



**MOUNT MED
R E S O R T**

Health **YOU UP**

/ Rates

MOUNT MEDolutions

March 2025

/ Your Life-Changing Path to Health

MOUNT MEDolutions represent a groundbreaking fusion of integrative diagnostics, advanced recovery and precision prevention, seamlessly combined with sports, performance and the Mylife Changer® method with its revolutionary nutritional concept.

Holistic approach

At Mount Med Resort, the Mylife Changer® method is applied holistically, beginning with comprehensive integrative diagnostics and the Metabolic Blueprint – a detailed analysis of metabolism, biological age, fat utilisation, heart and lung fitness, posture and breathing. Based on these findings, a guest's individual nutritional level within the metabolic programme is determined. This is a three-phase approach (Intensive, Stabilisation and Maintenance) that ensures a smooth transition into everyday nutrition. The anti-inflammatory approach prevents imbalances and eliminates the risk of the 'yo-yo effect', making long-term success achievable. More than just a fasting method, Mylife Changer® serves as a catalyst for a healthier life, promoting lasting weight management and a positive impact on biological age.

The programme is further enhanced by a combination of manual and device-based treatments, signature infusion therapies and tailored exercise. Specially developed herbal tonics and nutrient supplements support detoxification and recuperation, while neuroscience biohacking helps to break old behavioural patterns and establish lasting, positive changes at a cellular level.

Medical supervised time-out

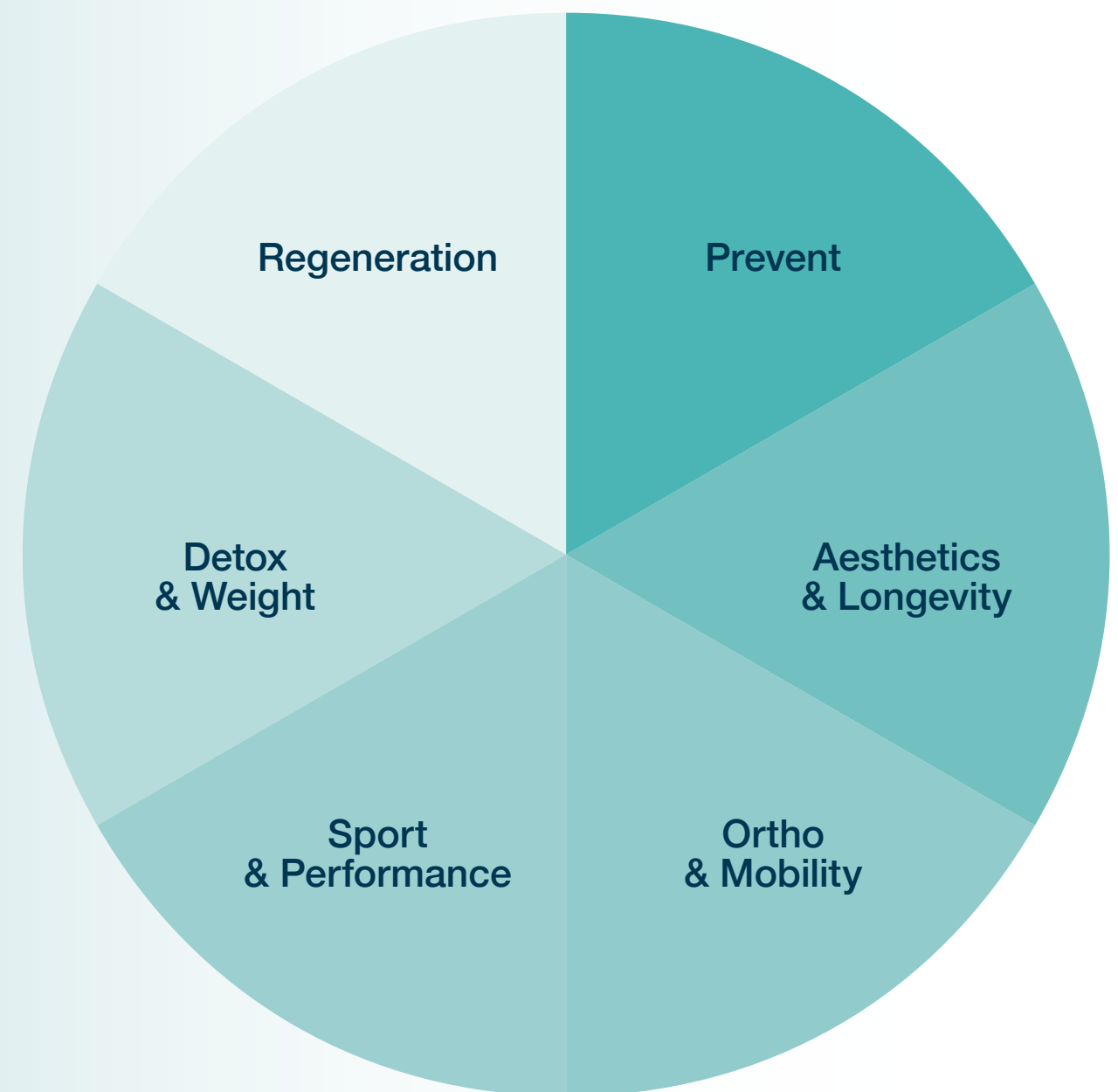
MOUNT MEDolutions are holistic solutions focused on the individual needs of our guests. At the Medical Spa, a team of doctors, experts and health concierges take exclusive care of you and guide you through your customised journey.

