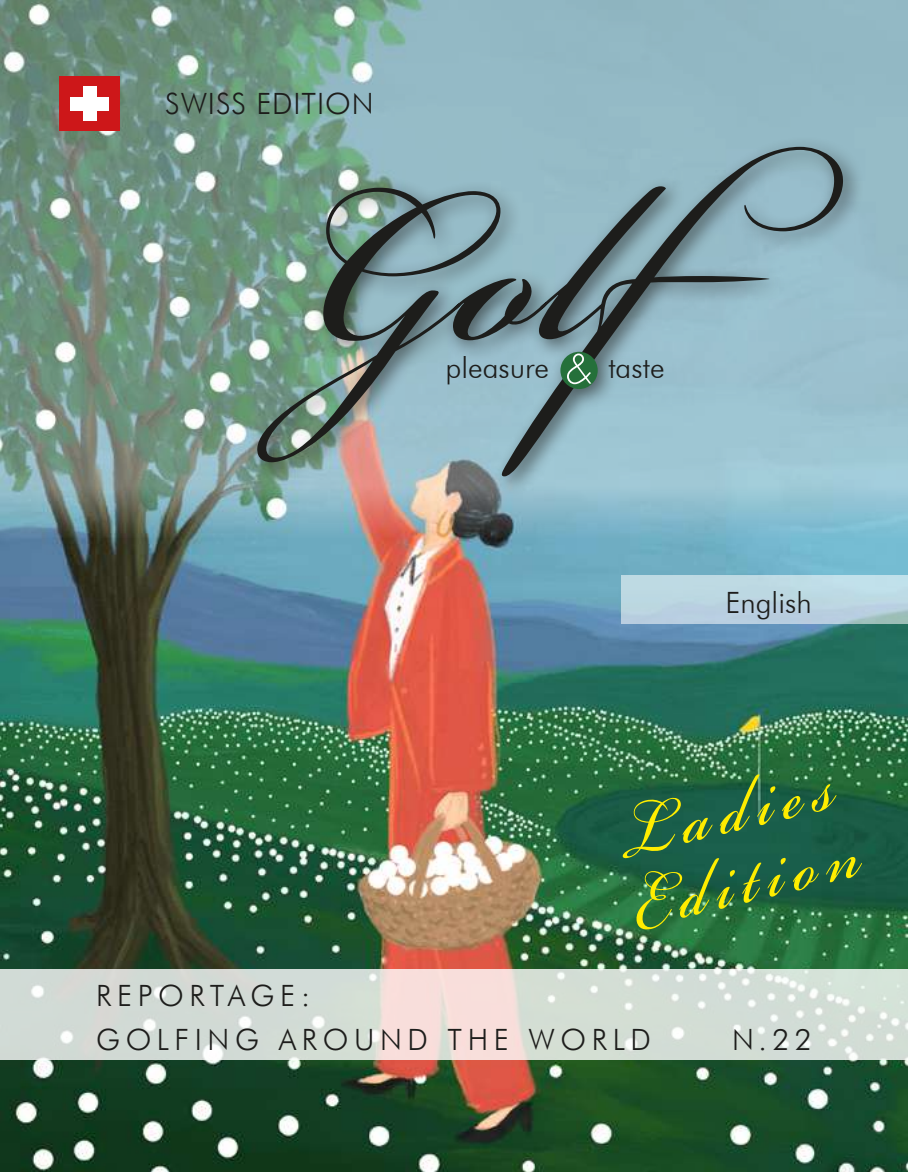

SWISS EDITION
Golf
pleasure & taste
English
Ladies Edition
REPORTAGE:
GOLFING AROUND THE WORLD
N.22





LETTER FROM THE EDITOR

"GOLF PLEASURE & TASTE" N 22

This new edition of Golf Pleasure & Taste is entirely dedicated to the woman golfer: LADIES EDITION.

An edition conceived to celebrate women in all their dimensions: athlete, professional, traveller, woman. Not only on the course, but in her entirety, in her strength, her elegance and her vision.

For this reason, in addition to our Golf & Wellness advice, we have enriched the magazine with new columns created for her: Fashion for Ladies and Golf & Mentoring, two sections that combine style, awareness and personal and professional growth.

And with winter ahead, our Travel section could not be missing, with selected destinations, exclusive experiences and proposals designed to enjoy golf even in the colder season.

Ladies Edition is a tribute to the woman golfer. And an invitation to live it with style, in every season.Enjoy your reading

Francesca Ada Babini
General Manager
Fab Consulting GmbH



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Artist: Paul Milinski
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Material: Acrylic on canvas
Year: 2026
www.paulmilinski.co

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SWISS EDITION 22 | GOLF PLEASURE & TASTE 2026

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OUR COVER ARTIST:

@paul_milinski
www.milinski.com



PAUL MILINSKI & PRIVATE WEATHER

Golf is one of the few places where luxury isn't defined by excess, but by atmosphere. The quality of the light. The sound of the wind. The anticipation before a shot. These are the moments that interest artist and designer Paul Milinski.

Paul creates peculiar, dreamlike scenes built in layers, each carrying its own hidden meaning. His work plays with time and with the idea of private weather, the inner state of mind we each carry with us, invisible to everyone else. Through his lens, familiar places become thresholds to other worlds, spaces to escape into and read more slowly. It's a way of seeing that finds the strange and the beautiful in the overlooked.

For years, Paul has created imagined environments for the world's leading luxury brands, blurring architecture, art and storytelling. But golf came to him later, not as a childhood pursuit, but as something he found in adulthood. «I didn't grow up with it,» he says. «I came to golf as an adult, looking for something else entirely, and found it there.»

What he found was less about competition and more about what the game protects. In an age when everything competes for our attention, golf remains one of the last true sanctuaries. For four or five hours, phones stay in pockets, conversations slow, landscapes replace screens, and time moves differently. It's one of the few places left where people willingly disconnect in order to become more present.



That shift is what fascinates Paul. The course isn't simply a place to play. It's a place to think, observe and reconnect. It's perhaps no coincidence that this has coincided with the rise of quiet luxury, a movement toward craftsmanship, authenticity and experiences that feel considered rather than extravagant. Beautiful courses, thoughtful architecture and a slower rhythm have made golf a cultural destination as much as a sporting one.

That evolution became the foundation of Private Weather, an evolving body of work exploring modern golf through art, photography, design and storytelling. Rather



than depicting the game itself, Paul is interested in its atmosphere: the quiet of an early tee time, the changing light across a fairway, the ritual of preparing for a round, and the rare feeling of giving one place your complete attention. Each work explores what makes golf memorable, not the scorecard, but the feeling it leaves behind.

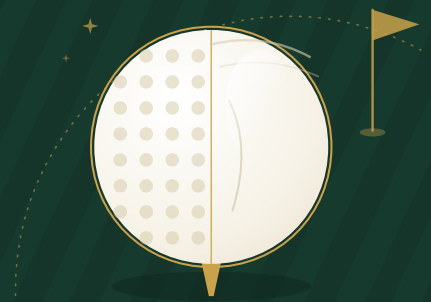
There's a personal thread too. Some of Paul's most treasured rounds are those shared with family, where golf becomes an excuse to slow down together. *«It's not about getting better at the game,» he says. «It's about protecting the kind of time golf gives you. That's what I'm really trying to capture.»*

Paul Milinski is an Australian artist and designer whose work explores the meeting of architecture, luxury and imagined worlds. His collaborations include Louis Vuitton, Cartier, Gucci, Hermès and Lexus. Through Private Weather, he continues to explore golf as a source of inspiration, where art, design, travel and quiet luxury converge.





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GOLFING IN SUISSE



RASMUS HØJGAARD, 2021 CHAMPION, RETURNS FOR A SIXTH APPEARANCE AT THE OMEGA EUROPEAN MASTERS

Winner in 2021 and runner-up last year, Rasmus Højgaard will return to the fairways of the Crans-sur-Sierre Golf Club with a clear goal: to add another victory to his record at the 2026 edition of the OMEGA European Masters, taking place from 3 to 6 September.

The 25-year-old Dane remains one of the brightest talents in European golf. Since his triumph in 2021, he has continued to confirm his special connection with the Severiano Ballesteros course, where he has consistently been among the leading contenders.

Remarkably, Rasmus Højgaard discovered Crans-Montana in 2021 and immediately lifted the trophy at just 20 years of age. It was the third victory of his young career on the DP World Tour and a performance that instantly showcased his immense potential.

Rasmus Højgaard has now secured five victories on the DP World Tour. His first, achieved in only his fifth start on the circuit at the Mauritius Open, made him the fastest Danish player in history to win on the DP World Tour. He shares this early success with his twin brother Nicolai Højgaard, also a professional golfer, with whom he forms one of the most promising duos in Scandinavian golf.

Faithful to the Crans-Montana event year after year, Rasmus heads into the 2026 edition with the ambition of adding his name to the OMEGA European Masters trophy for a second time.







79TH EDITION OF THE OMEGA EUROPEAN MASTERS



THRISTON LAWRENCE MAKES HISTORY AT CRANS-MONTANA

Thriston Lawrence and Paul Casey went head-to-head in a breathtaking battle for the title. After a thrilling final, the South African claimed the Omega European Masters title for the third time, following his victories in 2022 and 2025. An exceptional achievement, as he has now won the tournament three times in just five appearances, matching the number of victories of the legendary Seve Ballesteros and etching his name into the history of the event.

"It's unbelievable. I think it's probably the biggest positive emotion I've ever shown! I can't believe it. I fought so hard today and gave it everything I had," Lawrence said after claiming his third title at Crans-Montana.



Starting the final round six shots behind Paul Casey, Lawrence produced an exceptional 62, carding eight birdies without a bogey to reach 18 under par and pile the pressure on the Englishman. Casey, who had held the lead for much of the round, eventually dropped a shot on the 18th, sending the two players into a play-off.

The drama continued on the 18th, which was played four more times in the play-off. After three rounds of par, Lawrence finally broke the deadlock at the fourth attempt, sinking his birdie putt while Casey missed his. The South African could then celebrate an emotional victory in front of a delighted crowd.

JOËL GIRRBACH CARRIES THE SWISS HOPES

On the Swiss side, Joël Girrbach once again carried the hopes of the home crowd. Following his 7th-place finish in 2025 and making his tenth appearance in the tournament, the Thurgau native once again showed his strong connection with this event, finishing an impressive joint 9th alongside 2024 champion Matt Wallace, helped in particular by a final-round 65.

25 years of partnership between OMEGA and the Omega European Masters and 5 more years ahead

The 2026 edition was also a special one, marking the 25th anniversary of the partnership between OMEGA and the Omega European Masters. Since 2001, the Swiss watchmaker has supported the tournament and contributed to its international profile. The partnership is one of the longest-running collaborations between a brand and a sporting event in Switzerland and Europe, reflecting a strong commitment and long-term vision that have become increasingly rare in professional sport.

The crowds continue to turn out

Once again, the public came out in force throughout the week. A total of 52,200 visitors attended the 79th edition, enjoying both the sporting spectacle and the many activities on offer, particularly at Mont Blanc Village. From the spots around the greens and lively terraces to the music that sets the tone at the end of each day, the Omega European Masters once again proved that it is much more than a golf tournament: it is a true experience.



www.omegaeuropeanmasters.com

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The Dolder Golf Club Zurich was founded in 1907 and it is one of the oldest golf clubs in Switzerland. The private 9-hole course is located in the area of the city of Zurich and is idyllically embedded in the forest of the Adlisberg. Guests are welcome. Tee times are to be agreed through the secretariat. The course is located on the southern slope of the Adlisberg.

For this reason, the many inclines make the place, despite its clarity, a physically and mentally challenging experience. 2004/05, the place was gently rebuilt and renewed all greens. The 9 hole course can be played in two passes. The deductions remain the same in both rounds. Slopes, stepped greens, bunkers and old, dense trees complicate the game. The course is not very long, but the greens are small and well defended. Precision is therefore more important than length.

DOLDER GOLFCLUB ZÜRICH
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info@doldergolf.ch

9-Holes Course

- PAR 60
- 3366 m
- Putting Green
- Restaurant

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PRACTICE OF THE YEAR

Europe Banned It. Why Are You Still Wearing It?

The EU outlawed dental amalgam in 2025 – replace yours in a single day.

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The beautiful 18 hole / par 72 course, the 685 M.ü.M. can be played with a handicap below 30. Guests are welcome from Monday to Friday. An appointment by telephone, club membership and a valid handicap of maximum 30 is necessary. The Zumikon golf course is equipped with a club house, a driving range and a shop. Elevated teas and greens, sheltered by bunkers and water hazards, are the hallmarks of this golf course. In particular, the height difference provides some challenge to the player.

18 hole-course

- Par 72
- Restaurant
- Cub House
- Pro Shop

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LEARN GOLF

Golfpark Zürichsee offers a diverse training and course program – for beginners as well as ambitious golfers. Our qualified pros are happy to provide individual private lessons, conduct pre-season courses, or introduce you to the fundamentals of golf.

GOLFPARK ZÜRICHSEE

Golfpark Zürichsee offers a truly exceptional golf course – both in terms of its picturesque landscape and its diverse sporting opportunities. The golf park offers breathtaking panoramic views of the Glarus Alps, Lake Zurich, the Linth Plain, and across the Seedamm causeway to Rapperswil.

