



/ Medical Spa

Tariffs



/ Opening Hours

Medical
7am–5pm

Therapy, Massage & Beauty
8am–5pm



Dr Alexander Papp



Dr Stephan Papp

Dear Guests,

Every day is an opportunity to become the best version of yourself. At the MyLife Changer Medical Spa, we support you on every step of your holistic and sustainable journey towards your ideal self – from initial consultation to tailored follow-up care and preventative steps for the future.

Dr Alexander Papp & Dr Stephan Papp

Integrative Medicine

The synergy of comprehensive diagnostics, personalised therapies and cutting-edge technology defines our unique approach to maximising your health and vitality for a longer, more energetic life.



Bladder



Heart



Liver



Stomach



Gut



Lungs



Brain



Kidneys



Bones

You are at the centre

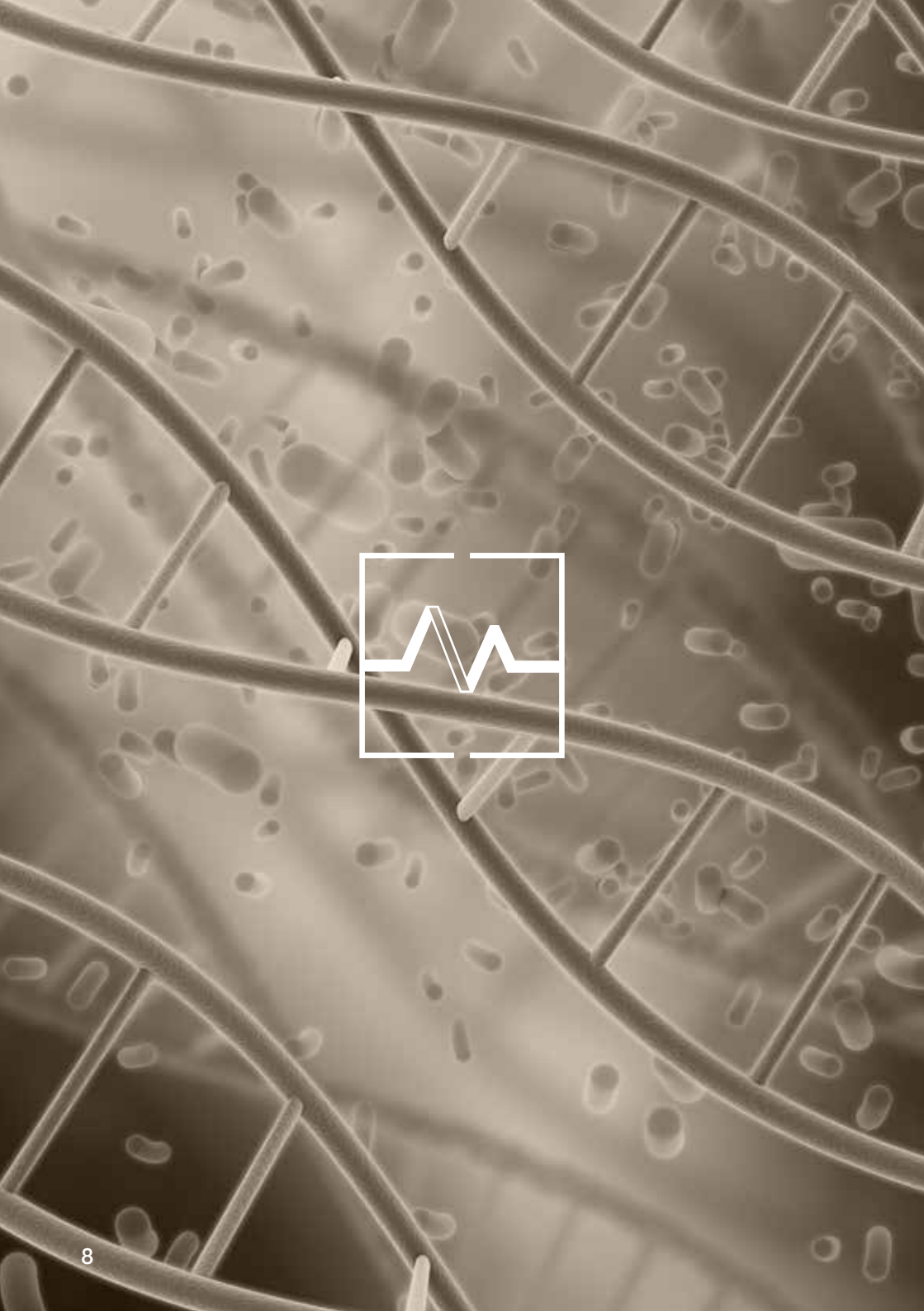


of everything we do

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/ Medical Services



/ Diagnostics



/ General Medicine

/ Consultations

Initial Medical Examination & Consultation	25 mins	€260
Medical Examination Discussion of Findings	15 mins	€218
Medical Consultation	10 mins	€180
Supplementary Medical Examination & Monitoring	20 mins	€218
Final Medical Examination	20 mins	€218
Medical Nutritional Consultation	25 mins	€280
Talking Eye – Telemedical Fundoscopy	20 mins	€250

