



Health
YOU UP

/ MOUNT MEDolution
Guide



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/ MOUNT MEDolutions

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Dr. med. Alexander Papp



Dr. med. Stephan Papp

Dear Guest,

We are delighted to welcome you to Mount Med Resort where our Medical Spa provides our guests with the benefits of a revolutionary, holistic and scientifically sound approach: Mylife Changer.

After over a decade at the forefront of preventive medicine, specialising in cell recovery and rejuvenation, we have distilled this expertise into a unique methodology. Our methods improve health holistically while also sustainably delaying the cellular ageing process. With our personalised MOUNT MEDolutions, your journey to healthy beauty, physical wellbeing and mental health takes centre stage.

This guide is designed to furnish you with key information about your stay and both our medical and holistic services. Should you have any questions, your health concierge and the Medical Spa team are here to assist you.

In this spirit: Health You Up – climb the peak of health with us!

Dr Alexander Papp & Dr Stephan Papp



/ Tips and Information for Your Stay

/ Arrival

Your stay begins with an appointment with your personal health concierge, who will familiarise you with your MOUNT MEDolution.

/ Your Nutritional Level

On the evening of your arrival day, enjoy a Health Optimiser or Green Local Hero dinner. Your specific nutritional level for the remainder of your stay will be arrived at during a post-diagnostic consultation with your doctor.

/ Fasting Urine & Blood Tests

The day after you arrive, we begin your comprehensive diagnostics with fasting urine and blood tests.

Important:

- Please **do not eat** before providing your urine and blood samples.
- Please take a urine sample **first thing in the morning**. You'll find a sample container in your room.
- Please bring your urine sample when you come for your **blood test**.
- Once that's done, you'll be free to enjoy **breakfast**.

/ Metabolic Blueprint & Objectives

The day after your arrival, we will also record your Metabolic Blueprint, blood tests and vital parameters. During your initial medical examination and medical history consultation, you and your doctor will together define the objectives for your stay and future goals.

/ Herbal Tonics & Nutritional Supplements

Therapeutic Drinks & Capsules

Your doctor will tailor your individual nutrient therapy plan to the results of your Metabolic Blueprint. The dietary supplements and tonics are vegan, rich in secondary plant active ingredients and contain neither preservatives nor gluten.

Herbal Tonics

- Purifying and detoxifying
- Accelerate fat burning
- Activate skin cell regeneration and enhance skin appearance
- Improve tissue tone and tighten skin
- Excellent remedies for cellulite

The recommended daily intake for the herbal tonics is 3 x 20ml for adults, and for adolescents aged 15 and over (20ml = 2 tablespoons). Do not exceed the recommended daily dose. For capsule product dosages, please follow your doctor's instructions.

/ Kneipp Therapy

Kneipp therapy utilises the principles of stimulus therapy, delivering its benefits through Kneipp water treading. Please note that this takes place in the nude zone of our sauna area. The practice strengthens the circulatory system, promotes blood circulation and provides anti-inflammatory effects. Regular Kneipp treatments enhance wellbeing and are an excellent way to complement your MOUNT MEDolution.

/ Sauna & Heat Therapy

A body temperature rise of just 1°C doubles the speed of the body's metabolic processes and strengthens the immune system. It also enhances toxin elimination through the skin. During a sauna session with infusion, the alternation between dry and humid hot air further amplifies these effects by improving blood flow to the kidneys and aiding the elimination of metabolic waste. Sauna bathing is a powerful way to support detoxification and promote long-term health by preventing infection. Please see our Sauna Guide for descriptions of the heat facilities in the nude sauna area.

/ Cryotherapy

Cryotherapy, derived from the Greek word *kryo* meaning cold, makes use of the principle of hormesis: the controlled exposure to a powerful environmental challenge – in this case, the cold – that offers health benefits when applied in short bursts. This supports the metabolism, promotes muscle regeneration and reduces inflammation. It also has a lasting positive impact on mood regulation. Cryotherapy is widely used by athletes thanks to its excellent regenerative effect on the muscles and musculoskeletal system. Please note that referral for cryotherapy is through your doctor.

/ Biohacking & Neuroscience

Much like a hacker modifies computer systems, biohacking involves optimising processes within the body. Key tools include nutrition, exercise, neuroscientific programming and neuro-meditation. As biohacking pioneers, our neuroscience and neuro-vibes treatments offer the most innovative, evidence-based longevity hacks. This facilitates the optimisation of your performance, lifestyle and physical and cognitive abilities to suit your needs and health, all with medical supervision.

/ Exercise & Fitness

Regular physical activity plays a vital role in maintaining health. It helps lower the risk of conditions such as diabetes, obesity, high blood pressure, depression and osteoarthritis. Exercise also supports the body's detoxification processes in that enhanced carbon dioxide exhalation boosts toxin elimination via the kidneys. These benefits make exercise an essential component of a healthy lifestyle. The expert instructors and coaches at Mount Med Resort will guide you to your personal best with customised programmes and training plans. Please refer to your SuitePad or the Mount Med Infotainment for our Fit Performance weekly programme.

/ Mental Health

The Mount Med Resort's holistic approach integrates physical, mental and emotional aspects. Guided by our outstanding coaches, you can reshape your lifestyle, making it healthier and better suited to your needs. This includes nutrition, regular physical activity and strategies for coping with stress and developing emotional resilience. Lifestyle changes thus become the driving force behind preventing chronic illness and promoting long-term wellbeing. Please refer to your SuitePad or the Mount Med Infotainment for the current Mental Health weekly programme.



/ Investing in Your Health

The aspiration for physical and mental fitness and a long, healthy and beautiful life is as old as humanity itself, and this desire has only intensified post-pandemic. Similarly, there is a growing awareness of the importance of a healthy lifestyle. With growing recognition of the need for self-directed health management amidst strained healthcare systems, Mount Med Resort introduces a revolutionary health concept. Its integrative diagnostics, precision treatments and pioneering cell-rejuvenation techniques meet the requirements of both preventive care and active recovery, combining mindfulness and balance for transformative wellbeing. By treating the person in their entirety – from mindset to aching joints and everything in between – and starting from the smallest cell in the body, the resort offers bespoke approaches that optimise physical and mental health, beauty and performance potential, integrating tailored nutrition, neuro-biohacking and natural nootropics for a holistic approach to peak human performance.

/ Mylife Changer – My New Lifestyle

Everything begins and ends in the cells. Health problems and premature signs of ageing stem from disorders in cell metabolism, degeneration and defects. Combining cutting-edge diagnostics with Traditional European Medicine, the innovative and holistic Mylife Changer programme targets cellular health to reset biological age, cleanse the body, and slow the ageing process. This science-backed programme uses a zero-sugar, low-carb, low-cal diet to activate autophagy for cellular detoxification. The process, centred on a personalised ‘Metabolic Blueprint,’ evaluates 23 biomarkers, including metabolic rate, fat-burning efficiency, posture, cognition and lung fitness, providing a detailed health profile. Additional laboratory diagnostics and vital parameter measurements provide a comprehensive overview of each guest’s physical constitution. This information forms the basis for a personalised treatment plan that may include infusion therapies and both manual and device-based treatments, supporting holistic recovery and prevention during the guest’s medical stay.

/ Mylife Change Nutritional Programme

The Mylife Changer nutritional plan progresses through three carefully structured phases, each designed to restore balance and promote a sustainable, health-focused lifestyle: During the Intensive Phase, carbohydrates and fats are significantly reduced, with an emphasis on providing adequate proteins and essential micronutrients. This reduction in carbohydrates prompts the body to shift into lipid metabolism, encouraging it to burn stored fat and generate ketones which replace glucose to fuel the cells, while amino acids directly nourish muscles, maintaining muscle structure and preventing muscle loss. The personalised formula for this phase is derived from the Metabolic Blueprint, optimising nutrient intake for cellular rejuvenation. The subsequent Stabilisation Phase gradually reintroduces specific nutrients to guide the body out of lipid metabolism and restore a balanced, efficient metabolic function. By adjusting macronutrient intake, this phase helps achieve a stable energy level and reinforces natural body functions, bringing the body into an optimal state of equilibrium. The final Integration Phase embeds these dietary principles into the guest’s everyday lifestyle.

Grounded in scientific research and evidence-based principles, the exclusive Mylife Changer method offers a transformative journey to unlock your potential. Experience a profound shift toward holistic health and fulfilment, tailored to help you embrace the best version of yourself.

/ Age Reversal & Aesthetic Medicine

In the private practice of Dr Alexander Papp, Aesthetic Medicine is dedicated to reversing the signs of ageing. Innovative treatments promote health, natural aesthetics, and cellular rejuvenation. The treatment spectrum includes advanced skin revitalisation and intensive hydration to deeply rejuvenate the skin. State-of-the-art device-based treatments – including microcurrents, radiofrequency, heat and ultrasound – enhance circulation, promote skin tightening and improve skin texture while strengthening connective tissue. For a balanced and harmonious silhouette, muscle toning and body contouring treatments help to refine body shape, while autologous blood therapies stimulate skin repair and rejuvenation. Minimally invasive options, such as hyaluronic acid and Botox, reduce wrinkles, add volume and create smooth, natural contours. Combined with the holistic, cell-regenerating Mylife Changer method, aesthetic medicine delivers immediately visible rejuvenation and naturally enhances beauty at every stage of life.

/ The Mylife Changer Method

- Holistic & integral
- Medically proven & scientifically sound
- Evidence-based & clinically tested
- Comprehensive analysis of metabolism, biological age, fat utilisation, heart & lung fitness, posture, breathing & mental health
- Groundbreaking nutritional concept
- Personalised treatment plan
- High-tech touchless treatments & neuroscience biohacking
- Personalised therapies for a balanced & resilient body and mind

/ Movement and Mental Fitness

In addition to its medical services, Mount Med Resort offers tailored exercise programmes and regular check-ups in sports medicine, orthopaedics and medical fitness to enhance physical performance, mobility and mental strength. The modern Fitness Loft, complete with an ortho and physiotherapy gallery, provides a wide range of medical fitness equipment, orthopaedic movement and gait analysis, and personalised treatment and training options to support a healthy musculoskeletal system. Advanced treatments for chronic pain, illness, injury and restricted mobility include shockwave and laser needle therapies. At Mount Med Resort, guests have access to advanced techniques typically reserved for elite athletes. Therapeutic focal points include specialised physiotherapy and regenerative treatments that utilise patients’ own blood and adipose-derived stem cells to promote joint recovery and maintenance. These cutting-edge methods are part of the resort’s holistic approach to optimise both physical health and performance. Imaging techniques such as MRI and CT are accessible through close collaboration with Wörgl’s centre of diagnostics, run by Dr Stephan Papp and his team, Dr Bernhard Heinze and Dr Martin Jungmann.

A dedicated team of movement specialists, mental training instructors for athletes, yoga teachers and personal coaches work closely with guests to achieve their unique performance goals. Through targeted performance enhancement, accelerated recovery and active prevention, this programme boosts fitness and resilience for daily life, leisure and athletic pursuits. Comprehensive screenings assess each guest’s current fitness level and identify any barriers to progress. Tailored therapy recommendations, personalised training plans and focused mental coaching then ensure guests achieve and maintain peak physical and mental performance.



/ Cook for Health

Everyone is unique, and to reflect this, we offer three tailored nutritional levels designed to suit your health, your needs, and your taste buds.

/ Weight Guardian

Medically motivated, science-based and university-approved, this metabolic programme offers a cuisine that is protein-rich, and low in carbs and calories: The body transitions to lipid metabolism, reduces inflammation and activates cell recovery. In Phase II – Health Optimiser – the body is gradually guided out of lipid metabolism.

/ Health Optimiser

During Phase II of the Mylife Changer nutrition programme, the body gently transitions out of lipid metabolism. Natural functions are balanced and stabilised, while energy levels are boosted. This phase focuses on enhancing fitness, vitality and mental health. High-protein and low(er)-carb, Health Optimiser creates the perfect nutritional basis for a balanced, healthy and active *healthstyle*.

/ Green Local Hero

As well as providing an ethical food choice, plants are power boosters for your health. Our gourmet, plant-based Green Local Hero cuisine is simply bursting with health benefits. Learn how to make the most of nature's resources to benefit your health.

Your personal formula for ideal nutrition is provided by the Metabolic Blueprint – a comprehensive metabolic analysis. Together with your doctor, you review the recommended nutrition and nutrient plan, while your health concierge is always on hand to offer further advice.

/ Mylife Changer at Home

To support sustainable prevention and help you seamlessly integrate your new nutrition routine into daily life, we've created the Healthstyle Influencer package for you to take home. This tailored package includes perfectly coordinated supplements and foods to continue supporting your health long after your stay at Mount Med Resort.