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GOLF & LEAD:

Where Business, Inspiration, and Community Converge

A SUMMER OF CONNECTIONS, INSPIRATION, AND LEADERSHIP

The successful «Golf & Lead» event held in Klosters in June 2026 once again created a unique space for individuals connected by far more than just a passion for golf. Entrepreneurs, executives, board members, foundation representatives, and decision-makers from Switzerland and Germany, and gathered against the inspiring backdrop of Klosters to exchange ideas on future-oriented topics, leadership, finances, sustainability, and personal development.
«Golf & Lead» represents much more than a traditional golf tournament. The initiative was founded to connect women and female decision-makers, facilitate the sharing of knowledge, and build lasting relationships that extend well beyond individual events. In an era of increasing complexity, networks built on trust and personal interaction have become a critical factor for success.
This year's event in Klosters stood out for its high-caliber insights, inspiring conversations, and a truly unique atmosphere.

STRONG PARTNERS AND INSPIRING CONTRIBUTORS

Special thanks go to our sponsors and partners: Golfclub Klosters, Chesa Grischuna, Restaurant Bärs, Swiss Dent, HIO Fitting, Jean-René Germanier (from the Valais), Babor, and Golf & Pleasure.
Our keynote speakers also enriched the program, offering valuable perspectives and practical, actionable ideas. The blend of intellectual depth, athletic activity, and personal engagement made the event a truly special experience for everyone involved.

A SUCCESSFUL FOLLOW-UP IN KRONBERG

The success in Klosters continued just a few weeks later at the «Golf & Lead» event held at the Golf- und **Landclub Kronberg in August 2026**. Once again, the event demonstrated the power of a format that uniquely integrates business networking, leadership themes, and personal connection. In an inspiring atmosphere, new collaborations were formed, valuable contacts were made, and far-reaching ideas for joint projects were developed. The positive response confirms the need for events that deliberately prioritize quality over quantity and facilitate genuine, meaningful encounters.

SEASON FINALE AT TERME DI SATURNIA

The 2025 Golf & Lead event season concludes with an exclusive golf trip to **Terme di Saturnia** in Tuscany this November, organized by our partner, Golf & Pleasure.

To bridge the winter break, Golf & Lead will host a series of select indoor events designed to foster dialogue within the community, even outside the golf season.



The next Golf & Lead highlights are already confirmed:

Golf & Lead Kronberg 2027
Date: June 17–18, 2027
Golf & Lead Klosters 2027
Date: June 24–25, 2027

For registration and further information, please contact h.grams@fki.de via email.



Fresh skin after the summer: Why Vitamin C is the essential for September — The Radiance Ritual by L.RAPHAEL

L.RAPHAEL Geneva | The science of beauty, well-being, and longevity
www.l-raphael.com

After months of sun, heat, travel, and increased exposure to UV rays, the skin requires much more than simple hydration. It needs a dedicated period for recovery, protection, and regeneration.

Even when sunscreen is used, exposure to UVA and UVB rays can contribute to the formation of free radicals and reactive oxygen species (ROS), leading to oxidative stress within the skin. This process is linked to damage to the skin's essential structural components—such as collagen and elastin—and can affect pigmentation, texture, and the visible signs of premature aging.

www.l-raphael.com





This is why the period immediately following summer is particularly important for restoring the skin's radiance, evenness, and vitality.

L.RAPHAEL Genève: Swiss science and a philosophy of beauty, well-being, and longevity

Since 2004, L.RAPHAEL Genève has combined science, cutting-edge skincare, and well-being, based on the principle that healthy, beautiful skin cannot be achieved through cosmetic treatments alone.

L.RAPHAEL's "Seven Foundations" philosophy views the skin as part of a holistic system, recognizing the connection between professional skincare, nutrition, physical activity, sleep, stress management, hormonal balance, health check-ups, fulfilling social relationships, and overall quality of life.

The goal is not merely to improve the skin's appearance in the short term, but to foster skin quality, vitality, and general well-being over the long term.

Why is vitamin C important after the summer?

Vitamin C is an essential antioxidant in skincare. In a suitable formulation and with regular use, it can help neutralize free radicals and reduce the impact of oxidative stress on the skin.

Vitamin C also plays a role in processes related to collagen synthesis and can help improve the appearance of an uneven complexion and dark spots by influencing the pathways associated with melanin production.

Sun protection doesn't end when summer is over.

One of the most common skincare mistakes is the belief that sunscreen is no longer necessary once summer has passed. UVA rays are present year-round and can penetrate both clouds and glass. Consequently, cumulative exposure remains a key factor in photoaging and pigmentation, even as temperatures begin to drop.

L.RAPHAEL: Essentials from the Proactive line

For the month of September, L.RAPHAEL highlights two skincare products from its Proactive line, offering a targeted approach to post-summer skincare:

Vitamin C Serum

For daily use as part of a routine designed to promote radiance, a more even complexion, and antioxidant protection.

Power Cure C Treatment Mask

An at-home treatment mask to be used once or twice a week as part of a more intensive ritual, aimed at restoring a fresh, radiant appearance to the skin.



Gentlemen & Ladies Days - Copa San Martin: Photos. L.RAPHAEL x Geneva Polo - PHOTO CREDIT: ROEL PAFFEN



Winner of the Elegance Contest: Esther Gomiz - wearing a pink hat - PHOTO CREDIT: ROEL PAFFEN

September Ritual

This September, L.RAPHAEL also offers a five-step skincare ritual specifically designed for the post-summer period, focusing on hydration, regeneration, protection, and the restoration of radiance.

This lies at the heart of the L.RAPHAEL philosophy: precise science, personalized care, and the conviction that true beauty is part of a much broader ecosystem—one that unites beauty, well-being, and longevity.





Geneva Influencer Barbara Thome: Photos. L.RAPHAEL x Geneva Polo - PHOTO CREDIT: ROEL PAFFEN

THE GRAND BRIGHTON HOTEL
The L.RAPHAEL sanctuary on the English coast

L.RAPHAEL continues its international expansion with a luxury wellness space located within the iconic The Grand Brighton Hotel.

This destination combines world-class hospitality with L.RAPHAEL's Swiss expertise in anti-aging, wellness, recovery, and transformative beauty.

www.grandbrighton.co.uk

A new generation of beauty, wellness, and longevity spa experiences, incorporating cutting-edge treatments, hydrotherapy, physical activity, recovery, holistic well-being, and longevity rituals.







THE JAFFA HOTEL
Swiss luxury meets the Mediterranean

L.RAPHAEL is also furthering its growth through its presence at The Jaffa Hotel—one of the most prestigious hotel destinations in the Mediterranean.

A unique fusion of Swiss skincare science and Mediterranean energy and traditions, offering advanced face and body treatments, oxygen-based technologies, wellness experiences, retreats, and personalized care rituals.

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FOR LADIES

by

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This June, Fore All — the women's golf brand redefining who belongs on the course — is taking over Los Angeles with its most ambitious activation yet. A Fore All pop-up on Melrose Avenue will serve as the exclusive in-person home of the new Barbie™ x Fore All collection for one week only. Simultaneously, at the Riviera Country Club, Barbie and Fore All are co-hosting a VIP suite at Hole 14 during the Women's U.S. Open — gathering the influencers, athletes, and women actively changing the game of golf. And connecting it all: a fully wrapped pink bus traveling Sunset Boulevard between Melrose and the Riviera every day. Los Angeles has never seen women's golf look like this.







THE COLLECTION
Where Barbie's Legacy Meets Women's Golf

Since 1959, Barbie™ has empowered girls to unlock their limitless potential. With women's sports gaining visibility like never before, Barbie™ is using the brand's platform to help amplify areas where women remain underrepresented — including golf — to inspire the next generation to step onto the course with confidence. Together, Barbie™ and Fore All are dedicated to championing women in golf and showing girls that anything is possible.

THE VISION
Jen Clyde Didn't Wait for Golf to Welcome Women. She Built the Door.

When Jen Clyde co-founded Fore All, she had one conviction that the industry wasn't ready to hear: women were golf's fastest-growing demographic, and the sport was failing them. The apparel was uninspired. The culture was closed. The message — unspoken but unmistakable — was that golf had an exclusive membership, and most women weren't on the list. When the Women's U.S. Open announced it was coming to Los Angeles — to the historic Riviera Country Club — Clyde didn't plan around the moment. She planned to own it. A pop up on Melrose. A co-branded suite at the mostwatched hole on the course. A pink bus making noise across the city all week. Every piece designed with one purpose: to maximize the growth of women in golf during the biggest week the sport has ever had in Los Angeles.



WHY BARBIE™. WHY FORE ALL. WHY NOW.
Two Brands. One Mission.

The Biggest Week Women's Golf Has Ever Had. Fore All was built on a simple belief: golf is better when everyone plays. Since launching, the brand has become the defining voice for women's inclusion in the sport — creating apparel that speaks to modern women, building community on and off the course, and showing up in the spaces where the conversation about women in golf is happening. Today, Fore All's community spans players, beginners, athletes, and fans who share one thing in common: they believe golf belongs to them too. Barbie™ is a natural partner because Barbie™ has always been in the business of possibility. A brand that has championed over 250 careers — including golfer — since 1959, Barbie has long understood that showing girls what they can become is one of the most powerful things a brand can do. As women's sports claim a larger cultural moment, Barbie™ is showing up where it counts: amplifying the voices, brands, and movements that are changing the game for the next generation.

www.foreall.com · @fore.all
www.barbie.com · @barbie

About Fore All
Fore All is a Utah-based women's golf apparel brand cofounded by Jen Clyde with a single mission: make golf more inclusive, modern, and aspirational for every woman who wants to play.
foreall.com · @fore.all

About Barbie™
Barbie™ is the world's most recognized fashion doll and one of the most culturally significant brands of the past century. Since 1959, Barbie™ has championed the idea that women can be anything — including a golfer. A property of Mattel, Inc. ©2026 Mattel.
barbie.com · @barbie

INTERVIEW FOR GOLF PLEASURE & TASTE

- How come this idea of creating a golf brand?

Introducing Jen Clyde (CEO) & Michelle Money, the co-founders of Fore All, a brand revolutionizing women's golf apparel. Transparent and relatable, Jen & Michelle's personal journey in learning golf sparked immense interest, rapidly growing our community without any advertising costs. Recognizing the untapped market, we took swift action, organizing successful golf events in 2021 and partnering with leading retailer World Wide Golf in 2022 to launch a full golf apparel line in March 2023. By blending stylish clothes with relatable content, we've created a complete golf lifestyle brand that resonates with the modern woman, attracting more women to the game and fostering long-term engagement. Join us at Fore All as we challenge stereotypes, empower women, and redefine the world of golf with inclusivity and style. Together, let's embrace the joy and possibilities of the game, for we believe that golf is truly Fore All.

Jen Clyde is the Co-Founder & CEO of Fore All, a trailblazing women's golf brand redefining the game through style, inclusivity, and community. A recognized leader in the golf industry, Jen leading her team, has grown and scaled Fore All by over 300% in less than two years, cementing its place as one of the fastest-rising brands in the sport.

A California native and single mother of four, Jen launched her first company at 25 and has since founded and led five successful ventures in fashion, lifestyle, and e-commerce. With a background styling celebrities for red carpets and runways, she blends creative vision with strategic execution — securing millions in funding for start-ups and breaking barriers in male-dominated boardrooms.

Jen has been a featured speaker at national summits and addressed PGA professionals as a pioneering woman founder. Her leadership proves you don't just have to play the game… you can change it.

- What are the "For All" philosophy and mission?

Vision: To be the modern women's golf brand that transforms the sport and lifestyle experience
Mission: To empower women through golf with premium apparel, experiences and a connected community

- The Barbie collection

The Barbie™ × Fore All collection brings together two brands united by a shared mission — championing women in golf and inspiring the next generation to step onto the course with confidence. Spanning apparel, accessories, and equipment designed for women who play the game and women just discovering it, the collection is built around hero pieces including the Erin Dress (an all-over Barbie checkered print golf dress in Fore Flow), the Barbie™ Golf Bag in premium vegan leather — limited to 100 — and the Anything Jacket with its signature «I CAN PLAY ANYTHING» back embroidery.

The full lineup includes two on-course groups (the 1959 Group and the Pink & Green Group), the off-course Clubhouse Group, a complete accessories line featuring vegan leather headcovers, bag charms, the Vintage Golf Glove, and the Maude Ruffle Sock — plus, for the first time in Fore All history, a full youth collection. The Barbie™ × Fore All collection is available exclusively in-store at the Dream Clubhouse on Melrose through June 7, with online availability beginning June 7.

- Plans for the future? Upcoming events?

To grow globally bringing women to the golf stage through our brand and community.





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Beauty
FOR LADIES

Our Selection:





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Italian aesthetic sensibility meets Swiss medical excellence. In the heart of Zollikon, COMBI FACE DESIGN stands for surgical expertise, natural aesthetics, and the utmost discretion.
Dr. Valeria Angela Combi—a surgeon specializing in Maxillofacial Surgery, with extensive surgical experience and a profound understanding of facial anatomy—takes a modern, personalized approach to aesthetic and regenerative medicine.
Following years of medical and surgical practice, she established an intimate space in Zollikon that stands in stark contrast to the impersonal nature of large clinics. At the core of her practice are dedicated time, thorough consultation, and highly attentive care—all aimed at preserving each individual's unique identity while achieving natural-looking results.
Aesthetic medicine, regenerative medicine, and longevity are integrated with holistic wellness experiences, creating an exclusive, comprehensive concept dedicated to health, balance, and natural beauty.