/ Specialist Medical Examinations

/ Consultations

Examination by Lung & Sleep Medicine Specialist	€490
Spirometry Lung Function Test	€180
Mobile Sleep Analysis Device	€380

/ Diagnostics

/ Metabolic Testing

Mylife Changer Metabolic Testing Bespoke Nutrition Programme	€300
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/ Early Detection Screening

Early Detection Initial Consultation for Muscle, Organ & Bone Anomalies	€250
Early Detection Whole-body MRI Gross Pathologies – Private Clinic	€2,800
Early Detection Gastroscopy – Private Clinic	€350
Early Detection Colonoscopy – Private Clinic	€550
Early Detection Tumour Marker Blood Tests	€750
Metastasis Scan for Known Tumour	€1,600

/ Cardiovascular Diagnostics

Resting ECG	€50
Ergometry Exercise ECG	€350
Echocardiography	€380
HRV Measurement Short-term	€118
HRV Measurement 24-Hour Monitoring	€500

/ Laboratory Diagnostics

Heavy Metal Urine Analysis	€276
Blood Tests Blood Sugar, Insulin & Adiponectin Analysis	€52
Blood Tests Standard M/F	€300
Blood Tests Routine	€150
Blood Tests Enhanced M/F	€808
Blood Tests Enhanced F	€808
Blood Tests Enhanced M	€808
Blood Tests Hormone Levels F: LH, Testosterone, SHGB, DHEAS, IGF-1, E2 M: LH, Testosterone, SHBG, DHEAS, IGF-1	€500
Blood Tests Infectious Diseases	€1,000
Cortisol	€92
Daily Cortisol & Neurotransmitters DHEA, Adrenaline, Noradrenaline, Dopamine, Serotonin – 4 Weeks	€250
Urine Test	€30
Intolerance Test	€470
Advanced Micronutrient Analysis Selenium, Zinc, Magnesium, Copper, Manganese Vitamins A, B6, B12, C, D, E, Folic Acid	€300
Food Intolerance GANZIMMUN 89 Foods	€199
Food Intolerance GANZIMMUN 267 Foods	€390
Oxidative Stress Measurement	€100
Stool Tests	€360

/ Bone Diagnostics

Orthopaedic Bone Diagnostics OSTEO	€255
Orthopaedic Bone Diagnostics Skeletal Status Assessment, Lactate Test, Physical Examination, Range Of Motion, Perceptible Misalignments etc.	€400
Orthopaedic Bone Diagnostics Blood Tests incl. Hormone Levels	€600

/ Vital Signs Diagnostics

3D Body Analysis Posture, Body Balance & Body Composition Fat, BMI, FFMI, Basal Metabolic Rate	€150
Blood Pressure Measurement	€20
Pulse Oximetry	€20



/ Imaging Procedures

/ Computed Tomography | CT

Abdominal CT Pelvis with Contrast Medium	€400
Abdominal CT Pelvis without Contrast Medium	€340
CT Angiography with Contrast Medium	€395
CT of Joints Shoulder, Elbow, Wrist, Hips, Knees, Ankles, Feet without Contrast Medium	€250
CT Colonography without Contrast Medium	€265
CT of Head Area & Paranasal Sinuses with Contrast Medium	€400
CT of Head Area & Paranasal Sinuses without Contrast Medium	€350
LOWDOSE Lung CT Scan	€135
CT Myelon without Contrast Medium Whole Body without Contrast Medium	€450
CT of Thorax or Neck with Contrast Medium	€380
CT of Thorax or Neck without Contrast Medium	€320
CT of the Spine Cervical, Thoracic or Lumbar	€350
CT-Guided Spinal Therapy Infiltration with ACP	€550
CT-Guided Spinal Therapy Infiltration without Medication	€420

/ Magnetic Resonance Imaging | MRI

MRI – Abdomen Pelvic Enterography Thorax Cardiac Complex with Contrast Medium	€1,300
MRI – Abdomen Pelvic Enterography Thorax Cardiac Complex without Contrast Medium	€1,200
MRI – Pelvic & Leg Angiography	€900

/ Magnetic Resonance Imaging | MRI

MRI – Whole Body with Contrast Medium	€3,000
MRI – Whole Body without Contrast Medium	€2,800
MRI – Whole Body Coarse Pathologies Colon & Gastro	€2,800
MRI – Cardiac Function at Rest	€700
MRI – Cardiac Function under Stress	€800
MRI – Head with Contrast Medium	€900
MRI – Head without Contrast Medium	€700
MRI – Head & Neck Angiography	€1,000
MRI – Lumbar Spine & SI Joint with Contrast Medium	€1,000
MRI – Lumbar Spine & SI Joint without Contrast Medium	€900
MRT – Thorax or Neck with Contrast Medium	€1,000
MRT – Thorax or Neck without Contrast Medium	€900
MRI – Prostate & Pelvis	€900
MRI – Breast Screening	€550
MRI – Joints 2 Areas – MYELON with Contrast Medium Shoulders, Elbows, Wrists, Hips, Knees, Ankles, Feet	€780
MRI – Joints 2 Areas – MYELON Shoulders, Elbows, Wrists, Hips, Knees, Ankles, Feet	€680
MRI with Contrast Medium Upper Abdomen, Lower Abdomen, Neck, Plexus, Thoracic Outlet, Neurography, Entrapment Neuropathy, Basic Cardiac, MR Angiography Carotid, Pelvic Bone	€600
MRI without Contrast Medium	€500
MRI – Spine Cervical, Thoracic or Lumbar NEURAXIS with Contrast Medium	€1,300
MRI – Spine Cervical, Thoracic or Lumbar NEURAXIS without Contrast Medium	€1,200