/ Mount Med

Your Journey to Health, Wellbeing and Precise Prevention

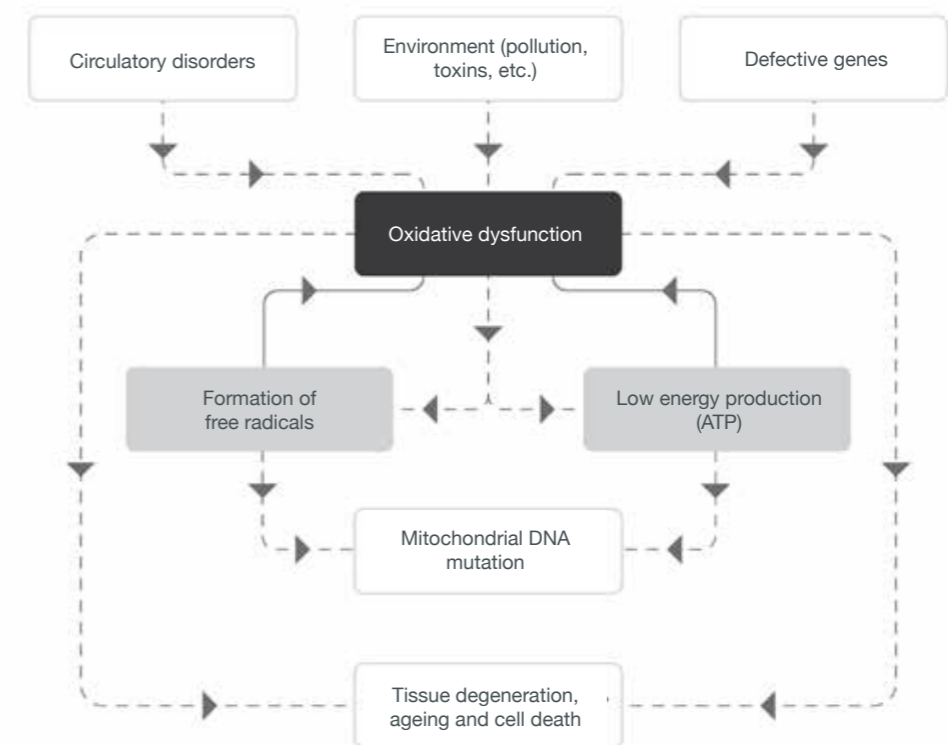
/ What is Age-Reversing?

Age-reversing is about taking proactive steps to care for your body and mind, slowing the ageing process and staying physically and mentally vibrant well into later life. Since 2015, Mylife Changer has been at the forefront of research into cellular ageing, focusing exclusively on uncovering its root causes. Drawing on cutting-edge science, the latest medical insights and innovations in nutrition, alternative therapies and cosmetic medicine, Mylife Changer has developed advanced strategies to minimise cellular ageing.

/ Causes of Cellular Ageing

Our journey begins with a single cell, the foundation of life, from which we develop through continuous cell division. During each division, a cell duplicates its DNA. However, various internal and external factors can lead to replication errors, resulting in DNA damage – one of the primary causes of premature ageing and age-related diseases. Human cells have a limited capacity for division, with a maximum of approximately 60 cycles. This limitation arises from telomeres – the protective caps at the ends of DNA strands – which gradually shorten with each division. Once telomeres reach a critical length, cells can no longer divide. Stem cells, vital for cell regeneration, rejuvenation and repair, play a crucial role in combating cellular ageing. However, as we age, the number of functional stem cells declines, exacerbating DNA damage and telomere shortening. External factors – such as environmental influences, nutrition and lifestyle – contribute to increased production of free radicals and heightened levels of chronic inflammation, which collectively speed up the ageing process.

- Replication errors – DNA damage – telomere shortening
- Free radicals from internal and external influences (e.g. UV exposure, pollutants, metabolic processes)
- Chronic inflammation – inflammaging





/ A Method for Cellular Rejuvenation

At Mount Med Resort, we tackle cellular ageing at its core through the innovative Mylife Changer method.

- Reduction of inflammatory processes
- Reduction of oxidative cell stress
- Elimination of toxins
- Stimulating autophagy – the body’s natural cell recycling and cleansing mechanism
- Enhancing cellular energy

/ Building Blocks of Cell Rejuvenation

- Metabolic Blueprint: A comprehensive analysis of your metabolism, biological age, fat utilisation, cardiovascular and respiratory fitness, posture, breathing patterns and mental processes.
- Groundbreaking nutritional concept with anti-inflammatory nutrition designed to activate autophagy
- Oxygen and infusion therapies to boost cellular energy
- Therapeutic drinks and dietary supplements for effective toxin elimination
- Customised, type-specific treatment plan
- High-tech touchless treatments & neuroscience biohacking
- Personalised therapies for a balanced and resilient body and mind

/ Why Choose Mount Med & Mylife Changer?

/ Traditional Fasting and Spa Programmes

Focus primarily on the gut

- ✓ Intestinal rehabilitation (supports gut microbiome and digestion)
- ✓ Detoxification (not scientifically proven)
- ✓ Addresses hyperacidity (not scientifically valid)
- ✓ Fasting = hunger (hunger hormone increases for up to 12 months)
- ✓ Protein deficiency = muscle loss

/ Mylife Changer

Focus on the whole body and mind

- ✓ Initiation of autophagy
- ✓ Change of gut microbiome
- ✓ Cellular cleansing = scientifically proven process enhancing ATP production functions via ketones and improving cell functionality
- ✓ Not fasting!
- ✓ Anti-inflammatory nutrition
- ✓ Boosts the immune system
- ✓ Focus on the relationship between physical and mental processes

/ Health Concierge

/ Initial Consultation | Health Concierge

In this consultation, we take the time to understand your unique health goals and needs. Our health concierge serves as your personal point of contact, supporting you throughout your stay at the resort. We'll discuss your current concerns and assist with tasks like accurately completing medical history forms or understanding what happens at the Medical Spa. Enjoy personalised care in a discreet, comfortable setting. Your path to better health begins here!

/ Interim Consultation | Health Concierge

These brief consultations allow us to discuss how you feel, and answer any questions. The health concierge acts as a central point of contact and coordinator, ensuring guests receive the support they need and stay well-informed throughout their stay.

/ Final Consultation | Health Concierge

The concluding discussion with your health concierge offers an important opportunity to reflect on your treatment journey. The health concierge summarises your progress and reviews the goals achieved. Additionally, they can provide guidance on further measures to support your long-term health.





/ Medical Services

/ Private Practice – Papp & Papp



/ Cutting-edge Medical Spa

- Preventive care & check-ups
- Aesthetic medicine & age reversal
- Dermatology & Skin Solutions
- Orthopaedics & mobility
- Sports medicine & performance optimisation
- Sleep medicine & pulmonology



/ General Medicine

/ Initial Medical Examination & Consultation

In this comprehensive consultation, we record your medical history, current health concerns and lifestyle habits. A health check follows, assessing key vital signs and risk factors. This consultation provides a foundation for creating personalised, evidence-based treatment plans tailored to your health needs.

/ Medical Examination & Discussion of Findings

This follow-up consultation reviews the results of your tests and assessments. Your doctor will interpret the findings, explain their implications and outline any recommended next steps. This is also an opportunity to clarify any questions and make therapeutic adjustments as needed.

/ Supplementary Medical Examination | Monitoring

This consultation addresses additional diagnostic measures to build a precise profile of your health and assess therapy effectiveness. Common supplemental tests include advanced lab work, imaging and specialised functional assessments.

/ Final Medical Examination

Conducted at the end of your stay, this examination evaluates your health progress and assesses whether the treatment goals have been met. We will also provide recommendations for future treatments, preventive strategies and lifestyle adjustments to support ongoing wellbeing.

/ Nutrition

/ Medical Nutritional Consultation

Our medical nutritional consultation focuses on anti-inflammatory and carbohydrate-reduced nutrition, designed to support weight management and regulate blood sugar levels. We also incorporate the principles of autophagy – a natural cell repair process activated through calorie reduction and intermittent fasting. Each consultation includes personalised guidance and tailored nutrition plans, developed in progressive stages to promote sustainable, long-term lifestyle changes.



/ Aesthetic Medicine

/ Initial Aesthetic Consultation

This initial consultation offers the chance to discuss your goals and preferences related to aesthetic treatments. During this conversation, you'll get to know your doctor and establish a foundation of trust. Treatment options, potential risks and realistic outcomes will be explored in detail. The session concludes with a thoughtful outline of the next steps in your aesthetic journey.

/ ATTIVA Radiofrequency Therapy | Minimally Invasive Skin Tightening

ATTIVA radiofrequency therapy is a minimally invasive skin tightening treatment for various areas, including the face, neck, décolleté, arms, abdomen and thighs. By delivering focused heat, this therapy stimulates the skin's collagen production, a key component for maintaining skin elasticity. ATTIVA technology is particularly effective for facial rejuvenation, body contouring and skin tightening. Endolift ATTIVA's minimally invasive approach leaves no scars, offering a safe alternative to traditional cosmetic surgery. The skin rejuvenation procedure utilises a subcutaneous probe to retract tissue and stimulate collagen synthesis without the need for incisions. One of the significant advantages of ATTIVA therapy is the minimal downtime required. Patients can typically resume their usual activities almost immediately after the procedure. Mild side effects, such as redness or small bruises, may occur but generally resolve within 10 weeks.

Skin Tightening: By delivering controlled radiofrequency heating to the skin, this treatment activates fibroblasts – cells responsible for collagen and elastin production. The result is enhanced skin firmness and tone.

Reduction of Wrinkles and Fine Lines: Harnessing the power of collagen synthesis, ATTIVA effectively smooths wrinkles and diminishes fine lines, visibly reducing the signs of ageing.

Improved Skin Texture: Radiofrequency-stimulated cell recovery works to refine and balance your skin's structure, addressing irregularities and reducing impurities.

Cellulite Treatment: ATTIVA can be used to target the subcutaneous tissue effectively, breaking down fibrotic tissue associated with cellulite and improving its appearance.





/ Botox

Botox is injected directly into the muscles responsible for wrinkles caused by overactive contractions. It works by blocking the release of the neurotransmitter that signals these muscles to move, relaxing them and smoothing out existing wrinkles for three to five months. Beyond reducing current wrinkles, Botox also helps prevent new ones from forming. Gentle, safe and long-lasting, it is both the most effective and the most natural solution for wrinkle reduction.

Botox | Treatments

Botulinum toxin, commonly known as Botox, smooths facial and neck lines (such as frown lines, crow's feet, and forehead wrinkles) through targeted injections that soften expression lines. Botox works by blocking nerve signals that cause muscle contractions, relaxing the muscles and creating a smoother skin surface. The procedure typically takes 15 to 30 minutes with no downtime required, and results become visible after about 7 days, lasting 3 to 5 months.

Botox | Treatment | Migraines

Botox is also effective in treating chronic migraines, aiming to reduce the frequency and intensity of attacks. In this treatment, Botox is injected into the head and neck muscles to inhibit neurotransmitters responsible for pain transmission. This reduces nerve activity associated with migraines for significant symptomatic relief.

/ Exion

Exion 3-in-1: Combining **microneedling**, **radiofrequency** and **ultrasound**, the Exion system offers advanced facial and body treatments powered by AI technology. By generating targeted heat, the treatment stimulates blood circulation and promotes the formation of new collagen, resulting in firmer, more even, youthful and refreshed skin.

Exion Face

- **Radiofrequency microneedling:** Treats deeper tissue layers with significantly less discomfort. Ideal for the treatment of wrinkles, scars and sagging skin.
- **Monopolar radiofrequency & ultrasound:** Provides a non-invasive solution for skin rejuvenation and tightening, boosting the body's natural hyaluronic acid production.

Exion Body

- **Monopolar radiofrequency & ultrasound:** Specifically heats and eliminates fat cells while preserving surrounding tissue. Perfect for tightening and contouring problem skin areas..

/ Hyaluronic Acid

When injected into wrinkles, this filler lifts the skin, evening out the surrounding tissue for a smoother, fuller appearance that lasts between six and twelve months. Combined with Botox, this treatment is especially effective for areas like nasolabial folds.

Wrinkle Treatment

Fillers offer a non-surgical solution to restore lost volume and smooth wrinkles, especially with hyaluronic acid-based fillers that enhance cheekbones, reduce nasolabial folds, and improve facial contours. They are also popular for adding fullness to the lips. Results are typically visible immediately and last several months. The procedure takes about 30 minutes, though mild swelling or bruising may temporarily occur.

/ Facial Rejuvenation and Skin Repair with Autologous Fat Stem Cells

This innovative procedure uses fat tissue extracted from your own body to isolate stem cells, which are then injected into the facial skin. The treatment effectively improves fine lines, wrinkles and skin volume with minimal risk of rejection due to the use of your body's own cells. It promotes natural skin recovery, restoring a more youthful and revitalised appearance.

/ Hyperhidrosis

Hyperhidrosis Treatment

This minimally invasive treatment for hyperhidrosis involves targeted Botox injections to areas prone to excessive sweating. Botox blocks nerve signals to the sweat glands, significantly reducing perspiration. The treatment is quick, requires no downtime, and results generally last several months, providing a meaningful improvement in quality of life for those affected.

Hyperhidrosis (Excessive Sweating) Treatment

In small, precise amounts, Botox is injected just under the skin in areas prone to excessive sweating, such as the armpits or palms. The active ingredient effectively blocks perspiration for five to seven months, reducing both sweating and unpleasant odours. This treatment leaves you feeling fresher, more comfortable, and confident – all year round.

/ Lipolysis

Injection Lipolysis

The fat-dissolving injection is a non-surgical method to target stubborn fat deposits in areas like the double chin, abdomen, hips, or thighs. In this procedure, phosphatidylcholine or another fat-dissolving agent is injected into the fatty tissue, breaking down fat cells. The treatment requires minimal downtime.

/ Mesotherapy with Active Ingredient Cocktail

This minimally invasive technique involves injecting a blend of vitamins, minerals, amino acids and hyaluronic acid into the middle layer of the skin. Commonly used for skin rejuvenation on areas like the neck, décolleté, hands and face, it also promotes hair growth and can help reduce cellulite. The treatment requires no downtime.

/ Vampire Lift | PRP Platelet-Rich Plasma Therapy

A small amount of blood is drawn from a vein in the arm and processed through specialised centrifugation to isolate the body's own regenerative, cell-preserving components. These active ingredients are then prepared for targeted application, with PRP (Platelet-Rich Plasma) administered beneath the skin through precise microinjections.



/ Imaging Procedures

Imaging techniques are essential diagnostic tools in medicine, allowing for detailed visualisation of anatomical structures and pathological changes within the body. They are vital for accurate diagnosis, tracking disease progression and planning treatment strategies. Common imaging methods include X-rays, ultrasound, computed tomography (CT), and magnetic resonance imaging (MRI).

