

Diana Sicher-Fritsch

Diana Sicher-Fritsch, born in 1970, runs the mental health center "Denk-Art" and the spa in the **** MentalSpa Resort Fritsch am Berg in Lochau on Lake Constance. As an "expert in light living", she specializes in dealing with stress, stressful situations and symptoms in her work with clients in the hotel. The OASE health concept developed by her is also suitable for lifestyle changes during shorter vacation stays. The goal of individual coaching and training is to deal better with stress and pressure and to be physically, mentally and emotionally resilient, for a lighter life.

Contact data

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Event

[Best Practice – Biofeedback: Applications In The Specialized Wellness Hotel Industry](#)

Thursday, March 7, 2019, 11.25 - 11.45

CityCube Berlin, Auditorium A3

[Best Practice - Mental Wellness: A Further Step To An Holistic Lifestyle Approach](#)

Thursday, March 7, 2019, 13.00 - 13.25

CityCube Berlin, Auditorium A3

Official Partner Country ITB Berlin 2019



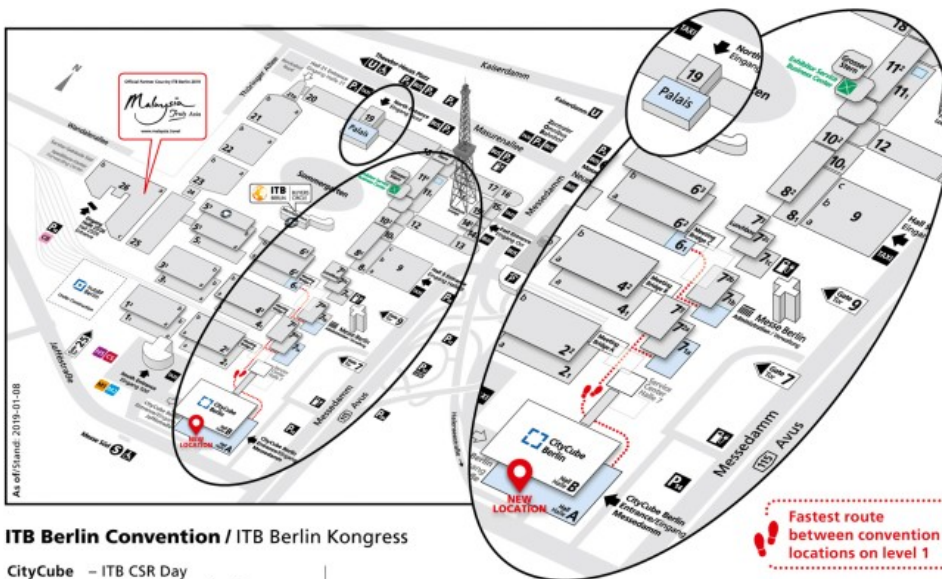
www.malaysia.travel

Co-Host ITB Berlin Convention 2019



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ITB Berlin Convention / ITB Berlin Kongress

ITBCube

Hall A



- ITB CSR Day
- ITB Deep Dive Sessions
- ITB Destination Day 1
- ITB Destination Day 2
- ITB Experts Forum Wellness
- ITB Future Day
- ITB Marketing & Distribution Day
- ITB Tourism for Sustainable Development Day

6.1 – eTravel World: eTravel Stage, eTravel Start-Up Day

- 7.1a** – Home of Business Travel Forum by ITB & VDR
- ITB Business Travel Forum
 - ITB MICE Forum
 - ITB MICE Hub

7.1b – eTravel World: eTravel Lab, TTA Forum, ITB Hospitality Tech Forum

- 11.1** – ITB Young Professionals Day

Palais – ITB Convention Awards

Contact

Please contact us for concerns or questions:

Convention Organisation

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