/ X-rays

X-ray Up to 18x40 per image	€95
X-ray From 18x40 to 40x40 per image	€165
X-Rays 2 Images	€330

/ Medical Ultrasound

Ultrasound	€300
Ultrasound Diagnostics	€150
Ultrasound Of Abdominal Organs & Blood Vessels	€423
Ultrasound of Blood Vessels that Supply the Brain Carotid	€249
Ultrasound of Prostate Testes	€300
Ultrasound Of Thyroid Neck Vessels	€249
Ultrasound of Breasts	€340
Ultrasound of Musculoskeletal System	€344
Ultrasound of Heart Echocardiography	€349
Varicose Vein Ultrasound	€250



/ Aesthetics



/ Aesthetic Medicine

/ Consultations

Initial Aesthetic Consultation	25 mins	€350
Aesthetic Consultation	20 mins	€300
Supplementary Aesthetic Examination Monitoring	15 mins	€200
Final Aesthetic Examination	10 mins	€180
Final Medical Examination Plastic Surgeon	20 mins	€300
Talking Eye – Telemedical Fundoscopy	20 mins	€250

/ Medical Therapies

Attiva Cellulite treatment	€900
Attiva Minimally Invasive Skin Tightening Eyelids	€1,000
Attiva Minimally Invasive Skin Tightening 1 Area	€1,200
Attiva Minimally Invasive Skin Tightening Neck	€1,200
Attiva Minimally Invasive Skin Tightening Cheeks, Midface	€1,200
Attiva Minimally Invasive Skin Tightening Upper Arms, Thighs, Knees, Abdomen	€1,200
Attiva Body Contouring	€1,200
Botox Treatment 2 Areas	€420
Botox Treatment Each Additional Area	€170
Botox Treatment Migraines	€420

/ Medical Therapies

EXION Body Contouring Abdomen	€500
EXION Body Contouring Abdomen 4 treatments in 10 Days	€1,600
EXION Body Contouring & Shaping with Simultaneous Radiofrequency & Ultrasound	€700
EXION Body Contouring & Tightening Single-Pole RF & Microneedling Thighs, Lower Legs, Upper Arms, Chest, Abdomen & Love Handles	€500
EXION Body Treatment	€500
EXION Face Ultimate Skin Solution with Simultaneous Radiofrequency & Ultrasound	€700
Filler Hyaluronic Acid Treatment 1ml	€400
Filler Hyaluronic Acid Treatment 2ml	€700
Filler Hyaluronic Acid Treatment Each Additional ml	€300
Facial Rejuvenation & Skin Repair with Autologous Fat Stem Cells	€2,900
Hyperhidrosis Treatment	€700
Injection Lipolysis Abdomen	€350
Injection Lipolysis Legs, Cellulite	€350
Injection Lipolysis Chin	€350
Injection Lipolysis Knees	€350
Injection Lipolysis Lipoma	€350
Mesotherapy with Active Ingredient Cocktail	€350
Vampire Lift PRP Platelet-Rich Plasma Therapy	€500

/ Dermatology

Dermatological Diagnostics Mole Scanning	30 mins	€250
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/ Infusions

/ Infusion Therapies

/ Infusions

Infusion Amino Acid Skin & Hair	€120
Infusion Amino Acid Immun	€120
Infusion Amino Acid Muscle	€120
Infusion Amino Acid Neuro	€120
Infusion Myers' Cocktail	€200
Infusion Acid Neutralisers	€150
Infusion Brain Energy	€150
Infusion Chronic Fatigue	€250
Infusion Detox	€190
Infusion Electrolytes & Vitamins	€150
Infusion Glutathione	€190
Infusion Healing Pre & Post-Op	€120
Infusion Oxygen & Vitamin	€150
Infusion Liver	€190
Infusions Limitless All-in-One Immune Booster Detox Performance	€150
Infusion NAD+ 1,000mg ANTI-FATIGUE	€599
Infusion NAD+ 500mg	€250
Infusion NAD+ 500mg DETOX	€290
Infusion NAD+ 1,000mg EXECUTIVE PLUS plus Vit	€699
Infusion NAD+ 500mg FAT-BURNER	€399
Infusion NAD+ 500mg JETLAG	€399
Infusion NAD+ 500mg VITAMIN IMMUNE-BOOSTER	€399