/ Computed Tomography | CT

Computed tomography (CT) is an advanced radiological procedure that uses X-rays to produce high-resolution cross-sectional images of the body. During the scan, the patient lies on a motorised table that moves through a ring-shaped scanner, capturing multiple X-rays from various angles. A computer then reconstructs these images into detailed cross-sections of both bony and soft tissue structures. Due to their high sensitivity and rapid imaging capabilities, CT scans are particularly effective for diagnosing acute injuries, tumours, internal bleeding and organ diseases.

Abdominal CT | Pelvis without Contrast Medium

CT scans of the abdomen and pelvis, whether performed with or without contrast medium, provide detailed images of internal organs, blood vessels and surrounding tissues. Contrast agents are used to enhance the visibility of specific structures, allowing for more precise diagnosis, particularly in cases of suspected tumours or inflammation.

CT Angiography with Contrast Medium

CT angiography is a specialised form of CT imaging focused on visualising blood vessels. It involves the use of a contrast medium to enhance the clarity of vascular structures, helping to identify anomalies or constrictions.

CT of Joints | Shoulder, Elbow, Wrist, Hips, Knees, Ankles, Feet without Contrast Medium

Native CT scans of joints, including the shoulder, elbow, wrist, hip, knee, ankle and foot, are used to assess bony structures and identify potential injuries or degenerative changes. These scans are particularly valuable in diagnosing fractures and arthritis.

CT Colonography without Contrast Medium

CT colonography is a non-invasive procedure used to examine the colon, commonly employed as a screening method for the early detection of bowel cancer.

CT of the Head Area & Paranasal Sinuses with or without Contrast Medium

CT scans of the head and paranasal sinuses (PNS), performed with or without contrast medium, are used to detect pathological changes such as tumours or inflammations. Both native and contrast-enhanced scans provide detailed imaging for accurate diagnosis.

CT of the Thorax or Neck with or without Contrast Medium

CT scans of the thorax or neck, performed with or without contrast medium, are used to diagnose lung conditions or detect pathological findings in the neck region.

CT of the Spine (Cervical, Thoracic, or Lumbar), CT-Guided Spinal Therapy Infiltration with ACP or without medication

CT imaging of the spine – whether cervical, thoracic, or lumbar – provides a detailed view of the vertebrae and intervertebral discs. Combined with CT-guided therapies, such as infiltrations using autologous platelet-rich plasma (ACP) or other non-medicated options, this approach enables precise treatment of pain and inflammation.



/ Magnetic Resonance Imaging | MRI

Magnetic Resonance Imaging (MRI) is a safe, non-invasive procedure that uses strong magnetic fields and nuclear magnetic resonance to create high-resolution images of soft tissues. During the procedure, the patient lies within a magnet while radiofrequency pulses stimulate hydrogen nuclei in the body. MRI is especially valuable in neurology and orthopaedics for its detailed imaging capabilities and operates without ionising radiation.

/ X-Rays

X-ray imaging uses high-energy rays to capture images of the body's internal structures. Different tissue densities absorb these rays at varying levels, creating a contrast image on the X-ray film or monitor. X-rays are commonly used to diagnose bone fractures, joint injuries and other conditions.

/ Ultrasound Examination

Ultrasound examinations, or sonography, use high-frequency sound waves to create images of internal organs and tissues. This non-invasive, painless method has no known side effects as it operates without ionising radiation. An essential diagnostic tool in modern medicine, ultrasound enables quick and efficient assessment of various health conditions.

Ultrasound Of Abdominal Organs and Blood Vessels

An abdominal ultrasound is used to assess the internal organs and blood vessels within the abdominal cavity. What is being examined?

- Abdominal Organs: Liver, gallbladder, pancreas, spleen, kidneys and bladder.
- Abdominal Vessels: Major blood vessels, including the aorta and inferior vena cava, as well as the blood supply to abdominal organs.

Ultrasound Of Thyroid | Neck Vessels

Ultrasound of the thyroid and neck vessels is used to evaluate the structure and function of these areas. What is being examined?

- Thyroid Gland: Assesses the size, shape and structure of the thyroid, aiding in the detection of nodules, cysts, or inflammation.
- Neck Vessels: Includes the carotid arteries and jugular veins. Ultrasound can help detect narrowings (stenoses), aneurysms or other vascular changes.

/ Dermatology

/ Dermatological Diagnostics | Mole Scanning

Mole scanning involves a comprehensive skin examination performed by a dermatologist. Suspicious changes can be further assessed with dermatoscopy and biopsied if necessary. Regular check-ups are particularly important for at-risk patients. Additionally, patients are encouraged to perform self-examinations to detect changes at an early stage.

/ Specialist Medical Examinations

/ Examination by Lung & Sleep Medicine Specialist

An initial examination with a pulmonologist, particularly in a sleep laboratory setting, involves thorough diagnostic and treatment evaluations for respiratory diseases and sleep disorders. The process begins with a consultation, during which your doctor finds out about your medical history, including any existing conditions, symptoms, lifestyle habits and any specific concerns you have related to breathing, sleep quality and possible comorbidities.

The specialist then conducts a physical examination, often including lung auscultation to assess respiratory sounds. Depending on the findings, further specific tests may be arranged, such as spirometry to evaluate lung function or imaging studies like X-rays to provide a clearer view of respiratory health.

/ Spirometry | Lung Function Test

Spirometry is a simple, painless test used to assess lung function. During the test, you breathe into a device called a spirometer, which measures the volume and speed of air flow during inhalation and exhalation.

Spirometry provides essential insights into your breathing capacity, enabling targeted measures to improve respiratory health and guide optimal treatment options.

/ Mobile Sleep Analysis Device

The mobile sleep analysis device allows you to gain deeper insights into your sleep patterns and identify potential issues at an early stage. Together with your doctor, you can take targeted steps to improve your sleep quality.

This user-friendly, portable device monitors your sleep and helps diagnose possible sleep-related breathing disorders. It automatically detects and analyses your sleep phases, providing a comprehensive overview of your sleep behaviour.

Preparation: 10 minutes to set up the device. Duration: Monitors sleep overnight.

/ Health Psychology

Health psychology explores the interplay between psychological, social and biological factors and their influence on health, illness and behaviours. The focus is on fostering health-promoting habits while avoiding risky behaviours. Key priorities include mental stabilisation, building resilience and enhancing stress resistance.

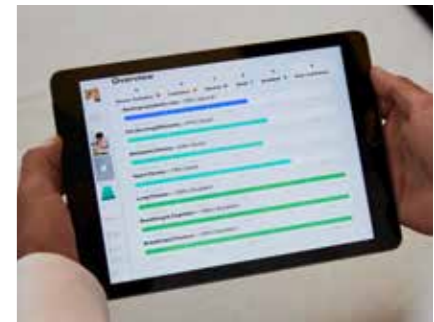


/ Diagnostics

/ Mylife Changer | Metabolic Testing

Metabolic testing is a scientifically grounded analysis providing valuable insights into cellular health and metabolic function. Using a non-invasive breath gas analysis, 23 biomarkers are assessed in less than 10 minutes, without the need for laboratory processing. These biomarkers provide a comprehensive view of key health areas, including metabolic rate, cell function, heart and lung fitness, fat-burning efficiency and biological age – all independently validated for clinical accuracy. Based on these parameters, the metabolic testing programme offers personalised nutrition and therapy recommendations. Metabolic Testing includes:

- Biological age assessment
- Metabolic rate measurement
- Fat-burning efficiency
- Heart & lung fitness
- Cognition & posture analysis



/ Early Detection

Early detection of diseases is vital for effective prevention and treatment. Regular examinations help identify abnormalities in muscles, organs and bones at an early stage, significantly improving the likelihood of successful treatment and enhancing quality of life.

Early Detection | Initial Consultation for Muscle, Organ & Bone Anomalies

During this initial consultation, symptoms and risk factors are thoroughly reviewed to guide targeted investigations aimed at early detection of potential anomalies. This consultation establishes a strong foundation for further diagnostic steps and personalised care.

Early Detection | Whole-Body MRI | Gross Pathologies – Private Clinic

A whole-body MRI provides a comprehensive scan of the entire body to detect significant pathologies in soft tissues, organs and bones, all without radiation exposure. This screening targets gross pathologies, such as tumours, inflammations or degenerative diseases, where early identification is essential for effective treatment and improved prognosis.

Early Detection | Gastroscopy – Private Clinic

Gastroscopy examines the upper digestive tract, including the oesophagus and stomach, using a flexible endoscope. This direct view of the mucous membrane allows for the detection of abnormalities and collection of tissue samples, facilitating timely intervention.

Early Detection | Colonoscopy – Private Clinic

Colonoscopy enables direct visualisation of the large intestine and is essential for the early detection of bowel cancer as well as for the removal of potentially precancerous polyps.

Early Detection | Tumour Marker Blood Tests

Blood tests for specific tumour markers can indicate the presence of certain cancers, aiding in early diagnosis. These markers are substances produced by tumours or triggered as a body response to cancer.



/ Cardiovascular Diagnostics

Cardiovascular diagnostics encompass a range of methods for analysing and assessing heart and vascular function. The primary goals are early disease detection, health monitoring and therapy planning. Given the prevalence of cardiovascular diseases, these diagnostics are essential in modern medicine, enabling timely intervention and personalised care.

Resting ECG

A resting ECG (electrocardiogram) is a diagnostic procedure used to assess the heart's electrical activity while the body is at rest. In this quick, non-invasive method, electrodes are placed on the skin to record the electrical impulses that regulate heart function. The procedure is painless and requires no special preparation.

Resting ECGs help us detect arrhythmias, ischaemia (oxygen deficiency in the heart muscle), myocardial infarction (heart attack) and other cardiovascular conditions.

It is a valuable tool in cardiovascular diagnostics, offering a rapid and effective assessment of heart health, and can be complemented by additional tests, such as an exercise ECG, if needed.

Ergometry | Exercise ECG

The exercise ECG, also known as ergometry, is a diagnostic procedure that evaluates heart function under physical exertion. During the test, the patient exercises on a bicycle ergometer or treadmill while electrodes monitor the heart's electrical activity.

The purpose of the exercise ECG is to assess physical performance, evaluate risk in existing heart conditions, and investigate potential heart diseases. This stress test is a valuable tool in cardiology, providing essential insights into heart health, and informing therapy decisions.

Echocardiography

Echocardiography is a painless, safe procedure that uses ultrasound waves to produce images of the heart. It allows for the examination of the heart's structure, function and blood flow, helping to detect potential heart conditions such as heart failure or valve abnormalities. The procedure typically takes 30 to 60 minutes and requires no special preparation.

HRV Measurement | Short-Term

Short-term heart rate variability (HRV) measurement is a diagnostic method for evaluating the autonomic regulation of the heart, specifically the variability in time intervals between heartbeats. This assessment provides insights into the activity of the autonomic nervous system, which controls involuntary processes such as heartbeat, breathing, digestion and blood pressure, offering valuable information about stress levels, recovery capacity, and overall health.

Generally, a higher HRV is associated with better health and adaptability, while a lower HRV may indicate stress or potential health concerns.

HRV Measurement | 24-Hour Monitoring

The 24-hour HRV measurement provides an in-depth analysis of heart rate variability over a full day, offering valuable insights into autonomic heart regulation and overall cardiovascular health. For this test, the patient wears a portable ECG device or specialised HRV monitor continuously for 24 hours, allowing heart activity to be recorded during normal daily activities.

This comprehensive measurement is frequently used in sports medicine to monitor training loads and recovery phases, and it also aids in assessing the risk of cardiovascular diseases.

/ Laboratory Diagnostic

Laboratory diagnostics are a vital component of modern medicine, involving the analysis of biological samples such as blood, urine, tissue and other body fluids. Using methods like chemical analysis, microscopic examination and molecular testing, valuable information about a patient's health can be obtained.

Laboratory diagnostics are essential for the early detection and prevention of diseases and for monitoring the progress of ongoing therapies.

Blood Tests

Blood tests offer valuable insights into metabolic health by examining various parameters to assess the body's overall health status.

Analysing the laboratory test results can reveal existing diseases or potential risk factors, making regular blood tests an essential part of preventive healthcare to promote wellbeing and prevent chronic conditions.

To ensure accurate results, certain preparations are necessary before a blood test. These include fasting, considering any medication intake, and avoiding alcohol and intense physical activity prior to testing.

Blood Tests | Standard M/F

Standard blood tests provide a detailed assessment of health status by measuring key blood parameters:

Complete Blood Count: Evaluates the number and quality of red and white blood cells as well as platelets.

Lipid Profile:

- Cholesterol (HDL, LDL): Assesses cardiovascular risk.
- Triglycerides: Measures fat levels in the blood.

Liver & Kidney Function:

- Liver Enzymes (AP, Gamma-GT, GOT, GPT): Indicators of liver health.
- Creatinine & BUN: Markers of kidney function.

Metabolic Parameters:

- Blood Sugar: Used to diagnose diabetes.
- Uric Acid: Checks for gout or kidney issues.
- Iron: Assesses oxygen transport capacity.

Inflammation Marker: C-reactive protein (CRP) as an indicator of inflammation.

Digestive Enzymes: Lipase, amylase, and CPK to assess pancreatic or muscle health.

Total Protein: Measures blood protein levels to evaluate nutritional status.

Minerals & Trace Elements: Key minerals essential for core bodily functions.



Blood Tests | Hormone Levels

Hormone level analysis is a comprehensive diagnostic procedure that measures the concentrations of key hormones in the blood to assess overall hormonal balance. This test is helpful in evaluating a variety of health concerns and symptoms, as hormones are crucial chemical messengers involved in regulating metabolism, growth, reproduction, mood, and energy levels. Typically assessed hormones include oestrogen, progesterone, thyroid hormones and cortisol, with additional hormones tested as needed based on clinical indications.

