



LA MIRA

WELLNESS & SPA

SLEEP & RESTORE
MORE REST, MORE ENERGY,
LESS PAIN: THE POWER OF RED LIGHT



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YOU FIRST

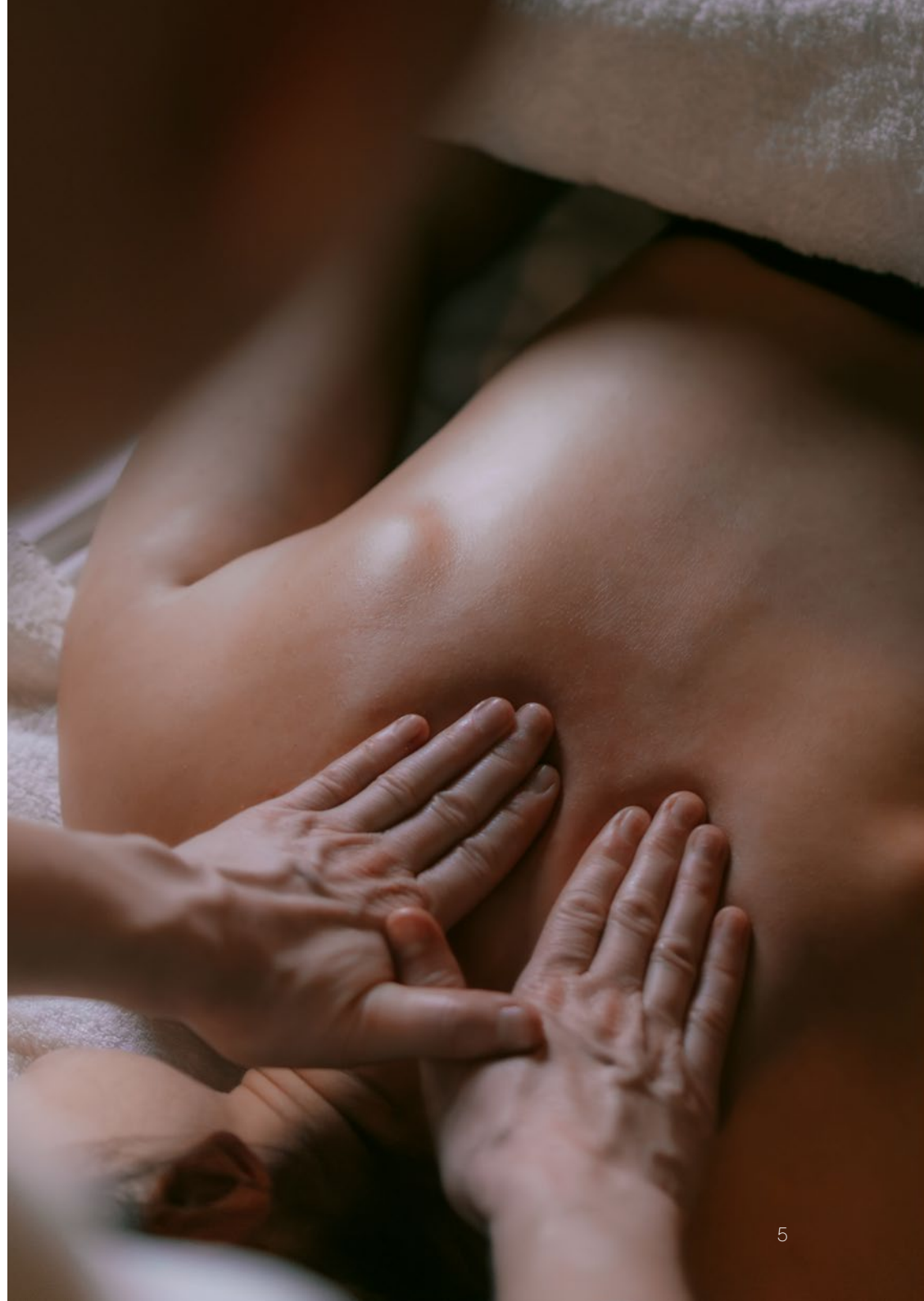
YOUR BODY, YOUR SANCTUARY – IT MERITS EXCELLENCE

Sleep: A Universal Need

Sleep is a universal need, particularly significant for women. Hormonal changes and stress strongly influence sleep quality. Poor sleep impacts the body and mind, leading to:

- Fatigue
- Lower energy levels
- Reduced focus
- Weakened immunity

Our Sleep & Restore program is designed to start rebalancing your body and mind through targeted treatments, mindful practices, and nutrition that promote deep, restorative sleep.





PROGRAM OVERVIEW

DAY 1

Check-in & Refreshments	15:00
Welcome Meeting & Spa Access	16:00
Warm Compress Application on shoulders and neck + Foot Massage + Red Light Treatment	17:00
Fresh Juice	18:00
3-Course Dinner	19:30

DAY 2

Facial & Head Massage + Diaphragmatic Massage	9:00
Breakfast	10:00
Forest Sensory Walk	11:00
Light Lunch	13:00
Recharge at the Spa – Fresh Juice	15:00
Guided Breathing & Sound Session + Red Light Treatment	16:00
3-Course Dinner	19:00

DAY 3

Guided Breathing & Sound Session + Red Light Treatment	9:00
Breakfast	10:00
Spa (Spa is available after checkout all afternoon)	11:00