/ Infusions

Infusion Orthopaedic Pain-relief Infusion	€150
Infusion Orthopaedic Pain-relief Infusion x 2	€300
Infusion Post-COVID	€250
Infusion Oxygen	€90
Infusion Pain	€190
Infusion Skin Beauty Glow	€250
Infusion Spermidine	€290
Infusion Vitalipid	€120
Infusion Vitamin C	€100
Intravenous Oxygen Therapy	€75
Intravenous Oxygen Therapy 3 sessions	€210
Intravenous Oxygen Therapy 6 sessions	€405



/ Orthopaedics



/ Orthopaedics & Pain Therapy

/ Consultations

Initial Orthopaedic Examination	25 mins	€350
Orthopaedic Consultation	20 mins	€300
Supplementary Orthopaedic Examination & Monitoring	15 mins	€200
Orthopaedic Consultation	10 mins	€180
Basic Orthopaedic Check-up	15 mins	€250
Final Orthopaedic Examination	20 mins	€300
Orthopaedic Assessment Therapy Recommendation Exercise Plan	10 mins	€195
Orthopaedic Assessment Therapy Recommendation	20 mins	€250
Orthopaedic Diagnostics Supply & Fit Insoles		€300
Orthopaedic Diagnostics Gait Analysis		€360
Gait Analysis Treadmill		€250
Screening for Athletes Joint Status Range of Motion		€250
Orthopaedic Therapy for Dysfunctional Pain Complete Blood Count		€400
Orthopaedic Therapy for Dysfunctional Pain MRI Imaging (1 Area)		€500
Talking Eye – Telemedical Fundoscopy	20 mins	€250

/ Medical Therapies

Focused Shockwave Therapy	30 mins	€150
Laser-needle Therapy	20 mins	€180
Physiotherapy	45 mins	€180
Post-surgery Orthopaedics Exercise Therapy	35 mins	€95
Post-surgery Orthopaedics Physiotherapy 5 sessions		€475
Post-surgery Orthopaedics Physiotherapy 5 sessions		€475
Post-surgery Pain Therapy	15 mins	€150
Pain Therapy Infiltration Intravenous		€150
Pain Therapy Laser Needle Therapy for Tendinitis, Torn Muscles etc.	20 mins	€120
Pain Therapy Mesotherapy	20 mins	€350
Pain Therapy Shockwave or Laser Therapy	20 mins	€150
Pain Therapy Management of Joint Wounds with ACP	30 mins	€200
Pain Therapy Management of Joint Wounds with PRP	35 mins	€450
Stromal Vascular Fraction (SVF) Autologous Fat Therapy (Per Area)	90 mins	€3,500



/ Sports Medicine

/ Sports Medicine

/ Screening & Diagnostics

Sports Medicine Consultation	25 mins	€250
Sports Medicine Diagnostics	30 mins	€300
Sports Medical Performance Diagnostics Accredited Elite Athletes	35 mins	€300
Sports Medicine Performance Diagnostics Single	35 mins	€300
Screening for Athletes CardioScan x 2	20 mins	€240
Screening for Athletes Joint Status Range of Motion	35 mins	€250
Screening for Athletes Lactate Test	30 mins	€150
Screening for Athletes Muscle Function Test	10 mins	€300
Spiroergometry & Sports Medicine Diagnostics Bicycle	50 mins	€320
Sports Medicine Health Check Competitive & Recreational Athletes, Health-Conscious Individuals	25 mins	€180
Sports Fitness Examination incl. Lactate Test	30 mins	€180

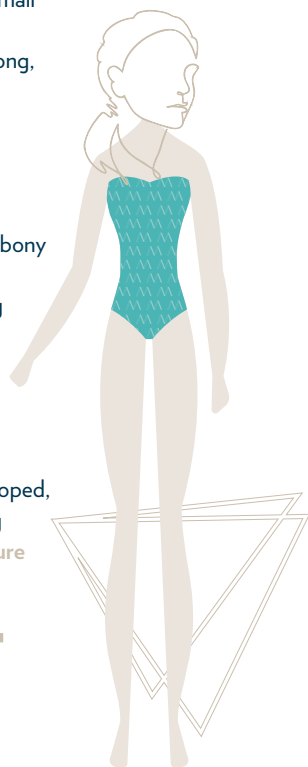


/ Holistic
Services

/ Mylife Changer

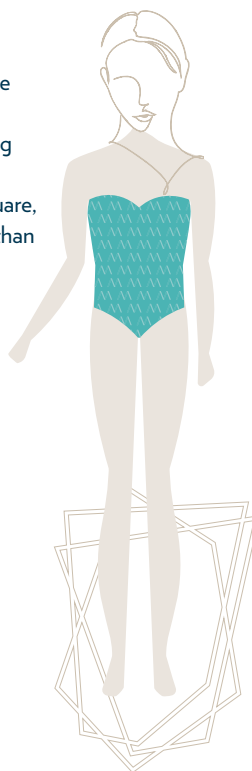
/ Nervous

- ☼ Face
triangular, wide chin
- ☼ Lips
thin, narrow with drooping corners
- ☼ Shoulders
narrow and small
- ☼ Upper body
narrow and long, narrow waist
- ☼ Chest
small, under-developed
- ☼ Pelvis
narrow, slim, bony
- ☼ Body Shape
slim and long
- ☼ Skin colour
sallow
- ☼ Skin surface
cold and dry
- ☼ Muscles
weakly developed, thin and long
- ☼ Bone structure
narrow