Cortisol & Neurotransmitters

This diagnostic test measures cortisol and neurotransmitter levels in blood or saliva, helping to identify hormonal imbalances and neurochemical disorders to guide targeted treatments.

Cortisol, a key stress hormone produced by the adrenal cortex, plays an essential role in regulating metabolism, immune function and the stress response. Neurotransmitters like serotonin and dopamine act as chemical messengers, with imbalances often linked to mental health and neurological conditions.

Urine Test

Urinalysis is a diagnostic procedure used to examine urine samples, offering valuable insights into kidney function, metabolic health and potential diseases. It plays an important role in preventive medicine and the early detection of health issues.

Intolerance Test

A food intolerance blood test is a diagnostic procedure used to identify intolerances to specific foods. By analysing a blood sample for specific antibodies, such as immunoglobulin (IgG), the test helps detect reactions to certain foods. The goal is to identify intolerances that may cause symptoms such as stomach pain or fatigue..

Micro-immunology Profile

The micro-immunological profile analyses the body's immune response to pathogens and environmental factors. It examines immune cells, cytokines and antibodies in the blood to provide an assessment of immunological health. The goal is to identify individual immune responses and develop targeted therapies for managing chronic diseases or allergies.

Advanced micronutrient analysis

Micronutrient analysis is an advanced blood test that assesses the levels of essential micronutrients in the body, providing crucial insights into potential deficiencies or imbalances that may impact health. Optimal levels of micronutrients are fundamental for various physiological functions, including immune resilience, energy production and overall physical and mental performance. Deficiencies in specific micronutrients can lead to health issues such as chronic fatigue, persistent exhaustion, and compromised immune defences. The results of this analysis enable precise adjustments to nutrient intake, facilitating a tailored approach to enhancing wellbeing and optimising nutrient balance for long-term health benefits.

Oxidative Stress Measurement

Oxidative stress measurement is a blood test that assesses the balance between free radicals and antioxidants in the body. Elevated oxidative stress can indicate cell damage and is often linked to conditions such as cardiovascular disease, diabetes, and chronic inflammation. This test measures specific biomarkers to evaluate oxidative stress levels, helping to identify potential health risks.

Stool Tests

Stool analysis is a valuable diagnostic method for assessing digestive health. This procedure examines various aspects of stool, including microbiological tests to detect bacteria, viruses or parasites, as well as screening for hidden blood, which can indicate gastrointestinal diseases. Additionally, fat content analysis is conducted to help diagnose malabsorption syndromes.

Bone Diagnostics

Bone diagnostics are essential for the early detection and management of bone diseases such as osteoporosis. Key procedures include the DEXA scan, which precisely measures bone density, and Osteo CT, which provides high-resolution 3D images of bone structure. A blood test, including an analysis of hormone levels, is also conducted, as hormones like oestrogen and testosterone are crucial for bone health. Identifying hormonal imbalances can help assess risk factors for bone disease. This combination of imaging and laboratory analyses provides doctors with valuable insights for optimal assessment and treatment of bone health.

Food Intolerance GANZIMMUN | 89 Foods

The GANZIMMUN food intolerance test evaluates the immune system's reaction to a wide range of foods. It measures specific antibodies in the blood to identify potential intolerances. The test typically includes up to 89 different foods, covering common allergens such as milk, gluten, eggs and various fruits and vegetables. The results provide insights into individual intolerances, enabling dietary adjustments to help alleviate symptoms such as stomach pain or fatigue.

Food Intolerance GANZIMMUN | 267 Foods

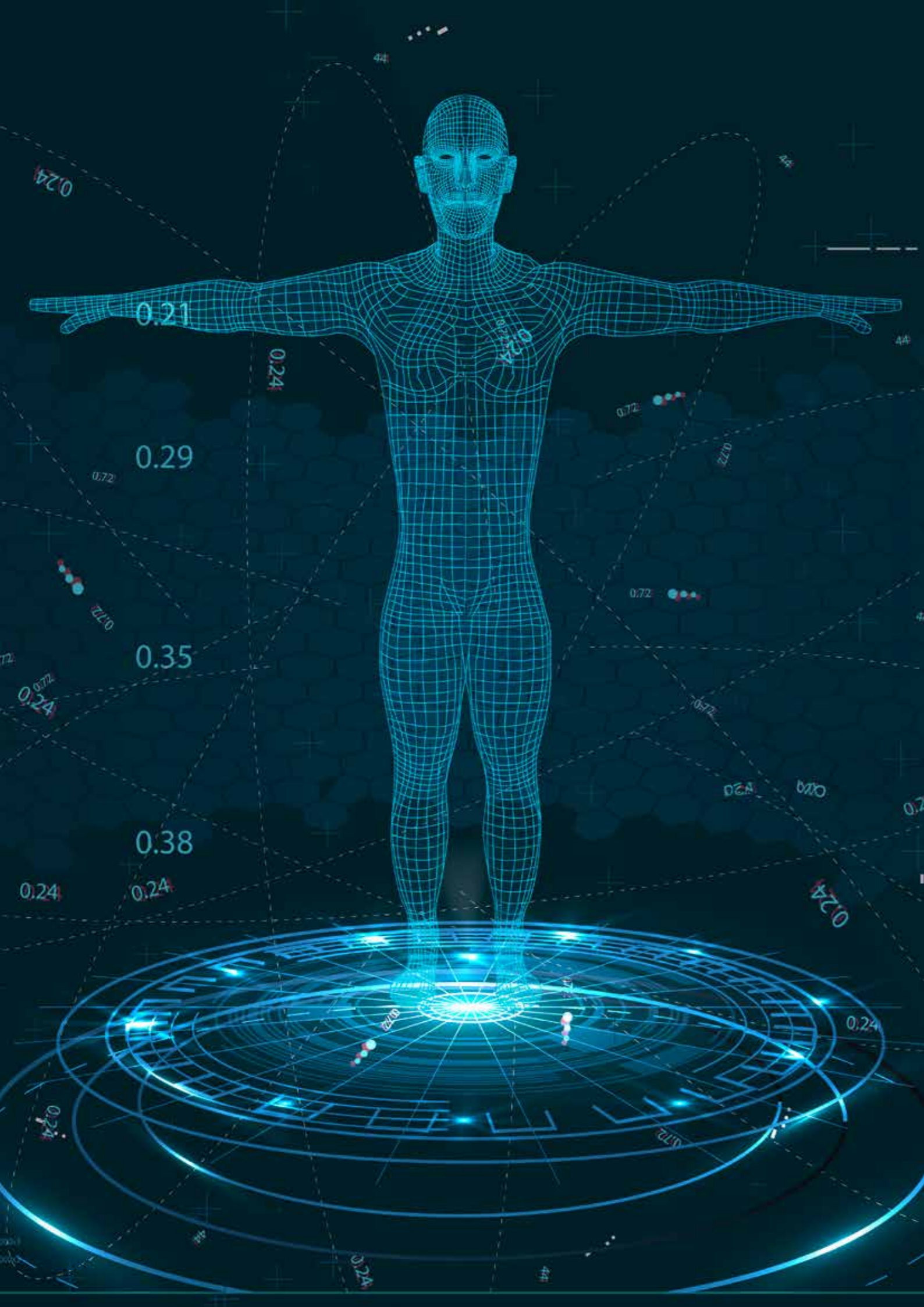
The GANZIMMUN food intolerance test evaluates the immune system's reaction to up to 267 different foods. It measures specific immunoglobulin (IgG) antibodies in the blood to identify intolerances or hypersensitivities. The tested foods include common allergens such as milk, gluten and eggs, as well as a wide range of fruits, vegetables, nuts and spices. The results help pinpoint individual intolerances and guide dietary adjustments to alleviate issues such as digestive problems or chronic inflammation.

/ Vital Signs Diagnostics

Vital signs are key measurements that reflect essential bodily functions and are critical to assessing a patient's health.

Vital signs diagnostics involve the measurement and analysis of these parameters to evaluate overall health, enable early disease detection, and inform treatment planning. Basic vital signs include:

- **Heart Rate (Pulse):** The number of heartbeats per minute. A typical resting rate for adults is 60–100 beats per minute.
- **Blood Pressure:** The force of blood against artery walls. A normal reading is around 120/80 mmHg.
- **Respiratory Rate:** The number of breaths per minute. A standard rate for adults is 12–20 breaths per minute.
- **Body Temperature:** Normal body temperature ranges from 36.5 to 37.5°C. Variations may signal infection or other health concerns.
- **Oxygen Saturation:** The percentage of oxygen-saturated haemoglobin in the blood, measured via pulse oximeter. Typically, saturation should be above 95%.
- **Weight & Height:** Used to calculate Body Mass Index (BMI), indicating the weight-to-height ratio, which helps assess if an individual is within a healthy weight range.



3D Body Analysis

Posture, Body Balance & Body Composition | Fat, BMI, FFMI, Basal Metabolic Rate

SCANECA body fat measurement is a quick, non-invasive method for analysing body composition to determine the balance of body fat, muscle mass and other tissues. SCANECA primarily uses bioelectrical impedance analysis (BIA), which involves passing a weak electrical current through the body. The resistance measured provides insights into the distribution of water, fat and muscle mass.

The results offer a detailed overview of body composition, including:

- **Body Fat Percentage:** The proportion of body fat relative to total body mass. Elevated body fat can indicate an increased risk of various health issues.
- **Muscle Mass:** The quantity of muscle tissue, essential for overall fitness and metabolic health.
- **Water Content:** The body's water proportion, vital for hydration and metabolic function.
- **Bone Mass:** An estimate of bone density, providing insights into bone health.
- **Visceral Fat:** Fat surrounding internal organs, associated with higher cardiovascular and diabetes risk.
- **BMI (Body Mass Index):** A measure of the weight-to-height ratio, commonly used to assess if someone is overweight or underweight.
- **Vital Signs Diagnostics | Bioimpedance Measurement**

Blood Pressure Measurement

Blood pressure measurement is a key component of vital sign diagnostics, used to assess systolic and diastolic blood pressure which indicate the force of blood in the arteries. The systolic value reflects pressure during heart contraction, while the diastolic value shows pressure during the resting phase between beats.

The measurement is taken with a blood pressure monitor and a cuff placed around the upper arm. Regular blood pressure monitoring is essential for early detection of high blood pressure (hypertension) or low blood pressure (hypotension) and for evaluating cardiovascular health risks.

Pulse Oximetry

Pulse oximetry is a non-invasive method for measuring blood oxygen saturation and heart rate, requiring no needles or blood sampling. This is done using a pulse oximeter, typically clipped to the finger, earlobe or another well-perfused area of the body. The device emits light beams through the skin and measures the amount absorbed by oxygenated and deoxygenated haemoglobin. From these measurements, the pulse oximeter calculates blood oxygen saturation, with results displayed instantly.



/ Infusion Therapies

Infusion therapies provide a targeted and efficient method for delivering nutrients, medications or fluids directly into the bloodstream. This direct infusion allows immediate absorption, resulting in faster effects compared to oral medications. By bypassing the digestive tract, infusions also enhance nutrient absorption and minimise potential losses during digestion. The composition of each infusion can be customised to meet the patient's specific needs, guided by blood test results and medical history.



Infusion | Vitamin C

Vitamin C, or ascorbic acid, is a water-soluble vitamin that the body cannot store. As a potent antioxidant, it helps reduce oxidative stress, supports detoxification, has anti-inflammatory properties, strengthens the immune system and promotes collagen production, contributing to anti-ageing effects.

Through infusion therapy, high doses of vitamin C can be delivered directly into the bloodstream, allowing optimal absorption and immediate bioavailability throughout the body. This enables it to act effectively as a radical scavenger, supporting cellular health.

Infusion | Oxygen

In oxygen infusion therapy, or oxyvenation, small amounts of medical oxygen are infused directly into the vein, similar to vitamin infusions. This treatment promotes the production of vasodilatory and anti-inflammatory substances, helps reduce excess tissue fluid, and improves blood circulation. Oxygen infusions are recommended for:

- Circulatory disorders, allergies, asthma, and neurodermatitis
- Liver conditions
- Supporting the body's own production of radical scavengers

Infusion | Oxygen & Vitamin C

The combined administration of oxygen and vitamin C amplifies the benefits of both. Increased oxygen levels stimulate cellular energy production and support healing, while vitamin C minimises oxidative damage and strengthens the immune system for comprehensive health support.

Infusion | Chronic Fatigue

Featuring glutathione, this infusion is designed to help relieve the symptoms of chronic fatigue syndrome. Glutathione, a potent antioxidant, plays a critical role in protecting cells from oxidative stress. This infusion is complemented by essential B vitamins, amino acids and minerals to support energy balance and promote overall vitality.

Infusion | Brain Energy

This infusion is designed to alleviate general fatigue, enhance mental performance and reduce stress and tension. It contains essential vitamins, amino acids and trace elements that help the body restore balance more efficiently during stressful periods or intense demands.

Infusion | Skin Beauty Glow

This infusion is specially formulated to enhance skin appearance and texture. Rich in antioxidants, the included vitamins help protect against free radical damage, while selected trace elements and amino acids, such as zinc and lysine, support healthy hair and nails. This infusion is ideal for promoting a natural skin glow and helping to counteract premature ageing.

Infusion | Spermidine

Spermidine is a promising bioactive compound that supports health and longevity by promoting autophagy, the process through which ageing and damaged cells are broken down, while simultaneously aiding cellular regeneration. Delivered via infusion, spermidine offers significantly improved bioavailability compared to capsules, maximising its restorative benefits.