Where does aesthetic medicine end and surgery begin?
Skin aging affects not only the skin itself but also the underlying supporting tissues. When outpatient treatments are no longer sufficient, a surgical procedure may be indicated: lipofilling restores volume, blepharoplasty corrects excess eyelid skin, and a facelift tightens the tissues.





What are the current treatments and trends?
I focus on a regenerative, combined, and personalized approach. The COMBI FACE DESIGN offering includes biostimulation, botulinum toxin, fillers, polynucleotides, medical microneedling, red light therapy, oxygen therapy, carboxytherapy, and skin resurfacing using Tixel technology. Each treatment plan is personalized.

Is aesthetic medicine limited to the face?
No. Aging also affects the neck, décolleté, hands, and body. The neck, in particular, is often overlooked, yet it is the area that reveals one's age most quickly. Body treatments, pressotherapy, and longevity programs contribute to a holistic approach to health and well-being.

When should you consult an aesthetic physician, and at what age should you begin?
There is no standard age to start. At a younger age, the focus is on prevention and skin quality; later on, the goal shifts to counteracting the loss of elasticity and volume—a phenomenon often exacerbated by the use of weight-loss medications.

www.combiface.com

The Art of Aging Gracefully.



THE ART OF AGING ELEGANTLY

Precision, harmony, and naturalness: a new vision for aesthetic medicine

Dr. Valeria Angela Combi I
COMBI FACE DESIGN, Zollikon

Aging elegantly: a philosophy, not a promise

Aging is a natural and inevitable process. Yet, the way we choose to navigate the passage of time can make all the difference.
In a society that seems to be in a constant pursuit of youth, the true challenge should not be to stop time, but to learn to live through it with elegance, awareness, and authenticity.
This conviction forms the foundation of the philosophy held by Dr. Valeria Angela Combi—a maxillofacial surgeon and founder of COMBI FACE DESIGN in Zollikon, just outside Zurich.
«My approach to aesthetic medicine is not about transforming a face or erasing every sign of aging. It is about accompanying each individual on their own aging journey, while preserving their identity, expressiveness, and harmony.»
It is an approach that places the person at the center, even before the treatment itself.

Precision as an art form
In golf, as in surgery, precision is paramount. But precision is more than just a matter of technique.
It requires experience, sensitivity, keen powers of observation, and, above all, the understanding that every action must have a purpose.
A small change can make a significant difference—and sometimes, the best choice is knowing when to stop.
This same principle guides the aesthetic medicine practiced by Dr. Combi.
Every face possesses unique proportions, features, and expressions. To intervene means to understand this balance, to respect it, and—when necessary—to enhance it through targeted, measured adjustments.

«True precision lies not only in knowing where to intervene, but also in knowing when not to.»

Beyond the individual treatment: a holistic view of the face
Surgical training is a defining element of Dr. Combi's approach.
Her in-depth knowledge of facial anatomy—gained through experience in maxillofacial surgery—allows her to view the face in its full complexity, taking into account not only the skin but also deep-seated structures, volumes, proportions, and age-related changes.
«I don't simply treat a wrinkle or a single area of the face. I look at the face as a whole, seeking to understand its evolution and identify what can truly enhance its harmony.»
In this way, aesthetic medicine becomes a personalized journey; there is no single «ideal» treatment for everyone, but rather a range of possibilities to be evaluated based on an individual's specific needs, anatomical characteristics, and personal expectations.
Sometimes, a minimal intervention is sufficient. At other times, a more comprehensive approach is required. And in some cases, the most appropriate choice may be not to intervene at all.

Aesthetic medicine: a blend of innovation and attentive listening
Every face tells a story, but behind every face is, above all, a person—with their own unique needs, expectations, and sensibilities.
It is from this awareness that Dr. Combi's approach is born: an aesthetic medicine that combines scientific rigor and surgical precision with a holistic, integrated vision of well-being.
Listening is the first step in every patient's journey. Understanding an individual's motivations, expectations, and unique characteristics is essential for proposing truly personalized treatments.
At COMBI FACE DESIGN, advanced aesthetic medical technologies and regenerative medicine techniques are integrated with treatments focused on improving skin quality, as well as preventing changes and maintaining facial harmony. Innovation offers new possibilities, but it never replaces experience or medical judgment. Every technology, treatment, and procedure must address a specific need, while taking into account individual characteristics.

"Technology offers possibilities. Experience enables informed choices. Listening gives meaning to every treatment."

Beauty begins with skin health

Aging with elegance means taking care of yourself over time.
The quality of your skin—its radiance and elasticity—is fundamental to a healthy, natural appearance.
For this reason, the philosophy at COMBI FACE DESIGN goes beyond injectable or surgical procedures; it encompasses prevention, personalized skincare, and a focus on overall well-being.
Daily skincare, sun protection, and a balanced lifestyle form the foundation upon which any aesthetic medical journey should be built.
The goal is not merely to correct the signs of aging, but to support the natural evolution of the face through an approach that considers the individual as a whole.

The elegance of remaining true to yourself

Beauty should not be defined by the absence of wrinkles or the pursuit of perfect proportions.
A face tells a story, expresses emotions, and reflects a person's identity.
According to Dr. Combi, preserving this uniqueness is one of the most important objectives of contemporary aesthetic medicine.
The best result is not necessarily the most obvious one; rather, it is the result that leaves you looking rested, refreshed, and in harmony with yourself—all while maintaining your natural expressiveness.

"True elegance does not lie in hiding the passage of time, but in knowing how to embrace it with natural grace."

This is the philosophy behind COMBI FACE DESIGN.

The Art of Aging Gracefully.

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www.luxoyaschweiz.ch

Headquartered in Hungary, Luxoya has rapidly established itself as a trusted and prestigious brand, expanding its presence across multiple European countries. The brand is celebrated for its commitment to excellence, innovation, and delivering an unparalleled experience to its customers.

Our Exclusive Partnership in Switzerland

We are incredibly proud to announce that we are the exclusive official distributor of Luxoya for the entirety of Switzerland.

This exclusive partnership allows us to bring Luxoya's exceptional product lineup directly to the Swiss market.

We are dedicated to upholding the brand's high standards, combining Luxoya's sophisticated European heritage with the premium service and reliability that our Swiss clientele expects.

Our product collection is crafted for those who refuse to compromise on beauty and quality:

- Committed to ethical beauty, our selection features purely plant-based, cruelty free formulas.
- Our hair care products are enriched with natural botanical ingredients to nourish, restore, and bring out your hair's natural radiance.
- Designed for perfection, our make-up products offer highly pigmented coverage that is exceptionally long-lasting and completely waterproof.







NIANCE Expands Beyond Products into a Global Beauty & Longevity Ecosystem

Zurich, Switzerland, June 2026 - Swiss luxury beauty brand NIANCE is entering a new phase of growth with the launch of an integrated beauty and longevity ecosystem combining skincare, supplementation, diagnostics, treatments, recovery, and wellness experiences.

The expansion begins with the opening of House of NIANCE Zurich, a new urban beauty and longevity destination designed to bring longevity science into everyday life. At the same time, NIANCE is launching the NIANCE Beauty & Longevity Center at the Bund in Shanghai and Ararat Wellness Powered by NIANCE Switzerland in Cyprus.
Together, these projects position NIANCE at the intersection of beauty, wellness, and healthy aging — reflecting a growing shift in luxury consumer behavior, where vitality, resilience, recovery, and long-term wellbeing are becoming increasingly important alongside aesthetics.

"Holistic beauty and longevity have always been part of NIANCE's DNA," says Yvette Ye, President of NIANCE Switzerland. "We started with advanced skincare and supplements designed to support healthy aging. Today, we are expanding this philosophy into fully integrated experiences where products, treatments, diagnostics, recovery, and wellbeing programs work together."

This philosophy shapes the company's integrated approach to skin vitality, cellular resilience, recovery, inflammation management, collagen support, and long-term wellbeing. NIANCE is also among the few beauty and longevity brands to publish its own Beauty & Longevity White Paper focused on the hallmarks of aging and their application to skincare, supplementation, and longevity science.

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SKINUANCE® - Developed for Finest Aging

After many years of international experience in the cosmetics industry, the Skinuance founding team knew they needed a few more nuances to make skincare contemporary, sensitive, and individually effective. Together with experts from the fields of research, dermatology, and aesthetic surgery, they developed the Finest Aging concept – scientifically formulated active ingredient care with a concept. Because radiant and smooth skin is more than just beautiful.

The secret of SKINUANCE® lies in the finely tuned blend of so-called **skin molecules** and selected **active ingredients of natural origin**. Scientifically proven modules contain skin-identical and pure active ingredients that respond particularly well to the skin. They have the potential to positively influence the challenges of skin function and support cell activity. They are particularly well-absorbed and tolerated by the skin, activate the natural skin renewal process, and specifically address specific skin needs. They blend with the skin membrane, support the skin flora, and are also multi-sensitive. They form a kind of "skin's own" cream with unique textures and ensure noticeably pleasant and visible skin results.

Cappelli Nobili Manuela
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@ olsavondalaval

THE AUTHENTICITY OF VAL CALANCA CAPTURED IN AN ARTISANAL SOAP

In the heart of Val Calanca—far removed from traffic and urban pollution—lies an artisanal enterprise built upon the core principles of nature and quality. Although located just over a thirty-minute drive from Bellinzona, this valley preserves an authentic natural heritage that inspires every stage of production at the *Ol Savon da la Val* soap workshop.
Established in 2019, the business was born from a deliberate choice: to harness the resources offered by the local landscape and transform them into artisanal cosmetic products, crafted with the utmost respect for both nature and tradition.





Local raw materials and manual craftsmanship

The production philosophy centers on the primary use of local raw materials. All botanical components are gathered at an altitude of approximately 1,000 meters and processed by hand. Many ingredients come directly from Val Calanca, including goat's milk, beeswax, honey, beer, plant-based molasses, fir hydrosol, and various essential oils.
Product availability follows the rhythms of nature, depending on the seasonal harvest of raw materials—each carefully selected based on strict criteria for quality and sustainability. This approach reflects a model of responsible and conscious production.

Natural formulations and artisanal research

The workshop develops and tests all its own recipes in-house. The product range includes solid soaps, a variety of moisturizing balms, and solid deodorant.
The formulations rely exclusively on natural ingredients and are free from preservatives, artificial colors, synthetic fragrances, parabens, and silicones. The colors of the soaps are derived solely from botanical powders—crafted from the very herbs and flowers used in the production process. Similarly, organic essential oils are not used solely for their aromatic qualities, but for the benefits they offer to the skin and overall personal well-being.

The cold-process saponification method

The soaps are crafted using the traditional cold-process saponification method—a technique that preserves the inherent properties of the raw materials. Each bar is «superfatted» to ensure it is extra gentle on the skin and naturally rich in glycerin.
The finishing touches are applied entirely by hand, piece by piece, making every product unique. Due to this artisanal production process, the soap bars may exhibit slight variations in color or minor aesthetic imperfections—characteristics that serve as a testament to their authenticity.
Before being made available for sale, each soap undergoes a maturation period of approximately eight weeks. During this phase, the soap may lose up to 25% of its weight; the weight indicated on the label corresponds to a product that has matured for about three months.

Certified quality and safety

The soap workshop guarantees artisanal products that comply with the current Swiss Federal Ordinance on Cosmetics.
All formulations for leave-on products—including moisturizers, beard balms, deodorants, and shaving soap—undergo dermatological testing, reflecting a strong commitment to the safety and quality of the formulations.

A concrete commitment to sustainability

Sustainability is a core element of the entire production project. The soaps are packaged in paper or biodegradable cellulose bags with paper labels, while moisturizers, balms, and deodorants are housed in food-grade aluminum tins that are fully recyclable. A plastic-free choice that complements a production philosophy rooted in respect for the local area, natural resources, and the people who choose these artisanal products every day.

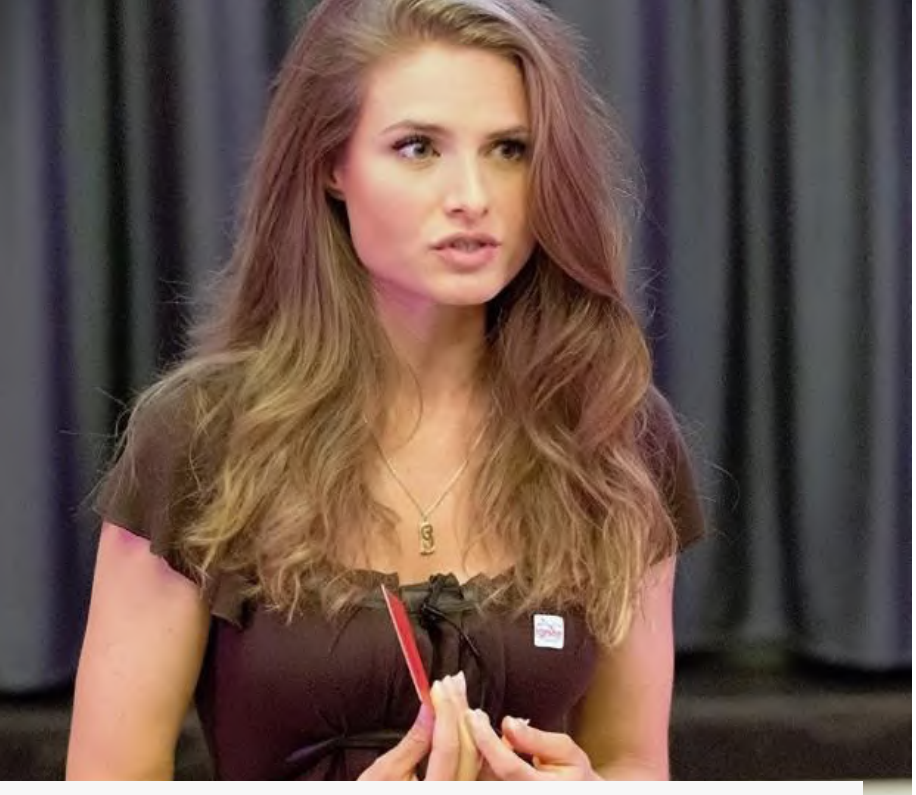




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COURAGE IN NETWORKING IS IDENTITY RECALIBRATION

Jessica Fabrizi
Personal PR Strategist & Global Super Connector

In my **Global Super Connector Mastermind**, I've witnessed something again and again: incredible women — talented, insightful, strategic — hesitating when it's time to reach out. Not to strangers. Not to pitch. Not to sell. Simply to reconnect with someone they already know.