[/ More Info](#)



/ Overview of Programmes MOUNT MEDolutions

Medical Solutions





/ Prevent

- Health You Up! Basic
- Health You Up! Premium
- Prevent & Stress Relief
- Prevent & Immune Boost
- Prevent & Super Check-Up
- Quick Prevent



/ Aesthetics & Longevity

- Age Reverse
- Longevity
- Healthy Beauty
- Post-OP Plastic Surgery
- Aesthetic Weekend



/ Ortho & Mobility

- Back to Mobility
- Ortho Pain Relief
- Post-Rehab Ortho Mobility



/ Sports & Performance

- Get Fit to Perform
- Sports Check-Up & Performance Diagnostics



/ Detox & Weight

- Detox & Weight Management
- Menopause & Weight Management



/ Regeneration

- Long & Post-Covid – Chronic Fatigue

/ The conscious path to a healthy future



/ Good to Know

This 7-day programme provides a strong foundation for a preventive, healthy lifestyle. The objective is to minimise health risks, activate cellular regeneration and establish new, healthy habits that are sustainable.

- ✓ Integrative diagnostics for early detection and prevention
- ✓ Metabolic analysis to determine biological age
- ✓ Anti-inflammatory nutrition to reduce inflammation
- ✓ Detox and slimming treatments to eliminate toxins
- ✓ Reduction of free radicals and cell stress
- ✓ Personal training for mental relaxation and recovery

/ Health You Up! Basic

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // MLC® | Detox & slimming body treatment
- // MLC® | Colon massage treatment
- // MLC® | Morphological full-body pack
- // Personal mental training | Recovery & relaxation | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€2,957**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ The intensive path to a consciously healthy future



/ Good to Know

This 7-day premium programme is designed to enhance quality of life and support weight loss. The holistic Mylife Changer® concept promotes a conscious, healthy and enjoyable lifestyle with long-term preventive benefits.

- ✓ Integrative diagnostics for early detection and prevention
- ✓ Metabolic analysis to determine biological age
- ✓ Anti-inflammatory nutrition to reduce inflammation
- ✓ Reduction of free radicals and cell stress
- ✓ Cryotherapy to activate metabolism and enhance performance
- ✓ Neuroscientific biohacking for targeted Stress management

/ Health You Up! Premium

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min

/ Holistic

Health Concierge Support

- // Introduction to customised journey | Health concierge | 20 min
- // Interim discussion following medical consultation | Health concierge
- // Concluding discussion & post-stay programme | Health concierge | 20 min

Treatments

- // Neuroscience | Stress management
- // Cryotherapy
- // 2 x MLC® | Detox & slimming body treatment
- // 2 x MLC® | Colon massage treatment
- // MLC® | Morphological full-body pack
- // MLC® | Savon Noir body scrub
- // MLC® | Essential facial
- // Personal training | Tailored to your therapy goals | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €3,690
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Advanced Stress management



/ Good to Know

A 7-day programme designed for executives, managers and high achievers facing intense pressure. Reduce stress, regain energy and develop strategies to combat chronic stress for a more balanced and fulfilling life.

