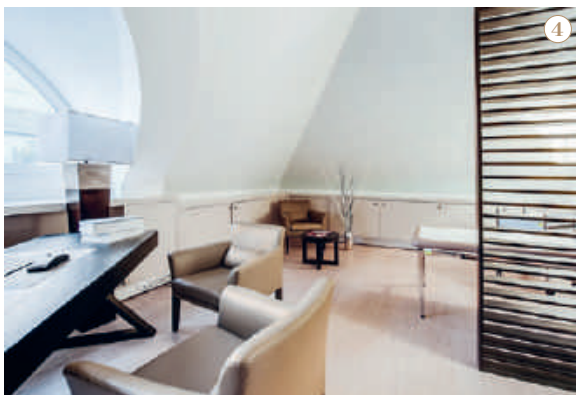
Switch off and marvel at over 16,000 plant species.

cjbjg.ch



**“Both of our Hirs-
landen clinics in
Geneva aim to offer
the highest level of
personalised medical
care to our patients.
Your personal health
is our priority.”**

Gilles Rufenacht
Director Clinique La Colline



7 Hirlanden Clinique La Colline

HIRSLANDEN CLINIQUE LA COLLINE

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myswitzerland.com/colline

Clinique La Colline is located in the heart of Geneva. Whilst the buildings facades look back on over 100 years of history, the interior is equipped with modern, state-of-the-art infrastructure.

With more than 30 areas of medical specialisation, Clinique La Colline offers multidisciplinary and surgical expertise at the highest level. Whilst out-patient care is provided in the Polyclinic and Emergency Centre, the clinic is equipped to serve patients 24 hours a day, 7 days a week with their most cutting-edge operating theatres in Europe and a powerful, high-technology radiology institute and laboratory.

Key areas of expertise include orthopaedic surgery (e.g. shoulder, hip, knee, hand, foot, back and spinal column surgery), visceral surgery and neurosurgery. At its Centre for Sports Medicine and Exercise, Clinique La Colline offers tailored check-up programs for elite and young athletes, but also for patients intending to regain their active lifestyle after an injury or surgery.



Type of hospital
Private

Number of beds
67

Patients per year
4,800 inpatients

- 1 Clinique La Colline is located in the heart of Geneva.
- 2 The warm reception area welcomes patients on their journey to recovery.
- 3 State-of-the-art infrastructure meets over 100 years of history.
- 4 From personal consultations to multidisciplinary surgeries, we offer a wide range of medical services.
- 5 Upscale rooms and suites overlooking the city of Geneva complement the health, wellbeing and safety of our patients.



Major medical fields and specialities

Orthopaedics

- General
- Prosthetics
- Spine surgery

Sports medicine

- Surgery
- Readaption
- Prevention

Ophthalmology

- Complex surgery

Emergency medicine

- Check-ups and screening
- Sleep diagnostics
- Sports medicine



Chief doctors/ professors per field

Patients can choose from approximately 380 accredited physicians practicing in the specialties we offer. Our experts accompany patients throughout the entire treatment process. This creates an atmosphere of security and trust.



Medical equipment

- Nextstar augmented reality
- Robot Rosa



Awards/medical achievements

- ISO 9001:2015
- Swiss Olympic
- GRACE
- SIWF/ISFM FMH

Memberships

Hirlanden Swiss Hospital Group

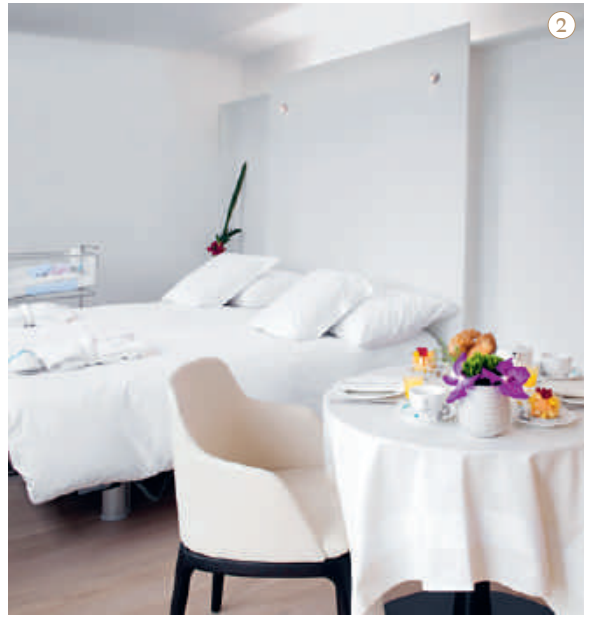


Specific services for international patients

- VIP personal support
- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Public restaurant
- Special Suites (70 m²)
- Laundry
- Organization of medical translators

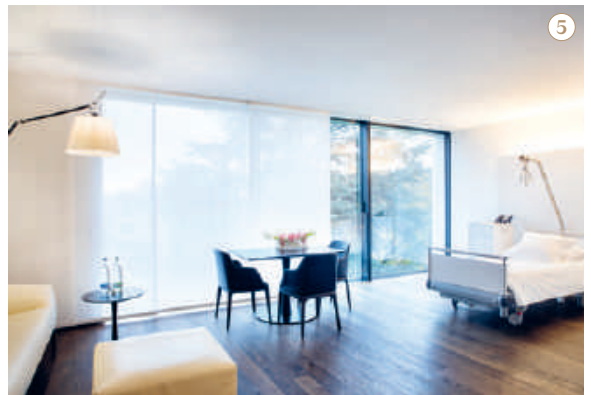
Distance to closest airport

Geneva Airport – 20 min (11 km)



**“Both of our Hirslan-
den clinics in
Geneva aim to offer
the highest level of
personalised medical
care to our patients.
Your personal health
is our priority.”**

Gilles Rufenacht
*Director Clinique des
Grangettes*



8 Hirslanden Clinique des Grangettes

HIRSLANDEN
CLINIQUE DES GRANGETTES

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[myswitzerland.com/
grangettes](http://myswitzerland.com/grangettes)

Clinique des Grangettes is a private clinical establishment renowned for its care, attentive staff, and the comfort of its accommodation. The leading private maternity hospital in Switzerland is located in a unique and exceptional green area not far from the centre of Geneva.

The hospital's main areas of specialisation are the maternity ward, specialised surgery, cardiology, oncology, pediatrics and radiology. Clinique des Grangettes has access to some of the most effective diagnostic and therapeutic tools, which are continuously being updated.

The medical team includes over 450 independent doctors and surgeons, 100 of which are on-site. All are "accredited" by the Clinique des Grangettes following a rigorous selection process that ensures they have a high level of competence and experience.



Type of hospital
Private

Number of beds
106

Patients per year
6,500 inpatients

- 1 Clinic des Grangettes is located in a unique and exceptional green area.
- 2 The maternity rooms have the highest level of comfort.
- 3 High quality of medical care in a modern environment.
- 4 As the leading private maternity hospital in Switzerland, mothers and their newborns can rely on our decades of experience.
- 5 The clinic has beautiful and spacious rooms with all the necessary comfort.



Major medical fields and specialities

Mother and child

- Maternity
- Gynaecology surgery centre
- Pelvic floor centre

Cardiology

- Interventional cardiology
- Cardiac imagery
- Rythmology

Oncology

- Breast cancer
- Prostate cancer
- Visceral cancer

Acute medicine

- Interventional radiology
- Intensive care unit
- Emergencies



Chief doctors/ professors per field

Patients can choose from approximately 220 accredited physicians practicing in the specialties we offer. Our experts accompany patients throughout the entire treatment process. This creates an atmosphere of security and trust.



Medical equipment

Robot Da Vinci



Awards/medical achievements

- ISO 9001:2015
- Swiss Cancer Network
- SMOB
- SIWF/ISFM FMH

Memberships

Hirslanden Swiss Hospital Group

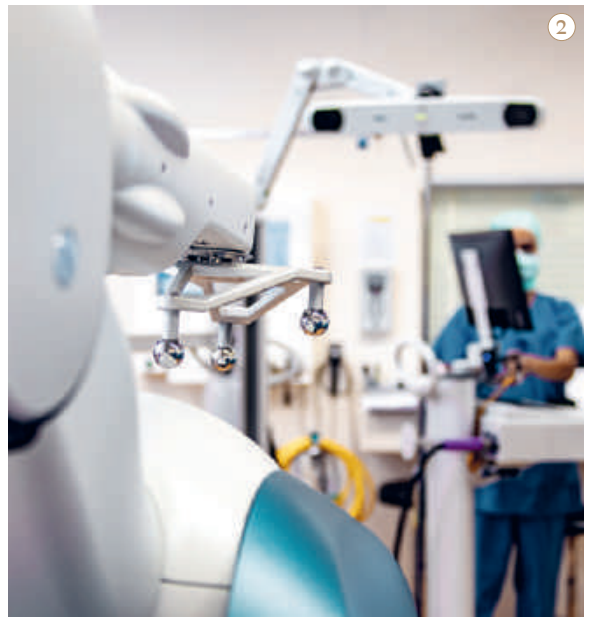


Specific services for international patients

- VIP personal support
- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Public restaurants
- Special suites (70 m²)
- Laundry
- Organisation of medical translators

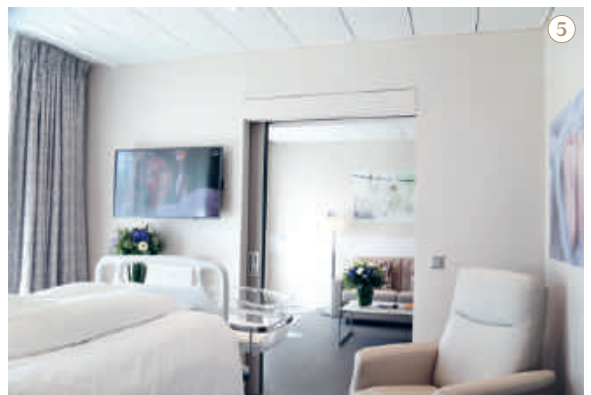
Distance to closest airport

Geneva Airport – 20 min
(13 km)



“Focused on technological progress over the last 15 years, we have acquired vast surgical experience in robot-assisted prostatectomies.”

*Dr Charles-Henry Rochat, MD
FMH Specialist
in Operative Urology*





Clinique Générale-Beaulieu
Chemin de Beau-Soleil 20
1206 Geneva

+41 22 839 55 55
info@beaulieu.ch
beaulieu.ch



[myswitzerland.com/
beaulieu](https://myswitzerland.com/beaulieu)



Type of hospital
Private

Number of beds
118

Patients per year
8,000 inpatients
and outpatients

- ① The latest technologies used in radiotherapy – CyberKnife® and Radixact.
- ② Centre for Integrative Medicine.
- ③ Clinique Générale-Beaulieu main entrance.
- ④ A warm welcome at the reception.
- ⑤ The look and feel of a five-star hotel, with the caring comfort of home.

From reception to the wards and from the six care units to the eight specialism centres – not to mention our excellent catering services – Clinique Générale-Beaulieu is first and foremost a state of mind.

Located in Geneva, Clinique Générale-Beaulieu houses ultra-modern medical technology and a team of internationally renowned specialists. Multi-disciplinary, since its foundation in 1899, the clinic has key expertise in oncology, radiotherapy, orthopaedics, surgery, neurosurgery, urology, otorhinolaryngology (ENT), gynaecology and obstetrics.

In addition, the hospital operates eight specialist centres; each with its own team of physicians and nursing staff: a maternity unit, urology, institute of radiology and nuclear medicine, an oncology and radiotherapy centre, a centre for robotic laparoscopy, a medically assisted procreation centre and a physiotherapy and functional rehabilitation centre. Surgical operations are performed in nine operating rooms equipped with state-of-art technology.



Major medical fields and specialities

Orthopaedics

- Knee surgery
- Hip surgery

General surgery & urology

- Digestive surgery
- Prostatectomies

Gynaecology and obstetrics

- Maternity
- Medically assisted procreation
- Senology

Oncology and radiotherapy

- Radixact
- Cyberknife
- Chemotherapy

Centre for Integrative Medicine

- Around 30 therapies available
- Oncology rehabilitation



Medical equipment

- Da Vinci
- Mako
- Cyberknife
- Radixact



Awards/medical achievements

- World's Best Hospitals 2022
- World's Best Specialised Hospitals 2023 in Oncology

Memberships

- Swiss Leading Hospitals
- Swiss Medical Network
- H+
- ANQ
- Swissnoso
- ISO 90001-Swiss Safety Center
- ISO 13485-Swiss Safety Center
- ERAS Society

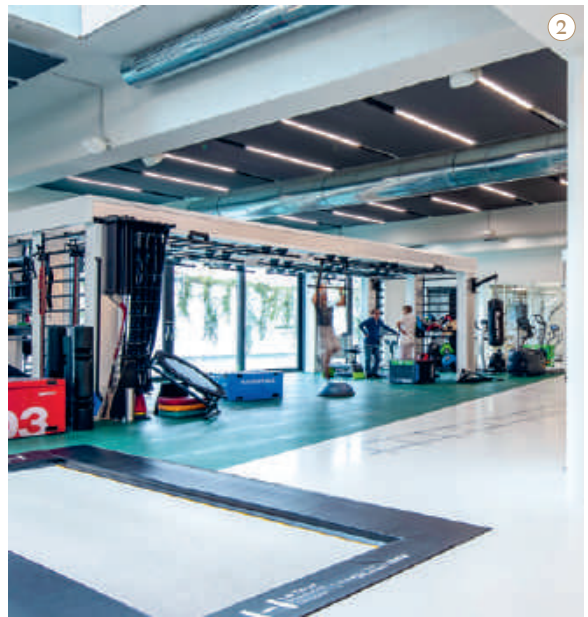
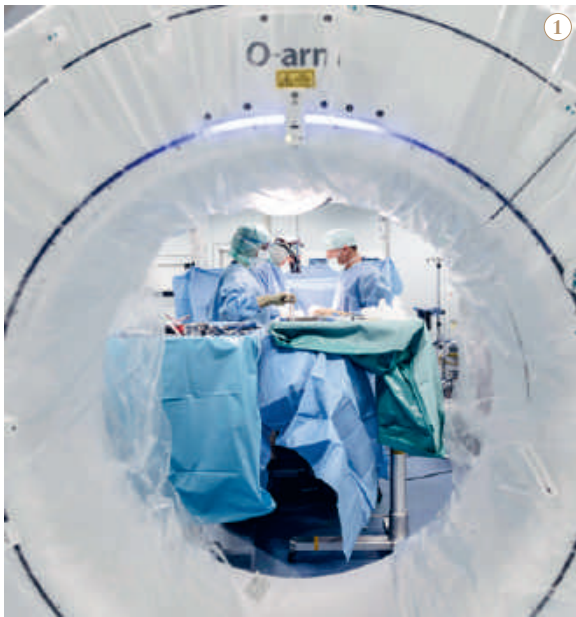


Specific services for international patients

- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Gourmet restaurants

Distance to closest airport

Geneva Airport – 25 min (18 km)



“At La Tour, we are all committed to providing our patients with the same level of care that we would want for ourselves and our loved ones.”

