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Kronenhof, Pontresina, Grisons

Enter the world of wellness.

Revitalise your mind and body in Switzerland, and start 2011 refreshed and exhilarated.

Do you need to stop and recharge your batteries? Switzerland has over 40 destinations and more than 60 specialist "wellness" hotels offering a fantastic range of treatments for both body and mind. In the mountains, alongside a lake or in the city, there's an oasis of calm and relaxation for everyone.

A source of tranquillity and vitality.

From Adelboden to Zermatt, from thermal resorts to spas set in the most beautiful mountain regions, Switzerland is without doubt the perfect source of relaxation. Beauty or therapeutic treatments, dietary advice, sport,

indulgent massages, the benefits of water and harmony with nature ... here, everything combines to revitalise you. Switzerland offers facilities entirely dedicated to your welfare all year round. Find out more at MySwitzerland.com/wellness.

Register at MySwitzerland.com/aso before 31 March 2011 and win a 3-night stay with wellness package at the 5-star Grand Hotel Kronenhof in Pontresina, Grisons.

Unparalleled natural beauty.

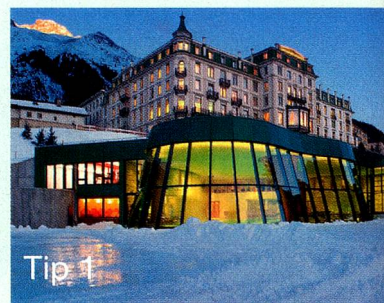
The 5-star Grand Hotel Kronenhof in Pontresina, Grisons, offers panoramic views over pine and larch forests, and the magnificence of the Roseg Glacier. In this wonderful setting, nature itself contributes to your wellness.

Active relaxation.

In an idyllic setting overlooking the Lake of the Four Cantons, the 4-star Swiss Holiday Park at Morschach is paradise for those seeking an active holiday, with sports facilities, swimming pools, Romano-Irish baths, saunas and hammams inviting you to indulge in an energising experience.

The peak of wellness.

At the heart of the Lavaux vineyards and overlooking Lake Geneva, the 5-star Mirador Kempinski at Mont-Pèlerin has everything you could possibly desire for the ultimate wellness break: the only Givenchy spa in Switzerland, sophisticated cuisine and an outstanding medical centre.



Tip 1

Further information:

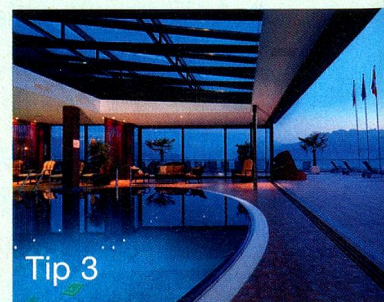
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Tip 2

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Tip 3

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A collaboration between Switzerland Tourism and the Organisation of the Swiss Abroad (OSA)



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