It's one of the biggest misconceptions about networking: the idea that courage is only needed when you're putting yourself out there in front of new people. But the truth is, sometimes it takes just as much courage to speak to someone already in your field — to follow up, to make the first move or simply to say: "This made me think of you."

In my world, we don't cold outreach. We don't pitch or push. What we do is amplify. We compound. We work with what's already in your network — and make it stronger, richer, deeper. And even there, courage is required. Because even reconnecting with people you already know can stir up resistance.

Most people think that resistance is about strategy — that they don't know what to say or whether the timing is right. But more often, it's not a tactical block. It's an identity threshold.

Real networking isn't just about who you know. It's about who you believe you are when you decide to reach out. And that moment — the decision to initiate — is almost never about a script. It's about self-concept. It's about identity.

This is why I always say: courage is identity. And more precisely: courage is identity recalibration.

Because to initiate — especially in a high-trust, non-transactional way — you need to become the version of yourself who sees connection not as a risk, but as a natural expression of who you are. That shift doesn't just happen in your head. It's a full-body experience. A somatic process. A nervous system recalibration. An energetic alignment.

You're not just pressing send. You're reorganising who you are in relation to your network.

Courage doesn't always look like dramatic action. Sometimes, it's as subtle as deciding to stop waiting — and instead, choosing to speak first.

So the next time you feel hesitation, ask yourself: Is this a strategy question? Or is this an identity recalibration that wants to happen?

Because the courage to initiate isn't about pushing yourself. It's about becoming the person for whom connection feels natural, expansive and safe.

And that's the kind of courage that quietly changes everything.

JFab PERSONAL PR

CONTACTS:
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mail: thoughtleadership@jessicafabrizi.com

Dr Kimberly Rose Pendleton
THE PLEASURE GOSPEL



UNCOVER BY DR. KIMBERLY ROSE PENDLETON

Feminist Scholar | Intimacy Coach | PhD | Author & Founder of UNCOVER

Dr Kimberly Rose Pendleton combines feminist scholarship with transformational coaching. Through UNCOVER, she helps accomplished women examine inherited beliefs about power, intimacy and desire and create lives rooted in greater freedom, pleasure and self-authorship.

Who Gets to Reach for the Driver?

What one golf advertisement reveals about women, power and the rooms where culture is made

By Dr Kimberly Rose Pendleton

A woman reaches towards a golf club. A man runs at her, knocks her to the ground and, as she lies beneath him, warns her not to touch his new driver. This was a staged advertisement created by Good Good Golf and approved by Callaway to promote their co-branded driver. But a staged image is not culturally neutral. People conceived it, performed it, reviewed it and decided it was entertaining enough to publish. The advert was removed after an immediate backlash. Both companies apologised and Callaway later ended its relationship with Good Good. But how did so many people see this advertisement before publication without anyone stopping it?

As a feminist scholar and a coach who works closely with accomplished women, I am interested not only in the images a culture produces, but in the architecture of power that makes those images appear reasonable. That architecture is visible in the language used to apologise. Good Good's initial statement said it had posted a video that "ultimately depicted actions that are not aligned with our values as a brand". Notice what happens to agency. The grammatical subject becomes the video. The advertisement "depicted actions", almost as if it had created and published itself. The people responsible disappear.

Yet advertisements do not act independently. They emerge from human decisions. We cannot know whether relevant perspectives behind this campaign were absent, unheard or overridden. We do know that its approval process failed to produce an objection before the public supplied one. Golf has never been merely a game. The course has historically functioned as an informal space of relationships, access and business that developed largely around men.

Now women are helping to create golf's future. In the United States, women and girls have accounted for approximately 60 per cent of the net growth in on-course golfers since 2019. They are not merely customers, but players, entrepreneurs, executives, investors and leaders. Against that backdrop, the imagery becomes even more striking. A woman reaches towards an object associated with a male domain. A man forces her body back onto the ground. She reaches for the driver and is shown that it is not hers to touch.

The advert may not have consciously intended to tell women to stay in their place. Culture also reveals itself through what a group considers funny, harmless or normal. In my work, I meet women who have built companies, led teams and created extraordinary lives. They do not need to be reminded that they are capable. What they continue to encounter is the difference between being welcomed into a room and having the power to shape it.

I know from building a business and a life beyond many limitations I once inherited that participation and authorship are not the same. A woman can be visible and commercially valued while the culture around her continues to be defined without her. Real inclusion cannot be measured only by how many women appear in campaigns, buy products or enter the game. It is revealed by whether women have enough authority inside the decision-making process to challenge the story before it becomes public.

The future of golf will not be determined only by how many women play, but by how much power they have to shape its culture. The most important question raised by this advertisement is larger than who appeared in it. It is who gets to reach for the driver — and who has the authority to decide what happens next.

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I'm Nadine Sadecky, an independent financial and retirement planner and financial coach for women.

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Financial decisions are always life decisions.

They accompany us through many important phases of life—for example, when changing jobs, buying a home, going through a separation, receiving an inheritance, or preparing for retirement.

Every woman has her own story, her own goals, and her own priorities. That's precisely why I don't offer standard solutions, but rather individualized concepts tailored to each woman's personal circumstances.

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This results in solutions that provide guidance and feel right in the long run.

I'm convinced: Good financial planning doesn't begin with numbers, but with people.

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Mein langer Weg

HEIDI VOGEL – MY LONG JOURNEY

Excerpt from my book:

My mother's brief moment of inattention, which led to my permission to slide down the snow, changed my life forever. **But despite many limitations, life is worth living, even as a person with a disability.** I was able to complete my compulsory schooling normally, and for my apprenticeship, I found my way to a residential training center after a circuitous route. After some initial difficulties, I came to appreciate it and achieved something I never thought possible. When my mother succumbed to a terminal illness, my grief was somewhat muted because she sometimes meant well and restricted me too much.

In a presentation, I share insights into my life story and explain my current perspectives. May I give a presentation at your institution, school, library, bookstore… (or simply for you)?

My book can be ordered directly from me now or purchased after my presentation. Please contact me at:
vogel.heidi84@gmail.com



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FKS[z]

TWO CHANCES TO OBTAIN THE MATURA







Anyone who has supported a child through the process of entering a *Gymnasium* (academic high school) knows the pressure of the entrance exam. The *Freie Katholische Schulen Zürich* (FKSZ) offer an alternative path with more flexibility.

Their internal entrance exam takes place the week before the centralized entrance exam (*Zentrale Aufnahmeprüfung* – ZAP) and covers the exact same material, providing students with an additional opportunity. Previous academic performance is taken into account, and those who narrowly miss the passing grade are given the chance to take an oral examination. The program culminates in a *Matura*—a qualification recognized by the Swiss federal government.

With a student body of around 120, the *Gymnasium* maintains a manageable size, where coaching and supervised study are part of everyday life. «A calm learning environment, respectful interactions—and a genuine interest in the child,» says one parent. More than nine out of ten parents recommend the school to others.

The FKSZ support children from the 4th grade of primary school all the way to the *Matura* at three centrally located sites in the city. Tuition fees are based on individual household income and can be calculated online in just 30 seconds. Get to know the FKSZ: Information sessions will be held on December 5 and January 9. Register now—for all grade levels:
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100 GOLF CLUB LUGANO 1923-2023

GOLF CLUB LUGANO: A LOVE STORY

In 1915 Erwin von Riedemann moved from Germany to Lugano with his beloved wife Josefa. Josefa was a passionate golfer, winner of various important competitions. So it was that her husband Erwin decided to show all his love for her by founding one of the first golf courses in Switzerland, inaugurated in Magliaso on 24 November 1923.
Created as a 9-hole course by the architect Percy Dell, it was expanded to 18 holes by Donald Harradine in 1970. It is a small miracle: in fact the land on which the course extends today is only 32 hectares, while modern courses they employ around fifty. The holes alternate well, offering interesting challenges for both beginners and professionals.
The Lugano Golf Club also hosts the Lugano Golf Academy under the direction of Paolo Quirici, a golfer who in the late 1980s took fourth place at the Crans Open, the most important competition for professionals in Switzerland and part of the European circuit.
Today the course winds along the Magliasina river on flat terrain among woods of birch, oak, pine, beech, rhododendron, oleander and azalea, among which one encounters many squirrels and also a splendid heron, which often stops between holes 10 and 11. We warmly welcome you and wish you a good game!



GOLF CLUB LUGANO
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At FoxTown, Free Shop Swiss is the go-to destination for luxury perfumery and beauty—a curated selection designed for those who love discovering iconic fashion houses and exquisite fragrances.

Tom Ford, Creed, Amouage, La Prairie, La Mer, Sensai, Armani, BABOR, and Yves Saint Laurent are just a few of the featured brands, with an extensive range spanning perfumes, skincare, and make-up.

You can also explore their offerings at the Lugano-Grancia and Sant'Antonino locations, as well as online, where you'll find new discoveries and special deals at freeshopswiss.ch.

Free Shop Sant'Antonino
Centro La Rotonda, Via Industrie 3, Sant'Antonino

Free Shop Lugano-Grancia
Centro Lugano Sud, Grancia

Free Shop Aubonne
Outlet Aubonne, Pré-Neuf 14, Aubonne

Free Shop Landquart
Lanquart Fashion Outlet, Alpenblick, 6, Landquart

Free Shop Schönenwerd
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PRACTICE OF THE YEAR

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GOLF GERRE LOSONE

The 18-hole championship golf course at Golf Gerre Losone, with a PAR of 72, measures 6,309 meters. The course is immersed in a unique, typically Ticino natural landscape, located in a valley flanked by the Maggia Valley and the Centovalli, just a couple of drives from Lake Maggiore. The course is mostly flat and suitable for players of all levels.

FEATURES AND SERVICES:

Course:
18-hole championship course, awarded «Swiss Golf Course of the Year» in 2014.

Facilities:
Driving range, putting greens, pitch-and-putt area, and a 3-hole «Academy Course» for beginners.

Technology:
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Services:
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WWW.GOLFLOSONE.CH



Cigar Must Lugano
Cigar Must Lugano is a prestigious shop located in the heart of Lugano, overlooking the central Piazza Riforma.

La Casa del Habano Lugano
In keeping with the sophisticated atmosphere of Lugano—just a few steps from Via Nassa—lies «La Casa del Habano Lugano,» a luxury boutique where the world of «slow smoking» meets an exquisite selection of products curated for the discerning gentleman.

Cigar Must Ascona
Ascona is an exclusive destination—a lakeside paradise with an extraordinary heritage steeped in history, art, and culture. Cigar Must is a prestigious shop situated along the lakefront of this «Pearl of the Ticino.»

La Casa del Habano Mendrisio
Set within an elegant and refined atmosphere, our boutique functions as a cigar lounge bar, specializing in the sale of Cuban cigars, fine spirits, and smoking accessories.

CIGAR MUST
LUGANO - ASCONA
MENDRISIO
LA CASA DEL HABANO LUGANO
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CIGAR MUST

LA CASA DEL HABANO, THE PLEASURE OF SLOW SMOKING

In the heart of Ticino, Cigar Must brings the culture of slow smoking to three exceptional locations: Lugano, Ascona and Mendrisio.

From the elegant atmospheres of Lugano to the evocative Piazza Motta, overlooking Lake Ascona, up to the refined La Casa del Habano in Mendrisio, each boutique is an invitation to discover the world of cigars through a refined selection of Habanos, accessories, spirits and gastronomic proposals.

A universe made of quality, competence and hospitality, where the cigar is not simply a product, but a real ritual to be experienced without haste, between culture, taste and conviviality.









REAL ESTATE

NEWO

TREUHAND

Personalized consulting begins where standard solutions reach their limit.

Zahlen sind die Grundlage jeder guten Numbers form the foundation of every sound business decision. They provide the essential data for financial planning, private affairs, and investment strategies—all of which ultimately culminate in a balance sheet or a comprehensive investment plan.

This is precisely where Maria Mazza of NEWO Treuhand AG in Rapperswil steps in. As a fiduciary expert and entrepreneur, she provides hands-on, personal guidance to her clients—covering everything from traditional fiduciary and tax matters to finance, controlling, human resources, corporate development, and complex private financial concerns.
«I don't just want to know if the numbers add up. I strive to truly understand what my clients aim to achieve and what they need to get there.»