/ Sanguineous

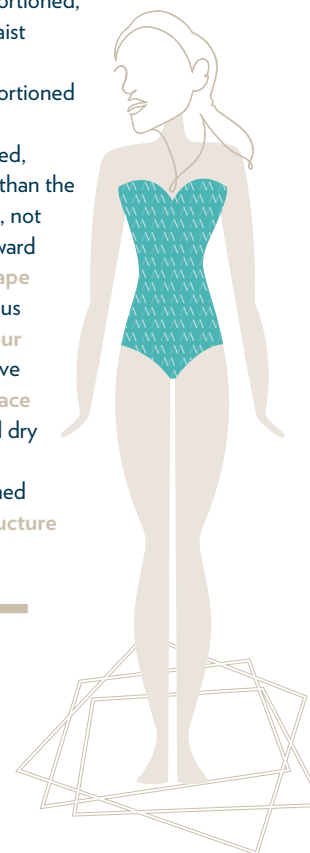
- ☼ Face
oval, hexagonal
- ☼ Lips
full, red, wide lip line
- ☼ Shoulders
wide, slightly sloping
- ☼ Upper body
well developed, square, more pronounced than the lower body
- ☼ Chest
round and well-developed, closely set breasts
- ☼ Pelvis
wide, strong, tilted forward
- ☼ Body Shape
strong and firm
- ☼ Skin colour
reddish pink
- ☼ Skin surface
warm and moist
- ☼ Muscles
firm, rounded
- ☼ Bone structure
large and firm



for Your Typology

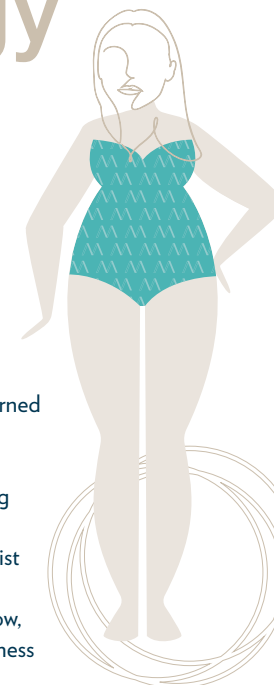
/ Bilious

- ☼ Face
square, rectangular
- ☼ Lips
fine, narrow, average lines
- ☼ Shoulders
wide, slightly sloping
- ☼ Upper body
well proportioned, narrow waist
- ☼ Chest
well proportioned
- ☼ Pelvis
well formed, narrower than the shoulders, not tilted forward
- ☼ Body Shape
harmonious
- ☼ Skin colour
sallow, olive
- ☼ Skin surface
warm and dry
- ☼ Muscles
well-defined
- ☼ Bone structure
average



/ Lymphatic

- ☼ Face
round
- ☼ Lips
soft, pale, downturned corners
- ☼ Shoulders
narrow and sloping
- ☼ Upper body
wide, short, no waist
- ☼ Chest
well-developed, low, tendency to slackness
- ☼ Pelvis
voluminous, tendency to retain water
- ☼ Body Shape
plump and round
- ☼ Skin colour
opaline, pale
- ☼ Skin surface
cold and damp
- ☼ Muscles
barely palpable due to water and fat deposits
- ☼ Bone structure
coarse





/ Mylife Changer

/ Mylife Changer®

/ Jeunage Face | Essential

Mylife Changer Essential Facial incl. Skin Analysis & Skin Therapy Plan	60 mins	€185
Mylife Changer Organic Facial Expert	65 mins	€195
Mylife Changer Organic Facial Essential incl. Skin Analysis & Skin Therapy Plan	60 mins	€185
Mylife Changer Skin Analyser	20 mins	€25

/ Jeunage Face | Advanced

Mylife Changer Flash Repair Facial	60 mins	€180
Mylife Changer Expert Detox Facial	65 mins	€179
Mylife Changer Facial Treatment Focusing On Under-Eye Bags, Dark Circles, Eye Wrinkles & Hyperpigmentation	50 mins	€138
Mylife Changer Anti-ageing Facial with Natural Facelift	90 mins	€249
Mylife Changer Organic Facial Advanced	90 mins	€249
Mylife Changer Organic Anti-Ageing & Hyperpigmentation Facial	75 mins	€229

/ Jeunage Face | Device-Based

Mylife Changer Deeply Clean Facial with Diamond Microdermabrasion & Ultrasonic Peel	60 mins	€289
Mylife Changer Acne Facial with Ultrasound Peel & High Frequency	60 mins	€289
Mylife Changer MyGlow Aquafacial with Bipolar Radiofrequency & Hyaluronic Acid Mask	90 mins	€320
Triple Detox Skin Rejuvenation Couperose & Rosacea	45 mins	€144

