



## **MEDICAL WELLNESS**

The Swiss Hotel Association has awarded the Seehotel Bären with the distinction as a “MEDICAL WELLNESS” hotel! This distinction was offered again on March 2018!

The following definitions are used as guidelines by Hotellerie Suisse for this specialization category.

Wellness is made up of -

### **Wellbeing and fitness or Wellbeing and Happiness**

From this it is derived that Wellness should contribute to serenity, well-being and a good physical condition.

These goals are achieved through a healthy diet, sufficient exercise, relaxation and respect for nature.

Medical Wellness is Wellness on a medical basis; provided by doctors and/ or medical professionals. The medical wellness treatments have a lasting effect and contribute to a healthier lifestyle and thus support the guest to promote his health prevention and to take control of himself.

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