This human-centric approach defines the work at NEWO Treuhand. Discretion and trust are as fundamental to the firm as professional precision. The client base is diverse, ranging from regional SMEs and individual entrepreneurs to internationally active companies and private individuals.



Rooted in Switzerland yet with an international outlook, Maria Mazza bridges different cultures, languages, and ways of thinking—ensuring that her clients receive the best possible support, tailored to their unique needs.

A Bridge Between Italy and Switzerland

For Italian entrepreneurs looking to establish a foothold in Switzerland or expand their business operations within the country, NEWO Treuhand offers significant added value. Through its branch in Zug, the firm provides expert support in the founding and structuring of Swiss companies, as well as ongoing fiduciary management. In addition to her deep expertise in the Swiss economic and corporate landscape, Maria Mazza brings a personal understanding of Italian language and culture.

For Maria Mazza, entrepreneurship encompasses far more than just numbers and economic success. She is also actively involved with the Heidiseum Foundation, which is dedicated to preserving the cultural legacy of Johanna Spyri. For you, the connection is a natural one: Swiss roots and an international outlook go hand in hand—whether in cultural endeavors or your professional daily life.

"Johanna Spyri's Heidi is deeply rooted in Switzerland, yet resonates with people all over the world. This blend of a sense of home, openness, and humanity has always fascinated me."

Ultimately, it is about more than just accurately depicting the past. Sound consulting creates the financial and organizational leeway needed to shape the future.





UNDERSTANDING NUMBERS.

UNDERSTANDING PEOPLE.

Maria Mazza
CEO, Treuhänderin eidg. FA
Newo Treuhand AG
Neue Jonastrasse 90
8640 Rapperswil

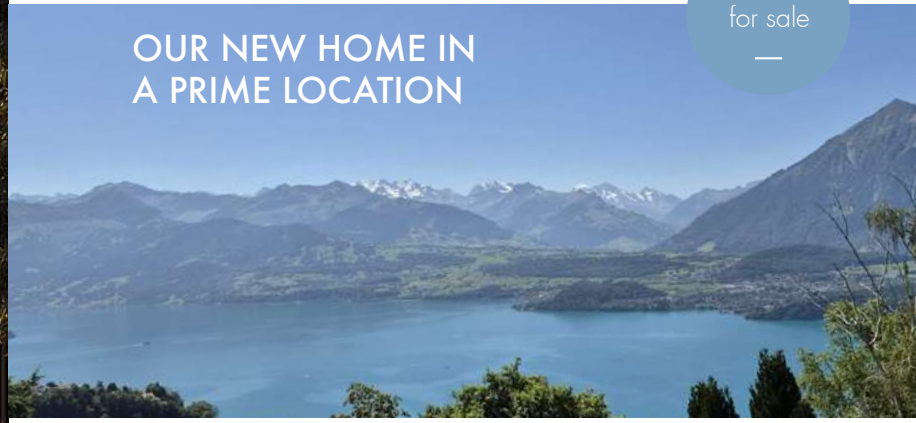
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In Heimenhausen, near Herzogenbuchsee, a quiet development is underway featuring four semi-detached houses and one detached house — each with five to six rooms and 155 m² of living space. Plot sizes range from 210–300 m². Prices start at CHF 925,000, plus two covered parking spaces at CHF 22,000 each. Ready for occupancy in spring 2027.

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PRAXIS FAHE

STAY HEALTHY. STAY ACTIVE.

PREVENTION, GENERAL PRACTICE, AND SPECIALIZED NEPHROLOGY AT PRAXIS FAHE AG.

Health means more than just treating illness. It means identifying risks early, maintaining physical function, and remaining independent and active for as long as possible, even as we age.

Medical care before illness becomes a problem

Many conditions develop unnoticed for a long time. High blood pressure, diabetes, lipid disorders, or declining kidney function can persist for years before symptoms appear. Regular check-ups, laboratory tests, blood pressure monitoring, and ultrasound scans help detect changes early and allow for timely intervention.

Your primary care physician as a long-term medical partner

Praxis Fahe AG integrates preventive care, the treatment of acute complaints, and the management of chronic conditions. The focus is not on a single diagnosis, but on the individual—considering their personal circumstances and specific risk factors. Modern diagnostic services include ultrasound, ambulatory blood pressure monitoring, Holter monitoring (long-term ECG), pulmonary function testing, X-rays, and comprehensive laboratory analysis.

Specialized expertise in kidney health and hypertension

Kidney diseases often do not cause symptoms until an advanced stage. As a specialist in nephrology, Christian Fahe cares for patients throughout the entire process, from initial assessment to the treatment of chronic kidney disease.



Combining general internal medicine with nephrology allows for a comprehensive view of the heart, circulatory system, blood pressure, and kidney function.

Dialysis in a personal atmosphere

When dialysis becomes necessary, convenience, trust, and continuity are essential. The practice's own dialysis unit in Muhen offers treatment close to home in a personal setting, closely integrated with nephrological and primary care services. Dialysis capacity is currently available; a no-obligation consultation can also be arranged.



Praxis Fahe AG · Muhen
Physician Christian Fahe
General Practice I Prevention I Internal Medicine I Nephrology I Dialysis
062 723 66 56
christian.fahe@hin.ch

Lifestyle Coach

CATERINA AFFOLTER



As a lifestyle and nutrition coach, I have been advising, supporting, and motivating my clients toward a healthy life, their ideal weight, and preventative mindfulness for over 12 years.

In addition, I completed training as a Bioenergy Metabolic Therapist. My certification as a Quantum Resonance Magnetic Analyzer rounded out my qualifications.

QRM analysis is an excellent way to identify areas where you can further strengthen your body, all without a blood test.

In just a few minutes, you receive precise results regarding your current health status and which areas (vitamins, trace elements, amino acids, etc.) you can strengthen.

Thanks to state-of-the-art measurement technology, you receive a clear picture of your vital signs based on approximately 240 parameters across 39 thematic areas. You immediately see which small changes can help you feel better and more vital.

Foot reflexology massage is also included.

What's special about foot reflexology is that, although only the feet are massaged, every organ can be activated through the many different points on the soles of the feet.

My recommendation to invest in your health is to have a QRM measurement done every few months as a preventative measure and a foot reflexology massage once a month.



I offer these services in **Erlinsbach AG and Wohlen AG.**
Further information is available at
info@stoffwechselcoach.ch
Simply contact me by phone at:
056 618 08 08
Or by email: **caterina.affolter@bluewin.ch**



PUT ON YOUR CROWN EVERY MORNING.
A CROWN REPRESENTS DIGNITY, STRENGTH, AND SELF-WORTH.

When was the last time you consciously set aside time for yourself right at the start of the day?
Often, the morning begins in «functional mode.»
The alarm goes off. The coffee starts brewing.
Your thoughts are already racing toward appointments, obligations, and everything that needs to be done.
Yet, every single day begins with a small choice.

How would I like to start my day today?
This is the very question that begins my «5-Minute Crown.»
It serves as a reminder to consciously gift yourself five minutes every morning—five minutes where the focus isn't on your to-do list, but on *you*.
The crown consists of five points, each representing an area that enriches your morning:

• Nutrition
I stabilize my body.
A breakfast tailored to my needs provides the body with valuable nutrients and lays the foundation for a great start to the day.

• Movement
I activate my system.
Just a few minutes of movement get the circulation going and help the day begin with a greater sense of ease.

• Structure
I have a solid (morning) framework.
This forms the center of my crown—because without structure, good intentions often remain nothing more than pleasant thoughts.
A structured morning provides direction, calm, and consistency.

• Alignment
I consciously decide how I begin.
Not every day starts the same way. Yet, each morning, we can choose anew the attitude with which we approach the day.

• Energy
Energy is the result.
By consciously shaping your morning, you create the foundation for greater strength, serenity, and well-being.

The 5-Minute Crown is much more than just a symbol.
It serves as a reminder that health does not begin with perfection, but with small habits that can be easily integrated into your daily life.

My wish is for every woman to discover her own crown. Not because every morning has to be perfect, but because every woman deserves to prioritize herself.
Perhaps change doesn't begin with a grand resolution.
Perhaps it begins tomorrow morning.
With five minutes.
With a breakfast that's just right for you.
With your own personal crown.



• Curious?
Would you like to shape your morning more intentionally and discover how even five minutes can positively transform your day?
I support women in bringing more energy, stability, and well-being into their mornings through simple, practical steps that fit easily into everyday life.
I look forward to meeting you.

Susanne Ryser – Frühstücks-Queen
Certified Nutritionist / Integrative Nutrition Expert
www.fruehstuecks-queen.ch
+41 (0) 78 351 38 33
info@fruehstuecks-queen.ch
Grüningerstrasse 138
CH-8626 Ottikon (Gossau ZH)



Revitera: The Swiss Supplement Brand Targeting Thyroid and Liver Health

In a crowded market, Alparis GmbH, a Swiss company based in Bottighofen (Thurgau), stands out with its premium direct-to-consumer brand, Revitera. Founded by Lorenz Jäger to solve a family member's chronic exhaustion, the brand offers science-backed, vegan, and gluten-free micronutrient complexes tailored to support the critical axis between thyroid function and liver health.

The Daily Routine: Synergy and Chronobiology

Rather than packing conflicting ingredients into a single pill, Revitera utilizes a chronobiological routine. Nutrients are staggered throughout the day to ensure optimal absorption and effectiveness:

- Morgengold (Morning)

Focuses on the thyroid. It combines iodine and selenium (which contribute to normal thyroid function) and vitamin B12 (to reduce fatigue) with L-tyrosine, myo-inositol, and saffron extract.

- Wandelkraft (Midday)

Focuses on the liver. It features choline to maintain normal liver function, alongside selenium and vitamin B2 to protect cells from oxidative stress. This step is vital because the liver converts the thyroid hormone T4 into its active T3 form.

- Nachtruhe (Evening)

Completes the circadian loop, supporting nighttime rest and recovery.

Swiss Quality and Pure Formulations

Revitera products are strictly free from unnecessary additives (like magnesium stearate or titanium dioxide), lactose, and allergens. Developed in Switzerland, the complexes are manufactured in certified HACCP facilities in Germany. Every batch undergoes independent laboratory testing to screen for heavy metals, pesticides, and microbial contamination.

Products ship directly from a Swiss warehouse. Because nutritional changes take time, Revitera offers flexible subscriptions alongside a 90-day money-back guarantee, allowing users to test the routines risk-free.

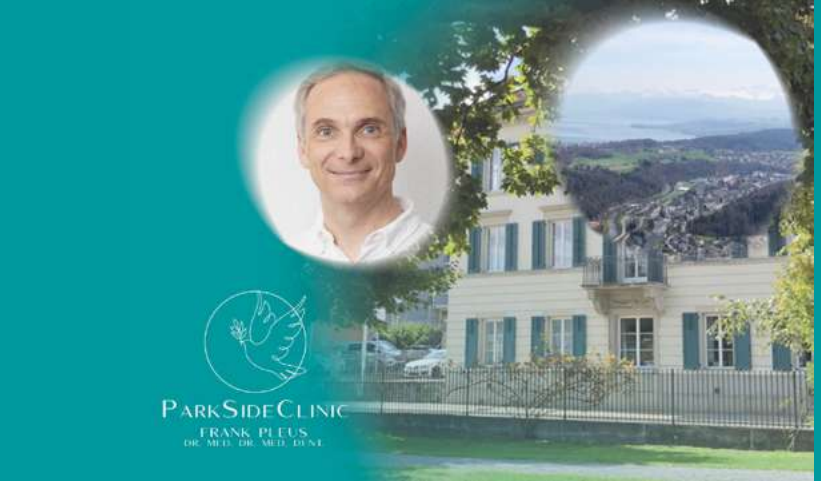
Discover more at revitera.ch
or contact them on hallo@revitera.ch

REVITERA · ALPARIS GMBH





R



Dr. Dr. Pleus, what does the ParksideClinic stand for, and what is particularly important to you in your interactions with your patients?
The ParksideClinic stands for prevention and personalized medicine. At its core is an awareness of one's own body, its capacity for regeneration, and the complex factors that shape our well-being. Before we treat, we seek to understand.
To us, a symptom is, first and foremost, a piece of information provided by the body. Rather than simply treating complaints, we look for the underlying causes and the unique, individual factors at play. Listening is crucial here: every person brings their own history, lifestyle, and set of needs. For me, medicine begins when we stop reducing a person to a clinical finding and instead engage with them as an individual.

What distinguishes your approach and philosophy from other clinics?
Perhaps, above all, the sequence: awareness before treatment, understanding before intervention, and individuality before standardization. We don't just ask what is visible or measurable; we also ask why something might have developed in the first place. Based on this, we develop a tailored concept that combines conventional medical insights with preventive, regenerative, and—where appropriate—complementary approaches. To me, modern medicine is not about doing as much as possible, but about identifying, with the greatest possible precision, what an individual truly needs.