Rodolphe Eurin
Chief Executive Officer (CEO)



10 Hôpital de La Tour



Hôpital de La Tour
Avenue J.-D.-Maillard 3
12117 Meyrin-Geneva

+41 22 719 74 63
info@latour.ch
la-tour.ch/
international-patients



[myswitzerland.com/
delatour](https://myswitzerland.com/delatour)



Type of hospital

Private hospital with
over 500 doctors

Number of beds

172

Patients per year

7,707 inpatients
398,308 outpatients

- 1 Our hospital offers a full range of specialised surgeries.
- 2 Our Swiss Olympic Medical Center provides you with the same expertise as world-class athletes.
- 3 Our B2 building is largely dedicated to movement.
- 4 Patients are welcomed with the highest level of attention and care.
- 5 We provide our patients with the best and latest treatments available.

At Hôpital de La Tour, we offer highly specialised medical care accompanied by personalised programmes developed for the needs of each individual patient and their family.

Located in Geneva, close to Geneva International Airport, Hôpital de La Tour is a private, independent, human-sized facility offering high-level acute care. Our patients benefit from multidisciplinary, comprehensive care, as well as personalised support, from initial diagnosis right through to treatment and monitoring. Our team of specialists practising on the same campus enables us to deliver the best possible treatment for each specific condition. Our highly specialised teams design customised treatment pathways in sports medicine, orthopaedics, oncology, bariatrics and much more. We also provide state-of-the-art disease prevention and rehabilitation programmes for patients who make their health a priority.

We are motivated by the care we provide and the difference we make in the health and quality of life of our patients.



Major medical fields and specialities

Sports medicine and orthopaedics

- Hip, knee, back, shoulder and elbow
- Hand, wrist, foot and ankle
- Sports medicine & rehabilitation centre
- Health & performance centre

Metabolism and obesity

- Obesity centre (adults & children)
- Diabetes centre
- Bariatric surgery

Oncology

- Prostate cancer
- Breast cancer
- Gastrointestinal & urological cancer
- Radio-oncology
- Radiotherapy

Cardiology

- Interventional cardiology, coronary stents
- Heart rhythm disturbances
- Heart attack/myocardial infarction

Preventive medicine programs

- Check-up and screening
- Swiss Center For Preventive Medicine



Chief doctors/professors per field

- Dr Panayiotis Christofilopoulos
- PD Dr Alexandre Lädermann
- Dr Philippe Alves
- Dr Jean-Marie Mégevand
- PD Dr Nicolas Buchs
- Dr Angela Pugliesi Rinaldi
- Dr Amir Fassa
- Mr François Fourchet, PhD



Medical equipment

- 1 Da Vinci Xi® robotic surgical system, 1 O-arm™ surgical imaging system, 1 Sonata® system, 2 spectral CT scanners, 1 SPECT-CT scanner, 1 radiotherapy CT scanner, 1 radiotherapy linear accelerator machine, 4 MRI scanners, 1 digital Pet-CT scanner, 1 motion analysis system, 1 EOS orthopaedic imaging system, 1 NextAR™ system



Awards/medical achievements

- Ranked by Newsweek magazine as one of the best hospitals in the world in 2022
- Winner in the “Most advanced hospital in Value Based Healthcare” category at the European Private Hospital Awards 2022

Memberships

- Swiss Society of Senology
- Swiss Olympic Medical Center
- Swiss Society of Endocrinology and Diabetology

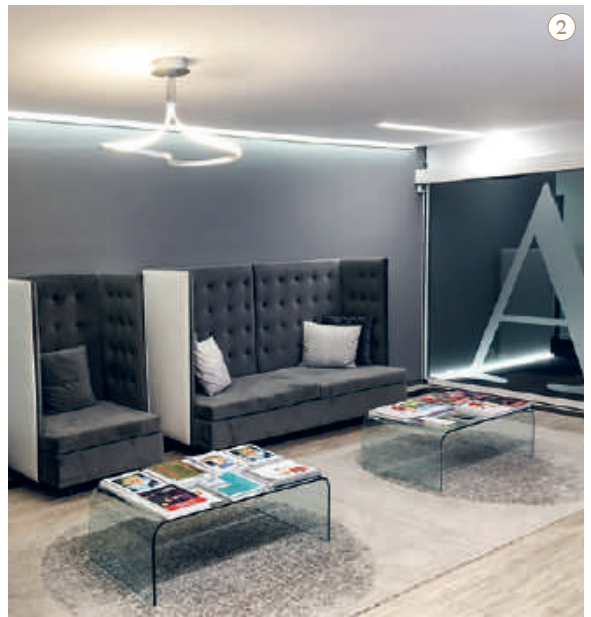


Specific services for international patients

- Special menus/meals
- Concierge service
- Translation service
- Public restaurant
- Hairdresser
- Arabic-speaking staff
- Private suites
- Limousine service

Distance to closest airport

Geneva Airport – 11 min
(4.5 km)



**“We treat emotions,
not signs of ageing.
We help our patients
regain their self-
confidence, so they
become the best ver-
sion of themselves.”**

Dr Xavier Tenorio
*FMH in Plastic and
Reconstructive Surgery*



11 Aesthetics Clinic



AESTHETICS
Plastic surgery & aesthetic medicine

Aesthetics Clinic
Chemin Rieu 18
1208 Geneva

+41 22 732 22 23
info@aesthetics-ge.ch
aesthetics-ge.ch



[myswitzerland.com/
aesthetics-clinic](https://myswitzerland.com/aesthetics-clinic)



Type of hospital
Private practice

Number of beds
2

Providing pioneering, high-end newly remodelled surgical facilities on the shores of lake Geneva, Aesthetics Clinic has the privilege to incorporate a second location in the heart of the prestigious ski resort of Gstaad for those who wish to recover surrounded by majestic views of the Swiss Alps.

Founded in 2008 by the visionary Dr Xavier Tenorio, Aesthetics Clinic performs more than 350 life-changing reconstructive and aesthetic surgeries with the latest technology and top professionals each year. Firm believers in the tremendous impact that pre-consultation has on the patients journey, Aesthetics Clinic created a medical concierge service, which can be in person or virtual. Our goal is to consider the biological, physiological and emotional aspects of each request, so those who place their trust in us receive the best personalised solutions. With its winning combination of medical expertise, Swiss hospitality and a caring team, Aesthetics Clinic will be delighted to welcome you in the two most iconic destinations of Switzerland.



Major medical fields and specialties
Aesthetic medicine



**Chief doctors/
professors per field**
Dr Xavier Tenorio,
FMH in Plastic and
Reconstructive Surgery



Memberships

- Member of the Swiss Medical Association (FMH)
- Member of the Swiss Society for Plastic, Reconstructive and Aesthetic Surgery
- Member of the European Association of Plastic Surgeons
- Fellow of the European Board of Surgery
- Fellow of the American Society of Plastic Surgeons
- Member of the Allergan Medical Institute



Specific services for international patients

- Special menus/meals
- Concierge service
- Shuttle service
- Translation service
- Public restaurant
- Spa treatments
- Fitness room
- Swimming pool
- Hairdresser
- Cosmetician

Distance to closest airport
Geneva Airport – 20 min
(11 km)

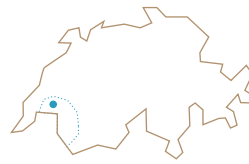
- ① Cozy and welcoming atmosphere in Gstaad.
- ② Discreet support and hospitality in Geneva.
- ③ Boutique clinic set in the Gstaad alpine meadows.
- ④ 15-meter-long indoor swimming pool for pure relaxation in Gstaad.
- ⑤ Clinic equipped with the latest technology in Geneva.



[myschweiz.ch/
valais](https://myschweiz.ch/valais)

LAUSANNE & MONTREUX





Picturesque lake shores and idyllic wine trails

In Lausanne, sport and culture are treated as important. Culture is also vital to Montreux, with its picture-perfect surroundings. The picturesque beauty of the vineyards, lake and surrounding Alps has served as inspiration for many well-known artists.



Montreux Jazz Festival

Every summer, music fans from all over the world travel to Montreux. Their destination? The legendary Jazz Festival, which plays host to superstars of jazz.



Mediterranean climate

Thanks to its mild temperatures and special light, the Montreux Riviera is home to many exotic plants. They lend the place a unique atmosphere.



Nutrition in all its aspects

Founded by Nestlé in 1985, the Alimenterium is the world's first museum dedicated exclusively to nutrition.

A little piece of paradise between dreams and reality

The mild climate and vineyards give the region a Mediterranean feel.

Some lakeside towns are just waiting to be discovered. While for Montreux it's all about the music, sport is the main focus in Lausanne, while Vevey relives the Belle Époque.



Terraced vineyards

Magnificent views

Covering over 800 hectares, the terraced vineyards of UNESCO-listed Lavaux form Switzerland's largest contiguous winegrowing area. The blue and yellow "Train des vignes" is a convenient way to travel, winding its way from Vevey through lush green grapevines to Puidoux-Chexbres in just 12 minutes. You can sample the local wines in almost every cellar in this winegrowing village above Lake Geneva.

The Olympic Museum

Feel the spirit

The museum is housed in an extraordinary building on Lake Geneva in Lausanne. The latest computer technology is used to present interactive exhibits, documents, films and a collection of interesting objects that illustrate the history of the Olympic Games, from Ancient Greece to the present day.

Dive into Chaplin's world

Charlie Chaplin spent the last 25 years of his life in Switzerland. His former family home in Corsier-sur-Vevey is now a museum. Visitors can get an insight into the life and work of the Little Tramp.





GoldenPass Panoramic Train

Wow experience

The journey from Montreux to Zweisimmen by panoramic train connects German- and French-speaking Switzerland. The train passes through the somewhat Mediterranean Lake Geneva region, then through lush green meadows and past the chalet village of Gstaad. The panoramic Alpine backdrop is quite stunning.

The Flon District

Shopping, art and more

The colourful Flon district is located in the heart of Lausanne. The former industrial zone has developed into a modern district pulsating with life both during the day and at night. It offers shopping, a wide range of cultural activities and numerous trendy bars and restaurants.



Who: Christina and Alex, a couple from Rio de Janeiro, Brazil, who loves realaxing excursions



Reason for stay: Christina's mother is undergoing treatment at a hospital in Lausanne

Exploring Lavaux by e-bike

In order to really immerse ourselves in the region, we rented e-bikes for a day. This allowed us to explore the vineyards and pretty villages of the Lavaux – at an entirely leisurely pace and without any stress.

The views of Lake Geneva are phenomenal – no matter where you are at the time. Add to that the local culinary delights – and this excursion becomes a treat for all the senses!

HIGHLIGHTS

1.

Winegrowing village of Saint-Saphorin

Directly beneath Mont Pèlerin lies the charming village of Saint-Saphorin. The centre of the village is characterised by narrow passages and cobblestone alleyways.

myvaud.ch/en

2.

A cruise on Lake Geneva

A playground in a big green park invites visitors to enjoy a spot of relaxation and a coffee.

cgn.ch/en



“Our specialists provide patients with excellent oncological care, focused on a multidisciplinary approach and the latest technology.”

Dr Volker Kirchner, MD
*FMH Oncology Haematology
Internal Medicine*





Clinique de Genolier
Route du Muids 3
1272 Genolier
+41 22 366 90 00
info@genolier.net
genolier.net



myswitzerland.com/genolier



Type of hospital
Private

Number of beds
110

Patients per year
5,000

- ① Operating theatres equipped with state-of-the-art medical devices.
- ② The most personalised treatments under supervision of highly qualified health professionals.
- ③ Set in a beautiful location, Clinique de Genolier is nestled between Lake Geneva and the Jura.
- ④ Rooms offer the comfort of a 5-star hotel.
- ⑤ Accurate medical diagnoses thanks to the latests medical imaging available.

Clinique de Genolier is the flagship of the Swiss Medical Network, with 110 beds and 180 doctors. Ideally located between Geneva and Lausanne, it offers specialist medical care, state-of-the-art technology and premier hotel-quality service all under one roof.

Founded in 1972, Clinique de Genolier has built a strong reputation in the treatment of cancer with its radiation oncology centre ranking among Europe's most modern facilities. The hospital is also the first facility in Switzerland to offer Intra-Operative Radiotherapy (IORT) as an innovative treatment for breast cancer.

With its up-to-date medical imaging department, the hospital excels in general and digestive surgery, neurosurgery, orthopaedics and plastic surgery. Gynaecology, neurology and cardiology complete the range of services provided. Clinique de Genolier also has an outpatient centre for specialised consultations, outpatient healthcare services and laboratory investigations.