/ Jeunage Body | Essential Detox

Mylife Changer Body Contouring Curative® Pack – cool	35 mins	€98
Mylife Changer Body Contouring Curative® Pack – hot	35 mins	€98
Mylife Changer Colon Massage Treatment	35 mins	€142
Mylife Changer Detox & Slimming Body Treatment	50 mins	€172
Mylife Changer Detox & Slimming Programme	95 mins	€245
Mylife Changer Body Toning After Sport Muscle Relaxation	80 mins	€199
Leg Wrap After-Sport Recovery	20 mins	€89
Body Pack Anti-inflammatory Full-body Wrap	25 mins	€89
Body Pack Moor Mud	25 mins	€110
Body Pack Seaweed Soothing	25 mins	€89
Body Pack Seaweed Anti-Impurities	25 mins	€89
Body Pack Seaweed Normalising for Legs	25 mins	€89
Body Pack Seaweed Purifying	25 mins	€89
Body Pack Seaweed Toning & Stimulating	25 mins	€89
Moor Mud Body Wrap Cool	25 mins	€110
Body Scrub Hammam with Black Argan Oil Soap	25 mins	€79
Body Scrub Herbal	25 mins	€75
Light Legs Treatment	35 mins	€89
Morphological Full-body Wrap	25 mins	€89
Triple Detox Energy Kick	15 mins	€48
Triple Detox Mental-Soma Relaxation	20 mins	€64
Triple Detox Destress Wellness	30 mins	€96
Triple Detox Wellbeing	30 mins	€96

/ Solutions Massages

Mylife Changer Restorative Post-exercise Massage – BACK	50 mins	€160
Mylife Changer Aroma-Relax Massage	50 mins	€160
Mylife Changer Deep Tissue Fascia Massage	80 mins	€242
Mylife Changer Energetic Massage	65 mins	€204
Mylife Changer Preventive Neuromuscular Trigger Point Massage	50 mins	€158
Mylife Changer Sleep Enhancement Treatment	105 mins	€340
Mylife Changer Somatic Massage	80 mins	€251
Mylife Changer Stress Relief & Breathwork Massage	95 mins	€291
Mylife Changer Toning Massage	95 mins	€298

/ Holistic Massages

Foot Reflexology	25 mins	€60
Foot Reflexology & Foot Bath	50 mins	€89
Full Body Massage	50 mins	€145
Mount Med Signature Massage	50 mins	€130
Mount Med Signature Massage	80 mins	€209
Taping	25 mins	€60



/ Bodyforming

/ Bodyforming

/ EMSculpt

EMSculpt Abdomen	30 mins	€300
EMSculpt Buttocks	30 mins	€300
EMSculpt Upper Arms – Triceps & Biceps	40 mins	€300
EMSculpt Outer Thighs	20 mins	€300
EMSculpt Inner Thighs	20 mins	€300
EMSculpt Calves	30 mins	€250

/ Ballancer Pressotherapie

Ballancer Pressotherapie	50 mins	€120
Ballancer Pressotherapie 3 sessions		€345
Ballancer Pressotherapie 6 sessions		€649

/ Signature Anti-Cellulite

Intensive Cellulite Programme 5 treatments	€717
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/ Biohacking & Device-based Therapies



/ Neuroscience

/ Rebalance Impulse

Neuroscience Addictions	25 mins	€75
Neuroscience Emotional Management	25 mins	€75
Neuroscience Emotional Management 10 sessions		€750
Neuroscience Jet-Lag	25 mins	€75
Neuroscience Long Covid Recovery Programme	25 mins	€75
Neuroscience Long Covid Recovery Programme 10 sessions		€750
Neuroscience Memory & Concentration	25 mins	€75
Neuroscience Pain Management	25 mins	€75
Neuroscience Sleep	25 mins	€75
Neuroscience Sleep 5 sessions		€75
Neuroscience Slimming Programme	25 mins	€375
Neuroscience Slimming Programme 5 sessions		€75
Neuroscience Sports Performance	25 mins	€375
Neuroscience Stress Management	25 mins	€75
Neuroscience Stress Management 5 sessions		€75
Neuroscience Stress Management Programme	25 mins	€75

/ Neuro Vibes for Mental Fitness

Neuro Vibes Breathe 1 session	25 mins	€95
Neuro Vibes Breathe 6 sessions		€570
Neuro Vibes Chakra Alignment Meditation 1 session	20 mins	€75
Neuro Vibes Chakra Alignment Meditation 6 sessions		€450
Neuro Vibes Gamma Meditation 1 session	20 mins	€75
Neuro Vibes Gamma Meditation 4 sessions		€300
Neuro Vibes Meditation Energy 1 session	25 mins	€95
Neuro Vibes Meditation Energy 6 sessions		€570
Neuro Vibes Recovery Support 1 session	20 mins	€75
Neuro Vibes Recovery Support 4 sessions		€300
Neuro Vibes SleepWave 1 session	20 mins	€75
Neuro Vibes SleepWave 2 sessions		€200
Neuro Vibes Tobacco Cessation Support 1 session	20 mins	€75
Neuro Vibes Tobacco Cessation Support 4 sessions		€300
Neuro Vibes Vibrational Wellness 1 session	20 mins	€75
Neuro Vibes Vibrational Wellness 4 sessions		€370
Neuro Vibes Weight Management Support 1 session	20 mins	€75
Neuro Vibes Weight Management Support 4 sessions		€300