What are the most common goals or requests patients bring to you, and how important is honest consultation in this process?
Behind a specific request, there is often a more fundamental question: What can I do to feel more comfortable, more vital, and more in tune with myself? That is why I am interested not only in what someone wants to change, but also in why they want to change it. Honesty is essential here. Not everything that is medically feasible is appropriate for every individual. Consequently, good consultation may sometimes mean advising against a particular treatment.
Beauty and aesthetics are highly personal matters. In your view, what constitutes a truly successful treatment outcome? For me, beauty cannot be standardized. It emerges from individuality, expression, and an inner sense of harmony. A result is truly successful when the treatment itself fades into the background, allowing the person's true self to remain visible. It is not about conforming the body to an ideal, but rather about fostering health, naturalness, and individuality through a conscious lifestyle.

Is there a particular treatment or development in your field that you find especially exciting right now?
I am particularly fascinated by the shift toward preventive, personalized longevity medicine. The primary goal here is not simply to add more years to one's life, but to ensure that as many of those years as possible are spent with physical and mental vitality. This involves a nuanced look at metabolism, regeneration, and the body's own processes for elimination and detoxification. It is not about any specific infusion or individual supplement; rather, it is about a precise, holistic view of the individual. From this, targeted preventive and regenerative strategies can be developed. For me, longevity represents a paradigm shift: looking ahead sooner, recognizing underlying connections, and preserving health for as long as possible. The goal is not eternal life, but rather living a healthy, vibrant life for as long as one can.

What would you say to someone who has been considering a treatment for some time but still feels uncertain?
Uncertainty can be valuable—it encourages you to take a closer look. No one should undergo a treatment simply because a particular method is popular or because a societal ideal suggests it. Therefore, the first step is not the treatment itself, but a conversation: What do I truly desire? What does my body need? How do I want to age—in a way that is healthy and stable? Good consultation provides knowledge, outlines both possibilities and limitations, and creates the freedom to make an informed choice. Medicine should empower people to better understand their own bodies, enabling them to make conscious decisions regarding their health.

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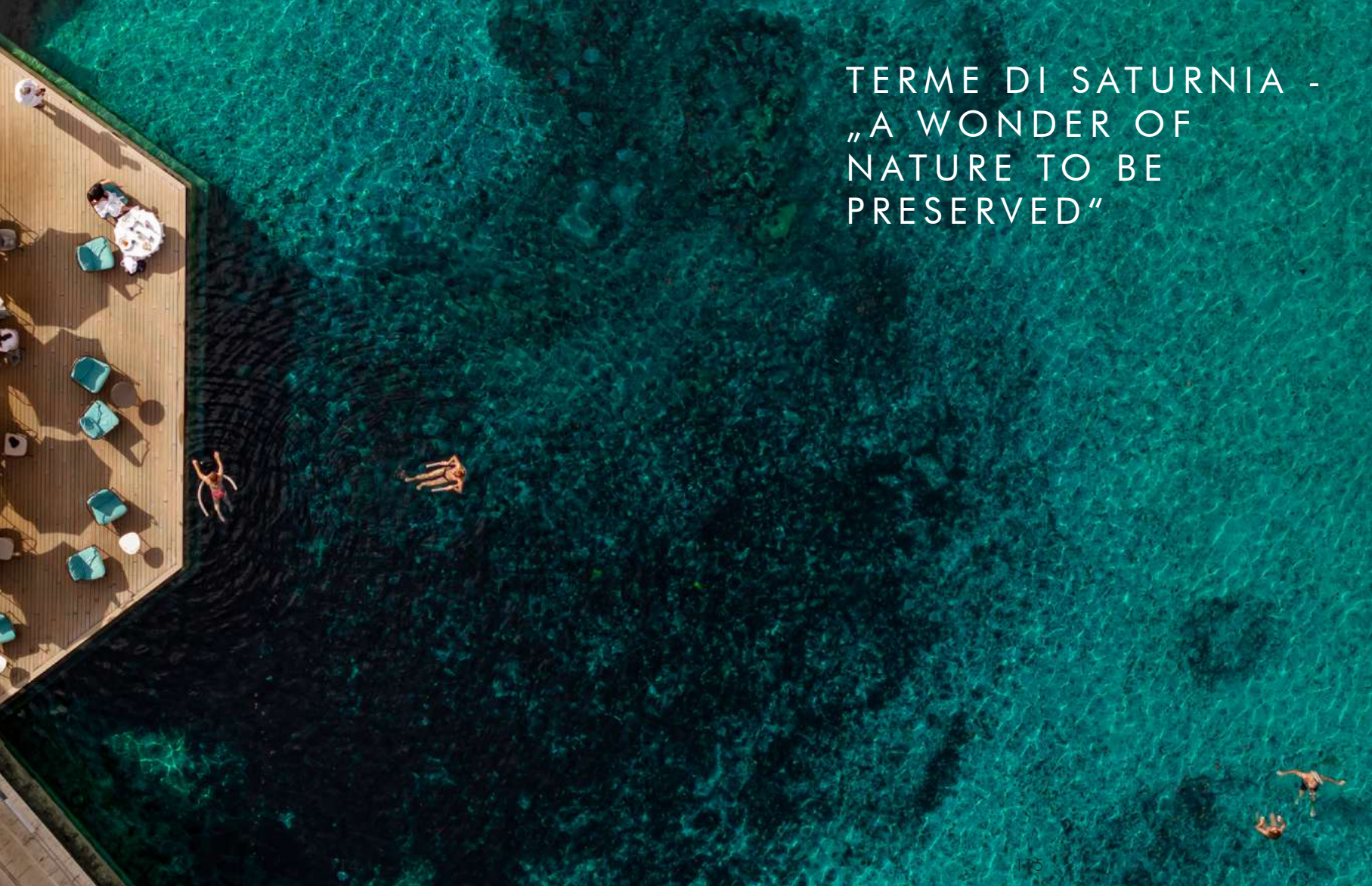
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GOLFING IN ITALY



TERME DI SATURNIA - „A WONDER OF NATURE TO BE PRESERVED“



GOLF, HEALING WATERS & HOLISTIC WELLNESS AT TERME DI SATURNIA NATURAL DESTINATION

Set amidst the sun-drenched hills of Maremma, where cypress-lined roads wind through vineyards and ancient villages, Terme di Saturnia Natural Destination offers an immersive retreat shaped by nature, movement, and time-honoured wellbeing traditions. At its core flows a legendary thermal spring - untouched for over 3,000 years - creating a destination where the rhythms of golf, spa, and slow Tuscan living unfold in effortless harmony.

A Golfing Experience Shaped by Nature

Framed by rolling countryside and expansive skies, the resort's GEO-certified 18-hole championship course stretches across 70 hectares of pristine landscape. Designed by Ronald Fream, the par-72 layout (6,316 metres) follows the natural contours of the land, offering a course that is as visually captivating as it is technically engaging. Each fairway and green feels organically placed, inviting players to move in sync with the terrain rather than against it.

Beyond the course, a vast 33,000 sqm practice facility provides space for refinement and discovery, with putting greens, chipping areas, and a driving range equipped with 36 open-air and 9 covered bays. Whether perfecting precision or rediscovering the joy of the game, golfers are supported by professional instruction in a setting that inspires both focus and ease.

Medical Golf: Where Performance Meets Wellbeing

At Terme di Saturnia, golf becomes more than a sport - it evolves into a pathway toward physical balance and longevity. The Medical Golf programme is built on the idea that movement, when guided and supported, can restore harmony to the body. Here, the course itself becomes a space for prevention, recovery, and mindful performance.

Central to this philosophy is the Swing & Spa programme, which addresses the physical demands of the game through tailored





physiotherapy consultations and targeted treatments. Each gesture - from the rotation of the torso to the stability of the stance - is refined with care, helping to prevent strain while enhancing fluidity. Guests who book a Swing & Spa treatment of at least 40 minutes are invited to complete their experience with a complimentary cryotherapy session, a revitalizing contrast that awakens both body and mind.
Promotional rates: Individual session (50 minutes) from €54 and Group sessions (50 minutes, minimum 2 participants) from €30 per person

Flow on the Green
On quiet mornings or in the soft light of late afternoon, the greens transform into a space for stillness and breath. Yoga sessions unfold against the backdrop of the Tuscan landscape, where each movement is guided by rhythm and intention. Through gentle stretches, balance work, and controlled breathing, guests cultivate flexibility and awareness - qualities that naturally translate into a more fluid, intuitive golf swing. Long after the session ends, a sense of lightness and calm lingers.

THE MEDI SPA PROGRAMME: A CONTEMPORARY WELLNESS JOURNEY
Blending innovation with the resort's deep-rooted spa heritage, the Medi Spa programme introduces a modern approach to relaxation and renewal. Designed for today's pace of life, it offers a curated selection of treatments that address both physical tension and mental fatigue.





Through advanced skincare therapies, immersive sensory rituals, and thoughtfully integrated digital detox elements, guests are guided into a state of deep restoration. Each experience is tailored, allowing the natural properties of Saturnia's thermal waters to work in harmony with contemporary wellness techniques. The result is a spa journey that feels both timeless and entirely attuned to modern needs.

Wellness Flowing from Ancient Waters
The soul of Terme di Saturnia lies in its thermal spring, flowing continuously at 37.5°C for millennia. Rich in minerals and plankton, these waters envelop the body in a gentle, restorative embrace. From detoxifying mud treatments to rejuvenating peels and mineral-rich baths, every ritual draws on the healing power of this extraordinary source.
Roman-inspired pools, soothing whirlpools, and tranquil relaxation areas create a seamless path between movement and stillness, inviting guests to slow down and reconnect with a deeper sense of wellbeing.

Tuscan Living, Refined
Across its 124 rooms and suites, the resort reflects a quiet elegance rooted in Tuscan tradition. Soft natural tones, refined materials, and views of the surrounding countryside create spaces that feel both intimate and expansive.

Dining becomes a journey into regional flavours at Restaurant 1919, La Stellata Country Restaurant and Casa Saturnia Pizzeria Toscana where seasonal ingredients and local recipes are elevated with contemporary flair. Each meal captures the essence of Tuscany - simple, authentic, and deeply satisfying.
Just beyond the resort, the story continues in the hilltop villages of Pitigliano and Montemerano, where cobbled streets, historic architecture, and sweeping views offer a glimpse into the region's timeless character.

"Charme Golf & Relax in Tuscany"
An invitation to fully immerse in the destination, the Charme Golf & Relax





in Tuscany package brings together the finest elements of the Terme di Saturnia experience:

- Four nights in refined Tuscan surroundings
- Generous buffet breakfasts each morning
- Two 18-hole Green Fees per person on the championship course
- 20% savings on additional Green Fees
- Complimentary golf cart (one per two guests, subject to availability)
- Unlimited access to the thermal spring, pools, Roman Bath (with sauna and Turkish bath), whirlpools, vascular paths, and relaxation areas
- A dinner experience at one of the resort's restaurants
- A curated wine tasting at a local winery (transfer not included)
- Full use of the gym, tennis court, and driving range
- Car valet service and parking
- Complimentary Wi-Fi

terme di SATURNIA
NATURAL DESTINATION

TERME DI SATURNIA NATURAL DESTINATION
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ARGENTARIO GOLF & WELLNESS RESORT, AUTOGRAPH COLLECTION

TWENTY YEARS OF CHAMPIONSHIP GOLF, SUSTAINABLE LUXURY AND TUSCAN BEAUTY

Set within the protected landscape of southern Tuscany, Argentario Golf & Wellness Resort, Autograph Collection offers a rare combination of championship golf, refined hospitality and unspoilt nature. Just five minutes from the Feniglia Nature Reserve, ten minutes from the elegant harbours of Porto Ercole and Porto Santo Stefano, and only 90 minutes from Rome Fiumicino Airport, the Resort enjoys one of Italy's most privileged locations.
Surrounded by the Orbetello Lagoon, the Tyrrhenian Sea and the rolling hills of Monte Argentario, the area benefits from a unique microclimate that makes golf and outdoor activities enjoyable throughout the year.

Celebrating 20 years of golf excellence
In 2026, Argentario Golf Club celebrated its 20th anniversary, marking two decades of establishing itself as one of Italy's premier golfing destinations.





The 18-hole championship course has held the prestigious title of PGA National Italy since 2019, making it the only golf course in the country to carry the official PGA licence.
Designed by architect David Mezzacane and professional golfer Baldovino Dassù, the course blends seamlessly into the Mediterranean landscape, offering strategic play enhanced by spectacular views of the sea, lagoon and surrounding hills.
Over the years, the Club has strengthened its international reputation by hosting some of Italy's most prestigious tournaments, including the Ladies Italian Open, the Senior Italian Open, the Italian Challenge Open, and the 82nd Italian Open, held in 2025 as part of the DP World Tour.
Certified organic and eco-compatible, every aspect of the course reflects the Resort's commitment to preserving the natural environment without compromising playing conditions.

Part of Marriott's Prestigious Autograph Collection
Following an extensive renovation,







Argentario Golf & Wellness Resort joined Marriott International's Autograph Collection in 2024, becoming the first five-star golf resort in Italy within Marriott's exclusive golf portfolio.
The contemporary design of the hotel combines elegant architecture with natural materials and panoramic terraces overlooking the golf course, Monte Argentario and the Orbetello Lagoon.
Guests can choose from beautifully appointed rooms and suites, as well as an exclusive collection of private villas, ideal for families or longer stays while enjoying all the services of the Resort.