Major medical fields and specialties

Oncology
· Radiotherapy
· Sein breast centre
· Genolier Cancer Center

Neurosurgery
· Spine surgery
· Neuro

Orthopaedics
· Spine surgery
· Hand and shoulder surgery
· Knee surgery
· Hip surgery/foot and ankle surgery

Cardiology



Chief doctors/ professors per field
· Prof. Dr Oscar Matzinger
· Dr John M Duff



Medical equipment
· Da Vinci
· Cathlab
· Artémis
· IRM
· PET-CT
· Papillon 50
· IORT
· Exoscope 3D

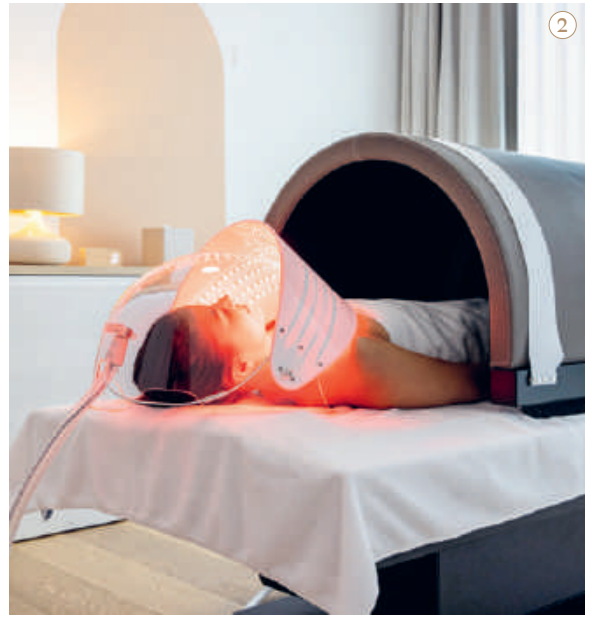


Memberships
Swiss Medical Network



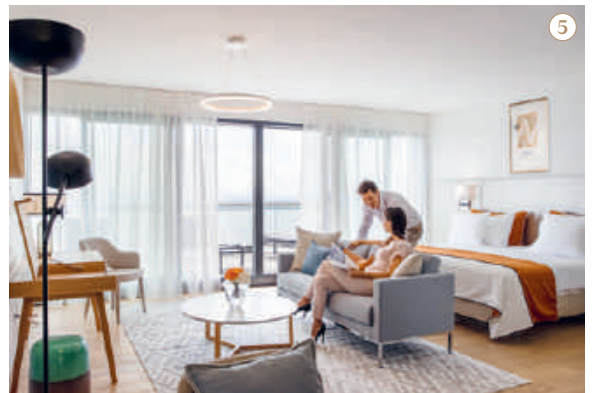
Specific services for international patients
· Bar La Table (service)
· Chauffeur
· Interpreting service

Distance to closest airport
Geneva Airport – 30 min (29 km)



“Through our products and programmes, we seek to minimise the visible signs of the aging process, while guaranteeing optimal well-being.”

Prof. Jacques Proust
Medical Director of the Centre for Preventive & Diagnostic Medicine and Scientific Director of the Nescens brand





Clinique Nescens
Route du Muids 5
1272 Genolier
+41 22 316 82 00
info@nescens.com
cliniquenescens.com



myswitzerland.com/nescens

Nestled in the Swiss countryside with an outstanding view of Lake Geneva and Mont Blanc and close to Geneva, Clinique Nescens specialises in prevention and the optimisation of health, well-being and performance.

The medical team of Clinique Nescens consists of top specialists in areas such as preventive & diagnostic medicine, lifestyle medicine, medical wellness and aesthetic & regenerative medicine. Clinique Nescens provides an innovative and integrative approach to healthcare, offering bespoke cure stays tailored to individual needs and objectives (detox, weight loss, revitalisation etc.), medical check-ups as well as aesthetic and regenerative medicine treatments. The unique seven-day program, La Cure Reset, based on the latest scientific advances in health optimisation, includes unique medical expertise, high-tech treatments and therapies as well as sports and dietary monitoring. In an exclusive environment conducive to wellness and with services worthy of a luxury hotel, taking care of your health is a pleasure and a way of life!



Type of hospital
Medical wellness clinic

Number of beds
29

- ① BioCharger: a subtle hybrid energy revitalisation platform.
- ② MLX Dome: Far Infra Red (FIR) technology improves metabolism and stimulates sweating with long-wave infrared rays through the MLX Dome.
- ③ Clinique Nescens.
- ④ Signature massage.
- ⑤ Luxurious room.



Major medical fields and specialities

Preventive and diagnostic medicine

- Check-up
- Anti-ageing consultation

Revitalisation cure stays

- La Cure Reset (7-day programme dedicated to health optimisation and longevity)
- La Cure Reset – discovery day

Aesthetic and regenerative medicine

- Aesthetic consultations
- Aesthetic gynaecology
- Hair consultation
- Autologous fat injections – PRP (Platelet-Rich Plasma) & microfat/nanofat/grafting
- Injections of hyaluronic acid/ botulinum toxin (botox)
- PRP injections (Platelet-Rich Plasma)
- Mesotherapy
- Laser treatments (radio-frequency, focused ultrasound, infrared, Onda “cool waves” microwaves)
- Hydrafacial
- Medical peels
- Robotic hair implants – FUE (Follicular Unit Extraction)



Chief doctors/ professors per field

- Prof. Jacques Proust
- Dr Sophie Menkes
- Dr Nicolas Belleux
- Dr Guénolé Addor
- Dr Michael Gaille



Medical equipment

- BioCharger
- Cryotherapy
- Hyperbaric chamber
- Icaros
- Infrared sauna
- Intermittent hypoxic training
- MLX Dome
- Photobiomodulation
- ReduStim
- REST
- Sensopro
- Vasper



Memberships

- Michel Reybier Hospitality
- Swiss Medical Network

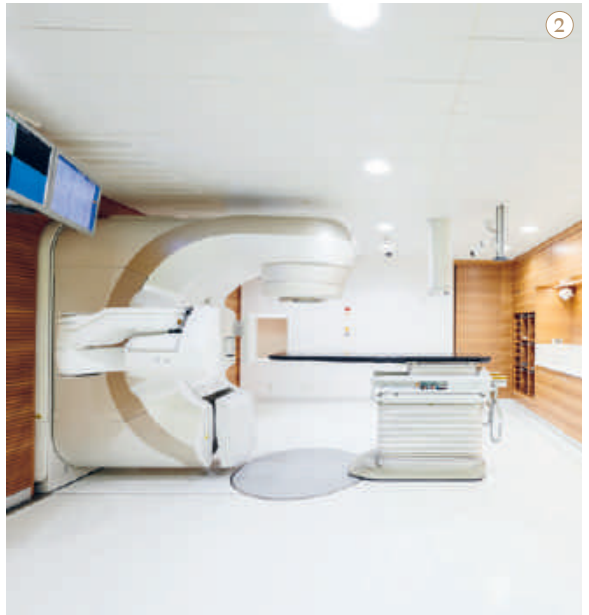


Specific services for international patients

- Special menus/meals (vegan, kosher)
- Concierge service
- Valet and porter service
- Shuttle service
- Room service

Distance to closest airport

Geneva Airport – 30 min (29 km)



“With you as our priority, our medical and nursing teams work daily to guarantee you the best-possible care.”

*Inka Moritz
Director of Clinique Bois-Cerf*



14 Hirslanden Clinique Bois-Cerf

HIRSLANDEN CLINIQUE BOIS-CERF

Clinique Bois-Cerf
Avenue d'Ouchy 31
1006 Lausanne

+41 21 310 51 02
international.lausanne@
hirslanden.ch
hirslanden.ch/en/clinique-bois-cerf/home.html



[myswitzerland.com/
bois-cerf](http://myswitzerland.com/bois-cerf)



Type of hospital
Private

Number of beds
68

Patients per year
3,600 inpatients
80,000 outpatients

- 1 Discover our health and sports centre in the heart of the clinic.
- 2 First-class medical services are supported by modern medical devices.
- 3 Clinique Bois-Cerf is located only a few steps away from the lake.
- 4 We give you a warm welcome at Hirslanden Clinique Bois-Cerf and will be pleased to make your stay as comfortable as possible.
- 5 Enjoy our swimming pool area.

Not far from Lake Geneva, Hirslanden Clinique Bois-Cerf enjoys a privileged location in the heart of Lausanne. Our private health establishment offers you first-class medical services.

At Hirslanden Clinique Bois-Cerf, we offer high-level medical expertise, the latest infrastructure and high-quality hotel services in a place steeped in soul and history.

Our multidisciplinary acute healthcare facility specialises in orthopaedics radiology, sports medicine, hand surgery, oncology, radio-oncology, ophthalmic surgery and internal medicine. The integrated rehabilitation centre is equipped with a therapeutic pool, as well as an orthopaedic emergency centre open from 8 a.m. to 8 p.m., seven days a week. The excellence of our infrastructure and our services guarantees optimal care in complete comfort.



Major medical fields and specialities

Orthopaedic surgery

- Shoulder, elbow and hand surgery
- Hip surgery
- Knee surgery
- Ankle and foot surgery

Sports medicine

Rheumatology

Neurology

- Spinal surgery
- Neuro-radiology

Maxillofacial surgery

Otolaryngology

Ophthalmology

Vascular surgery

Oncology

Internal medicine

Pain management

Radiology

- Computed tomography
- Interventional radiology
- Magnetic resonance imaging (MRI)
- Nuclear medicine/scintigraphy

- Radio-oncology/radiotherapy
- Tomosynthesis/3D mammography/ultrasound



Chief doctors/professors per field

With around 350 independent doctors, Hirslanden Clinique Bois-Cerf provides its patients with a very extensive range of outstanding medical services.



Medical equipment

- 5 operating theatres
- 2 ophthalmological theatres
- O-ARM
- NeuroNavigation
- Arc en C
- Laser CO₂
- Tour Laparoscopy 3D
- MRI 3T, CT scanner
- 2 Phillips ultrasounds
- 1 Hologic QDR 4500 Elite bone densitometry unit
- 1 Siemens mammography unit
- 1 Siemens nuclear medicine SPECT/CT Symbia

- 1 UroNav MRI guided fusion prostate biopsy system



Awards/medical achievements

- ISO 9001:2015

Memberships

Hirslanden Swiss Hospital Group



Specific services for international patients

- Special menus/meals
- Restaurant
- Concierge service
- Shuttle service
- Public hotels
- Translation service
- Fitness room
- Swimming pool
- Prayer room

Distance to closest airport

Geneva Airport – 45 min (60 km)



1



2



“The patient is at the heart of our concerns. We work with passion and expertise to guarantee you high-quality support in a welcoming and respectful environment.”

*Inka Moritz
Director of Clinique Cecil*



3



4



5

15 Hirslanden Clinique Cecil

HIRSLANDEN CLINIQUE CECIL

Clinique Cecil
Avenue de Ruchonnet 53
1003 Lausanne

+41 21 310 51 02
international.lausanne@
hirslanden.ch
hirslanden.com



myswitzerland.com/cecil



Type of hospital
Private

Number of beds
86

Patients per year
4,500 inpatients
53,000 outpatients

- 1 Clinique Cecil is equipped with modern facilities and qualified and renowned doctors.
- 2 First hybrid cardiovascular room in the French-speaking part of Switzerland.
- 3 Clinique Cecil is located in the heart of Lausanne.
- 4 All our private rooms have an exclusive view of Lake Geneva.
- 5 We focus on regional and seasonal products to delight your taste buds.

Located in the heart of Lausanne, the Olympic Capital, Hirslanden Clinique Cecil is a classified historical monument that welcomes you in a charming environment where tradition and modernity come together.

Clinique Cecil offers high-quality medical expertise, cutting-edge facilities and outstanding hospitality. Our multidisciplinary acute healthcare establishment specialises in cardiology, radiology, cardiovascular surgery, gastrointestinal surgery, surgical gynaecology and obstetrics, urology, neurosurgery and internal medicine. We also have an intensive care unit recognised by the Swiss Society of Intensive Care Medicine (SSMI), an emergency department that is open 24 hours a day, 7 days a week and a dialysis centre.

Bringing together modernity and tradition, we do everything we can to ensure that you feel at home in our hospital.



Major medical fields and specialities

Gynaecology

- Breast diseases (breast cancer/mammography [MS])
- Birth
- IVF

Visceral surgery

- Gastrointestinal tumours
- Laparoscopic surgery
- Colorectal surgery

Urology

- Neuro-urology
- Lithotripsy
- Prostate cancer
- Bladder tumours/testicular tumours/kidney tumours

Cardiology

- Interventional cardiology: coronary stents/pacemaker-/IDC-implantation
- Cardiac surgery (MF): coronary bypass/heart valve replacement
- Heart valve diseases



Chief doctors/ professors per field

Finding the right specialist is one of the questions that every patient has. With a network of over 420 doctors, we will be happy to assist you in contacting the best suitable physicians in our clinics.



Medical equipment

- Da Vinci Xi robot
- O-ARM
- Neuronavigation
- C-arm
- CO2 laser
- 3D Laparoscopy Tower
- Sorin CEC
- 3T MRI
- 1 CT Scan
- 1 Philips interventional radiology room
- 2 Siemens conventional radiology rooms
- 2 Philips ultrasound scanners
- 1 Hologic QDR 4500 Elite bone densitometer
- 1 Siemens mammograph
- 1 Siemens Symbia nuclear medicine SPECT/CT

- 1 hybrid cardiovascular room
- 2 cardiac catheterisation rooms
- Uro-navigation for prostate biopsies under MRI fusion



Awards/medical achievements

- ISO 9001:2015

Memberships

Hirslanden Swiss Hospital Group

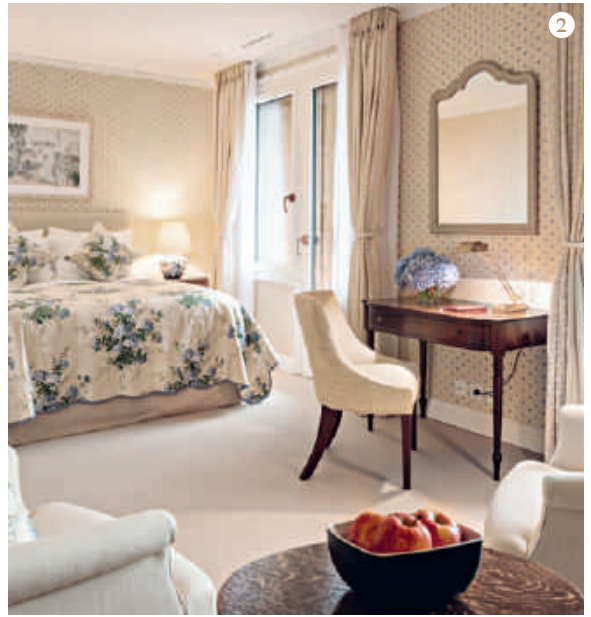


Specific services for international patients

- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Public restaurants
- Public hotel

Distance to closest airport

Geneva Airport – 40 min (60 km)



“A comprehensive service of exceptional quality that offers personalised treatment and a path to recovery with the utmost discretion.”

Dr Randolph Willis
Medical Director



16 Clinic Les Alpes



Clinic Les Alpes
Route de Sonloup 37
1833 Les Avants
+41 58 360 55 00
info@cliniclesalpes.com
cliniclesalpes.com



myswitzerland.com/alpes

Clinic Les Alpes is a fully licensed medical inpatient facility offering tailored recovery plans for treatment of addiction, trauma and other mental health issues. Their services are delivered in a natural, luxurious and highly discreet setting.