Infusion | Myers' Cocktail

Developed by Dr John Myers, a medical pioneer at Johns Hopkins University, the Myers' Cocktail is a high-dose blend of essential vitamins and minerals designed to address general fatigue, immune deficiencies and a range of other health concerns.

This infusion combines minerals like magnesium and calcium with vitamin C and B-complex vitamins, offering a synergistic approach to revitalise and comprehensively support the body.

Infusion | Post-COVID

This highly concentrated infusion of antioxidants, amino acids and essential nutrients is formulated to strengthen the immune system and alleviate post-COVID symptoms such as fatigue, concentration issues and general unwellness. By providing targeted nutritional support, the Post-COVID infusion aims to sustainably improve quality of life following COVID-19 recovery.

Infusion | Amino Acid Immun

The Amino Acid Immun infusion contains a carefully selected blend of amino acids designed to strengthen the body and optimise immune defences. This infusion supports immune function, promotes regeneration and enhances overall wellbeing.

Infusion | Amino Acid Skin & Hair

This infusion is formulated to enhance the health and appearance of skin and hair. It includes a balanced blend of essential amino acids to stimulate collagen production, improve skin elasticity and support healthy hair growth.

Infusion | Detox

The Detox infusion is designed to support the body's natural detoxification processes, enhance energy metabolism, protect cells and promote mental vitality.

Infusion | Amino Acid Muscle

This infusion aids rapid recovery with carefully selected amino acids. It is designed to support post-exercise recovery, boost energy levels and strengthen the immune system. Ideal for strength and endurance athletes, it promotes effective muscle building, enhances physical performance and alleviates muscle tension and pain.

Infusion | Amino Acid Neuro

This infusion supports neurological health by strengthening the nervous system. It delivers a carefully selected range of amino acids essential for producing neurotransmitters and maintaining optimal brain function. The infusion can help to enhance cognitive performance, stabilise mood and reduce stress.

Infusion | Acid Neutralisers

This infusion offers targeted therapy to regulate the acid-base balance in the body. It contains essential base minerals and electrolytes that help to neutralise acidity and stabilise the pH level. This infusion can reduce fatigue, promote detoxification and enhance general wellbeing.

Infusion | Electrolytes & Vitamins

This infusion combines essential electrolytes and vitamins to support hydration and overall wellbeing. It helps to prevent dehydration, strengthen the immune system and enhance physical performance.

Infusion | Glutathione

This infusion delivers glutathione, the body's natural antioxidant. Glutathione is essential for detoxification and protects cells from oxidative stress by neutralising free radicals. It also strengthens the immune system, aids in the elimination of harmful substances and may be helpful for people with certain liver conditions.



Infusion | Healing | Pre & Post-Op

Infusion therapy provides valuable support for patients before and after surgical procedures. It boosts the immune system, prepares the body for surgery and aids post-surgical healing and recovery. This therapy is particularly beneficial for individuals at higher risk or with pre-existing health conditions as well as athletes recovering from injury or procedures.

Infusion | Liver

This infusion therapy supports liver health by promoting detoxification and enhancing liver function. It can be beneficial for managing liver disease, recovering from alcohol abuse or aiding recovery after surgery. The infusion delivers a carefully selected blend of vitamins, minerals and antioxidants to protect liver cells and promote their repair.

Infusions | Limitless All-in-One | Immune Booster Detox Performance

Our most popular infusion, the 'All-in-One', is specially formulated to optimise both physical performance and neurological function. This comprehensive infusion boosts immune strength, supports detoxification, and leaves you feeling energised and revitalised.

Infusion | NAD+ 500mg

NAD+ infusions, containing 500mg of nicotinamide adenine dinucleotide, effectively support cellular energy metabolism. This essential coenzyme plays a key role in converting nutrients into energy, enhancing both physical and mental performance. NAD+ infusions also have anti-inflammatory properties, reduce chronic fatigue, and promote DNA repair and cell regeneration. Overall, they improve general wellbeing and help alleviate exhaustion.

Infusion | NAD+ 1,000mg ANTI-FATIGUE

NAD+ infusions with 1,000mg of nicotinamide adenine dinucleotide are highly effective in combating fatigue and exhaustion. This essential coenzyme optimises energy metabolism, boosts physical and mental performance and reduces chronic fatigue with its anti-inflammatory properties. The infusions also support DNA repair and cell regeneration, helping to restore energy levels. Overall, NAD+ infusions enhance wellbeing and significantly reduce fatigue.

Infusion | NAD+ 500mg + DETOX

NAD+ infusions with 500mg of nicotinamide adenine dinucleotide support detox treatment programmes by optimising energy metabolism and aiding the elimination of toxins. These infusions enhance cell regeneration and DNA repair, boosting physical and mental performance throughout the detox process. With their anti-inflammatory properties, they also promote a sense of renewal, vitality and improved wellbeing.

Infusion | NAD+ 1,000mg EXECUTIVE PLUS plus Vit

A powerful infusion designed to enhance both physical and mental performance. This infusion combines nicotinamide adenine dinucleotide (NAD+) with essential vitamins and minerals to support energy metabolism, promote cell regeneration and aid DNA repair.

The infusion helps reduce fatigue, alleviate stress and improve general wellbeing. Particularly beneficial during periods of high stress or heavy workloads, it can boost concentration and increase vitality.

Infusion | NAD+ 500mg FAT-BURNER

This infusion is designed to support fat metabolism and promote weight loss. It combines nicotinamide adenine dinucleotide (NAD+) with synergistic ingredients that help the body optimise fat burning.

Infusion | NAD+ 500mg JETLAG

This infusion is designed to alleviate jet lag symptoms and support the body's adjustment. Alongside NAD+, it includes essential vitamins (such as B vitamins and vitamin C), minerals and antioxidants. This combination strengthens the immune system and enhances overall wellbeing by reducing fatigue and improving sleep quality.

Infusion | NAD+ 500mg VITAMIN IMMUNE-BOOSTER

This infusion strengthens the immune system and promotes vitality. It combines nicotinamide adenine dinucleotide (NAD+) with essential vitamins and minerals for a synergistic effect. NAD+ supports energy metabolism and cell regeneration, key factors for a robust immune system. With added vitamin C and zinc, the infusion further enhances immunity and overall health. It's ideal for those looking to boost their immune defences during stressful periods or the cold season.

Infusion | Orthopaedic Pain-relief Infusion

Orthopaedic pain infusions involve injecting medications – often pain relievers and anti-inflammatory agents – directly into the affected area or near the affected nerves to provide targeted relief for chronic pain.

Infusion | Orthopaedic Pain-relief Infusion x 2

Orthopaedic pain infusions involve injecting medications – often pain relievers and anti-inflammatory agents – directly into the affected area or near the affected nerves to provide targeted relief for chronic pain.

Infusion | Pain

The pain infusion offers therapeutic relief for acute and chronic pain. It combines pain-relieving medications to reduce inflammation and enhance wellbeing. This treatment delivers fast and effective relief for various types of pain.

Infusion | Vitalipid

Vitalipid is an intravenous nutrient solution containing essential fatty acids, vitamins and minerals. It is commonly used to deliver vital nutrients intravenously to patients who cannot be adequately nourished through the gastrointestinal tract. Vitalipid helps prevent malnutrition and supports overall health.

/ Oxygen Therapy

Intravenous | Oxyvenation Therapy

Intravenous oxygen therapy, also known as oxyvenation, involves administering small amounts of pure medical oxygen directly into the vein. The key result is an increase in the body's production of natural radical scavengers, which help to combat free radicals associated with inflammation, ageing and various diseases – including cardiovascular conditions, joint and spinal degeneration and certain cancers. Oxyvenation is thus effective both as a preventative treatment and as a powerful, natural anti-ageing therapy.

Infusion | Skin Beauty Glow

With a perfect blend of hydration, high-dose glutathione, biotin, and essential trace elements, this 100% vitamin infusion delivers the ultimate beauty boost from the inside out.



/ Orthopaedics & Pain Therapy

Initial Orthopaedic Examination

The initial orthopaedic examination assesses your symptoms and their causes. The doctor begins with a detailed discussion of your medical history and current concerns, followed by a physical exam to evaluate mobility, strength and pain sensitivity. Imaging, such as X-rays or ultrasound, may be used as needed. The aim is to provide a precise diagnosis and to develop a personalised treatment plan.

Orthopaedic Consultation

This consultation involves taking a full medical history and performing a physical examination to identify causes of pain or restricted mobility. Additional diagnostics, such as X-rays or MRI, may be arranged for a more precise assessment.

Orthopaedic Monitoring

Regular orthopaedic check-ups monitor the musculoskeletal system to detect any changes or concerns at an early stage. Joints, muscles and tendons are examined for function, stability and sensitivity to pain. Targeted tests and movement analyses help identify deviations that may indicate injuries or degenerative conditions.

Supplementary Orthopaedic Examination & Monitoring

This examination complements the standard orthopaedic assessment by using specialised diagnostic tools, including imaging (X-ray, MRI, or ultrasound) and functional tests for a detailed analysis of joints, muscles, and tendons.

Final Orthopaedic Examination

Conducted at the end of therapy, this assessment evaluates the progress of the musculoskeletal system, examining joints, muscles and tendons for function and pain sensitivity. It documents progress and provides individual recommendations for further treatment as well as preventive measures for long-term health.

Basic Orthopaedic Check-up

The basic orthopaedic check-up provides a thorough assessment of the musculoskeletal system. It begins with a medical history review to document the patient's background and complaints, followed by a physical examination to assess joints, muscles and tendons. Imaging techniques such as X-rays may be used to identify structural changes. The goal of this check-up is to detect diseases or injuries early and develop appropriate prevention or treatment strategies.

Orthopaedic Diagnostics | Supply and Fit Insoles

Orthopaedic diagnostics for insole provision involve assessing foot and gait mechanics to identify individual foot issues. Following a detailed examination, which often includes footprint analysis and biomechanical tests, custom-made insoles are created. These insoles support proper foot positioning, relieve pressure on joints and improve posture, helping to alleviate pain and enhance functionality. They are particularly helpful during sporting activities or for addressing specific foot-related issues such as plantar fasciitis or flat feet.





Orthopaedic Diagnostics | Gait Analysis

Orthopaedic gait analysis is a detailed assessment of walking and running mechanics to detect misalignments or biomechanical issues. Body movements during running are analysed using video recordings or specialised sensors. The goal is to evaluate your running technique, identify the causes of pain or injury and provide tailored recommendations for improving technique or adjusting insoles as needed. This analysis is especially helpful for runners and athletes looking to optimise performance and prevent injury.

Therapy Recommendation & Exercise Plan

Based on a comprehensive diagnosis, an individualised treatment plan is developed, including physiotherapy, pain management and targeted exercises. The exercise plan is designed to build strength, improve mobility and enhance endurance, with regular check-ups to adjust intensity as needed. This approach aims to address acute issues, prevent future injuries and enhance overall performance.

Orthopaedic Assessment | Therapy Recommendation

A thorough orthopaedic assessment is essential for accurately identifying the causes of musculoskeletal complaints. After gathering medical history and performing physical exams, the doctor provides a personalised therapy recommendation. The goal is to restore mobility and alleviate pain, enabling a safe return to physical activities.

Orthopaedic Assessment | Therapy Recommendation & Exercise Plan

Orthopaedic assessment includes medical history, physical exams and imaging to diagnose pain and functional issues in the musculoskeletal system. Based on this, the doctor develops a customised therapy recommendation and an exercise plan focused on strength, flexibility and endurance, with intensity and frequency adjusted regularly to ensure progress and prevent setbacks.

Gait Analysis | Treadmill

Gait analysis on the treadmill assesses walking and running patterns under controlled conditions. Parameters such as stride length, step frequency, symmetry and posture are analysed, helping to identify issues that could lead to injury. Results inform tailored therapy and training plans to improve running technique, reduce pain and lower injury risk.

Joint Status | Physical Examination | Range of Motion

Joint assessment is a key part of orthopaedic examination, evaluating joint function and health. Active and passive range of motion are assessed to identify limitations and underlying issues. The goal is to restore normal joint function and improve overall mobility.

Laser-Needle Therapy

Laser-needle therapy combines laser treatment with minimally invasive techniques to address pain and musculoskeletal issues. A fine needle directs laser light precisely into the tissue, providing pain relief and accelerating recovery. This method is minimally invasive with reduced side effects and quicker recovery times.

Orthopaedic Therapy for Dysfunction Pain | Complete Blood Count

Orthopaedic therapy for pain caused by dysfunctions aims to relieve pain and restore function in the musculoskeletal system. Comprehensive diagnostics help us identify the causes of complaints. A complete blood count provides insights into inflammation markers, metabolic states and underlying health conditions that may be contributing to pain. Based on these findings, a targeted treatment plan – including both pharmacological and non-pharmacological options – is developed to improve quality of life.

Orthopaedic Therapy for Dysfunctional Pain | MRI Imaging (1 Area)

MRI imaging provides detailed images of specific areas, such as the spine or joints, to identify injuries, inflammation or degenerative changes causing pain.

Pain Therapy | Intravenous Infiltration

Infiltration therapy delivers medication directly to joints or surrounding tissues to alleviate pain and reduce inflammation. Commonly used substances include corticosteroids, hyaluronic acid and anaesthetics.

Pain Therapy | Laser-Needle Therapy for Tendinitis, Torn Muscles etc.

Laser-needle therapy is an innovative method for relieving painful conditions such as tendinitis and torn muscles. A laser is directed near the affected tissue to deliver targeted anti-inflammatory and pain-relieving effects. The therapy promotes healing, improves circulation and supports tissue regeneration while reducing pain. This minimally invasive treatment typically requires little to no recovery time.