- ✓ Laboratory testing and vital diagnostics to assess stress levels
- ✓ Infusion therapies to actively restore energy reserves
- ✓ Holistic coaching to enhance cognitive performance
- ✓ Anti-inflammatory nutrition to reduce inflammation
- ✓ Cortisol lowering and cellular stress reduction
- ✓ Neuroscience biohacking for the parasympathetic nervous system

/ Prevent & Stress Relief

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Cortisol & neurotransmitters
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min
- // Infusion | Chronic fatigue
- // Infusion | Oxygen

Specialist Medical Services

- // Neuronal integrity | Holistic coaching | 30 min

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // 2 x Neuroscience | Stress management programme
- // 2 x MLC® | Stress relief & breathwork massage
- // MLC® | Detox & slimming programme
- // MLC® | Colon massage treatment
- // Personal mental training | Recovery & relaxation | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€4,623**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Holistic immune system boost



/ Good to Know

A 7-day programme for targeted and lasting immune system strengthening. Comprehensive diagnostics, anti-inflammatory nutrition and scientifically backed therapies optimise immune defence and resilience.

- ✓ Integrative preventive diagnostics including laboratory testing
 - ✓ Metabolic analysis to assess cellular health & energy production
 - ✓ Stool analysis to evaluate gut microbiome & immune defence capability
- ✓ Anti-inflammatory nutrition to reduce inflammatory processes
 - ✓ IHHT to promote cell regeneration & enhance oxygen utilisation
 - ✓ Personalised infusion therapy with micronutrients to support immune function

/ Prevent & Immune Boost

The programme includes the following services

/ Medical*

- Preventive Medical Examination**

 - // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Laboratory diagnostics | Cortisol
 - // Laboratory diagnostics | Stool sample analysis
 - // Oxidative stress measurement
 - // 2 x Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**

 - // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // Final medical examination | 20 min
 - // 4 x Infusion | Bespoke immune system therapy
 - // IHHT | Intermittent hypoxia-hyperoxia therapy

/ Holistic

- Health Concierge Support**

 - // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**

 - // Neuroscience | Stress management
 - // 2 x MLC® | Colon massage treatment
 - // 2 x MLC® | Detox & slimming body treatment
 - // MLC® | Signature massage | 50 min
 - // MLC® | Essential facial
 - // Personal training | Tailored to your therapy goals | 50 min
 - // Personal training | Respiratory therapy | 50 min
- Wellbeing Package**

 - // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €4,894
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ The ultimate preventive programme



/ Good to Know

A programme for anyone seeking a comprehensive analysis and optimisation of their health. Cutting-edge integrative diagnostics and preventive measures help detect risks early and enable targeted prevention.

- ✓ Preventive diagnostics incl. lab tests & vital signs analysis
- ✓ Cardiovascular check & spirometry for lung function assessment
- ✓ Ultrasound of abdominal organs, vessels & thyroid for early detection
- ✓ Anti-inflammatory nutrition to reduce free radicals
- ✓ Personalised infusion therapy & cryotherapy for cell regeneration
- ✓ Neuroscience Stress management & energetic massage for recovery

/ Prevent & Super Check-Up

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min
- // Infusion | Bespoke detox therapy

Specialist Medical Services

- // Ultrasound of abdominal organs & blood vessels
- // Ultrasound of thyroid & blood vessels in the neck
- // Spirometry | Lung function test

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // 2 x Neuroscience | Stress management
- // Cryotherapy
- // 2 x MLC® | Detox & slimming body treatment
- // 2 x MLC® | Colon massage treatment
- // MLC® | Energetic massage
- // MLC® | Morphological full-body pack
- // Emsella treatment
- // Personal training | Tailored to your therapy goals | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €4,962
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Rapid health check for prevention



/ Good to Know

A 5-day programme providing a comprehensive snapshot of your current health status. Integrative diagnostics assess key health parameters and identify risk factors – laying a solid foundation for targeted prevention.

- ✓ Preventive laboratory testing & vital signs analysis
 - ✓ Metabolic analysis to determine biological age
 - ✓ Cardiovascular check & oxidative stress measurement
- ✓ Infusion therapy to boost immunity and energy levels
 - ✓ Anti-inflammatory nutrition to reduce inflammation
 - ✓ Cryotherapy & neuroscience biohacking to build resilience

/ Quick Prevent

The programme includes the following services

/ Medical*

- Preventive Medical Examination**

 - // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Oxidative stress measurement
 - // Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**

 - // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // Final medical examination | 20 min
 - // Infusion | Oxygen & vitamin C

/ Holistic

- Health Concierge Support**

 - // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**

 - // Neuroscience | Stress management
 - // Cryotherapy
 - // 2 x MLC® | Morphological full-body pack
- Wellbeing Package**

 - // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



5 nights from €2,647
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Revolutionary cell & skin rejuvenation



/ Good to Know

The Age Reverse MOUNT MEDolution is an intensive youth-boosting programme that rejuvenates from both inside and out. Designed for effective cell renewal, biological age reversal and a visibly enhanced appearance.