RED LIGHT

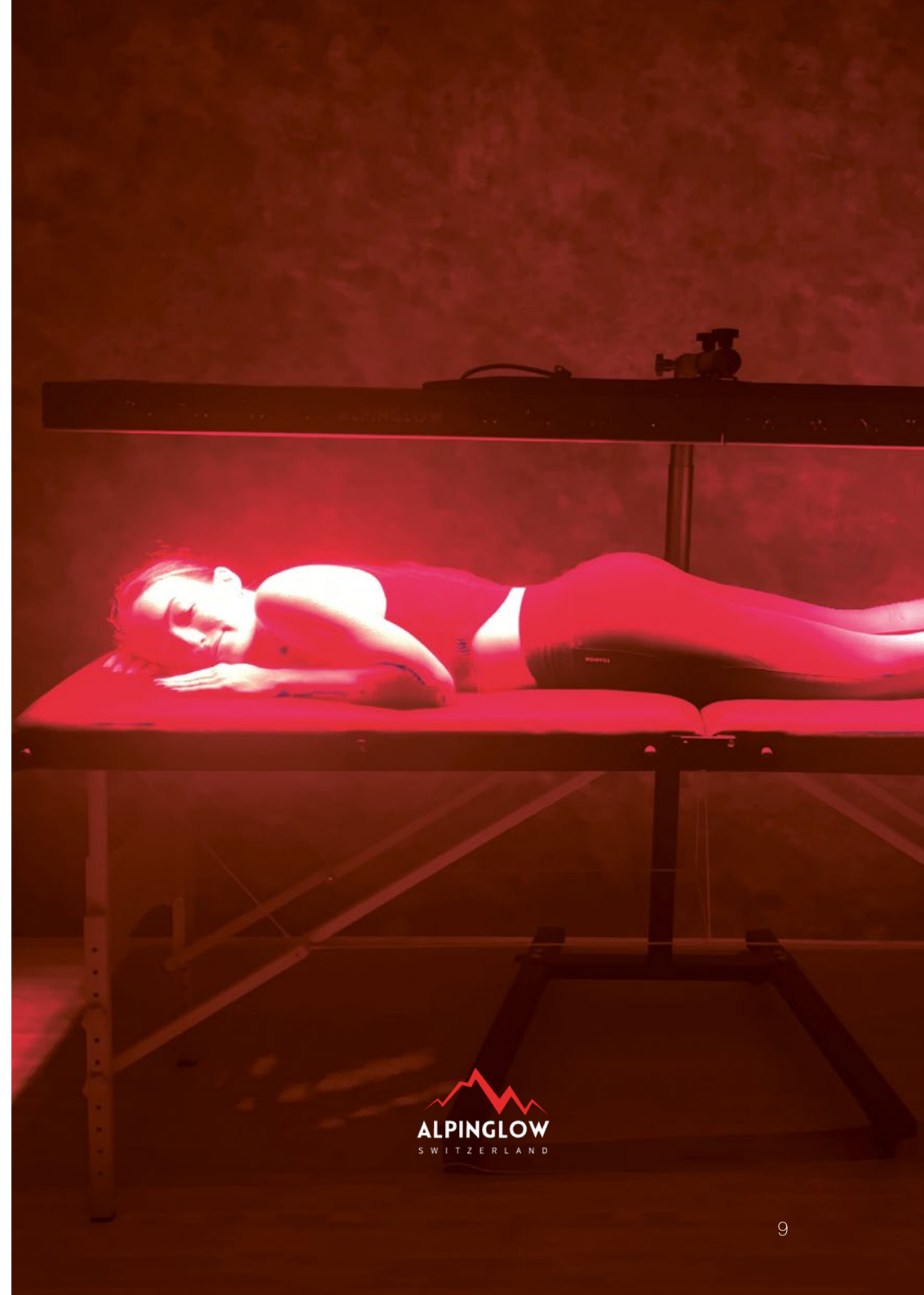
Think of it as a sunrise for your cells: red light therapy energizes and kick-starts cellular activity, just like the morning sun kicks off your day.

A deep, non-invasive treatment, also called Photobiomodulation, validated by science (NASA&FDA)

NIR lights are absorbed by the skin and deeper tissue, stimulates the mitochondria in our cells to use oxygen more efficiently, which allows the mitochondria to produce more cellular energy, known as ATP.

It regulates the circadian rhythm, increases melatonin production, and reduces stress, promoting better sleep quality and duration.

- Supports your hormonal balance
- Drains & reduces inflammation
- Recharge your energy
- Improves sleep quality





SPA AMENITIES

Immerse yourself in 1200 m2 of bliss and relaxation.

- Indoor Pool & outdoor
- Sauna
- Hammam
- Herbal bath
- Resting Area
- Fitness Area



CULINARY EXPERIENCE

We offer a sensory journey through seasonal flavors. This experience, combining freedom and refinement, promises a unique moment.

Our menus feature foods that promote sleep and relaxation, rich in magnesium, tryptophan, and calming nutrients to support your wellness journey.

Specific diet? The chef is at your service.

Sleep & Restore Package – YOU FIRST

3 DAYS / 2 NIGHTS

Solo	1,500 CHF
Duo	2,500 CHF

Includes:

- Overnight stay in our Lodge Rooms, Breakfast, Light Lunch, and Dinner
- All treatments and spa access
- Spa Entrance after Check out
- Wellness activities and guided sessions

Offer subject to availability.





SLEEP & RESTORE

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FLIMS

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