Located in the Swiss Alps near Montreux, this facility is surrounded by mountains and forests and has incredible views of Lake Geneva. Clinic Les Alpes' patients undergo a complete medical health check, a suite of nutritional tests, as well as psychiatric and clinical assessments that will allow the medical, clinical and therapeutic teams to design a personalised treatment plan.

Aftercare is also put in place before the patients' departure. Families are often treated as though they are of peripheral importance. Not at Clinic Les Alpes. Families need help and support in their own right as well as in relation to having a loved one undergoing treatment. Clinic Les Alpes offers family therapy and a specific family programme.



Type of hospital
Private

Number of beds
27

- 1 Enjoy Clinic Les Alpes' 5-star cuisine in an elegant atmosphere.
- 2 All bedrooms at Clinic Les Alpes are private and with an en suite bathroom.
- 3 Clinic Les Alpes is located in a place of outstanding beauty.
- 4 Clinic Les Alpes' therapy rooms are a safe space for each one of their patients.
- 5 The Body Mind Source (BMS) is only one floor away from the clinical level. The incredible team at the BMS works hand in hand with the medical and clinical teams.



Major medical fields and specialities

Mental health

- Anxiety
- Burnout
- Depression
- Obsessive compulsive disorder
- Post-traumatic stress disorder (PTSD)

Addiction treatment

- Addiction to substances
- Behavioural addiction

Personalised medicine

- Tailormade programmes
- Health check-up
- Nutritional counselling
- Detoxification
- Psychotherapy
- Mind-body therapies



Chief doctors/ professors per field

- Dr Randolph Willis, Medical Director
- Dr Sylvain Atrash, GP
- Dr Fiona McKinney, Clinical Director



Specific services for international patients

- Tailormade meals (vegan, halal, etc.)
- Concierge service
- Chaplain service, special attention to religious needs
- Special dietary services according to each patient's needs
- Private limousine from anywhere in Switzerland
- English, French, interpreter services for all other languages
- Assistance in all procedures regarding an entry in Switzerland (VISA, transport, ...)

Distance to closest airport

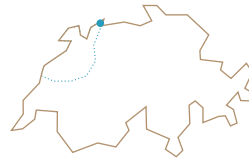
Geneva Airport – 1 h 10 min (94 km)



myschweiz.ch/basel

BASEL





A magnet for art and culture fans

Discovering Basel is a feast for the senses, not least thanks to the city's 40 museums. The city also has a beautiful old town for visitors to explore on foot. A stop-off by the Rhine will afford a welcome opportunity to sit back and enjoy life.



Fondation Beyeler

One of Switzerland's most popular museums, it houses the collection of founders Hildy and Ernst Beyeler. The focus is on introducing visitors to works of art.



Tri-national region

Swiss cuisine mixes with the culinary delights of France and Germany's Black Forest in this city that straddles the borders of these three countries.



Life Sciences industry

Basel's most important sector comprises pharmaceuticals, biotechnology and medical technology. Global groups such as Roche and Novartis have their headquarters here.

Cosmopolitan ambience here, lively traditions there

It is well worth taking a stroll through Basel's old town, past small boutiques, antique bookshops and modern designer stores. Basel is at once aware of tradition and forward-looking, as demonstrated by the many modern buildings by renowned international architects.



Art Basel

For art lovers

Art Basel welcomes art lovers from all over the world every year in June. It is the most famous of all international art fairs. The New York Times hails it as the "Olympics of the arts world". Discover works by world-famous and aspiring artists from all disciplines.

Kunstmuseum Basel

World-famous collection

The Kunstmuseum is the world's oldest public art collection. The collection currently includes around 4,000 paintings, sculptures, installations, videos, drawings and graphics. It was rated by the London Times as one of the best museums in the world. A new extension was recently added.

Spalenberg - place of inspiration

***Could there be a more inviting setting?
Here, visitors can stroll along historic
alleyways and admire picturesque
old town houses. Spalenberg is home to
small boutiques, exciting galleries
and irresistible delicatessens.***





Novartis Campus

Where progress happens

Discover a world of scientific progress and potential. This is where ideas burst into life, experts work side-by-side and incredible architecture sparks the senses. The Novartis Campus is home to various pieces of art, plus buildings developed by architects including Frank Gehry, David Chipperfield, and Kazuyo Sejima.

Border triangle

Where three countries meet

The point at which Germany, France and Switzerland converge and boats sail off towards the North Sea is also a transport hub for the supply of raw materials to Switzerland. An ideal way to discover the border triangle is a harbour tour with the Basler Personenschiffahrt cruise company. Or explore the Rhine in and around Basel on a water taxi.



Who: Noura and Salama – daughter and mother from Doha, Qatar, who love art



Reason for stay: To accompany Noura's father Mohammed for his knee surgery

What do you like about this place? The themes of art and architecture are omnipresent in this very compact space and are of the highest quality.

Which museums would you recommend? Our favourites are the Fondation Beyeler and the Kunstmuseum Basel – with famous paintings and contemporary artists galore.

Your tip? Solitude Park with the Tinguely Museum right by the River Rhine.

HIGHLIGHTS

1.

Cultural inn and guest house Der Teufelhof Basel

An art hotel, gourmet restaurant, café, bar and theatre all in one.

teufelhof.com/en

2.

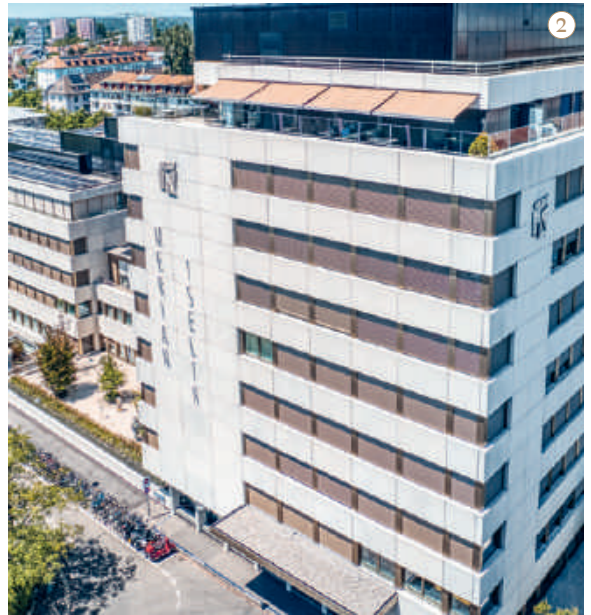
Vitra Campus

A quick hop across the border with a slide for the little ones and furniture design for the grown-ups.

design-museum.de



1



2



“All our attention is focused on the well-being, comfort and highest quality of treatments for our patients.”

Stephan Fricker
CEO Merian Iselin Clinic



3



4



5

17 Merian Iselin Clinic



MERIAN ISELIN

Clinic for Orthopaedics,
Urology and Surgery

Merian Iselin Klinik
Föhrenstrasse 2
4009 Basel

+41 61 305 12 75
international@merianiselin.ch
merianiselin.ch/
internationalpatients



myswitzerland.com/merianiselin



Type of hospital
Private

Number of beds
130

Patients per year
8,500 inpatients
and outpatients

- 1 Generously appointed Suite in the Premium Gold Wing.
- 2 External view of the Merian Iselin Clinic.
- 3 The elegant lobby in the Merian Iselin Clinic.
- 4 Premium Gold Restaurant and Lounge.
- 5 Delicious meal at Premium Gold.

The Merian Iselin Clinic is the leading health centre for orthopaedics, urology and surgery in north-west Switzerland and a highly renowned sports medicine clinic with Swiss Olympic Medical Centre accreditation.

Thanks to highly qualified teams, consistent specialisation in the fields of orthopaedics, urology and surgery, combined with a regime of ongoing continuous development of the facility's technology and infrastructure, we are one of the most modern clinics in Switzerland. As a highly modern clinic with a system of accredited and affiliated specialists, we offer every patient their own choice of doctor and hence the best possible individual care. A modern design, the latest technology and excellent dining and accommodation services also guarantee you the outmost in comfort and well-being beyond our medical services. The Merian Iselin Clinic – and especially our Premium Gold and Silver departments – are without a doubt your ideal partner when it comes to solving medical problems in the fields of orthopaedics, urology and surgery.



Major medical fields and specialities

Orthopaedics

- Knee & hip surgery
- Hand & foot surgery
- Shoulder & elbow surgery

Urology

- Bladder/testicular/prostate/ kidney tumours
- Kidney stones/bladder stones
- Benign prostate enlargement

Specialised surgery

- Trauma surgery
- Plastic and aesthetic surgery
- Hernia surgery

Prevention/medical health

- Sports medicine
- Check-ups and screening
- Dietary advice



Chief doctors/ professors per field

- Dr Gernot Bonkat, specialist consultant for urology
- Dr Malte Rieken, specialist for urology

- Dr Georg Müller, specialist for urology
- Prof. Dr Robert Kilger, foot, ankle and knee surgery
- Dr Christian Mauch, shoulder and knee surgery
- Dr Carsten Helfrich, hip and knee surgery
- Dr Ingo Eisenbarth, hand and elbow surgery
- Dr Urs Kohlhass, hip and knee surgery



Medical equipment

Minimally invasive surgery, robotic assisted surgical systems, Da Vinci robot, Mona Lisa robot, Aquablation (Aquabeam), Greenlight Laser, Thulium Fiberlaser, Nanoknife



Awards/medical achievements

World's Best Hospitals Certificate, Medgate Partner Network Award, H+ Rekole Certificate, ISO Certificate 9001:2015, Climate Protection & Energy Efficiency Enaw Award

Memberships

- ospita – the Swiss Healthcare Enterprises
- Medical Tourism Association
- Switzerland Tourism health partner
- Swiss Olympic Medical Center



Specific services for international patients

- Luxurious single rooms and suites, Private Lounge, exquisite à la carte meals and extensive wine list
- Concierge and guest relations services, suitable rooms and audio-visual aids for business meetings
- Multilingual staff, complimentary taxi service, Merian Santé Health Centre (Training centre/medical gym with integrated physiotherapy and nutrition counselling)

Distance to closest airport

Basel-Mulhouse Airport – 15 min (7 km)



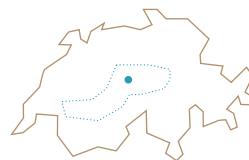
[myschweiz.com/
lucerne](https://myschweiz.com/lucerne)



[myschweiz.com/
bernese-oberland](https://myschweiz.com/bernese-oberland)

LAKE LUCERNE REGION & BERNESE OBERLAND





An idyllic combination of lakes and mountains

Impressive views, magnificent mountains, unspoilt nature, glistening lakes and genuine hospitality. Besides the beautiful landscape, the lakeside city of Lucerne offers first-class restaurants, exquisite shops and famous music festivals.



International classical music stars

The Lucerne Festival has presented world-famous orchestras, celebrated conductors and virtuoso soloists for over 75 years.



Historic testament

The Federal Charter of 1291 is considered a founding document of the Swiss Confederation. See it at the Museum of the Swiss Charters of Confederation in Schwyz.



Pyramid in the Bernese Oberland

The staircase leading up the Niesen has 11,674 steps, making it the longest in the world. However, it is more convenient to take the Niesenbahn up to the pyramid-shaped summit above Lake Thun.

The ideal base for exploring Central Switzerland with its mountains and lakes

Enjoy the breathtaking views from mountains such as the Rigi, Pilatus, the Eiger, the Mönch and the Jungfrau. The crystal-clear waters of Lake Thun, Lake Lucerne or Lake Brienz are perfect for a refreshing dip. Be inspired by the authentic Alpine atmosphere and enjoy memorable moments.



Rosenlauri glacier & Reichenbach brook

Natural monuments of national significance

The meltwaters of the glacier flow onwards to the valley and turn into the Reichenbach brook. Its seven-tiered waterfall has become world-famous thanks to the writer Sir Arthur Conan Doyle, whose protagonist Sherlock Holmes staged his own death on the observation platform above the highest of the seven tiers. A nostalgic cable car brings visitors to this platform.

“Must see” of Lucerne

With its focus on road, rail, water, air and space travel, the Museum of Transport is Switzerland’s most popular museum. As well as mobility technology, it offers the best entertainment for families, including an IMAX cinema.

Lake Lucerne

Enjoy the spectacular landscape

Surrounded by well-known mountain destinations, Lake Lucerne connects the five cantons of Lucerne, Obwalden, Nidwalden, Schwyz and Uri. All around the lake there are various spas and bathing resorts, as well as mountains with breathtaking views. The lake is also home to one of Europe’s largest steamship fleets.





Pilatus

Panoramic view of 73 Alpine peaks

Lucerne's Pilatus mountain (2,073 metres above sea level) can be reached via the steepest cog railway in the world. The trip through the woods, meadows and rock faces is an experience in itself. Arriving by the new Dragon Ride cable car also offers a unique view of Lucerne and Lake Lucerne.

First Cliff Walk presented by Tissot

Hotspot for connoisseurs and adventurers alike

Do you have a good head for heights? The terrace rises 45 metres out into the void. In order to reach it, visitors must first climb to a dizzying altitude on the west side of the First summit. On the First Cliff Walk, the view down into the valley is every bit as beautiful as the view of the mountainside.



Who: Peter and Tina with Jack and Emma, an expatriate family living in Dubai, UAE



Reason for stay: The eldest son Lucca is receiving treatment in a Swiss clinic

“With the historic lake steamer from Lucerne to Alpnachstad and then the steepest cog railway in the world up to the Pilatus mountain – this short trip was an unforgettable experience for the whole family!”

HIGHLIGHTS

1.

Bürgenstock Resort and Hammetschwand Lift

A spectacular arrival by catamaran and funicular, and breathtaking views from the Hammetschwand lift.

buergenstockresort.com

2.

Max Chocolatier

Chocolate paradise in the centre of Lucerne – discover and taste.

en.maxchocolatier.com



1



2



“Our motto is to provide remedies and information that can help you even once your stay in Waldhotel has come to an end.”

Prof. Verena Briner, MD
FRCP Medical Director



3



4



5

18 Waldhotel Health & Medical Excellence



Buergenstock Hotels & Resort

6363 Obbuergen

+41 41 612 60 00

info@buergenstockresort.com

buergenstock-waldhotel.ch



myswitzerland.com/waldhotel-buergenstock

Waldhotel Health & Medical Excellence is located in one of Switzerland's most celebrated Alpine retreats, the Buergenstock Resort Lake Lucerne. It combines a holistic health retreat with a medical care sanctuary in a luxurious hotel environment.