- ✓ Metabolic analysis to determine biological age
- ✓ State-of-the-art treatments for skin tightening & body contouring
- ✓ Personalised anti-ageing infusion therapy for cell regeneration
- ✓ Anti-inflammatory nutrition to reduce free radicals
- ✓ Detox & slimming treatments to refine the silhouette
- ✓ Highly effective treatments for powerful skin rejuvenation

/ Age Reverse

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical examination | Discussion of findings | 15 min
- // Final medical examination | 20 min
- // Infusion | Anti-ageing
- // Exion | Face | Ultimate skin solution with radiofrequency, ultrasound & needling
- // 2 x Exion | Body treatment

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // Neuroscience | Memory & concentration
- // 2 x MLC® | Colon massage treatment
- // 2 x MLC® | Detox & slimming programme
- // MLC® | MyGlow Aquafacial treatment with bipolar radiofrequency
- // Personal training | Tailored to your therapy goals | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme

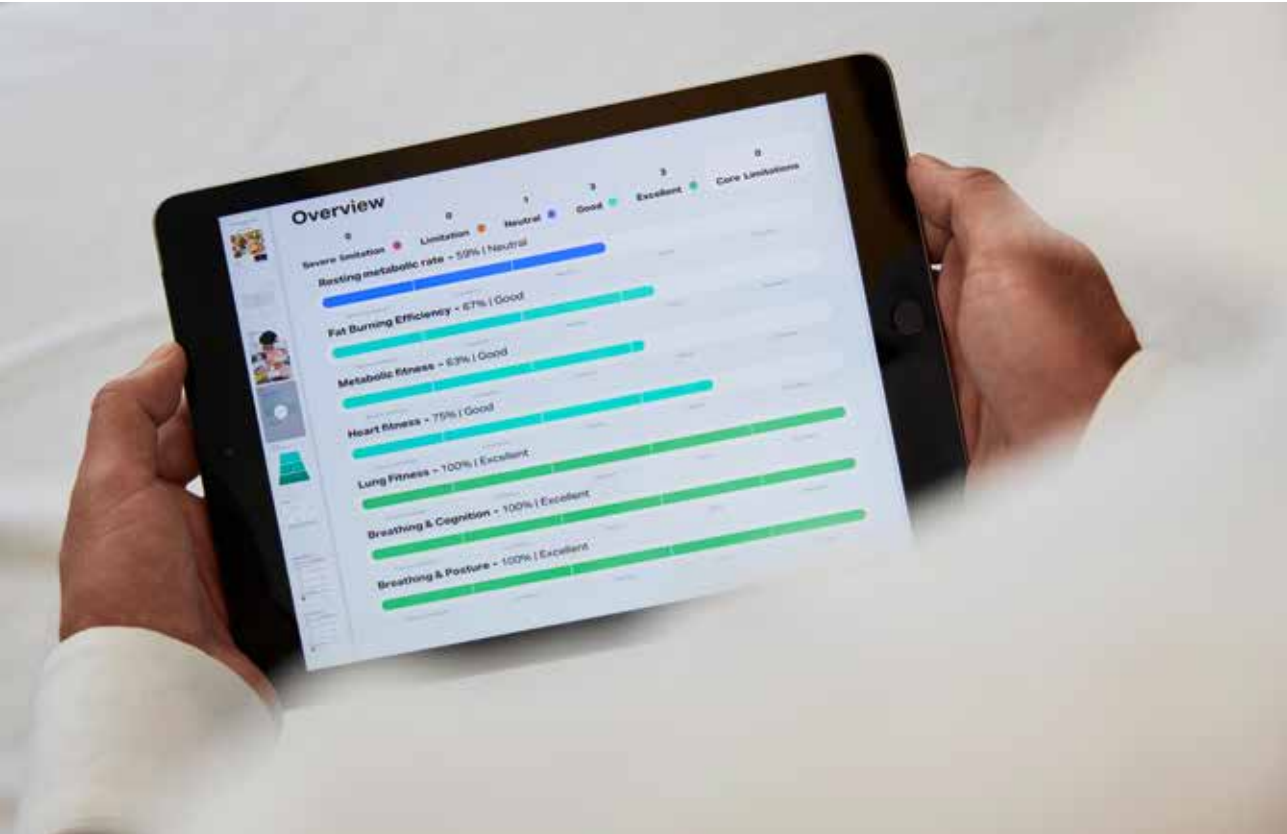


7 nights from €5,613

per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
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/ The Evolution of a Long, Healthy & Fit Life



/ Good to Know

The 7-day programme combines the revolutionary Mylife Changer Method and the anti-inflammatory metabolic programme with targeted detoxifying and cell-regenerating treatments, as well as biohacking and movement.

