

# SavSan Program

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Saveur  
SANTÉ

Saveur Santé is the exclusive nutritional concept that allows you to adjust your eating habits in the long-term.

Learn how SavSan is based on individual preferences and how a customized menu plan is created through personal taste and smell analysis.

Our goal is to focus on your taste while promoting your health.

Discover how delicious and surprisingly healthy food can be and what positive effects it has on your long-term health and happiness. Your exclusive stay at the Park Hotel Vitznau offers you the ideal environment to concentrate entirely on your diet and well-being.



# Program section “Example”

DAY 1	DAY 2	DAY 3
BLOOD TEST, ECG INCLUDING BCM BREAKFAST & MEETING WITH MADLAINA SENDER (PROGRAM OVERVIEW)	BREAKFAST	BREAKFAST
MEDICAL CHECK-UP	GETTING TO KNOW EACH OTHER, MENU PLAN DISCUSSION & NUTRITIONAL CONSULTATION	MEDICAL CONSULTATION BLOOD EVALUATION
TASTE & SMELL ASSESSMENT INCLUDING LUNCH	SAVSAN LUNCH VERLINDE BAR	FEEDBACK SESSION INCLUDING NUTRITIONAL CONSULTATION
FITNESS TEST	CAROTID ULTRASOUND (IN HERTENSTEIN)	SAVSAN LUNCH VERLINDE BAR
RUNNING	AQUA AEROBICS	YOGA
SAVSAN DINNER GRILLRESTAURANT SEETERRASSE	SAVSAN DINNER GRILLRESTAURANT SEETERRASSE	SAVSAN DINNER VERLINDE BAR



Learn more!



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