Nestled in an Alpine forest setting, Waldhotel reveals itself as a space for wellness, well-being, relaxation, healing and mindfulness for those looking to escape everyday life. At the Waldhotel Health & Medical Excellence, a multidisciplinary team of experts will look after your health and well-being to the highest possible standard. Our expertise encompasses diagnostic, therapeutic and rehabilitation services, complemented by prevention & health programmes.

Swiss hotel hospitality of exceptional quality, state-of-the-art medical concepts and extraordinary architecture combine at the Waldhotel Health & Medical Excellence to create a place of healing and relaxation.



Type of hospital

Private rehabilitation centre integrated in a luxury resort

Number of beds

23 specially equipped rooms in the rehabilitation centre
137 rooms and suites for prevention and health programmes

Patients per week

40



Major medical fields and specialties

- Cardiological rehabilitation
- Post-oncology rehabilitation
- Musculoskeletal rehabilitation
- Preventive medicine
- Health check-up
- Cardio check
- Metabolism and weight management
- Body and mind balance



Chief doctors/ professors per field

- Prof. Dr Verena Briner, Medical Director, specialist in internal medicine and kidney disease
- Dr Christian Schuepfer, cardiologist and specialist in internal medicine
- Prof. Dr Alexander Bachmann, urologist
- Dr Martin Sykora, visceral surgeon
- Dr Gunter Jacoby, dermatologist and specialist in aesthetic medicine



Medical equipment

Opened in 2018, Waldhotel Medical Centre is equipped with state-of-the-art machines for diagnostics as well as SensoPro, IceLab, DEXA etc.



Specific services for international patients

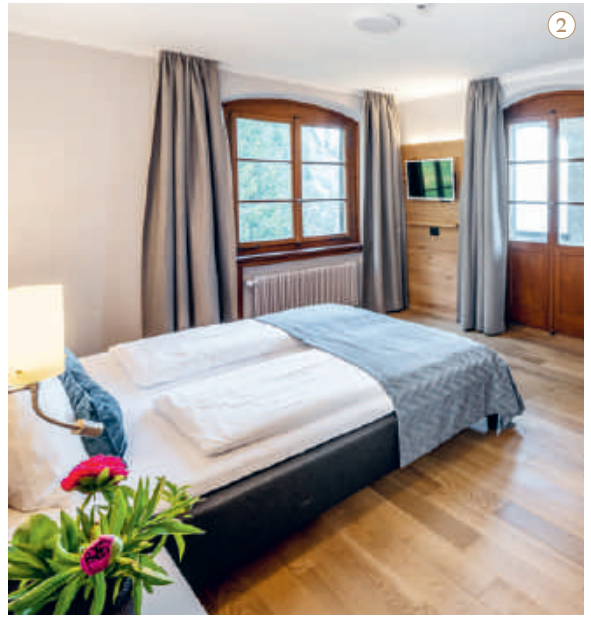
- International guest relations
- Medical Coordination desk
- Visa support
- Special menus/meals (vegan, alkaline-based Waldhotel Colour Cuisine)
- A-la-carte restaurant
- Concierge service 24/7
- Shuttle service
- Individual transfer service
- SPA centre
- Fitness room 24/7
- Public hotel
- Accommodation for relatives

Distance to closest airport

Zurich Airport – 1 h 5 min (84 km)

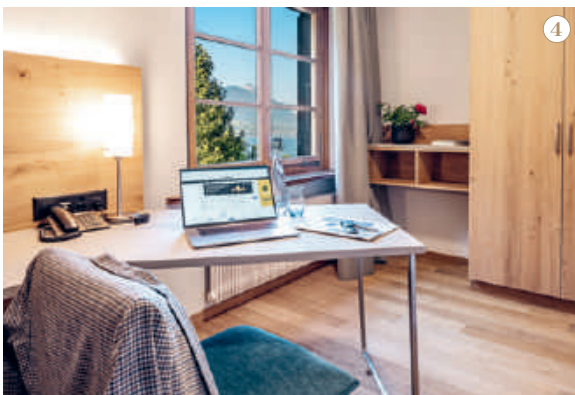
Buochs Airport (private jets only) – 15 min (12 km)

- 1 Healthy by Nature: body and mind balance.
- 2 Waldhotel Health & Medical Excellence 5*.
- 3 Waldhotel SPA: pure recovery and relaxation experience.
- 4 Health check-up: initial consultation.
- 5 Waldhotel Colour Cuisine – healthy eating concept.



“We built NEOVIVA to help individuals and their families to achieve sustainable recovery and lead self-determined healthy lives true to their own values.”

Oliver Neubert
Founder & Chairman



19 NEOVIVA



NEOVIVA

NEOVIVA
6354 Vitznau

+41 58 100 08 08
welcome@neoviva.com
neoviva.com



myswitzerland.com/neoviva



Type of hospital

Addiction treatment centre

Number of beds

10

- 1 Wellness area with indoor and outdoor saunas, steambath and a pool with a view.
- 2 Ensuite rooms with lounge area.
- 3 Stunning views from the balconies of all our client's suites.
- 4 Your private office to stay in touch with your business needs.
- 5 We are pet-friendly.

A boutique rehab clinic situated in a private part of a hotel with panoramic views over picturesque Lake Lucerne, NEOVIVA engages in a comprehensive and evidence-based approach to addiction treatment.

Nestled amidst lush nature and Alpine beauty, NEOVIVA offers the best of two worlds – the confidentiality of a boutique private rehab clinic and the amenities of a Swiss resort. As confidentiality and personalised care are cornerstones at NEOVIVA, your privacy is ensured. The treatment experience is enhanced by our unique real-life setting with the picturesque backdrop of the “Riviera of Central Switzerland”.

NEOVIVA's international team of experts treat the underlying causes of addiction to promote physical and mental health with a well-balanced blend of medical, psychological and experiential therapies. Our family programme and our continuing care plan provide ongoing support, helping you to manage the challenges of day-to-day life and achieve sustainable recovery.



Major medical fields and specialities

- Psychiatry and mental health
- Addiction treatment
- Neurology
- Detox & withdrawal management
- Recovery counseling
- Family therapy
- Continuing care



Chief doctors/ professors per field

Dr Andrei Khomenko, specialist in psychiatry and psychotherapy, neurology



Medical equipment

- Repetitive Transcranial Magnetic Stimulation (rTMS)
- Full range of somatic services by partner hospitals



Specific services for international patients

- VIP airport transfers
- Sober travel companions
- English-speaking
- Executive programme
- Booster weeks
- Halal kitchen
- Guided tourist activities
- Cultural sensitivity

Distance to closest airport

Zurich Airport – 1 h 15 min (70 km)



“Our top priority is to provide you with the best possible individual treatment to improve your health.”

Prof. Dr. Thomas J. Müller
Medical Director



20 Privatklinik Meiringen

Privatklinik Meiringen

Privatklinik Meiringen
Willigen
3860 Meiringen

+41 33 972 81 11
info@privatklinik-
meiringen.ch
privatklinik-
meiringen.ch/en



[myswitzerland.com/
privatklinik-meiringen](https://myswitzerland.com/privatklinik-meiringen)

The Privatklinik Meiringen, a leading centre for mental well-being, is located in the heart of Switzerland, in the Hasli Valley in the Bernese Oberland. At this clinic we welcome people with all forms of mental illness. We treat, care for and support people aged 18 and over.

The Privatklinik Meiringen offers an ideal combination of tradition and progress. Manageably sized units for inpatient treatment and an all-pervading feeling of security support the up-to-date treatment methods and care in every respect.

We offer comprehensive programmes, designed in accordance with the latest medical and psychiatric knowledge, in particular for: depressive illnesses, affective disorders, personality disorders, exhaustion syndrome (burnout), addiction to alcohol and/or prescription drugs, and addiction to illegal drugs.



Type of hospital
Private

Number of beds
184

Patients per year
1,600 outpatients



**Major medical fields
and specialities**

Psychiatry

- Burnout
- Depression
- Substance addiction



**Chief doctors/
professors per field**

- Prof. Dr Thomas J. Müller
- Dr Christian Mikutta



Memberships

Swiss Leading Hospitals



**Specific services for
international patients**

- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Public restaurants
- Public hotel

Distance to closest airport

- Zurich Airport – 1 h 30 min (118 km)
- Bern Airport – 1 h (80 km)

- ① Single room with own terrace.
- ② Restaurant exclusively for patients.
- ③ Clinic with open large garden.
- ④ Marketplace with fresh products.
- ⑤ Individual therapy form.



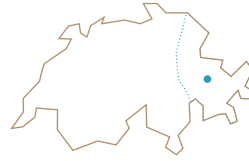
[myswitzerland.com/
eastern-switzerland](https://myswitzerland.com/eastern-switzerland)



[myswitzerland.com/
graubuenden](https://myswitzerland.com/graubuenden)

EASTERN SWITZERLAND & GRAUBÜNDEN





A paradise for hikers

Picturesque valleys on both sides of the Alps. Rivers wherever you look. Graubünden is a natural wonder in both summer and winter. It adjoins North-East Switzerland, which stretches from beautiful Lake Constance and the hills of the Appenzell region to the Alpine regions of Toggenburg.



An idyllic lake setting

Located between Switzerland, Germany and Austria, Lake Constance is Europe's third-largest freshwater lake. It is extremely popular all year round.



Three languages

Graubünden is the only trilingual region in Switzerland. Around 64% of all conversations are in German, 13% in Romansh and 11% in Italian.



Heidiland holiday region

Author Johanna Spyri found inspiration for her beloved story here. The Heidi Village above Maienfeld shows how Heidi lived.

From glistening Lake Constance to the Engadin mountain panorama

The Eastern Switzerland region is characterised by broad diversity.

Lake Constance, often referred to as Switzerland's very own sea; lovely hilly landscapes interspersed with historic cities and mighty mountain panoramas; as well as the uniquely beautiful Engadin high plateau.



Library and heritage site

170,000 books

The Abbey District in St. Gallen with its splendid cathedral is a unique historical complex. The Abbey Library sports the most beautiful secular Rococo interior in Switzerland, and is one of the oldest libraries in the world. As well as around 170,000 books, 2,100 manuscripts form the heart of the collection. As part of the Abbey District, the Abbey Library was UNESCO-listed in 1983.

Fine fabrics for famous designers

Founded in 1878, the St. Gallen Textile Museum houses one of Switzerland's largest textile collections, with fabrics and embroideries from across the world. All the big fashion designers – Akris, Chanel, Dior, Armani and YSL – eventually come to St. Gallen for their lace and embroidery creations.



Bernina Express

From glaciers to palm trees

A masterpiece of railway engineering, the Bernina Express passes the gigantic Morteratsch Glacier, climbing without cogwheels across Europe's highest railway Alpine pass, the 2,253-metre-high Bernina, then takes breathtaking bends down to Poschiavo. In Brusio, passengers experience a unique spiral track.





St. Moritz

Birthplace of Alpine winter tourism

Cosmopolitan St. Moritz is regarded as the cradle of winter tourism and has already hosted two Winter Olympics. Guests from all over the world appreciate the mix of luxury and the Alpine way of life. St. Moritz is known for top-class hotels and restaurants as well as exclusive events.

Ruinaulta – Rhine Gorge

Swiss Grand Canyon

10,000 years ago, millions of cubic metres of rock fell into the valley, creating the Ruinaulta, the canyon-like gorge in the Vorderrheintal valley. It is up to 400 metres deep and around 13 kilometres in length, and can be explored on foot, on the water, by train or by bike.



Who: Natasha and Igor with Katharina and Roman from Tashkent, Uzbekistan



Reason for stay: Igor was a patient in a rehabilitation clinic

“What an impressive journey! We rode the Glacier Express from Zermatt to St. Moritz – in a panoramic carriage with glass all around. We haven’t heard this many oohs and aahs from the kids in a long time.”

HIGHLIGHTS

1.

Rhine Gorge – Switzerland’s Grand Canyon

The River Rhine has carved its way through the landscape for more than 10,000 years. White rock walls and bizarre rock formations bear witness to its journey.

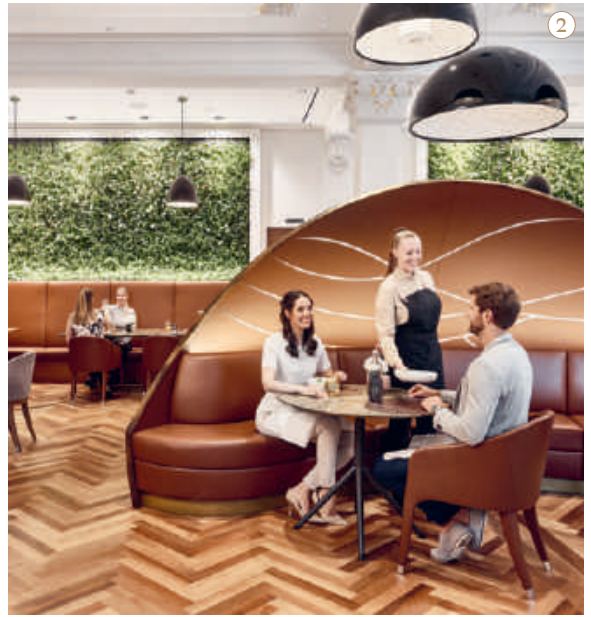
rheinschlucht.ch

2.

The Olympia Bob Run in St. Moritz

The experience of brave contemporaries in winter. Olympic feelings on the world’s only natural ice bobsleigh track.

olympia-bobrun.ch



“Everything we do revolves around our guests – we take the time to perform a detailed assessment and examination to make sure guests receive personalised medical care.”

Dr Stefan Küpfer, MD
Medical Director



21 Grand Resort Bad Ragaz



GRAND RESORT BAD RAGAZ

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7310 Bad Ragaz

+41 81 303 38 38
health@resortragaz.ch
resortragaz.ch



[myswitzerland.com/
bad-ragaz-medical](http://myswitzerland.com/bad-ragaz-medical)



Type of hospital

Luxury resort with
medical centre

Number of beds

247 rooms & suites

Patients per year

ca. 750

- 1 Enjoy our thermal water at the Helena Bath.
- 2 Health and lifestyle cuisine at our restaurant verve by sven.
- 3 The resort at the foothills of the Alps.
- 4 Breathe in the fresh air at an outdoor yoga session.
- 5 Exercise for a healthy lifestyle.