- ✓ Anti-inflammatory nutrition to rejuvenate biological age
- ✓ Intensive detox and slimming treatments for weight optimisation
- ✓ Reduction of inflammation markers and free radicals
- ✓ Promotion of gut health and microbiome balance
- ✓ Neuroscience biohacking to enhance cognitive fitness
- ✓ Intensive personal training to boost physical fitness

/ Longevity

The programme includes the following services

/ Medical*

- Preventive Medical Examination**
- // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Laboratory diagnostics | Cortisol & neurotransmitters
 - // Oxidative stress measurement
 - // 2 x Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**
- // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // Final medical examination | 20 min
 - // 2 x Infusion | Oxygen

- Specialist Medical Services**
- // Neuronal integrity | Holistic coaching | 30 min

/ Holistic

- Health Concierge Support**
- // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**
- // 2 x Neuroscience | Stress management
 - // Cryotherapy
 - // 2 x MLC® | Detox & slimming programme
 - // 2 x MLC® | Colon massage treatment
 - // MLC® | MyGlow Aquafacial treatment with bipolar radiofrequency and hyaluronic mask
 - // Personal training | Tailored to your therapy goals | 50 min
 - // Personal training | Respiratory therapy | 50 min
 - // Personal training | EMS Cardio | 20 min
- Wellbeing Package**
- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€4,988**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Sustainable beauty booster
with longevity effect



/ Good to Know

A 7-day programme for anyone seeking to enhance their skin, body and metabolism. This rejuvenation plan combines advanced technologies and innovative treatments for skin refinement, body toning and weight management.

- ✓ Aesthetic consultation with a specialist
 - ✓ Detox & slimming treatments for tissue firming & weight optimisation
 - ✓ Radiofrequency & hyaluronic acid therapy for a radiant complexion
- ✓ Infusion therapy to support skin regeneration & collagen production
 - ✓ Anti-inflammatory nutrition to reduce free radicals
 - ✓ Cold & pneumatic therapy to stimulate circulation

/ Healthy Beauty

The programme includes the following services

/ Medical*

- Preventive Medical Examination**
- // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Oxidative stress measurement
 - // 2 x Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**
- // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // Final medical examination | 20 min
 - // Infusion | Skin Beauty Glow
- Specialist Medical Services**
- // Medical consultation | Aesthetics

/ Holistic

- Health Concierge Support**
- // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**
- // Neuroscience | Stress management
 - // Cryotherapy
 - // 2 x MLC® | Detox & slimming body programme
 - // 2 x MLC® | Colon massage treatment
 - // 2 x MLC® | Ballancer pressotherapy
 - // MLC® | MyGlow Aquafacial treatment with bipolar radiofrequency and hyaluronic mask
 - // Personal training | Tailored to your therapy goals | 50 min
 - // Personal training | Yoga | Pilates | 50 min
- Wellbeing Package**
- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €4,773
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Plastic surgery aftercare

/ Postoperative Recovery
after Plastic Surgery



/ Good to Know

This intensive programme is specifically designed for patients recovering from aesthetic, plastic and reconstructive surgery. The aim is to provide targeted and medically sound aftercare to speed up recovery and healing.

- ✓ Aesthetic consultation with a plastic surgeon
 - ✓ Tailored infusion therapy for regenerative support
 - ✓ Lymphatic activation and drainage promotion
- ✓ Anti-inflammatory nutrition for faster wound healing
 - ✓ Promotion of cell regeneration for lasting results
 - ✓ Neuroscientific biohacking to strengthen tissue

The programme includes the following services

/ Medical*

- Preventive Medical Examination**

 - // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Oxidative stress measurement
 - // 2 x Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term

General Medical Services

 - // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // 2 x Infusion | Oxygen
 - // Infusion | Glutathione

Specialist Medical Services

 - // Medical consultation | Aesthetics

/ Holistic

- Health Concierge Support**

 - // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min

Treatments

 - // 5 x Neuroscience | Slimming programme
 - // 5 x Post-OP | Lymphatic drainage

Wellbeing Package

 - // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €3,871
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Innovative skin rejuvenation & tightening in just 3 days



/ Good to Know

An innovative short programme using minimally or non-invasive technology. Skin tightening, rejuvenation and targeted fat reduction with radiofrequency, RF microneedling or ultrasound. Body shaping without the surgery.

