

Stans, 14 December 2017

Press release

The Waldhotel Health & Medical Excellence is open

On 14 December 2017, the new Bürgenstock Resort Lake Lucerne is opening the Waldhotel Health & Medical Excellence. Robert Herr, General Manager of the Bürgenstock Resort, describes the Waldhotel as follows: “The Waldhotel is a medical competency centre of the highest order. The focus of this five-star hotel is on medical services and services designed to promote health that are integrated into exclusive hotel and spa offers. A multidisciplinary team of doctors, therapists and nursing specialists looks after the health and well-being of the guests.” Services include diagnostic, therapeutic and rehabilitation treatments that are supplemented by a variety of preventative programmes. The holistic promotion of health includes healthy nutrition, adequate exercise and sufficient rest – and all of these are individually tailored to the requirements of each guest.

On the occasion of the media briefing on 14 December 2017, Bruno H. Schöpfer, Managing Director of the Bürgenstock Selection emphasised the significance of the Waldhotel Health & Medical Excellence for the new Bürgenstock Resort: “The Waldhotel is an additional core element of the new resort and, after the opening of the Palace and Bürgenstock hotels as well as the Alpine Spa, it marks a further milestone for the new resort”.



Services offered by the Waldhotel at a glance:

- **Diagnostic & Medical Check-up**
- **Mobility & Activity**
- **Weight Management & Metabolism**
- **Body & Mind Balance**
- **Beauty & Healthy Ageing**
- **Rehabilitation**

Diagnostic & Medical Check-up

All our guests are given an assessment of their health status at the beginning of their stay so that they can make the most of the medical services available at the Waldhotel. The check-up comprises a general medical examination by a doctor.

We have our own hotel doctors, in-house general practitioners, doctors brought in from outside the hotel and therapists available for all our medical services. They run their practices directly in-house in the fields of Dermatology and Venereology, Internal Medicine, Cardiology, Orthopaedics, Psychosomatic Medicine and Dentistry.

Our range of therapies also includes physiotherapy, medical massages and water-based therapies in a pool that has been especially designed for this purpose. For the athletes amongst our guests, specialised personal trainers, state-of-the-art equipment and a fitness centre/MMT (Medical Training Therapy) are also available. The Waldhotel's spa area with indoor and outdoor pools including a generously proportioned sauna space completes our diverse offering. In order to make the best use of regional resources, the Waldhotel works in collaboration with the Nidwalden cantonal hospital and with the Lucerne/Nidwalden (Lunis) regional health authority. These partnerships guarantee that all of the guests at the Bürgenstock Resort are optimally provided for.



Medical specialities:

- Dermatology and Venereology
- Internal Medicine
- Gastroenterology
- Cardiology
- Orthopaedics
- Psychosomatic Medicine
- Dentistry

Mobility & Activity

The programme and the recommendations made by specialists for fitness and exercise at the Waldhotel are based upon comprehensive evaluations of the guest's health status, their musculoskeletal system and their fitness. When necessary, an orthopaedist is consulted to discuss specific questions concerning the locomotor system and joints. The training threshold is determined by means of laboratory tests and spiroergometry. The entire range of fitness facilities at the Waldhotel is available to our guests: the spa, pool, fitness centre, cold chamber, as well a range of different sports. An expert is there for you to monitor and optimise your training depending on the type of sport. Healthy nutrition is also of great importance for raising the level of your physical well-being. The Waldhotel places particular emphasis upon it.

Healthy Nutrition

Healthy food choices help you to stay healthy and full of vitality in the long term. A balanced diet with a focus on a herb-based Mediterranean gourmet cuisine is therefore an important pillar of the Waldhotel's health concept. And while we're on the subject of herbs: the Waldhotel's own herb garden has twelve beds with over 25 delicious culinary herbs. "Bürgenstock Colour Cuisine" represents the core of the concept which has been developed by a



doctor, a nutritionist and a nutritional consultant and fine-tuned with the help of the kitchen's chef

and the specialist diet chef. It is a method which adapts the diet to the individual needs of the guest with the help of a variety of different measurements and consultations. After detailed clarification, the nutritional consultant prepares a personal nutritional programme for each guest. In the "Cooking Lab", our specially equipped teaching kitchen, guests can gather and deepen their practical knowledge and experience of healthy gourmet cuisine.

An expanded medical programme provides the possibility of adapting your diet with the help of a doctor and a nutritionist on the basis of laboratory findings. This includes the clarification of any possible allergies or food intolerances.

Weight Management & Metabolism

How can I maintain or reach my ideal weight? Adequate exercise and a balanced diet help you to achieve this goal. A comprehensive evaluation from the start is also important here as everyone's metabolism is different. The Metabolism Laboratory Check-up determines the blood values and bases the guest's diet upon the results. By means of an in-depth consultation, a doctor and nutritional consultant ascertain the guest's eating habits and draw up a diet plan together with them. It could be a special diet but is not necessarily so. The general rule at the Waldhotel is: a diet based on healthy, herbal Mediterranean gourmet cuisine.