Physiotherapy

Physiotherapy aims to improve the body's mobility and function. It includes a range of techniques such as manual therapy, electrotherapy, physiotherapeutic exercises and massage to relieve pain, strengthen muscles and support rehabilitation following injury or surgery. Physiotherapists develop personalised treatment plans tailored to each patient's specific needs and objectives. The ultimate aim of physiotherapy is to enhance quality of life and promote patient independence.

Focused Shockwave Therapy

Focused shockwave therapy is a non-invasive method using high-energy sound waves directed at specific areas to treat chronic pain, tendonitis, and other muscular issues. This therapy promotes circulation, stimulates metabolism, and supports tissue regeneration.

By contrast, radial pressure wave therapy disperses sound waves over a broader area, targeting superficial issues like muscle tension, trigger points and fascia pain. Less intense than focused shockwaves, radial waves improve blood circulation, relieve tension and enhance mobility.

Pain Therapy | Mesotherapy

Meso pain therapy is a minimally invasive procedure involving targeted injections of medication into affected tissues to alleviate chronic pain, relieve muscle tension, and address joint issues. The goal is to reduce inflammation and stimulate healing for long-lasting relief.

Pain Therapy | Management of Joint Wounds with ACP

Pain therapy using autologous conditioned plasma (ACP) is a minimally invasive treatment designed to support joint wound healing and tissue regeneration. In this procedure, the patient's blood is drawn, the plasma is processed and it is then injected directly into the affected joint. ACP contains growth factors that reduce inflammation, ease pain and promote wound healing, ultimately improving joint function and enhancing the patient's quality of life.

Pain Therapy | Management of Joint Wounds with PRP

Pain therapy and wound healing in joints using platelet-rich plasma (PRP) leverages the body's own plasma, which is naturally rich in growth factors. After a blood sample is taken, the plasma is processed and injected directly into the affected joint. This treatment promotes healing, eases pain and supports the repair of damaged tissue, resulting in improved joint function.



SVF | Autologous Fat Therapy (Per Area)

Also known as Stromal Vascular Fraction (SVF) therapy, this treatment uses the patient's own fat for regeneration and treatment. Fat is harvested, processed and reinjected to support joint health, treat tendon injuries or add volume to specific areas. This minimally invasive procedure promotes healing and enhances quality of life.

Post-surgery Orthopaedics | Exercise Therapy

Orthopaedic postoperative exercise therapy supports recovery following surgery by improving mobility and reducing pain. The therapy involves targeted exercises tailored to the patient's needs and the specific surgical procedure. Early mobility and muscle strengthening interventions help restore functionality to the affected joint or limb while minimising the risk of complications such as thrombosis. This therapy is typically conducted in close collaboration with physiotherapists and orthopaedists.

Post-surgery Orthopaedics | Exercise Therapy | 5 Sessions

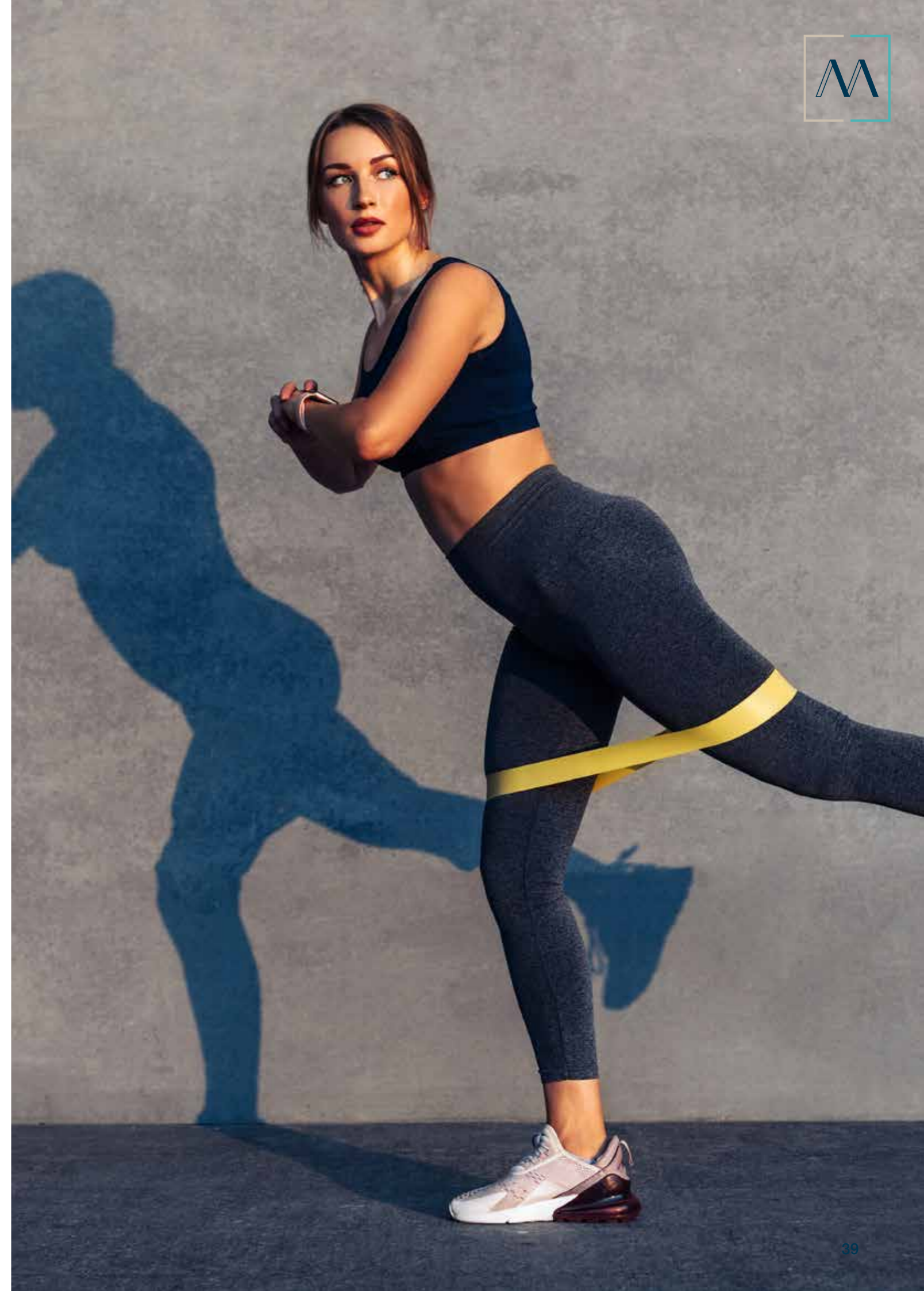
- **Session 1: Mobility** – Introduction to gentle movement exercises to improve joint mobility and relieve pain.
- **Session 2: Muscle Strengthening** – Targeted exercises to build strength in the muscles surrounding the operated area, promoting stability.
- **Session 3: Functional Training** – Exercises to improve everyday movements, such as walking and climbing stairs, to restore independence.
- **Session 4: Coordination and Balance** – Exercises designed to improve proprioception and prevent falls.
- **Session 5: Assessment and Adjustment** – Review of progress, adjustment of the exercise programme and planning for further rehabilitation.

Post-surgery Orthopaedics | Physiotherapy

Postoperative physiotherapy in orthopaedics focuses on restoring joint function and reducing pain following surgery. It involves personalised exercises to enhance mobility, strengthen muscles and improve coordination. Targeted therapeutic approaches accelerate healing, foster patient independence, and reduce the risk of complications. This therapy is conducted in close collaboration with the attending physician and physiotherapist.

Post-surgery | Pain Therapy

Postoperative pain therapy is designed to effectively manage pain following surgical procedures, supporting a smooth and successful recovery. This approach employs a multimodal strategy, integrating pharmacological treatments – such as analgesics and non-steroidal anti-inflammatory drugs – with physical therapy. Where appropriate, alternative methods like acupuncture or relaxation techniques may also be incorporated. By tailoring pain management to the individual, this therapy enhances overall wellbeing and encourages movement, helping to minimise the risk of complications.



/ Sports Medicine

Sports Medicine Diagnostics

Sports medicine diagnostics provide a comprehensive evaluation of physical performance, health, and injury risk. This includes endurance, strength, flexibility and coordination testing, as well as a review of medical history and clinical exams. The objective is to create personalised training plans and recommend preventive strategies to avoid injury.

Spiroergometry & Sports Medicine Diagnostics | Bicycle

Spiroergometry, conducted on a bicycle ergometer, measures physical performance and respiratory gas exchange during exertion. Oxygen and carbon dioxide levels are monitored to evaluate respiratory efficiency, while heart rate data allows us to analyse cardiovascular response. Results include maximum oxygen uptake (VO₂max) and other fitness indicators, forming the basis for personalised training and health recommendations.

Screening for Athletes | Lactate Test

The lactate test evaluates anaerobic performance by measuring blood lactate concentration during stepwise exertion, determining the anaerobic threshold. This is crucial for optimising training plans and enhancing performance.

Screening for Athletes | Muscle Function Test

An important component of screening for athletes, this test assesses muscle strength, endurance and coordination, identifying weaknesses or imbalances that may impact performance. The findings support the development of personalised training and rehabilitation plans to optimise athletic performance and prevent injuries.

Screening for Athletes | CardioScan x 2

CardioScan is a screening procedure for athletes used to assess heart health. This measurement records a range of parameters such as heart rate, rhythm and electrical activity, typically using an ECG device. The aim is to identify potential heart issues at an early stage, reducing the risk of cardiovascular events during physical activity. The Cardio Scan offers athletes valuable insights into their cardiovascular fitness and serves as a foundation for tailored training plans.

Screening for Athletes | Joint Status | Range of Motion

Athlete screening includes assessments to evaluate physical performance, detect weaknesses and identify injury risks. The joint status is checked to assess their health and functionality, while the range of motion (ROM) measures joint movement in degrees to identify restrictions or imbalances. These analyses support injury prevention, performance optimisation and rehabilitation.

Sports Medical Performance Diagnostics | Accredited Elite Athletes

Sports medical performance diagnostics for accredited elite athletes involve thorough testing to evaluate physical fitness and performance potential. Assessments cover endurance, strength, speed and flexibility, alongside an analysis of cardiovascular function. The results provide valuable insights to optimise individual training plans, prevent injuries and improve overall athletic performance. This diagnostic process is essential for tailored preparation and achieving peak performance in high-level sports.

Sports Medicine Performance Diagnostics | Single

Sports medicine performance diagnostics offer a personalised approach to assessing an athlete's physical fitness. The process includes tests for endurance, strength, speed and flexibility, alongside an analysis of cardiovascular function. The results support the creation of tailored training plans, designed to meet the athlete's specific needs and goals, optimise performance and reduce the risk of injury.

Sports Medicine Consultation

A sports medicine consultation provides athletes and active individuals with expert advice and assessments for sports-related injuries, performance diagnostics and preventative care. During the consultation, we conduct personalised health and fitness analyses in order to develop customised training and rehabilitation plans. The primary aim is to optimise athletic performance while minimising the risk of injury.

Sports Medicine Health Check | Competitive & Recreational Athletes, Health-Conscious Individuals

The sports medicine health check offers a comprehensive assessment of physical fitness and overall health for competitive athletes, recreational athletes and health-conscious individuals. The evaluation covers cardiovascular function, endurance, strength and flexibility. The goal is to identify individual strengths and weaknesses in order to create targeted training plans, minimise the risk of injury, and optimise athletic performance.

Sports Fitness Examination incl. Lactate Test

The sports fitness examination with lactate test is a thorough assessment of an athlete's physical fitness and performance capacity. It involves a clinical examination, ECG monitoring and cardiovascular function tests. The lactate test measures blood lactate levels during physical exertion to identify the athlete's anaerobic threshold. This data is essential for optimising individual training plans and reducing the risk of injury.





/ Movement & Exercise Therapy

/ EMS (Electrical Muscle Stimulation)

EMS training is a method that uses electrical impulses to target and stimulate specific muscles. Individuals wear a specialised suit equipped with electrodes to activate the muscles. EMS training is ideal for increasing strength, building muscle and improving posture. It is especially popular as a supplementary workout or for rehabilitation, as it delivers powerful results with short exercise sessions.

Personal Training | EMS Cardio

A personal training session with EMS (Electrical Muscle Stimulation) combines targeted exercises with electrical impulses to activate and strengthen muscles more effectively. EMS cardio training raises the heart rate to enhance endurance and burn calories. This method delivers a powerful, time-efficient workout that is tailored to the individual's fitness goals while remaining gentle on the joints.

Personal Training | EMS Strength

These personal training sessions use electrical muscle stimulation to target and strengthen muscles effectively. This method allows for intensive strength training in a short time, supporting muscle building and improving posture. Suitable for all fitness levels, EMS is an excellent complement to traditional exercise forms and is gentle on the joints.

Personal Training | EMS Relax

Personal EMS Relax training focuses on muscle relaxation and recovery through electro-muscle stimulation. This method helps to ease tension, improve circulation and reduce stress. Perfect for quick recovery after exercise or to ease muscle tightness, EMS Relax provides an effective way to revitalise body and mind.