The Grand Resort Bad Ragaz offers a one-of-a-kind combination of a five-star luxury resort and leading medical expertise in Switzerland. Here, guests will find a retreat of relaxation and deep regeneration.

Nestled amidst the foothills of the Alps in Eastern Switzerland, the resort is just an hour's drive from Zurich. An alpine setting, specially created for healing, preventive medicine and self-discovery.

Live healthy to stay healthy – this is the cornerstone of our health philosophy. We give you the space to evaluate your lifestyle and help you to live a fulfilling, healthy and long life. We drew on our many years of experience in the field of preventive and nutritional medicine to develop the NEWYOU Method®. This evidence- and experience-based healthcare method encompasses various service packages tailored to your personal lifestyle and combines the latest therapies in the fields of preventive and complementary medicine.



Major medical fields and specialties

- Personalised lifestyle and nutrition medicine
- Beauty and aesthetics
- Rheumatology and sports medicine
- NEWYOU Method®



Chief doctors/ professors per field

- Dr Stefan Küpfer MD, Medical Director and specialist in vascular medicine specialising in internal medicine and angiology
- Dr Heidi Zorzi MED, medical specialist for internal medicine, hotel doctor, consult for lifestyle, prevention and nutrition
- Dr Brigitte Bollinger MD, Swiss Medical Association doctor specialising in dermatology and venereology

- Dr Christian Schlegel MD, Head physician Clinic Bad Ragaz, Physical medicine and rehabilitation FMH, Sports medicine SGSM, Manual medicine SAMM, Interventional pain management SSIPM, Musculoskeletal ultrasound SGUM



Medical equipment

- MRI
- CT
- Ultrasound
- Conventional x-ray
- Laboratory
- AlterG
- C-Mill
- SensoPro
- Laser technology



Memberships

Swiss Olympic Medical Center

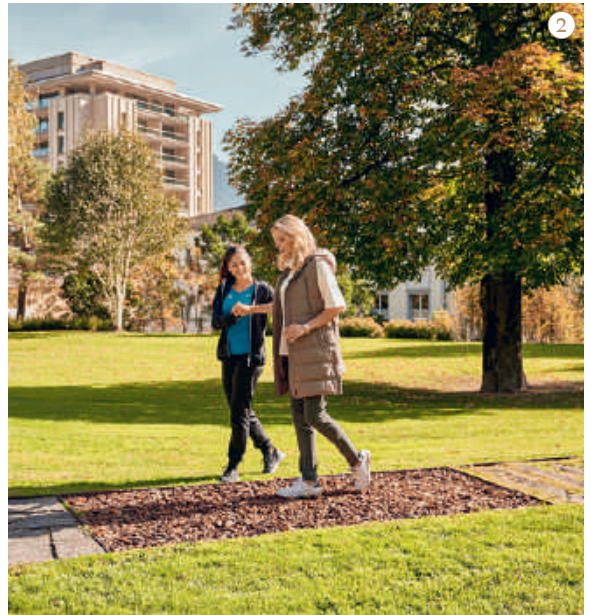


Specific services for international patients

- Special menus/meals
- Concierge service
- Shuttle service
- Translation service
- Seven first-class restaurants
- Spa treatments
- Hairdresser
- Fitness room
- Swimming pool
- Cosmetician
- Various accommodation options for accompanying persons

Distance to closest airport

Zurich Airport – 1 h 15 min
(104 km)



“Our patients and their needs are the main focus of our activities. We provide the best framework to restore your health.”

Dr Clemens Sieber, MD
*Leading chief physician Clinic
Bad Ragaz, Specialist in
Internal Medicine, FMH*



22 Clinic Bad Ragaz



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clinic-badragaz.ch



[myswitzerland.com/
bad-ragaz-clinic](http://myswitzerland.com/bad-ragaz-clinic)



Type of hospital
Rehabilitation clinic

Number of beds
24

Patients per year
300

- 1 Targeted and individualised care by our experts.
- 2 The therapy concept is tailored to your needs.
- 3 Embedded in a five-star luxury resort.
- 4 Spacious rooms with thermal water supply.
- 5 Most advanced therapies for best outcomes.

The finest art of rehabilitation. At the Clinic Bad Ragaz, rehabilitation means more than “just” restoring your physical and mental capacities. Rehabilitation is treated like an art form – recuperation at all sensory levels.

The Clinic Bad Ragaz is a combination of the very highest standards of evidence-based medical expertise and outstanding five-star hotel facilities. It is part of the Valens Clinic, the rehabilitation group established throughout Switzerland also in the field of research, and embedded in the Grand Resort Bad Ragaz. It thus combines the effectiveness of high-quality rehabilitation with the amenities of a five-star luxury resort.

Experience medicine in a personal and approachable way: our doctors possess great expertise and many years of experience in high-quality rehabilitation. You are always the focus and will be provided with individualised, one-on-one care. We offer you the best possible setting to restore your most valuable asset – your health.



Major medical fields and specialities

- Rehabilitation after treatment in internal medicine
- Musculoskeletal rehabilitation
- Neurological rehabilitation
- Rehabilitation for cancer patients



Chief doctors/ professors per field

- Dr Clemens Sieber MD, Leading chief physician Clinic Bad Ragaz, Specialist in Internal Medicine, FMH
- Dr Serafin Beer MD, Head physician neurology Clinic Bad Ragaz, Swiss Medical Association doctor specialising in neurology

- Dr Christian Schlegel MD, Head physician Clinic Bad Ragaz, Physical medicine and rehabilitation FMH, Sports medicine SGS, Manual medicine SAMM, Interventional pain management SSIPM, Musculoskeletal ultrasound SGUM
- Dr Joachim Leupold, Swiss Medical Association doctor specialising in psychiatry and psychotherapy
- Dr Friderika Györgyne MD, Clinic physician
- Dr Svetlana Sidorenko MD, Clinic physician
- Dr Diana Craatz MD, Clinic physician



Medical equipment

- AlterG
- C-Mill
- SensoPro



Memberships

Swiss Leading Hospitals



Specific services for international patients

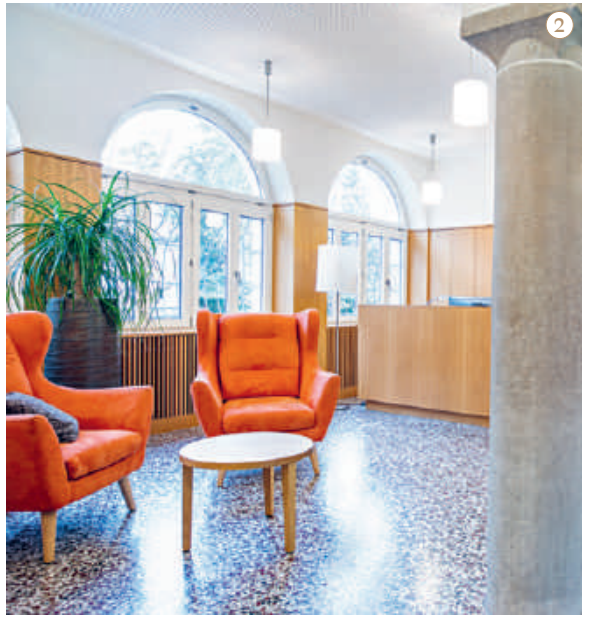
- Head physician care
- Daily care by clinic doctors
- Report in English
- Modern robotics
- Exclusive clinic rooms with balcony and thermal water from the room's own tap
- Access to the 5* hotel facilities of the Grand Resort Bad Ragaz
- Ideal setting for accompanying persons

Distance to closest airport

Zurich Airport – 1 h 15 min (104 km)



1



2



“The treatment of mental health issues needs to address all aspects of a person, including body, soul and environment.”

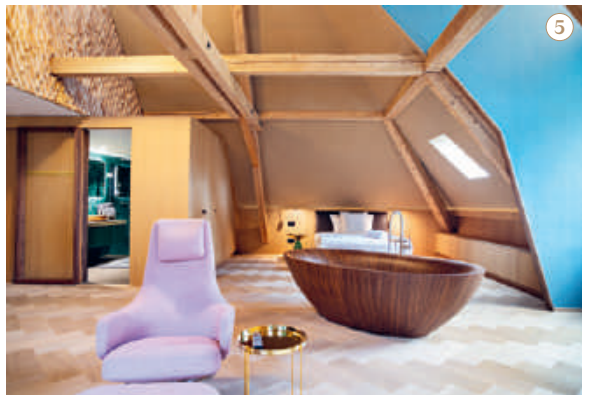
Christian Koch
Chief Physician



3



4



5

23 Private Clinic MENTALVA

MENTALVA Private Clinic

Private Clinic MENTALVA
La Nicca Strasse 17
7408 Cazis

+41 58 225 33 50
info@mentalva.ch
mentalva.com



[myswitzerland.com/
mentalva](http://myswitzerland.com/mentalva)

MENTALVA is a private psychiatric clinic that focuses on psychotherapy and complementary medicine. Your treatment will take place in a private and discreet environment in the midst of the breathtaking Swiss Alps.

We are pleased to offer treatment and care for men and women aged 18 or older with a variety of mental health issues: depression, burnout and exhaustion, anxiety or panic disorder, pain, tinnitus, personality disorders and more. The treatment programme is developed and tailored to meet your individual therapeutic needs. Therapies are goal-oriented, with the objective of strengthening your resources and activating your ability to heal yourself.

The Private Clinic MENTALVA is situated at the foot of the Piz Beverin in the canton of Grisons. The region is known for its peace and quiet and beautiful natural setting amidst the Swiss Alps. Not far from the clinic you will find the Viamala and Roffla canyons, which cut deeply into the rocks and bear witness to the commanding power of the River Rhine, which originates nearby.



Type of hospital
Private

Number of beds
17

Patients per year
120 inpatients
and outpatients

- 1 Welcome at the Private Clinic MENTALVA.
- 2 The lobby in the typical MENTALVA colours. Colours influence our emotional responses. A conscious colour concept was followed for the interiors.
- 3 External view of the Private Clinic MENTALVA.
- 4 Therapy at the Private Clinic MENTALVA.
- 5 The "TERRA" suite – a combination of impressive architecture, light and well-being.



Major medical fields and specialities

Psychiatry

- Burnout
- Chronic fatigue syndrome
- Depression
- Eating disorders
- Substance addiction
- Anxiety disorders
- Behavioural addiction
- Bipolar disorders



Chief doctors/ professors per field

Christian Koch,
Chief Physician



Specific services for international patients

- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Excursions
- Special suites
- Spa & wellness
- Library
- Laundry
- Special colour design & floor geology
- Translation service
- Public restaurant
- Spa treatments
- Fitness room
- Hairdresser
- Cosmetician
- Prayer room
- Languages: English, German, Italian

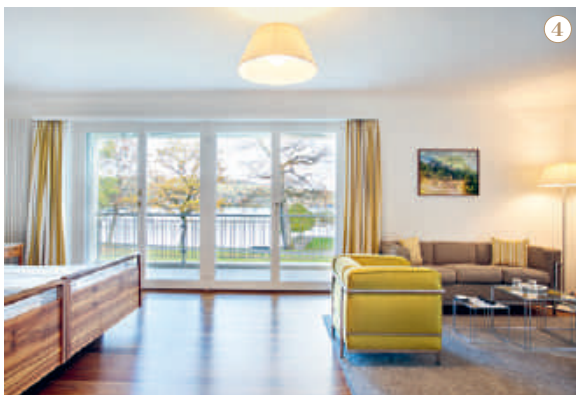
Distance to closest airport

Zurich Airport – 1 h 45 min
(150 km)



“My great grandfather bought a dated convalescent home 125 years ago. Now we are the leading rehabilitation clinic by the lake.”

Dr Annemarie Fleisch Marx,
MD
Joint Senior Physician



24 Klinik Schloss Mammern



KLINIK SCHLOSS MAMMERN
LEADING MEDICAL REHABILITATION ON THE LAKE

Klinik Schloss Mammern
Dr. A.O. Fleisch-Strasse 3
8265 Mammern

+41 52 742 11 11
mail@klinik-schloss-
mammern.ch

klinik-schloss-mammern.ch



[myswitzerland.com/
mammern](http://myswitzerland.com/mammern)



Type of hospital
Private

Number of beds
125

Patients per year
2,224 inpatients
3,859 outpatients

- 1 Personalised rehabilitation.
- 2 The new restaurant, delighting patients with 5-course menus.
- 3 View of the clinic grounds, the private park overlooking the lake.
- 4 Most of the tastefully furnished bedrooms have barrier-free access.
- 5 Physiotherapy and sports therapy, occupational therapy, nutritional counselling and nursing care are all important components.

Klinik Schloss Mammern stands for medical excellence and outstanding, 5-star hospitality, set within pristine nature – overlooking Lake Constance.

This leading private clinic for every stage of rehabilitation has been run as a family venture since 1889, and is today in its fourth generation. The unique combination of medical, therapeutic and nursing care expertise offers top medicine in a beautiful setting.

The newly added building encompasses 22 superior rooms, six double suites and six lakefront suites, all with direct views of the park and lake. Built with the philosophy of “Healing Architecture”, the new state-of-the-art therapy areas, restaurant, café with a fireplace and the beautifully furnished rooms and suites support your rehabilitation in style.