A destination for sports and wellness

Although golf remains at its heart, the Resort offers an impressive range of sporting and wellness experiences.
Facilities include two padel courts, two tennis courts, a five-a-side football pitch, jogging trails, an outdoor fitness station, a fully equipped Technogym gym and indoor and outdoor swimming pools.
For relaxation, the Espace Wellness Centre offers more than 3,000 square metres dedicated to wellbeing, with personalised treatments, saunas, steam baths and massages inspired by local ingredients such as Tuscan olive oil and Maremma lavender.

A culinary destination in its own right

The Resort has also become an increasingly recognised gastronomic destination.
Its fine dining venue, Dama Dama Restaurant, led by Executive Chef Emiliano Lombardelli, was included in the 2026 Gambero Rosso Guide to Italy's Best Restaurants, an important recognition of its contemporary interpretation of Tuscan cuisine.
Many of the vegetables and herbs used at the restaurant come directly from the Resort's certified organic BioAgriCert kitchen garden, while meat, fish and other ingredients are carefully sourced from selected local producers.



For a more relaxed atmosphere, the Club House Restaurant serves Mediterranean cuisine throughout the day on a panoramic terrace overlooking the golf course.

Sustainability as a way of life

Environmental responsibility is one of the Resort's founding values and influences every aspect of daily operations.
Today, 888 photovoltaic panels, discreetly integrated into the architecture, work alongside a new generation of high-efficiency heat pumps and certified renewable electricity, allowing the Resort to operate with effectively 100% green energy.
This investment reduces carbon emissions by approximately 1,000 tonnes of CO_2 each year.
The commitment extends far beyond energy efficiency. Biodiversity is carefully protected across the estate, where BioAgriCert-certified organic and eco-compatible practices guide both the maintenance of the championship golf course and the cultivation of the Resort's kitchen garden.

Discover Southern Tuscany beyond the fairways

The Resort is also an ideal base for exploring one of Tuscany's most fascinating regions.
Guests can spend their mornings on the golf course before discovering the beaches of Giannella and Feniglia, sailing around Monte Argentario, visiting the historic villages of Porto Ercole and Porto Santo Stefano, or enjoying wine tastings, cooking classes, horseback riding and excursions organised by the concierge.
An affiliated beach club on Giannella's long sandy beach, yacht and boat charters, boutiques, a heliport, covered parking and dedicated family services complete an experience that extends far beyond golf.
Whether travelling for championship golf, exceptional gastronomy, wellness or simply the timeless beauty of the Tuscan coast, Argentario Golf & Wellness Resort offers one of Italy's most complete luxury resort experiences.

ARGENTARIO GOLF & WELLNESS RESORT
Località Le Piane,
58019 Monte Argentario (GR)
info@argentarioresort.it
www.argentarioresort.it



GOLFING AROUND THE WORLD



El Gouna is a unique coastal town with a wide range of experiences to suit all interests.

From the dream of one man, which began over 35 years ago, this town on the beautiful Red Sea coast has grown. It is a thriving destination with a multicultural community of over 25,000 residents, 18 hotels, more than 100 restaurants and bars, a wide range of sports and leisure facilities, two professional golf courses, and a broad spectrum of services to European standards.

Just 25 kilometers from Hurghada International Airport, El Gouna borders a beautiful 10-kilometer-long beach and stretches across a chain of 36 islands and lagoons and connected by cobbled arched bridges. Charming parks separate the hotels from the villas and apartments in the town, which covers an area of more than 38 million square meters.

Even travelers less interested in underwater adventures and high-altitude flights will find plenty of alternatives—enough to do something different every day during a week-long stay: deep-sea fishing, windsurfing, horseback riding, go-karting, tennis, and golf, for example.







El Gouna was the first destination in the Middle East and North Africa region to receive a Global Green Award. It also served as a pilot destination for the Green Star Hotel Initiative, a training and accreditation program developed and managed by a team of internationally certified experts. The program aims to raise the bar for environmental and social standards in the Egyptian hotel industry.

At the heart of El Gouna, the hotels are the hub that allows guests to fully enjoy the destination. The diverse range of accommodations caters to different budgets and tastes and meets the highest standards of international quality and environmental regulations.





Fun, fine dining, meeting facilities, first-class services and amenities, along with attractive and comfortable rooms, form the core of the guest experience. With 18 hotels that blend seamlessly into the cityscape and range from five-star resorts to intimate boutique hotels, El Gouna offers something for every budget and preference.

Over 100 restaurants and bars cover the entire culinary spectrum. Many offer views of the marina or the coastline, allowing guests to soak up the cosmopolitan seaside atmosphere while enjoying excellent food.

There's a virtually endless selection of venues to discover—from trendy bars and cozy pubs to karaoke cafes and beach bars, all the way to a beautiful oasis on the outskirts of town where guests can experience a traditional Bedouin evening.

El Gouna: Expanded Golf Offerings on the Red Sea

El Gouna, one of the leading holiday destinations on Egypt's Red Sea coast, is expanding its golf offerings to meet the growing demand for golf tourism. Since 2024, the Ancient Sands Golf Resort has featured an expanded 18-



hole championship course, following the addition of nine new holes.

The Ancient Sands Golf Resort boasts a world-class 18-hole championship course (par 73) designed by the renowned golf course architect Karl Litten. The course combines desert landscapes with lush fairways, offering discerning guests an attractive golf course that appeals to golfers of all skill levels. The course follows the natural topography of the terrain, with lagoons serving as natural water hazards for many of the holes.







REFINED TRANQUILLITY NEXT TO THE RED SEA

This timeless luxury hotel in El Gouna blends upscale Asian hospitality with local sophistication. A peaceful seafront getaway minutes away from the luxurious Abu Tig Marina, the majestic Chedi is nestled in a lush landscape with spectacular views of azure seas. With impeccable dining options, sublime tropical-style pools and a heavenly private beach, guests are assured a refined stay. This oriental delight is Egypt's first Leading Luxury Hotel of The World, bringing the first-rate hospitality and sophisticated style of the award-winning GHM brand to the Red Sea.

Accomodaion

The Chedi El Gouna has 82 impeccably designed rooms and elegant suites, with views of the green garden or dazzling Red Sea. These modern yet understated spaces feature smart amenities, sleek furnishings and premium Egyptian cotton linen for ultimate relaxation. Earthy colours and natural materials in every room add to the soothing atmosphere.

The Chedi Private Beach

The blissful private beach is perfect for relaxing under the Red Sea sun. Guests can also enjoy some leisurely water-based activities, including stand-up paddle boarding, kayaking and snorkelling, or get the heart racing with volleyball, kitesurfing or a diving expedition. At the beach, guests can hire bikes to explore the resort and the town of El Gouna.



The Spa

The Spa at Chedi El Gouna is a haven of tranquillity in this relaxing resort. Specialising in authentic oriental therapies, The Spa offers de-stressing and rejuvenating massages, pampering skin treatments, and luxury hammam rituals. It provides respite from the buzz of El Gouna with steam showers, a Jacuzzi, and an exclusive relaxation area. In addition, the salon within the Spa offers a variety of beauty treatments to enhance your experience.



The Gym

Fully equipped with state-of-the-art gear, the deluxe Gym is available 24/7 to all hotel guests. The five-star facilities include Technogym treadmills, weights, rowing machines, bench presses and ample free weights for cardio and strength fanatics. A separate space is available for yoga lovers.



www.elgouna.com/hotels/the-chedi-el-gouna-hotel
Downtown El Gouna

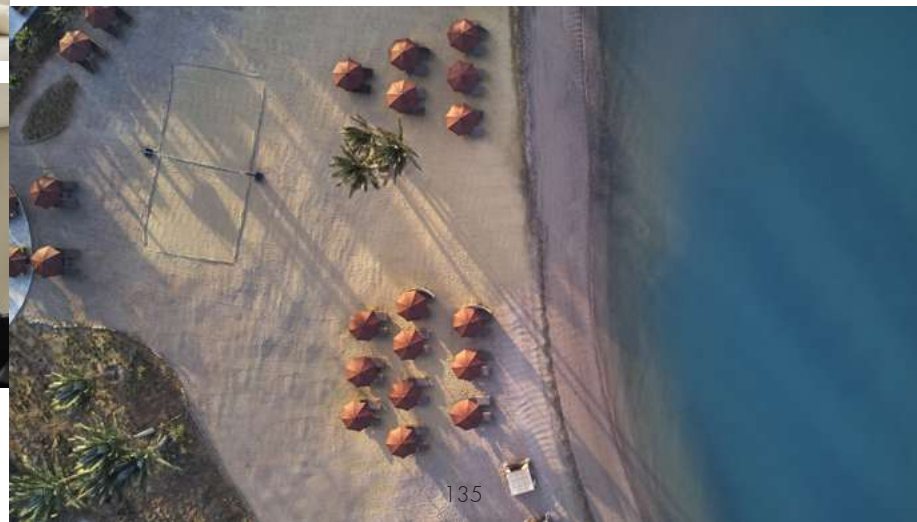
Dining

The Restaurant
Surrounded by gorgeous pools, the main restaurant at The Chedi El Gouna serves rich breakfast buffets and tantalising a la carte dining options for guests and visitors.

Nihon
One of the leading Asian restaurants in El Gouna with breathtaking views of the open sea, Nihon is a sought-after culinary destination. Welcoming guests in a sophisticated but relaxed outdoor setting, it serves authentic Japanese food on the hotel's rooftop.

The Beach House
A popular El Gouna beach restaurant, The Beach House has an extensive beachfront terrace next to the azure waters of the Red Sea. The playful bamboo beach bar also serves the VIP cabanas, chic loungers and daybeds on the beach and by the pool.

The Lounge
Heaven for exotic cigar and brandy connoisseurs, The Lounge is an elegant gathering space next to the lobby. It's a charming and intimate space, perfect for quiet conversation and relaxing with fine wine or exquisite liquor. There's an extensive drink selection and a curated humidor of premium and exotic cigars from around the world.





STEIGENBERGER GOLF RESORT EL GOUNA

Thanks to its tranquil location on its own private peninsula, the Steigenberger Golf Resort ranks among the most spectacular five-star hotels in El Gouna. This exclusive resort captivates guests with its playful architecture and an expansive 18-hole championship golf course, set against a breathtaking panoramic backdrop.

Designed by Michael Graves, the hotel features striking arched windows and domed ceilings, finished in a warm palette of orange and reddish-brown earth tones. Lush gardens lead to secluded lagoon beaches, offering stunning vistas at every turn. With three swimming pools, a rejuvenating spa, and a fitness center, the resort caters equally well to couples, groups, and families. The Steigenberger Golf Resort El Gouna serves as a peaceful retreat, while remaining just minutes away from the vibrant heart of El Gouna.

Accommodations

Thoughtful spatial design and an aesthetic inspired by the style of Upper Egypt define the 268 newly renovated rooms and suites at the Steigenberger Golf Resort. Each room includes a private balcony or terrace overlooking the resort's gardens, lagoons, golf courses, or pools. Connecting rooms and suites ensure that larger groups and families are comfortably accommodated.







Dining

From upscale restaurants and drinks with a view to casual poolside snacks, the Steigenberger Golf Resort offers a diverse range of culinary experiences. A standout is «La Rotisserie,» located in the hotel's Golf Tower; its floor-to-ceiling windows provide picturesque views across the entire town, including the golf course and lagoons. The restaurant serves a varied international menu. At «Harumaki,» guests can enjoy sushi, teppanyaki, and other Japanese specialties. Meanwhile, at the adjacent «Hole 19» bar, guests can unwind as the sun sets over the Red Sea. The resort welcomes guests on a bed-and-breakfast or half-board basis and is part of the «Dine Around» program in El Gouna. This program allows guests with all-inclusive, full-board, or half-board packages to dine at various participating hotels and restaurants—either at no extra cost or at a discount—enabling them to fully enjoy the town's culinary diversity.

Lagoon Beach

Located just a few steps from the guest rooms, the Lagoon Beach serves as a tranquil retreat with stunning views of the lagoons. Guests will find sheltered sun loungers, parasols, and easy access to the turquoise waters—perfect for a refreshing dip in the sea.

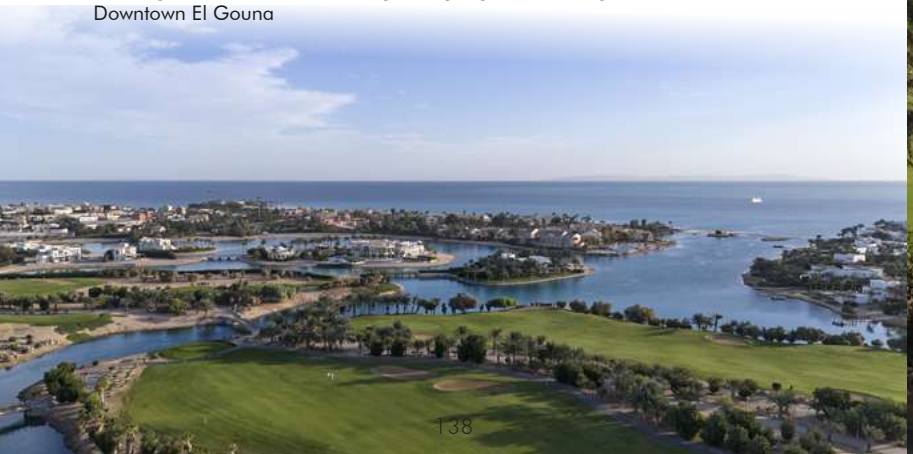
Swimming Pools
The Steigenberger Golf Resort features two pools for adults (one of which is heated during the winter) as well as a children's pool, which is also heated in the winter.