/ Cryotherapy

/ Cryotherapy

Cryotherapy 1 session	5 mins	€80
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/ Hypoxia Cell Training

/ CellGym

CellGym session (IHHT)	45 mins	€90
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/ Pelvic Floor Training

/ EMSELLA

EMSELLA Treatment Pelvic Floor Training	25 mins	€155
EMSELLA Treatment Package Pelvic Floor Training 3 sessions		€440
EMSELLA Treatment Package Pelvic Floor Training 6 sessions		€835



/ Beauty



/ Beauty

/ Essentials

Eyeblink Tinting*	€18
Eyeblink Tinting*	€25
Eyeblink Shaping*	€18
Eyeblink Tinting & Shaping*	€32
Eyeblink Tinting & Shaping, Eyeblink Tinting*	€49

*available only when booked alongside a facial.

/ Hair Removal

Waxing – Underarms	€29
Waxing – Arms	€45
Waxing – Eyebrows	€25
Waxing – Half Leg	€49
Waxing – Full Leg	€75
Waxing – Bikini Line	€30
Waxing – Chest	€45
Waxing – Full Face	€39
Waxing – Upper Lip	€18
Waxing – Upper Lip & Chin	€36
Waxing – Back	€45
Waxing – Shoulders	€45

/ Hands & Feet

Nail Polish Application	€29
Shellac Polish Removal	€38
OPI Infinite Shine Application	€50
Spa Manicure without Polish	€65
Spa Manicure with OPI Infinite Shine	€75
Spa Manicure with French Polish	€80
Spa Pedicure without Polish	€75
Spa Pedicure with OPI Infinite Shine	€85
Spa Pedicure with French Polish	€90



/ Private Spa & Health

/ Private Health Suite

/ My Private Neuro-Aesthetics Experience

110 mins €350

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 deeply effective detox and de-stress experience for both skin and soul.

/ My Private Deep Relaxtion Experience

95 mins €300

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.

/ Private Spa Suite

/ My Private Spa Heaven

120 mins €300

Immerse yourself in a personal haven of tranquillity and relaxation in the privacy of our Private SPA Suite.



/ Performance & Fitness

/ Personal Training

/ Yoga

Personal Training Flow Yoga	50 mins	€180
Personal Training Hatha Yoga	50 mins	€180
Personal Training Restorative Yoga	50 mins	€180
Personal Training Yin Yoga	50 mins	€180
Personal Training Yoga for 1	50 mins	€180
Personal Training Yoga for 2	50 mins	€297
Personal Training Yoga Nidra	50 mins	€180
Personal Training Yogalates	50 mins	€180
Personal Training Yoga & Coaching	50 mins	€180

/ Exercise & Fitness

Personal Training for 1	50 mins	€180
Personal Training for 2	50 mins	€250
Personal Training Active Awakening	50 mins	€180
Personal Training Respiratory Therapy	25 mins	€90
Personal Training Respiratory Therapy	50 mins	€180
Personal Training Balance Board Training	50 mins	€180
Personal Training Blaze Pod Training	50 mins	€180
Personal Training Body Scan – Mindfulness Training	50 mins	€180
Personal Training Body Transformation	50 mins	€180
Personal Training Body Wake-up	50 mins	€180
Personal Training Cardio	50 mins	€180

/ Exercise & Fitness

Personal Training Coordination & Reaction	50 mins	€180
Personal Training Introduction to Milon & Keiser Equipment	50 mins	€180
Personal Training Fascia Training	50 mins	€180
Personal Training Full Body Workout	50 mins	€180
Personal Training Foot Gymnastics Problem Areas	50 mins	€180
Personal Training Dumbbells Workout Kettlebell Strength	50 mins	€180
Personal Training HIIT Training + Stretching	50 mins	€180
Personal Training Performance Enhancement	50 mins	€180
Personal Training Nature Run Nordic Walking Outdoor	50 mins	€180
Personal Training Ortho	50 mins	€180
Personal Training Pilates Pelvic Floor Training	50 mins	€180
Personal Training Recovery, Relaxation & Mental Training for Athletes	50 mins	€180
Personal Training Smovey Smovey Walk	50 mins	€180
Personal Training Improvement & Restoration	50 mins	€180
Personal Training Aqua Gym	50 mins	€180
Personal Training Spinal Training Back Pain Prevention	50 mins	€180

/ EMS

Personal Training EMS Cardio	20 mins	€110
Personal Training EMS Strength	20 mins	€110
Personal Training EMS Chalet Suite	20 mins	€110
Personal Training EMS Relax	40 mins	€140