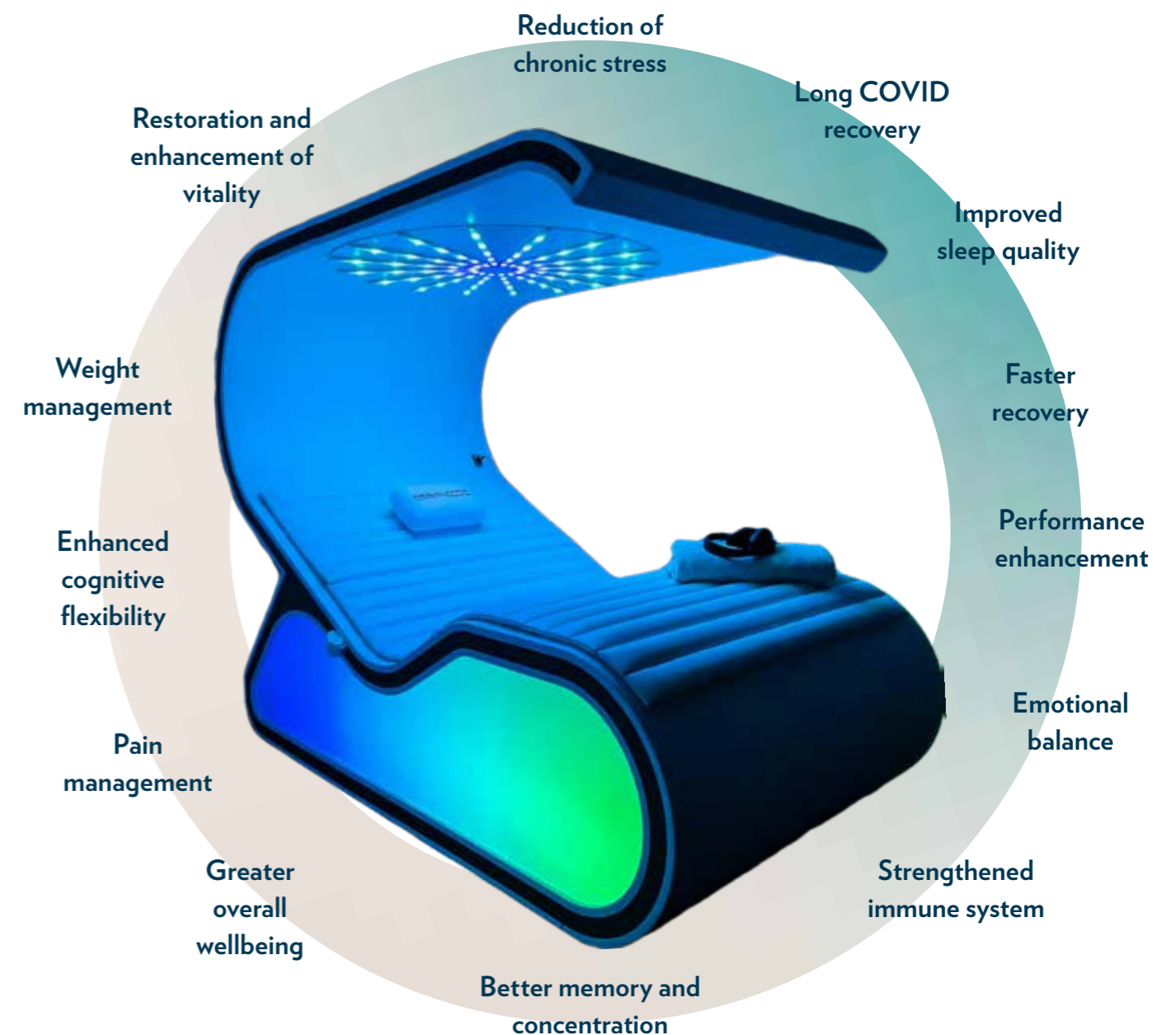
Health You Up · Health You Up · Health You Up

/ Neuroscience Therapies

/ Neuroscience

/ Biohacking

REBALANCE Impulse is an innovative device designed to enhance mental wellbeing and promote neuro-relaxation. Rooted in neuroscience, it offers stimulation and cognitive training programmes aimed at reducing chronic stress, improving sleep quality and boosting the immune system. There are several programmes available, and therapy sessions last between 15 and 40 minutes. Key benefits::



/ Neuro Vibes

Satori provides cutting-edge neuro-relaxation and meditation programmes designed to enhance mental and physical wellbeing through vibroacoustic therapy. This non-invasive approach uses specific sound frequencies and binaural beats to harmonise body and mind, reduce stress and promote relaxation. With nine tailored programmes offering both non-verbal and language-guided sessions, Satori addresses various aspects of mental and physical health.



Breathe

Six non-verbal breathwork sessions designed to guide your breathing without the need for spoken instructions. The breathing sound is integrated to allow you to follow the pattern naturally. Each session lasts 25 minutes.

- **Session 1:** Energetic Cleansing & Stress Relief
- **Session 2:** Physical & Mental Detoxification
- **Session 3:** Grounding & Centring
- **Session 4:** Restoration of Body & Soul
- **Session 5:** Reduction of Accumulated Stress
- **Session 6:** Energy Meridian Balance

Chakra Alignment Meditation

Six non-verbal sessions designed to align the body's chakras while guiding brainwaves into a deep theta state for profound relaxation and balance. Each session lasts 20 minutes.

- **Session 1:** Root
- **Session 2:** Sacral
- **Session 3:** Solar Plexus
- **Session 4:** Heart
- **Session 5:** Throat
- **Session 6:** Third Eye

Gamma Meditation

A series of four non-verbal meditations operating at gamma brainwave levels. Gamma brainwaves are linked to enhanced concentration, improved memory, mental clarity, and heightened feelings of compassion and benevolence. Each session lasts 20 minutes.

- **Session 1:** Gamma Focus
- **Session 2:** Memory Recall
- **Session 3:** Perception
- **Session 4:** Compassion

Meditation Energy

Guided sessions designed to promote conscious, healthy breathing. Each session lasts 25 minutes.

- **Session 1:** Energetic Cleansing & Tension Release
- **Session 2:** Physical & Mental Detoxification
- **Session 3:** Grounding & Centring
- **Session 4:** Restoration of Body & Soul
- **Session 5:** Reduction of Accumulated Stress
- **Session 6:** Energy Meridian Balance

Recovery Support

A series of four consecutive guided sessions designed to facilitate behaviour change.

- **Session 1:** The dawn of a new day
- **Session 2:** Choose freedom
- **Session 3:** Choose health
- **Session 4:** Choose unconditional love

SleepWave

Two non-verbal sessions designed to guide brainwave patterns into deep sleep, training the brain to transition quickly from thinking mode to sleep mode.

- **Session 1:** Power Nap
- **Session 2:** Deep Sleep

Tobacco Stop Support

A series of four consecutive sessions designed to facilitate behaviour change.

- **Session 1:** Reducing how often you smoke
- **Session 2:** Deciding to become a non-smoker
- **Session 3:** Building willpower
- **Session 4:** Reinforcing smoke-free habits

Vibrational Wellbeing

Four sessions, ranging from 16 to 50 minutes, focused on mental and physical wellbeing and healing.

- **Session 1: Emotional Healing** – Guided meditation for positive lifestyle changes
- **Session 2: Mind Body Detox** – Deep tissue vibration without voice guidance
- **Session 3: Mindful Relaxation** – Meditation with minimal music and no voice guidance
- **Session 4: Cellular Massage** – Guided visualisation for cell healing

Weight Management

A series of four consecutive sessions designed to facilitate behaviour change.

- **Session 1:** Aiming for your ideal weight
- **Session 2:** Choosing healthy foods & activities
- **Session 3:** See yourself slim
- **Session 4:** Self-love and self-care



/ Pelvic Floor Health

/ Emsella

The Emsella chair offers a non-invasive, painless treatment to strengthen the pelvic floor and improve urinary incontinence, particularly in women. Common causes of pelvic floor issues include pregnancy, childbirth, ageing and hormonal changes during menopause.

The Emsella chair uses high-intensity focused electromagnetic (HIFEM) energy to induce powerful pelvic floor muscle contractions. These contractions help to strengthen the muscles and enhance bladder control. The therapy requires no special exercises and is conveniently performed while sitting. Noticeable results can be achieved after just a few sessions.

/ Hypoxia Cell Training

/ CellGym

Interval Hypoxia-Hyperoxia Therapy (IHHT) is an innovative cellular training method, akin to altitude training for athletes, based on the principle that cells adapt to varying oxygen levels. This therapy alternates between phases of low and high oxygen, promoting the breakdown of aged mitochondria and stimulating the production of new, high-performing mitochondria. The result is a significant boost in energy production and vitality. Key benefits of IHHT include increased production of red blood cells, regulation of the parasympathetic nervous system, mitochondrial regeneration, improved fat metabolism, weight loss support and blood pressure regulation. In addition, the therapy can help to relieve post-COVID fatigue.

/ Cryotherapy

Cryotherapy, derived from the Greek word *kryo* meaning cold, utilises the healing properties of low temperatures – a practice recognised since ancient times. Modern whole-body cryotherapy involves exposing the body to temperatures between -85°C and -110°C for approximately three minutes. Areas of application include recovery from sports injuries and muscle tension, rheumatic pain relief, improvement of joint health, metabolic activation and improved blood circulation. Additionally, cryotherapy supports chronic condition management, promotes weight loss and reduces inflammation.

/ Bodyforming

/ EMSCULPT

This innovative, non-invasive body contouring and muscle-strengthening treatment combines high-intensity focused electromagnetic (HIFEM) energy with radiofrequency heat. This technology stimulates powerful muscle contractions, promoting muscle toning while simultaneously aiding fat reduction. The treatment requires no downtime, allowing individuals to return to their daily activities immediately after each session. Conveniently performed in a relaxed reclining position, EMSCULPT often delivers visible results after just a few sessions. It is ideal for those looking to improve their body contours and athletes seeking to enhance their physical performance.

Ballancer Pressotherapy

Ballancer Pressotherapy is an innovative system featuring a specialised suit that inflates with air to apply gentle pressure to targeted areas of the body. This gentle massage stimulates lymph flow and improves blood flow in the skin, helping to accelerate the removal of excess tissue fluid. The treatment also boosts the metabolism and supports the natural elimination of metabolic waste, contributing to enhanced overall wellbeing.

Signature Anti-Cellulite

The Signature Anti-Cellulite treatment is a powerful programme designed to reduce cellulite and enhance skin texture. This comprehensive package includes a shockwave therapy session to tighten connective tissue and improve blood flow, three cellulite treatments (30 minutes each) utilising specialised techniques and devices to boost skin elasticity and reduce fat deposits, and EMS training to strengthen muscles and stimulate the metabolism. This treatment is ideal for anyone seeking visibly firmer skin and improved cellulite appearance.



/ Mylife Changer

/ Mylife Changer – Jeunage Body | Essential Detox

Mylife Changer | Colon Massage Treatment

Good digestion is the key to good skin. The Morpho Digestiv abdominal treatment balances digestion by stimulating specific acupressure points to affect the excretory organs. This technique promotes effective toxin removal, restoring natural gastrointestinal function and strengthening the immune system. It supports intestinal health and enhances the body's natural detoxification processes.

Mylife Changer | Detox & Slimming Body Treatments

This specially developed massage technique activates venous and lymphatic circulation, relaxes the muscular system, stimulates the parasympathetic nervous system and enhances blood flow to the internal organs. These combined effects help to efficiently flush toxins from the body. Treatment Benefits: 1. Reduces fluid retention 2. Supports the body's natural toxin elimination process 3. Enhances cellular oxygen and nutrient supply 4. Promotes fat metabolism.

Mylife Changer | Detox & Slimming Programme

Experience the Mylife Changer Detox & Slimming Programme, a holistic treatment designed to detoxify your body and sculpt your figure. This specially developed massage technique stimulates venous and lymphatic circulation, relaxing muscles while activating the parasympathetic nervous system. It enhances blood flow to internal organs and supports the removal of waste products.

Key benefits include promoting the elimination of excess fluid, aiding the removal of toxins, and improving oxygen and nutrient delivery to cells. It also stimulates lipid metabolism, helping you achieve your weight goals.

Mylife Changer | Body Toning | After Sport Muscle Relaxation

This relaxing treatment is designed to counteract the effects of stress and muscle tension. Using well-chosen techniques, it helps to relieve osteoarticular tension, enhance mobility and reduce chronic pain in the head, back and joints. Gentle stretches and mobilisations promote muscle relaxation, restoring balance and releasing renewed energy throughout the body. Ideal for unwinding after physical activity or a demanding day, this treatment supports relaxation and enhances overall wellbeing.

/ Triple Detox

The Triple Detox combines far infrared (FIR), plasma and light therapy. It focuses on effective detoxification, helping to eliminate heavy metals, plastics and spike proteins associated with Long COVID. Plasma therapy stimulates collagen production and revitalises the skin for a healthier, more youthful appearance. Athletes benefit from enhanced deacidification and muscle relaxation. After surgery, Triple Detox promotes detoxification and supports the healing process. Mentally, it sharpens focus, improves concentration and combats brain fog.

Wellbeing

The standard programme is ideal for individuals with a good general constitution to experience the treatment and its benefits.

Destress Wellness

Aimed at individuals exposed to high levels of stress, this programme helps to restore balance and promote relaxation.

Energy Kick

A quick refresher that revitalises both mind and body in just 15 minutes.

Mental-Soma Relaxation

This programme relaxes both mind and body. With 100% ion density (5 million ions) and a 70% ion flow, O₂(-) ions are absorbed more slowly through the skin into the tissue and made available to the entire body through simultaneous inhalation.



/ Mylife Changer – Jeunage Face | Essential

Mylife Changer | Anti-ageing Facial with Natural Facelift

This rejuvenating facial treatment is designed to firm the skin and enhance its overall appearance. Targeted massage techniques stimulate facial muscles, improve blood circulation, and encourage lymphatic flow. These techniques help to refine skin texture, improve muscle tone and achieve a fresh, revitalised look.

Carefully selected active ingredient serums penetrate deep into the skin, amplifying the benefits of the massage by delivering hydration and reducing wrinkles.



Mylife Changer | Essential Facial incl. Skin Analysis and Skin Therapy Plan

Our Mylife Changer beautician designs a personalised skin therapy plan based on a detailed skin analysis, selecting active ingredients tailored to your unique skin type. A specially developed massage technique optimises the skin's condition and enhances the absorption of these active ingredients. This facial treatment includes cleansing, a rebalancing phase, enzyme peel, type-specific bio aromas, a mask and finishing care.