Major medical fields and specialties

Rehabilitation

- Cardiology rehabilitation
- Oncology rehabilitation
- Musculoskeletal rehabilitation
- Pulmonary rehabilitation
- Computed tomography

Early rehabilitation

Outpatient services

- Physiotherapy
- Occupational therapy
- Nutritional counselling



Chief doctors/ professors per field

- Dr Annemarie Fleisch-Marx, MD, FMH specialist for internal medicine, rheumatology, physical medicine and rehabilitation
- Dr Ruth Fleisch-Silvestri, FMH specialist for internal medicine and psychosocial medicine SAPP



Memberships

- SWISS REHA
- Swiss Leading Hospitals
- ISO Certified

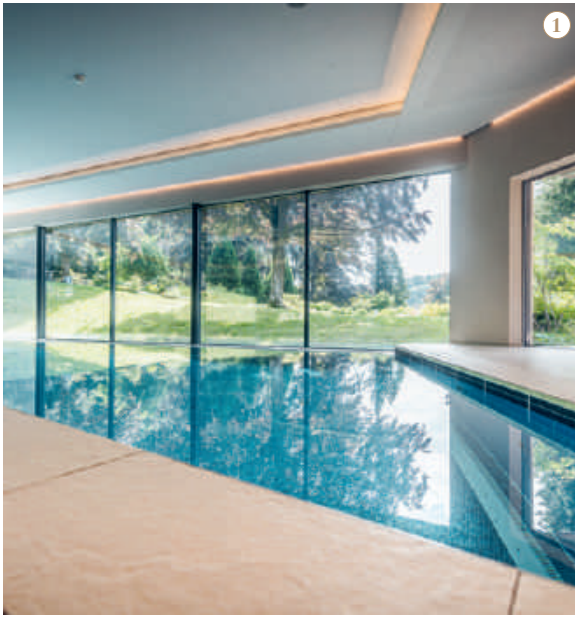


Specific services for international patients

- Special menus/meals (vegan, kosher)
- Concierge service
- Shuttle service
- Public restaurants

Distance to closest airport

Zurich Airport – 40 min
(53 km)



“We live what we love – Swiss medical excellence.”

*Dr Stephan Schlampp
Medical Director/Member
of management board*



25 Rehaklinik Dussnang

rehaklinik DUSSNANG

Rehaklinik Dussnang
Kurhausstrasse 34
8374 Dussnang

+41 71 424 33 66
international@vamed.ch
rehaklinik-dussnang.ch



[myswitzerland.com/
rehaklinik-dussnang](http://myswitzerland.com/rehaklinik-dussnang)



Type of hospital
Private

Number of beds
189

Patients per year
2,600 inpatients
and outpatients

- 1 Relax and recharge in our modern "motus" movement pool.
- 2 During your stay at our clinic you can also enjoy your time in our park.
- 3 We provide individually tailored, high-quality treatments.
- 4 We care for your comfort in one of our hotel-like suites.
- 5 As experts for musculoskeletal rehabilitation, we offer you various types of therapy that train correct movements and help build up the respective muscles.

We specialise in musculoskeletal and geriatric rehabilitation. With patients' wellbeing in mind, our medical specialists carefully develop patient-tailored treatment plans and goals.

Our interdisciplinary team at the Rehaklinik Dussnang consists of senior physicians and therapists who work with the latest medical insights to provide high-quality and holistic treatment. We use a wide range of therapy methods, including manual therapy, sports physiotherapy, electrotherapy, medical training therapy (MTT), water physiotherapy and innovative robotic technologies. In addition, the clinic's excellently outfitted spa area can be a great help during your medical recovery.

The hotel-like character of the clinic, offering spacious rooms, a beautiful park, a library and an excellent restaurant, adds an additional layer to its appeal. Our experienced team is extremely thorough when organising residential stays for international patients. We take great care to ensure that patients and their families feel comfortable on our premises in Dussnang.



Major medical fields and specialities

Musculoskeletal rehabilitation

- Orthopaedics
- Hip, knee or shoulder implants
- Spine

Geriatric rehabilitation

- Geriatrics



Chief doctors/ professors per field

- Dr Stephan Schlampp, specialist in orthopaedics and traumatology of the musculoskeletal system
Chief Physician/Medical Director
- Dr Alena Schütte, specialist in general internal medicine (FMH), especially geriatrics,
Chief Physician Geriatric Rehabilitation



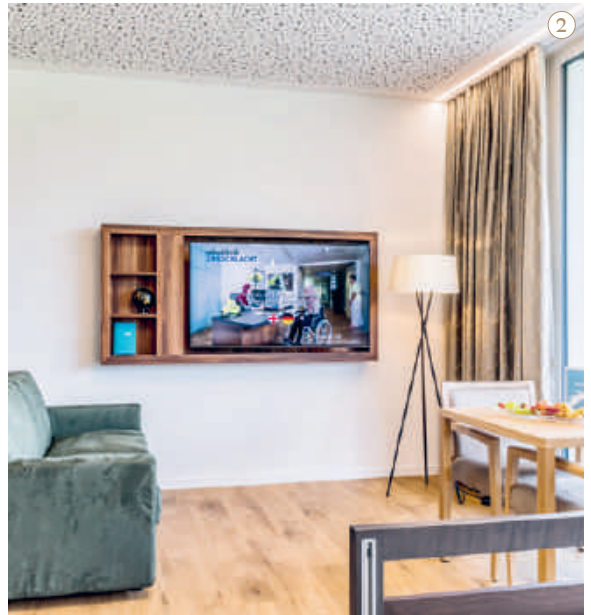
Memberships
Swiss Reha



Specific services for international patients

- Private clinic
- International guest relations
- Transfer service
- A-la-carte restaurant
- Special meals
- Prayer room
- Accommodation for relatives
- Our staff members are proficient in German, French, English, Italian and Russian

Distance to closest airport
Zurich Airport – 40 min
(57 km)



“We bring you back to the things you love.”

Dr Daniel Zutter
Medical Director/
Chief Physician



26 Rehaklinik Zihlschlacht

rehaklinik ZIHLSCHLACHT

Rehaklinik Zihlschlacht
Hauptstrasse 2
8588 Zihlschlacht

+41 71 424 33 66
international@vamed.ch
rehaklinik-zihlschlacht.ch



[myswitzerland.com/
rehaklinik-zihlschlacht](http://myswitzerland.com/rehaklinik-zihlschlacht)

The holistic approach combining medicine, robotics and humaneness makes Rehaklinik Zihlschlacht the leading specialty clinic for neurological rehabilitation.

For more than 30 years, we have been focusing exclusively on the treatment of stroke and brain injuries, as well as diseases such as Parkinson's and multiple sclerosis. We are known for our excellent personalised medical treatment programme, our holistic treatment approach and care based on humaneness and respect. An interdisciplinary team of specialists brings our patients back to their day-to-day personal lives. Our therapy centre is equipped with the widest range of software, sensor and robot-assisted therapeutic devices in Europe, to ensure an optimal rehabilitation process.

Patients from around the world praise our clinic for its unique medical approach in a safe and peaceful environment. Our building for international patients, the "Oasis", takes hospitality and medical treatment to a new level.



Type of hospital
Private

Number of beds
179

Patients per year
1,500 inpatients
1,700 outpatients

- ① Our private clinic, the "Oasis", is designed to satisfy your need for privacy and excellent medical treatment.
- ② We offer a variety of suites, from junior suites to royal suites.
- ③ Our clinic specialises in brain and nerve injuries.
- ④ Our clinic warmly accommodates you in a peaceful environment.
- ⑤ To achieve the best results, the therapies are supported by cutting-edge robotics.



Major medical fields and specialities

Neurorehabilitation

- Stroke recovery
- Brain trauma/injuries
- Paraplegia

Degenerative nerve diseases

- Parkinson's
- Multisystem atrophy (MSA)
- Amyotrophic lateral sclerosis (ALS)

Inflammatory diseases of the nervous system

- Multiple sclerosis
- Polyneuropathy
- Guillain-Barré syndrome

Early neurorehabilitation

- Neurorehabilitation after ICU
- Early mobilisation
- PEG feeding/tracheal cannula



Chief doctors/ professors per field

- Dr Daniel Zutter, Medical Director, neurology
- Dr Stefan Schuko, Head Physician, neurology
- Prof. Dr Carsten Moeller, Head Physician, neurology
- Dr Claudia Baum, Head Physician Multiple Sclerosis



Medical equipment

Largest robot-assisted therapy centre in Europe



Memberships
Swiss Reha



Specific services for international patients

- Private clinic
- International guest relations
- Transfer service
- A-la-carte restaurant
- Special meals
- Prayer room
- Accommodation for relatives
- Our staff members are proficient in German, French, English, Italian and Russian

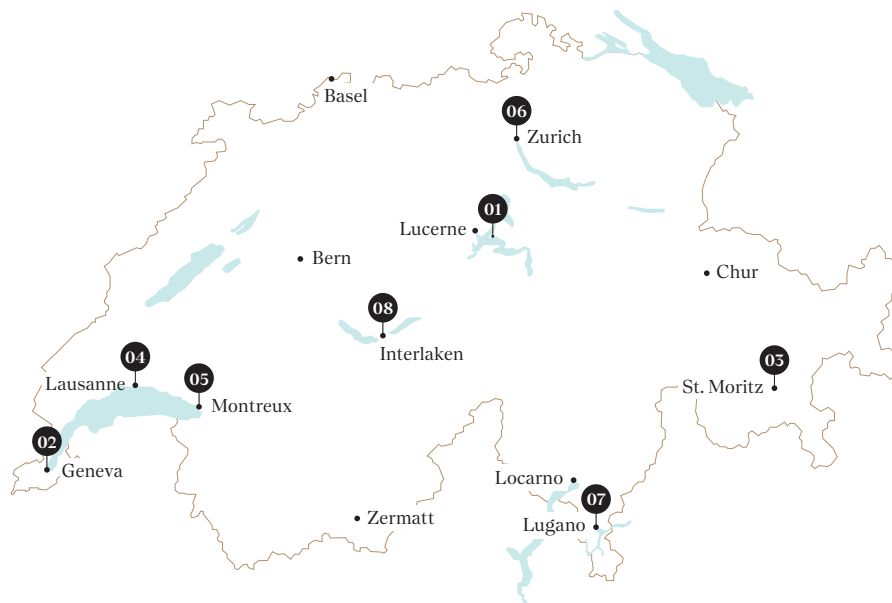
Distance to closest airport
Zurich Airport – 50 min (77 km)



HOTELS

The natural way to recharge

Switzerland's Spa & Vitality world is all about helping you to relax and recharge. Whether you're in search of medical wellness or just a little time out: the choices on offer include a range of luxurious and natural retreats.





01

Chenot Palace

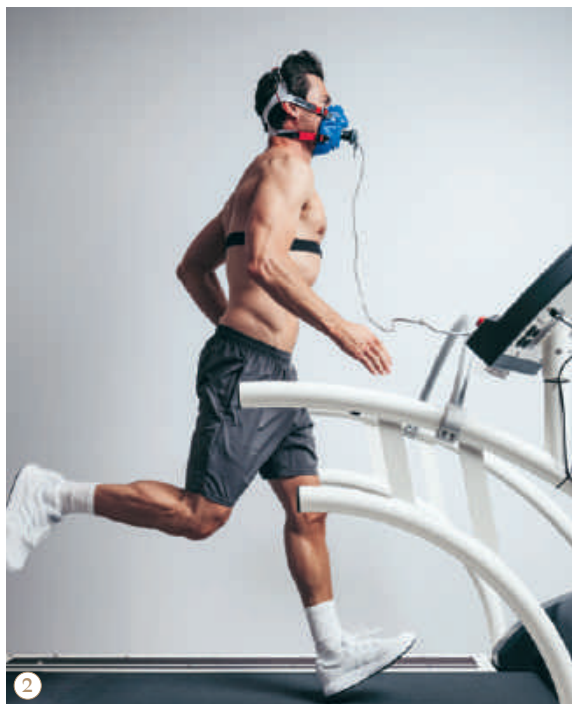
Weggis

Overlooking the serene waters of Lake Lucerne, Chenot Palace Weggis offers a transformative experience rooted in a half-century of advanced scientific research, driven by a passion for helping guests live healthier, fitter lives, for longer.

The globally acclaimed Chenot Method® advocates a holistic approach to the lifelong wellness of both body and mind. Rather than treating disease, we address the root cause: biological ageing. Our programmes support the body's natural healing mechanisms to repair and rejuvenate from within.

The result is a uniquely personalised experience, where each guest embarks on an evidence-based programme of treatments to enhance health, strength, mental clarity and alertness, empowering them to live a healthier life and upgrade their vitality at any age.

+41 41 255 21 60
reservation@chenotpalaceweggis.com
chenotpalaceweggis.com



① Chenot Energetic Massage.

② Cardiorespiratory Fitness Assessment.

02

Beau-Rivage

Geneva

Enjoying an exceptional location opposite Geneva's water fountain and resolutely in line with continuity and modernity, the Beau-Rivage Geneva, with its remarkably stylish 52 rooms and 43 suites, promises a unique experience in the heart of Geneva.

+41 22 716 66 66
reservation@beau-rivage.ch
beau-rivage.com



03

Carlton Hotel

St. Moritz

Perched high above the lake, the Carlton Hotel is St. Moritz's most refined hideaway. The 60 rooms and suites offer guests spacious elegance and an unparalleled view of Lake St. Moritz. Two Michelin-starred gourmet restaurants serve up a taste of something special. A spacious, comfortable spa offering a holistic approach complete the offer.

+41 81 836 70 00
info@carlton-stmoritz.ch
carlton-stmoritz.ch



04 Beau-Rivage Palace

Lausanne

Classed as one of the best hotels in Europe and ideally situated on the banks of Lake Geneva, Beau-Rivage Palace is nestled in a natural beauty spot just a stone's throw away from the centre of Lausanne. The hotel benefits from the Mediterranean atmosphere, ideal for guests looking to recharge their batteries. The view onto Lake Geneva and the Alps exudes a unique serenity, as if outside of time. The hotel boasts 168 rooms and suites as well as the Cinq Mondes spa.

+41 21 613 33 33
reservation@brp.ch
brp.ch



I need the road trip of a lifetime.



Switzerland.

I need Switzerland.



Discover the Grand Tour of Switzerland: MySwitzerland.com/grandtour



05

Fairmont Le Montreux Palace

Montreux

Surrounded by the soaring Alps and nestled along the shores of Lake Geneva, Fairmont Le Montreux Palace has delighted visitors for over a century with its Belle-Époque architecture boasting 236 rooms and suites.

Situated close to many internationally renowned clinics such as Clinique La Prairie, Clinique Valmont, Clinique Les Alpes and LaClinic, the five-star property is ideal as an outpatient for a luxurious hotel experience while completing your medical programme, or extending your stay for some added relaxation and discovering the Swiss Riviera.

In addition to unparalleled views of the lake and the Alps, 5-star service, and various restaurants, Fairmont Le Montreux Palace also offers an exceptional 2,000 m² spa, truly reflecting the tranquility and purity of the Swiss Alps.

+41 21 962 12 12
montreux@fairmont.com
fairmont.com/montreux



- ① Rooms offer views of Lake Geneva and the Alps.
- ② Fairmont Spa's indoor swimming pool.

You care about your health – we care about You.