/ Cognition & Emotion

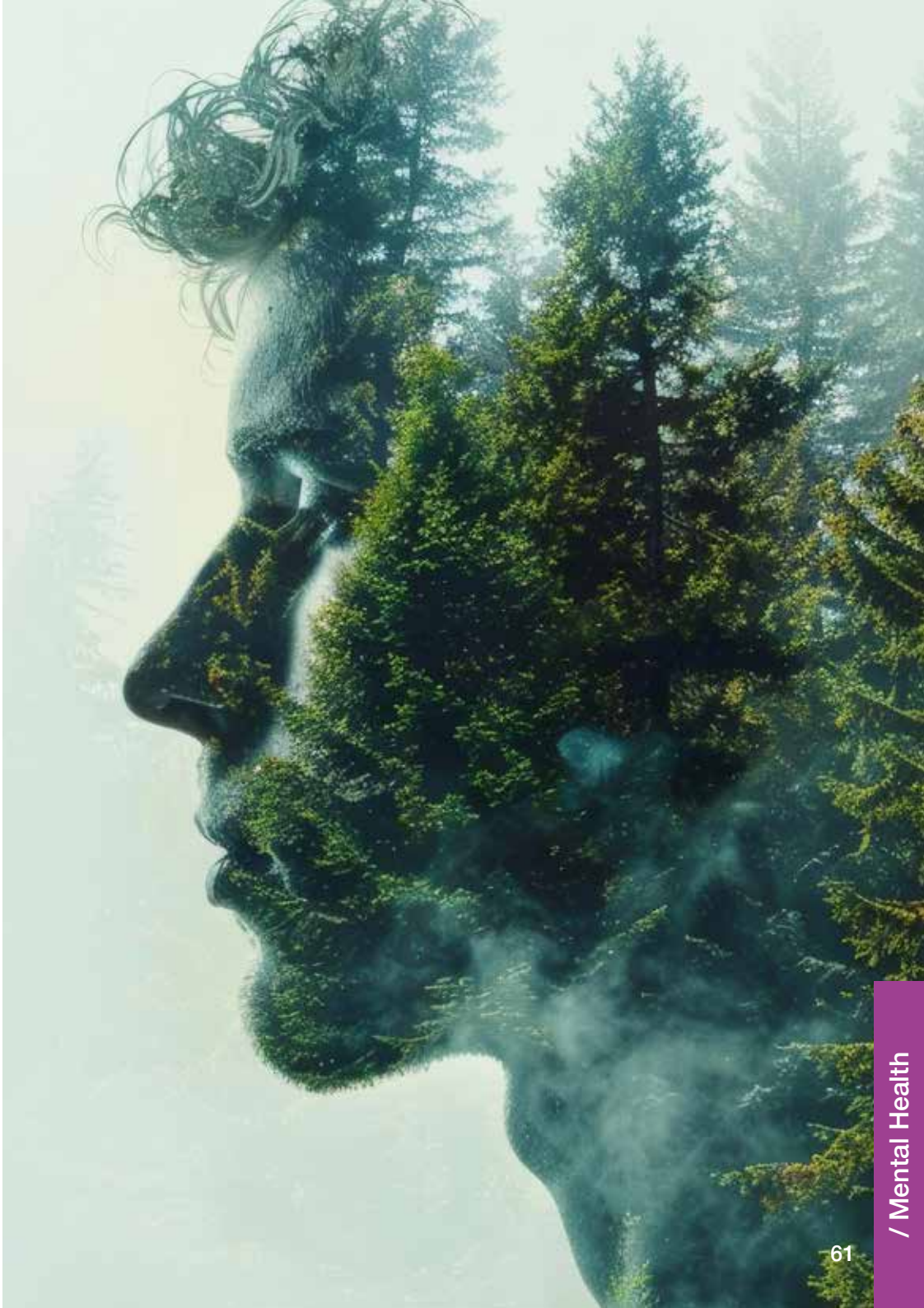
/ Health Psychology

/ Psychological Services

Health Psychology Coaching	60 mins	€450
Psychological Consultation Talking Therapy	60 mins	€450

/ Mental Training for Athletes

Mental Training for Athletes Initial Consultation Personal Training	50 mins	€180
Mental Training for Athletes Intervention Personal Training	50 mins	€180
Mental Training for Athletes Optimising Mental Powers Personal Training	50 mins	€180
Mental Training for Athletes Goal Setting – Methods Personal Training	50 mins	€180



/ Info & Etiquette

The Mount Med Resort's Medical Spa offers holistic preventative healthcare options. Our experienced professionals are by your side with modern diagnostics and high-quality examinations. All medical and healthcare services are delivered exclusively by the **private medical practices** within the Medical Spa.

Relaxation & Mental Detox

In our Medical Spa, we prioritise peace, relaxation and your wellbeing. To maintain this serene atmosphere, we kindly ask that you switch off your mobile phones. Thank you for helping us create a space where everyone can fully unwind.

Take Your Time

To enjoy the best therapy experience and results, we recommend arriving at the Holistic Spa 10 minutes before your treatment begins. Take a moment to relax with a cup of tea and let yourself unwind.

Clothing

We recommend wearing a bathrobe or comfortable sportswear to your appointments. For your visit to the Medical Spa, a bathrobe, slippers and a Health You Up spa bag with bath towels are provided in your room for the duration of your stay.

Note

Mount Med Resort Betriebs GmbH's General Terms and Conditions of Sale and the General Terms & Conditions of Business apply.



General Terms and
Conditions of Business



General Terms and
Conditions of Sale





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