Planet Spa
At Planet Spa in El Gouna, guests can enjoy total relaxation through a blend of Oriental and Far Eastern treatments, such as the Lomi Lomi Nui massage. An authentic Turkish hammam is also available for various treatments. Furthermore, there are two VIP massage rooms: one equipped with a private Jacuzzi, and the other with a private sauna and steam room. The spa is open from 9:00 AM to 7:00 PM.

Wellness Center
The hotel's wellness center is integrated into the spa area. It includes two relaxation pools, a steam room, a sauna, and a cold-water plunge pool. The fitness club is also located within the spa area; it is equipped with state-of-the-art machinery and everything one could need for a great workout. Access to all these facilities is complimentary for hotel guests.

18-Hole Championship Golf Course
This expansive 18-hole championship course features three sets of tee boxes for men and women, incorporating bunkers, lagoons, and desert terrain. It is designed to challenge both beginners and professionals alike. For more information about the golf course, please visit: Golf Club

www.elgouna.com/de/hotels/steigenberger-golf-resort-el-gouna



Downtown El Gouna







HAPPY SUMMER MOMENTS AT BAWE ISLAND

Just 15 minutes from Stone Town, an extraordinary sanctuary unfolds in the heart of Zanzibar: Bawe Island is Africa's first "island-within-an-island" concept. Bawe Island is more than a destination—it is a feeling. A place where luxurious seclusion, vibrant culture, and untouched nature merge into a truly unique experience.

The Art of Creating Bliss

Happy Moments at Bawe Island are no coincidence, but the result of a finely tuned composition of nature, design, and personal attention. Every moment is designed to bring guests into a state of pure bliss—a feeling of complete disconnection from everyday life, carried by the sound of the ocean, the rhythm of the tides, and the vastness of the sky.

A Private Paradise for the Discerning Traveler

Set across 30 hectares of untouched nature, the retreat offers 70 exclusive freestanding villas, each with a private pool and surrounded by lush, wild vegetation. Spacious living areas ranging from 200 to 500 square meters, elegant interiors, and spectacular views of the Indian Ocean create an atmosphere of serene immersion in nature.

Each villa on Bawe Island expresses its own unique relationship with nature—sometimes gentle and calming, sometimes vivid, but always immediate and immersive. In the overwater Lagoon Suites, nights are accompanied by the rhythmic sound of waves or the soft patter of tropical rain, creating deep comfort and restorative sleep. The Sunrise and Sunset Villas open fully to the outdoors: under the open sky, surrounded by lush gardens and the scent of ripe papaya, bathing beneath the stars and moon becomes a near-magical ritual. In the Zanzibar Villas and the majestic Sultan Palace, the boundaries between indoors and outdoors dissolve completely—just a few steps separate the bed from warm sand and turquoise waters.

The architecture tells stories that reach far beyond the present. Intricately carved wooden doors, inspired by the craftsmanship of Hindu and Jain merchants from Gujarat, carry symbolic meaning and are believed to bring protection and good fortune. At each villa entrance rests a serene Balinese statue, while a personalized bicycle awaits—small details that make the stay feel special from the very beginning.

Arriving in Another World

Even the journey is part of the experience: aboard a bespoke Venetian luxury yacht by Cantiere Serenella, guests glide across shimmering waters as the island slowly comes into view. Upon arrival, they are not simply welcomed, but greeted like long-awaited family members. This feeling continues throughout the stay, supported by

a personal butler who intuitively anticipates every need before it is expressed.

Dolce Far Niente Meets Adventure

Bawe Island combines complete relaxation with a wide range of activities. Those seeking peace find it in the silence of nature and the privacy of their villa. At the same time, the island opens a world of discovery: the vibrant underwater world invites snorkeling and diving, while calm waters are ideal for canoeing or kayaking. Traditional dhow cruises at sunset offer unforgettable views—and, with a bit of luck, encounters with dolphins.
On land, championship tennis and padel courts as well as a modern gym overlooking the ocean complete the offering. Families benefit from a thoughtfully designed kids' club, while those seeking tranquility can fully embrace the art of doing nothing.

Culinary Experiences & Vibrant Evenings

At the main restaurant Sands, rotating themed evenings and live performances create an atmospheric setting. A special highlight is Teppanyaki night, where the chef not only creates culinary masterpieces but also entertains guests with stories and humor. Private dining experiences and in-villa menus turn every meal into a personalized journey of taste.

Deep Relaxation in Harmony with the Elements

At the spa "The Rebirth by Healing Earth," a holistic wellness concept nurtures both body and mind. Right on the beach, accompanied by the rhythm of the waves, the "Seaside Ocean Song" treatment delivers profound calm. The Bawe Signature Soy Candle Massage wraps the body in soothing warmth and leads to deep relaxation.
Here, not only memories are created, but happy moments and lasting pure nature bliss.

About Bawe Island

Bawe Island is an exclusive five-star retreat by The Cocoon Collection on a private 30-hectare island off the coast of Zanzibar. With only 70 villas, each featuring a private pool and butler service, the resort combines ultimate privacy, elegance, and tailored hospitality. Accessible by private boat or helicopter, just 30 minutes from the airport, Bawe Island redefines luxury travel. The resort sets new standards in sustainable luxury with Zanzibar's largest solar park and innovative desalination systems, while actively protecting marine biodiversity and preserving the region's cultural heritage.
Bawe Island has been awarded Zanzibar's Leading Luxury Resort 2025 at the World Travel Awards 2025, named 1st Gold Hotel Champion 2026 by Serandipians by Traveller Made, and recognized as World's Best New Hospitality Arrival 2025 at the CCircle Awards 2025.









Bawe Island
Zanzibar, Tanzania
booking@baweisland.com
www.baweisland.com



FANCOURT: A PREMIER GOLF DESTINATION IN THE HEART OF THE GARDEN ROUTE

Fancourt, South Africa's premier golf and leisure destination, continues to set benchmarks for luxury golf resorts worldwide. In 2025, it was named Africa's Best Golf Hotel at the prestigious World Golf Awards and ranked 14th among the world's best golf resorts in Golf World's Top 100 World Resorts. This recognition highlights Fancourt's ongoing evolution and unwavering commitment to excellence, luxury, and unforgettable guest experiences, reinforcing its position as one of the leading golf destinations globally.

A LEGACY OF GOLF EXCELLENCE

Nestled in the heart of the Garden Route in George, South Africa, Fancourt is home to four championship golf courses designed by golf legend Gary Player. These include the iconic Links, consistently ranked as South Africa's number one course, alongside Montagu, Outeniqua, and The Links Experience, offering diverse challenges for golfers of all levels.
Perfectly manicured fairways, strategically designed bunkers, create a world-class golfing experience. The Links stands out with its fast, undulating greens and spectacular mountain scenery, setting the standard for golf excellence.

MORE THAN GOLF: LIFESTYLE, WELLNESS AND CULINARY EXCELLENCE

Fancourt offers far more than golf. The resort features two exceptional hotels: Fancourt with 115 elegant rooms and suites, and The Manor House, an exclusive boutique property with 18 luxury suites.
Guests can unwind at the award-winning spa, including the iconic Roman Bath, enjoy a wide range of leisure activities, multiple pools, and a dedicated kids' club—making it an ideal destination for families, couples, and golf enthusiasts alike.
Culinary experiences are equally exceptional. With four restaurants, including Amanita, La Cantina, and Monet's, guests can indulge in dishes crafted from the freshest ingredients. Wine lovers and golfers alike will appreciate the carefully curated wine selection, featuring some of South Africa's rarest labels, including De Toren Book XVII and mature vintages of Meerlust Rubicon from the 1990s. Whether dining indoors or al fresco, every meal is set against the stunning backdrop of the Outeniqua Mountains.

COMMUNITY, HOSPITALITY AND SUSTAINABILITY

Beyond delivering unforgettable guest experiences, Fancourt is deeply committed to sustainability and community engagement. Initiatives include stationery drives, support





for George Child Welfare, adult education programmes, and partnerships with the Rosemoor Old Age Home.

A COMPLETE LIFESTYLE DESTINATION

With world-class golf, innovative sporting facilities at The Ridge, exceptional wellness offerings, and outstanding cuisine, Fancourt delivers a fully immersive luxury experience. Every detail—from perfectly manicured greens to the breathtaking Outeniqua Mountain landscape—is designed to ensure relaxation, excellence, and memorable moments at every turn.

For more information and bookings:
www.fancourt.co.za







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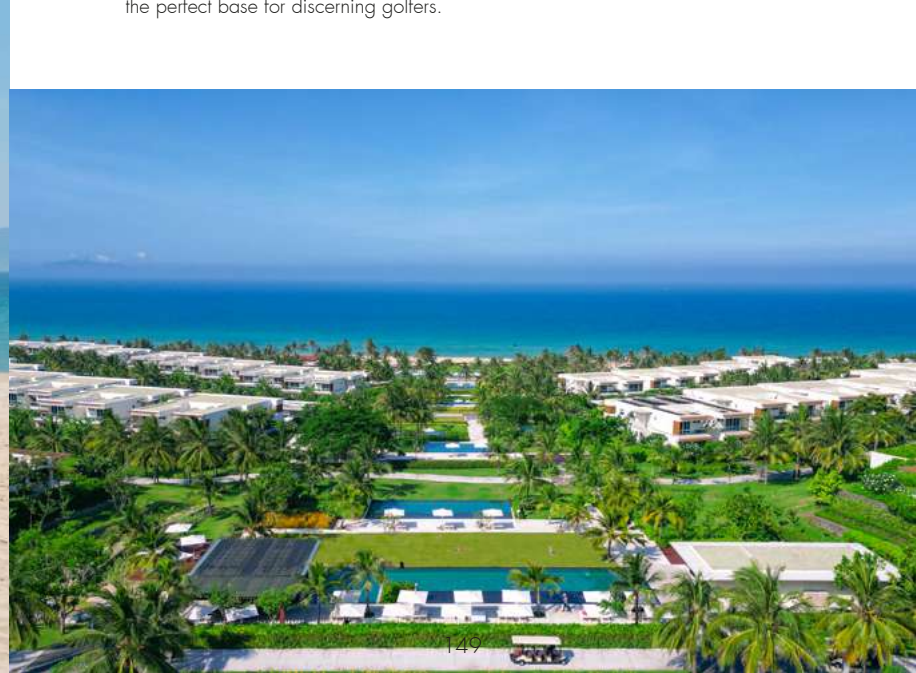
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ALMA
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FAIRWAYS, WANDERLUST AND FIVE-STAR FLAIR
ALMA RESORT CAM RANH

Planning a golf trip today is about far more than simply finding a great course. Travelers are looking for exceptional fairways, short transfer times, first-class relaxation and a resort experience that continues to impress long after the final putt has dropped. This is exactly where Alma Resort Cam Ranh comes in – a luxurious beachfront resort on Vietnam's spectacular coastline that has established itself as the perfect base for discerning golfers.



The location could hardly be better. Nestled along the stunning coastline of Cam Ranh and just minutes from Cam Ranh International Airport, the resort offers quick and convenient access to some of the region's most renowned golf courses. One of the highlights is the nearby KN Golf Links, designed by golf legend Greg Norman. Combining classic links-style elements with dramatic coastal scenery, the course has become one of Southeast Asia's most exciting golf destinations.







From Alma, guests can also access three additional championship courses among Vietnam's best-known golfing venues:

- Diamond Bay Golf & Villas – 17 km (approx. 20-minute drive)
- Anara Binh Tien Golf Club – 49 km (approx. 60-minute drive)
- Vinpearl Golf Club – 28 km (approx. 90 minutes by speedboat and shuttle)

However, at Alma, the perfect golf day does not end on the 18th green. Instead, it simply enters its next chapter.



Rather than offering a traditional hotel experience, the resort features spacious suites and villas, many with private pools and sweeping ocean views. The atmosphere feels less like a typical five-star hotel and more like a luxurious private beach retreat – with all the comforts and service expected from a world-class resort. For golfers, that means mornings spent teeing off on spectacular fairways, afternoons relaxing by the pool or unwinding in the spa, and evenings





dedicated to culinary discovery. Multiple restaurants and bars offer everything from Asian specialties to international favorites, alongside relaxed sundowner spots overlooking the ocean.
Yet Alma does not only appeal to golfers themselves – it is equally designed with their travel companions in mind.
While one partner heads out for a round, the other certainly does not end up with the typical "waiting at the hotel" experience. Instead, Alma offers an impressive range of activities and experiences. Twelve terraced swimming pools cascade down toward the beach, while an expansive spa invites guests





to indulge in treatments and moments of relaxation. Yoga sessions, fitness activities and a seemingly endless stretch of beach create the perfect balance of wellness and leisure.
Guests looking for more action will also find entertainment far beyond the traditional resort offering. From a water park and cinema to mini golf and a wide range of recreational experiences, Alma provides plenty of options for every type of traveler. Families, too, benefit from dedicated facilities and programs for children and teenagers, making it an attractive destination across generations.
This is where Alma Resort Cam Ranh truly stands apart. It is not simply a hotel located near great golf courses – it is a destination that transforms a golf trip into a complete travel experience, equally enjoyable for players, partners and families alike.
Because the best golf vacations are often the ones where nobody is waiting for the round to end.

Khanh Hoa Province, Vietnam
www.alma-resort.com

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