Your Swiss Concierge

- ♥ Exclusive chalets, apartments and hotels rental
- ♥ Interpreter services and on-site assistance
- ♥ Private transfers and car rental
- ♥ Unique tailor-made excursion programs
- ♥ Private & Corporate events
- ♥ Advisory on private Swiss schools



06

The Dolder Grand

Zurich

The Dolder Grand was opened in 1899 as the “Dolder Grand Hotel & Curhaus” and, following renovation by Lord Norman Foster in 2008, has become a luxury city resort with a focus on art and architecture.

The five-star superior hotel impresses guests with its location on the Adlisberg, which offers views of Zurich, the lake and the Alps, as well as with its immediate proximity to the best clinics and the city centre. In addition to the award-winning restaurants, including a 2-star Michelin restaurant, a 4,000 m² wellness area with medical services completes the offering.

The Dolder Medical Group is made up of experienced Swiss specialists in the fields of internal medicine, sports medicine, dermatology, and plastic and reconstructive medicine. Renowned partner clinics are also part of the medical offer.

+41 44 456 60 00
info@thedoldergrand.com
thedoldergrand.com



- ① Spa Design by Sylvia Sepielli.
- ② The Spa is a unique world of well-being with services to meet your every need.



07 Kurhaus Cademario Hotel & Spa

Luġano-Cademario

Guests have been enjoying first-class service and culinary delights at the elegant Kurhaus Cademario Hotel & Spa for more than 100 years. Spa baths with a spectacular panorama and innovative highlights. Surrounded by nature, it offers the 2,200 m² DOT SPA and breathtaking views that are not easily forgotten.

For over a century, Kurhaus Cademario has been the perfect place for those looking for a vacation dedicated to well-being, and today offers exclusive treatments, privacy and a spa menu that ranges from Chinese medicine to healing activities, including mindful walks in the energy-giving forests that surround the location. In the panoramic restaurant you can also enjoy the special DOT EAT dishes, perfect for reawakening the senses and curiosity, with vegan, keto and vegetarian options available.

+41 91 610 51 11
info@kurhauscademario.com
kurhauscademario.com



- 1 Relax and play pause in the magic DOT SPA: 2,200 m² dedicated to your well-being.
- 2 In the Malcantone region nature gifts colours that change day by day.

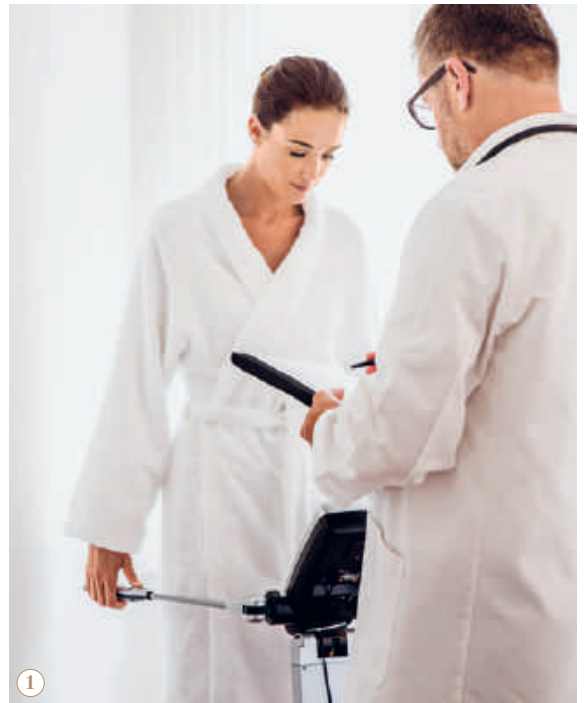


08 Victoria-Jungfrau Grand Hotel & Spa

Interlaken

This luxury hotel with a history spanning more than 150 years can be found in the heart of Interlaken. In addition to spa facilities, the Spa Nescens offers individually tailored better-aging programmes. The better-aging programmes by Nescens help to identify risk factors and to reshape lifestyle habits. In this way, improved results are achieved over the long term. The various components of the programmes – such as nutrition, physical activity and treatments – are personalised by medical teams who supervise the expert contingent of coaches and therapists. The focus is always on well-being and pleasure!

+41 33 828 28 28
info@victoria-jungfrau.ch
victoria-jungfrau.ch



- ① Nescens Better-Aging programme.
- ② The Nescens treatments were developed in collaboration with the scientific committee of the Nescens brand.

JUNGFRAU
TOP OF EUROPE

Jungfraujoch

TOP OF EUROPE

A world of ice and snow.

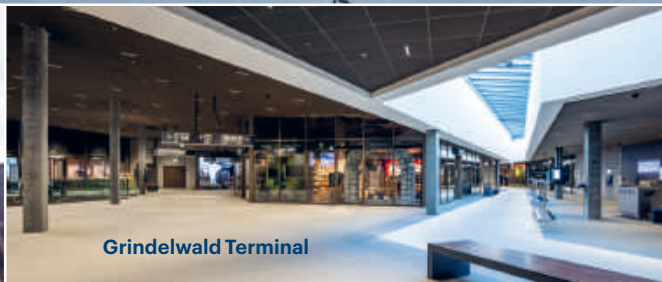
This half-day excursion takes you to the highest railway station in Europe at 3454 metres above sea level. Built from 1896 to 1912, the station complex offers you an unforgettable view of the UNESCO World Heritage “Swiss Alps Jungfrau-Aletsch”.

Eiger Express

from Grindelwald Terminal in 45 minutes
on the Jungfraujoch – Top of Europe



Eiger  Express
Most modern tricable gondola of the world



Grindelwald Terminal

jungfrau.ch/jungfraujoch

Selected travel information for Switzerland

Other than organising the medical stay, little preparation is needed for a trip to Switzerland. Since the excellent infrastructure makes it really easy to get around. The following practical tips will help you plan your trip.



Travel documents and visas

Citizens of countries in the EU and the European Free Trade Association (EFTA), Schengen member states, Israel, the USA, Canada, New Zealand, Australia and Singapore do not need a visa to enter Switzerland for a stay of up to 90 days. Most nationals from other countries require a visa to enter Switzerland. All information on the issuing of visas can be found on the website of the relevant Swiss embassy or consulate.



Customs regulations

The following items may be imported duty-free and without a permit upon entry: travel items and provisions for personal use, 250 cigarettes, up to 5 litres of alcohol up to 18 % by volume, 1 litre of alcohol over 18 % by volume, 1 kg of meat and unlimited cash.



A pleasant climate

Switzerland enjoys a mild climate with moderate heat, cold and humidity. In summer, daytime temperatures range from 18 to 28 degrees; in winter, it drops to between -2 and 7 degrees.



Swiss Travel Pass

The best way to discover Switzerland is by using its unique public transport system. The Swiss Travel Pass offers foreign visitors unlimited travel on trains, buses and boats for the duration of their stay. It also includes the Swiss Museum Pass, offering free admission to more than 500 museums.

Residents

8.7 m

Around 8.7 million people live in Switzerland. Around 5.3 million people live in urban areas.

Languages

4

Switzerland has four official national languages: 63.5 % of the population speak German, 22.5 % French, 8.1 % Italian and 0.5 % Romansh.

Highest mountain

4,634 m

The Dufourspitze is Switzerland's highest mountain, part of which is in Italy. At 4,545 metres above sea level, the Dom is the highest peak whose base is located entirely in Switzerland.

Area

41,285 km²

The country has a total area of just 41,285 km². It borders Germany, France, Italy, Austria and Liechtenstein.

Dialling code

+41

The official dialling code for calls to Switzerland is +41. When making international calls from Switzerland, you must enter the code for the relevant country.

Foundation year

1848

The Swiss Federal Constitution originally came into force on 12 September 1848. This was also the year the Federal Parliament convened for the first time.



Further information:
[myswitzerland.com/
planning](https://myswitzerland.com/planning)



Unlimited shopping

Watches and chocolate

Switzerland is synonymous with watches and chocolate. Wherever you go you'll find a wide range of watches in every price segment. The assortment of chocolate in countless shapes, sizes and flavours is also one of a kind. Other typically Swiss products and souvenirs include clothing, embroidery, quality handkerchiefs, pen knives, wood carvings, ceramics and other handmade objects, antiques and art books.

Money and currency

In Switzerland, payments are made in Swiss francs. Many businesses also accept payment in euros or, less frequently, US dollars. Credit cards are also an accepted means of payment almost everywhere.

Opening hours

Shops are generally open Monday to Saturday from 8:00 a.m. to 6:30 p.m. They stay open later in larger towns. Shops are generally closed on Sundays. Shops at airports, train stations and tourist destinations stay open for longer and are often also open on Sundays and public holidays.

Duty-free shopping

Foreign guests can claim a VAT refund of 7.7% on purchases over CHF 300, so they can shop duty-free provided the goods leave the country within 30 days.



Mobile internet

Under Swiss law, users must register to access any public WiFi network. Once you have completed the brief registration process, you can browse for free in many places. For access to the Internet at all times, it is best to purchase access via public wireless LAN or mobile hotspots together with a pre-paid SIM card or Travelers WiFi.



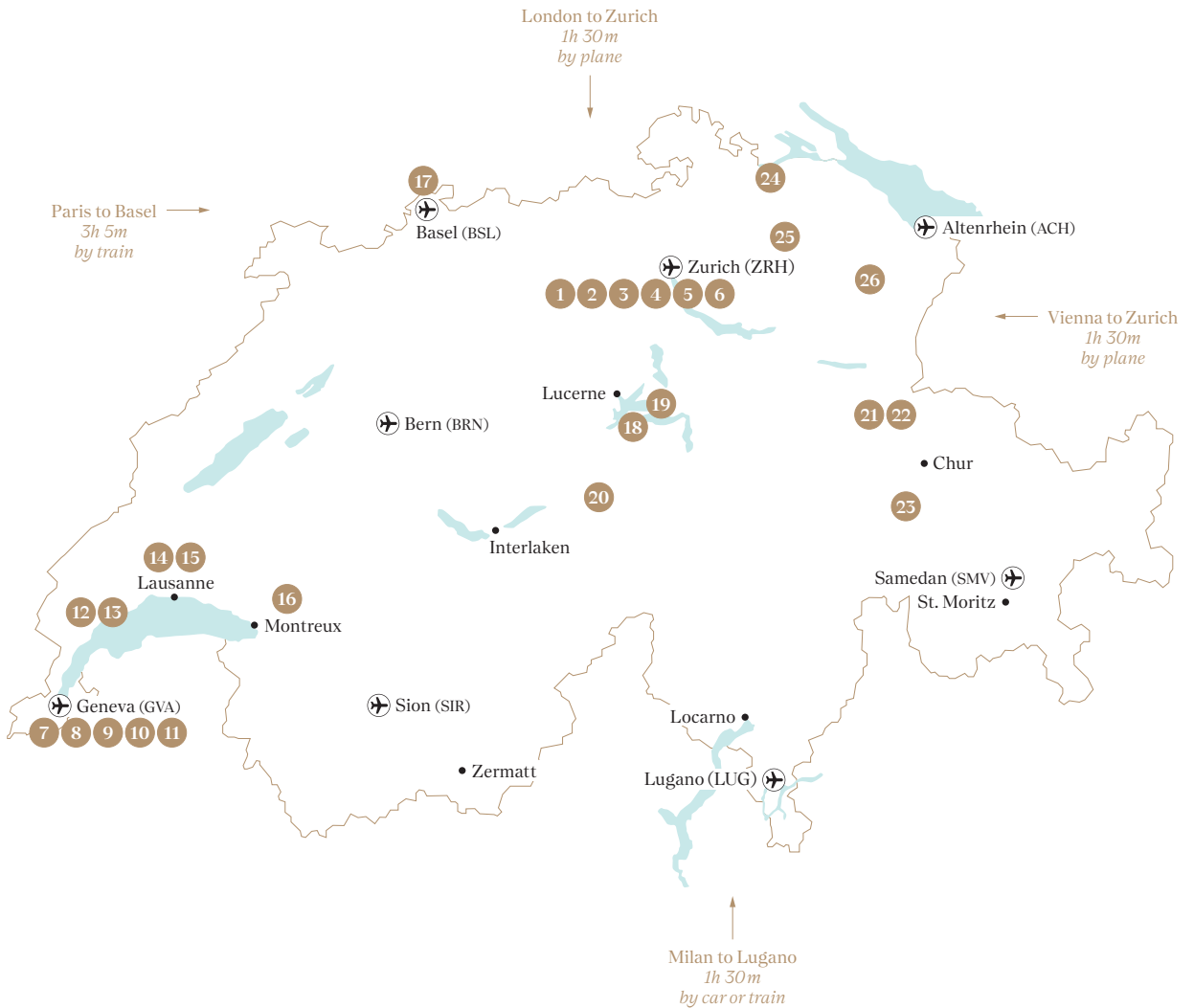
Clean & Safe label

This label lets guests know that they are visiting an establishment that has consciously committed to complying with the safety concept, which is based on rules for hygiene and behaviour and on public health and employee protection guidelines issued by the Swiss Federal Office of Public Health (FOPH).

HOSPITALS/CLINICS

Choosing the right hospital or clinic

Heart patients are in good hands in Switzerland, as are lung and rehabilitation patients. The hospitals and clinics are highly specialised and address the specific needs of their patients. This table contains an overview of the treatments available in the various hospitals and clinics.



Discover Switzerland on your own

Whether wishing to travel independently by car and motorcycle or preferring to sit back and relax on a bus, train or boat – Switzerland has many magical routes on offer.



Grand Train Tour of Switzerland

11 large lakes, 4 official languages, 5 UNESCO World Heritage sites and 1,280 kilometres of glorious views: with the Grand Train Tour of Switzerland, you can reach Switzerland's sights by panoramic train all year round. So enjoy the ride, and get on and off as you please.

myswitzerland.com/grandtraintour

Grand Tour of Switzerland

From palm-lined lakeshores to sparkling glaciers, from mediaeval villages to buzzing cities – the Grand Tour of Switzerland packs in an incredible number of sights. The road trip takes you past many different highlights, the concentration of which is unparalleled worldwide.

myswitzerland.com/grandtour

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Printed in 2023

Switzerland not only offers visitors plenty of sights, breathtaking landscapes and pleasant hospitality, but also the benefits of a top-class health system. Find out why a stay in Switzerland makes sense for you and your loved ones.



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8004 Zurich
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health@switzerland.com
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Gulf States

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