



GRAND RESORT
Bad Ragaz

PRESS RELEASE

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***SAVE YOUR SWING WITH THE NEW GOLF CHECK UP
AT GRAND RESORT BAD RAGAZ!***

Bad Ragaz - Have you lost your golfing mojo? Want to perfect your putting and hone your technique? Or would you simply like to improve your stamina and general fitness? The 5* luxury spa and golf resort, Grand Resort Bad Ragaz, Switzerland has added a new 'Golf Check Up' to its Medical Health Centre menu, following the popularity of its other medical programmes such as the health MOT and 'Burnout Prevention' course.

With over 70 experienced doctors and therapists, the Medical Health Centre at Bad Ragaz is ideal for both professional and non-professional sportsmen and women. The Golf Check Up programme includes a physical assessment, physiotherapy, training with the hotel's PGA pro, a free game on the 18-hole championship course plus an overall analysis report on programme completion and more. Whilst golfers often use some of these improvement methods individually, by combining them, Bad Ragaz's golf check-up programme maximises the effects of each, benefiting not only their game but the golfer's general wellness also.

The Golf Check Up Includes:

- Check-up of your muscular skeletal system by a golf Physio-Trainer 90 mins
- Video swing analysis to determine the optimum swing balance and swing level with a PGA-pro 90 mins
- Golf physiotherapy 2x 50 mins
- Exercise and practice on the golf course with a PGA-Pro 2x 60 mins
- Free Game on the 18-hole Championship Course at the Golf Club Bad Ragaz or the 9 hole Executive Course at the Golf Club Heidiland.
- Unlimited number of driving range balls
- Concluding discussion with golf-physio-trainer and a PGA-pro
- Analysis report and training programme
- Personal guidance during the programme.

The two day Golf Check- Up Programme costs €1,293 per excluding accommodation.

Nightly B&B rates at Grand Resort Bad Ragaz (www.resortragaz.com) start from €327 staying in a Spa Suite. Rates include breakfast, complimentary internet access, non alcoholic drinks from the mini bar, use of the To B. Wellbeing & Spa area and Tamina Therme, fresh fruit and Ragaz water each day and daily fitness and relaxation lessons as well as VAT.

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About Grand Resort Bad Ragaz, Switzerland

A leading spa destination in Switzerland, Grand Resort Bad Ragaz is set amongst snow capped mountains, clean crisp air and fresh flowing water. Only an hour from Zurich, it is the perfect location for a health retreat. The resort comprises two five star hotels, a Medical Health Centre, the Tamina Therme thermal spa and the To B. Wellbeing & Spa, which offers 5,500 square metres of luxury space dedicated to beauty and wellness. Spring 2009 saw the culmination of an ambitious €100 million refurbishment of the resort.

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