Mylife Changer | Organic Facial Expert

This exquisite facial treatment uses only high-quality, certified organic products that are gentle on the skin yet highly effective. The treatment thoroughly removes impurities while nutrient-rich ingredients penetrate deeply to revitalise and hydrate the skin. Our experienced therapists customise the facial to your skin type and specific needs, ensuring optimal results.

Mylife Changer | Organic Facial Essential incl. Skin Analysis and Skin Therapy Plan

This holistic facial is tailored to your individual needs. The session begins with a detailed skin analysis conducted by one of our experienced therapists to identify your skin type and specific concerns. Based on this assessment, we create a personalised skin therapy plan designed to improve your skin's health over the long term.

We use only high-quality, organically certified products that are both gentle on the skin and deliver superb results.

/ Skin Analyser

The innovative skin analysis device detects invisible skin problems, such as bacterial contamination, pore condition and skin texture. It also reveals pigmentation spots, wrinkles and UV damage, enabling the therapist to better understand your specific skin needs. The analysis supports the optimisation of skincare routines and the creation of tailored treatment plans. This allows for targeted facial treatments and the recommendation of suitable care products for each client.

/ Mylife Changer – Jeunage Face | Advanced

Mylife Changer | Flash Repair Facial

The Flash Repair Facial is an intensive treatment designed to revitalise the skin instantly, leaving it fresh and radiant. This treatment combines advanced techniques and premium products to deeply nourish the skin.

During the treatment, the skin is cleansed, exfoliated and supplied with nutrients. By boosting blood circulation, reducing signs of fatigue and stress, and improving skin texture, the Flash Repair Facial delivers visible results.

Ideal for special occasions or as a quick everyday refresh, it leaves the skin with a healthy glow and a delightful sense of rejuvenation.

Mylife Changer | Expert Detox Facial

The Expert Detox Facial is a uniquely developed massage technique designed to enhance your skin's nutrient absorption. By combining muscle stimulation with the activation of venous and lymphatic circulation in the face and décolleté, this treatment optimises both relaxation and rejuvenation. Drawing on a blend of Western and Eastern massage techniques, the treatment delivers noticeable results in remarkably little time.

Mylife Changer | Facial Treatment for Under-Eye Bags, Dark Circles, Wrinkles and Hyperpigmentation

This specialised facial is designed to address under-eye bags, dark circles, eye wrinkles and hyperpigmentation. Gentle massage techniques combined with potent, high-performance products revitalise the delicate skin around the eyes. The result is a fresher, more radiant appearance that enhances the skin's natural beauty.

Mylife Changer | Anti-ageing Facial with Natural Facelift

This rejuvenating facial treatment is designed to firm the skin and enhance its overall appearance. Targeted massage techniques stimulate facial muscles, improve blood circulation, and encourage lymphatic flow. These techniques help to refine skin texture, improve muscle tone and achieve a fresh, revitalised look.

Carefully selected active ingredient serums penetrate deep into the skin, amplifying the benefits of the massage by delivering hydration and reducing wrinkles.

Mylife Changer | Organic Facial Advanced

This advanced facial treatment features products made with 100% biological and organic ingredients, blending scientific expertise with natural extracts to regenerate and revitalise the skin. The treatment begins with a micro peel to remove dead skin cells and detoxify the skin. Targeted hydration follows to replenish moisture, while tailored serums reinforce the skin barrier.

A specialised lifting massage enhances muscle tone, and the stimulation of energy points revitalises the skin's surface, strengthens capillaries and accelerates cell recovery.

Mylife Changer | Organic Anti-Ageing & Hyperpigmentation Facial

This powerful facial treatment exclusively uses products made with organic ingredients to address signs of ageing and hyperpigmentation. The treatment begins with gentle cleansing and a peel, followed by the application of potent serums rich in antioxidants and brightening agents. A calming mask promotes skin recovery while visibly reducing pigmentation spots. To finish, a hydrating emulsion strengthens the skin's natural protective barrier, leaving it radiant and youthful. Perfect for all skin types in need of a refresh.



/ Mylife Changer – Jeunage Face | Device-based

Mylife Changer | Deeply Clean Facial with Diamond Microdermabrasion and Ultrasonic Peel

This facial treatment combines diamond microdermabrasion with ultrasonic peeling for thorough skin renewal. Microdermabrasion, a minimally invasive procedure, improves skin tone and texture by reducing the appearance of sun damage, wrinkles, fine lines, age spots and acne. The treatment leaves the skin with a fresh, radiant complexion while promoting its natural recovery. Perfect for anyone looking to revitalise their skin.

Mylife Changer | Acne Facial with Ultrasound Peeling and High Frequency

This facial combines ultrasound peeling with high-frequency therapy to address acne effectively. Ultrasound peeling gently removes dead skin cells and cleanses the pores, while high-frequency therapy reduces inflammation and promotes healing. The result is a clearer complexion, refined skin texture, and enhanced skin recovery. Ideal for those struggling with acne and seeking a deeply effective solution.

Mylife Changer | MyGlow Aquafacial with Bipolar Radiofrequency

This device-based skin rejuvenation treatment combines multiple advanced procedures into one comprehensive experience: Exfoliation, deep cleansing, infiltration of personalised active ingredients, lymphatic drainage, cell renewal and frequency therapy. Technologies such as diamond microdermabrasion, radiofrequency, ultrasound and vacuum technology deliver a non-invasive, highly effective treatment with immediately visible results:

- Maximum skin renewal and rejuvenation
- Reduction of hyperpigmentation, clogged and enlarged pores, blemishes, oily skin and sun damage
- Support for conditions such as acne, redness, rosacea and psoriasis
- This innovative therapy promotes skin cell regeneration and delivers lasting improvements to the overall appearance of your skin.

Couperose & Rosacea

The Couperose & Rosacea Programme is a highly effective skin treatment, utilising the powerful combination of far infrared (FIR), plasma and light therapy to address couperose and rosacea-like skin conditions.



/ Mylife Changer Solutions Massages

Mylife Changer | Restorative Post-exercise Massage – BACK

This post-exercise back massage is a targeted treatment designed to ease muscle tension and support recovery after physical activity. Using specialised techniques, it relaxes tight muscles, stimulates blood circulation and enhances flexibility. This treatment effectively eases back pain and promotes overall wellbeing. Perfect for athletes and active individuals seeking to care for their bodies after intense workouts.

Mylife Changer | Aroma-Relax Massage

This soothing treatment is designed to harmonise body and mind. Gentle massage techniques, combined with high-quality essential oils, encourage deep relaxation, while the calming scents of aromatherapy help reduce stress and relieve tension. This massage is perfect for anyone seeking to enhance overall wellbeing. Immerse yourself in a tranquil atmosphere and recharge your energy.

Mylife Changer | Deep Tissue Fascia Massage

This specialised deep-tissue massage targets the fascia to support the health of the musculoskeletal system as a whole. By releasing adhesions in the fascia, it improves blood flow, allowing muscles to receive oxygen and nutrients more efficiently. The stimulation of muscle attachments enhances muscle tone, improves skin appearance and reduces muscle cramps and tension. Ideal for both prevention and recovery, this massage is perfect before or after exercise to boost performance and minimise the risk of injury.

Mylife Changer | Energetic Massage

This treatment works on both a physical and aesthetic level. By releasing muscle contractions and blockages in the back, it improves conductivity, thereby enhancing nerve function. This naturally boosts functional energy and promotes healthier skin. Alleviating joint tension along the spine helps to relieve pain and frees up energy, benefitting the body's organs and overall vitality.

Mylife Changer | Sleep Enhancement Treatment

This treatment is a specialised somatic therapy designed to improve sleep quality. The treatment includes a unique active ingredient pack, formulated to promote wellbeing and deeply relax the body. Gentle techniques restore inner balance, paving the way for more restful sleep.

Mylife Changer | Somatic Massage

This treatment operates on both physiological and psychological levels. By employing passive stretching and muscle contraction, it reduces gamma and alpha motor neuron stimulation, leading to muscle relaxation and an enhanced sense of wellbeing. Anxiety and stress hormones are also reduced, which further disrupts the cycle of anxiety and its self-reinforcing effects. This interruption helps to break the cycle of chronic stress, promoting lasting relaxation and emotional balance.

Mylife Changer | Stress Relief & Breathwork Massage

This extraordinary massage blends stress management techniques with mindful breathwork, fostering a harmonious connection between body and mind. Gentle yet effective massage techniques release tension, while focused breathing promotes deeper relaxation. Our experienced therapists guide you as you breathe deeply and consciously to refresh the mind and enhance overall wellbeing.

Mylife Changer | Toning Massage

The Physio-Toning massage is a targeted therapeutic technique designed to activate muscles and optimise their functionality. This treatment focuses on specific muscle groups with anatomical precision to stimulate muscle tone and enhance firmness. Through targeted warming and improved blood circulation, muscles receive better oxygenation and a more efficient supply of essential nutrients. These benefits contribute to muscle relaxation, support muscle tone, improve posture and correct muscular imbalances. The Physio-Toning massage has a revitalising effect, providing lasting support for physical performance.



/ Holistic Massages

Foot Reflexology

Foot reflexology is an alternative healing method that involves stimulating specific zones and points on the feet which correspond to various organs and areas of the body. By applying pressure to these reflex zones, this technique activates the body's self-healing abilities, promotes blood circulation and enhances overall wellbeing. Reflexology can be used for relaxation, pain relief and as a supportive therapy for physical health.

Foot Reflexology & Foot Bath

Foot reflexology is an alternative healing method that involves stimulating specific zones and points on the feet which correspond to various organs and areas of the body. By applying pressure to these reflex zones, this technique activates the body's self-healing abilities, promotes blood circulation and enhances overall wellbeing. Reflexology can be used for relaxation, pain relief and as a supportive therapy for physical health. Includes a soothing foot bath.

Full Body Massage

Discover ultimate relaxation with the Full Body Massage at Mount Med Resort – a serene treatment designed to harmonise your body and mind. Our skilled therapists use expert techniques to relieve tension, improve blood flow and enhance wellbeing.

Mount Med | Signature Massage

This exclusive treatment blends various massage techniques to release tension and foster deep relaxation. Our qualified therapists customise the massage to your individual needs, helping you achieve the perfect balance between tranquillity and renewed energy.

/ Packs & Wraps

Our packs and wraps are designed to address a range of skin needs, from intensive hydration and detoxification to firming and rejuvenation. Each treatment is individually tailored to you and delivered by our experienced therapists, ensuring optimal care and results.

- Leg Wrap | After-Sport Recovery
- Body Pack | Anti-inflammatory Full-body Wrap
- Body Pack | Moor
- Body Pack | Seaweed
- Moor Mud Body Wrap | Cool
- Body Scrub | Hammam With Black Argan Oil Soap
- Body Scrub | Herbal
- Light Legs Treatment
- Morphological Full-body Wrap

Mylife Changer | Body Contouring Curative® Pack – Hot

The Curative® pack treatment leverages the synergistic effects of heat and steam to optimise the absorption of active ingredients. This innovative method reduces the volume of fat cells while tightening and firming the treated areas. Seaweed extracts, combined with heat therapy, enhance detoxification and deliver remarkable skin-tightening benefits. The result is a refined body silhouette and a firmer, more youthful skin appearance. Beyond aesthetic improvements, this treatment also supports overall wellbeing.

Mylife Changer | Body Contouring Curative® Pack – Cool

This cooling wrap combines active ingredient serums with algae that penetrate the skin quickly and effectively. This therapy helps to reduce inflammation and promotes toxin removal, aiding in the detoxification of tissues. A finishing peel-off mask enhances the immediately visible effects of cellulite reduction, further improving the skin's appearance.





/ Personal Training

Personal training provides customised fitness support, with a certified instructor creating tailored workout plans to help achieve individual goals. This service includes motivational guidance, technique optimisation and nutritional advice to enhance performance and overall health. Each session is customised to the client's unique needs and fitness level, ensuring effective and sustainable results.

/ Mental Training for Athletes

Visualisation, breathing exercises and techniques such as progressive muscle relaxation help you improve mental resilience, boost motivation and optimise performance.



/ Weekly Programme

You'll find the full Fit Performance activity and mind health programme on your SuitePad and in the Mount Med Infotainment.



/ Private Spa Haven

/ Private Spa Suite

Immerse yourself in a personal haven of tranquillity and relaxation in the privacy of our Private Spa Suite. Bespoke treatments tailored to your individual needs harmonise body and mind, leaving you refreshed and re-energised.

/ Private Health Suite

The Private Health Suite blends cutting-edge technology with soothing treatments to enhance your wellbeing like never before. Enjoy personalised experiences designed for holistic health and profound relaxation.

/ My Private Neuro-Aesthetics Experience

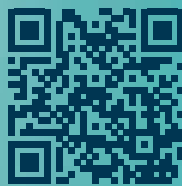
1. Steam bath
2. Neuroscience | Stress Management
3. Mylife Changer | Expert Detox Facial

Your skin's pores are gently opened during a steam bath, paving the way for deeper treatment. Next, the Neuroscience Stress Management therapy provides profound relaxation for your facial muscles and skin, offering a powerful anti-stress effect. This perfectly prepares the skin to absorb the active ingredients of the Expert Detox Facial treatment. A truly unique detox and de-stress experience for both skin and soul.

/ My Private Deep Relaxation Experience

1. Neuroscience | Stress Management or Sleep
2. Steam bath
3. Mount Med | Signature Massage

This exceptional journey begins with profound relaxation during a Neuroscience Stress Management session. A soothing steam bath then prepares your mind and body for the signature massage to follow. Tension melts away as physical and mental blockages are released.



Developed by physicians, the Mylife Changer® method is protected by copyright.
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