Weight management is supported by a daily training routine – accompanied by physiotherapists. Special training techniques stimulate the metabolism and the burning of fat. Detoxification also belongs to a healthy lifestyle: intestinal cleansing, a period in the cold chamber or a detoxifying body wrap are all very effective to this end.



Body & Mind Balance

A healthy mind lives in a healthy body: mental and physical well-being form a single unit and determine the quality of our lives. The Waldhotel in its exceptional surroundings on the Bürgenberg offers the best possible conditions for bringing body, mind and spirit into harmony. It is not without reason that the Bürgenberg is considered a place of regeneration and strength.. The exquisite location, the microclimate, the healthy mountain air and the welcome tranquillity help to recharge your personal batteries.

Based on a comprehensive stress analysis, a strategy for mastering psychological blockages in stressful everyday situations is developed. Diagnostics and therapy are then based upon this. With the help of experienced doctors, psychologists and therapists, guests learn relaxation exercises or participate in talking and behaviour therapies. Guests can take part in yoga classes and enjoy relaxing massage treatments, or simply let their spirit linger in the unique surroundings.

Beauty & Healthy Ageing

The range of services we offer for beauty and vitality at the Bürgenstock Resort is practically inexhaustible. Advice and treatments in the realm of “Skincare and Beauty” form part of the core competencies of the Waldhotel. We only use state-of-the-art equipment. The Skincare & Beauty Centre works in very close collaboration with our specialist for Dermatology and Venereology FMH, PD Dr Dr med. Ahmad Jalili. He runs his own practice in the Waldhotel and also offers photodynamic and laser treatments. Cryolipolysis is an effective treatment for localised fat deposits, cellulite and flabby skin, whilst the Pellevé skin tightening system is used for toning the skin on the face, neck and décolleté.

Expert medical beauticians also carry out non-invasive treatments with medical cosmetics under the supervision of the dermatologist.



Rehabilitation

The Waldhotel has its own rehabilitation department. The rooms meet the highest standards and are functionally furnished with extra wide hospital beds, bathrooms especially designed for patients, a modern call system and many extras. Patients with standard medical insurance stay in a double room, while the privately insured have a single room where a companion may sleep in an additional bed. The rehabilitation department has been included in the Canton of Nidwalden's hospital list. This means that patients from all over Switzerland with standard insurance are welcome.

The Waldhotel Health & Medical Excellence offers in-patient care in the fields of musculoskeletal, internal medical/oncological and psychosomatic/sociomedical rehabilitation.

The Waldhotel

This exceptional hotel was designed by the Italian architect Matteo Thun. It is the largest Gabion building in the world (a building system using stone baskets). Inspired by Walser architecture and the Alpine Tradition, Matteo Thun was keen to use local materials, namely local stone from the building site excavations and timber from the forest. Thanks to its terraced structure and to the naturally green flat roofs, the Waldhotel blends perfectly into its environment.

The five-star hotel provides 160 rooms and suites, all facing south and all boasting a comfortable sun terrace. Also part of the hotel: the Verbena Restaurant & Bar with a show kitchen, the "Cooking Lab" teaching kitchen, two private rooms (the "Séjour Calame" and the "Simmentaler Stube"), a library and four conference rooms. A 4,200-square-meter Health & Medical Centre and the Waldhotel spa, with a zone exclusively for women, complete the offerings.

23 of the 160 rooms are specially equipped for patients from the musculoskeletal, internal medical/oncological and psychosomatic/sociomedical rehabilitation areas. Twelve beds are



reserved for in-patients and patients from the canton of Nidwalden and a part of the canton's hospital list.

The legend has returned

With the Waldhotel Health & Medical Excellence, all of the listed and newly designed hotels and leisure facilities in the resort are now operational.

The numerous restaurants place great emphasis on ambience and culinary diversity, ranging from typical Swiss fare to barbecue specialities and Asian, Oriental, French and Mediterranean dishes. The restaurants set great store by authentic international recipes and also by regional products.

Bürgenstock Hotels & Resort Lake Lucerne

The Bürgenstock Resort Lake Lucerne is part of the Bürgenstock Selection, based in Zug, Switzerland. The resort comprises four hotels with a category of three to five-star superior, with 383 rooms and suites, a health & medical centre, 12 restaurants and bars, 67 residence suites, a 10,000 m² Alpine Spa, and a wide range of leisure activities. The portfolio consists of the Bürgenstock Resort Lake Lucerne, the Schweizerhof Hotel & Spa Bern (99 rooms) and the Royal Savoy Hotel & Spa Lausanne (196 rooms). The total investment volume of the Bürgenstock Selection amounts to one billion francs.

Photos and press release

<http://www.buergenstock.ch/presskit>

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