- ✓ Telemedical consultation before booking
 - ✓ Aesthetic examination with a plastic surgeon
 - ✓ Effective minimally invasive skin tightening or body contouring
- ✓ Infusion therapy to support recovery and enhance skin appearance
 - ✓ We recommend that you avoid saunas and swimming during the weekend
 - ✓ Direct sun exposure should also be avoided

/ Aesthetic Weekend

The programme includes the following services

/ Medical Aesthetics*

- Medical Services**

 - // Telemedical consultation prior to booking |
 - Initial aesthetic consultation & medical history review
- Specialist Medical Services**

 - // Attiva | Minimally invasive skin tightening | 1 area
 - OR
 - / Exion | Body contouring & tightening with single-pole RF & microneedling | Thighs, lower legs, upper arms, chest, abdomen & love handles
 - / Exion | Body contouring abdomen
 - // Infusion | Oxygen & vitamin C

/ Holistic

- Health Concierge Support**

 - // Introduction to customised journey | 20 min
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**

 - // MLC® | Signature massage | 50 min
 - // Personal training | Tailored to your therapy goals | 50 min
- Wellbeing Package**

 - // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



3 nights from €2,250
per person excluding accommodation
Only available in a Mountain Peak Junior Suite

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Freedom of movement for the musculoskeletal system



/ Good to Know

A 7-day programme designed to restore, improve and maintain mobility. Using precise orthopaedic diagnostics, targeted therapies and personalised exercises, joint function is sustainably optimised.

- ✓ Rigorous orthopaedic diagnostics of the musculoskeletal system
- ✓ Orthopaedic appraisal and individual therapy recommendation
- ✓ Anti-inflammatory nutrition to reduce chronic inflammation
- ✓ Personalised physical exercise therapy
- ✓ Cryotherapy to reduce inflammation & relieve muscle tension
- ✓ Neuroscience biohacking to support recovery

/ Back to Mobility

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min

Specialist Medical Services

- // Initial orthopaedic examination | 25 min
- // Orthopaedic diagnostics | ROM Range of Motion | Joint status | Physical examination
- // Orthopaedic findings | Therapy recommendation
- // 2 x Physical treatment | Individually tailored therapy

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // Neuroscience | Stress management
- // Cryotherapy
- // MLC® | Morphological full-body pack
- // 3 x Bespoke physical mobility therapy | 55 min
- // Personal training | Tailored your therapy goals | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €4,450
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Lasting pain relief



/ Good to Know

A 5-day programme for the targeted treatment of musculoskeletal pain, based on precise orthopaedic diagnostics and assessment. Combining tailored pain and movement therapies for effective relief and improved mobility.

- ✓ Rigorous orthopaedic diagnostics of the musculoskeletal system
 - ✓ Orthopaedic appraisal and individual therapy recommendation
 - ✓ Reduction of acute & chronic inflammation
- ✓ Personalised orthopaedic pain treatments
 - ✓ Holistic coaching to support neural health
 - ✓ Individually tailored movement therapy to enhance mobility

/ Ortho Pain Relief

The programme includes the following services

/ Medical*

- Preventive Medical Examination**
- // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Oxidative stress measurement
 - // Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**
- // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
- Specialist Medical Services**
- // Initial orthopaedic examination | 25 min
 - // Orthopaedic diagnostics | ROM Range of Motion | Joint status | Physical examination
 - // Orthopaedic findings | Therapy recommendation
 - // 2 x Orthopaedic pain treatment | Individually tailored therapy
 - // Neuronal integrity | Holistic coaching | 30 min

/ Holistic

- Health Concierge Support**
- // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**
- // 2 x Bespoke physical mobility therapy | 55 min
- Wellbeing Package**
- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



5 nights from €3,936
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Restoring the musculoskeletal system



/ Good to Know

This post-rehabilitation programme is designed for patients following orthopaedic surgery and rehab, supporting optimal recovery of mobility and freedom of movement. A holistic approach ensures lasting results.

- ✓ Rigorous orthopaedic diagnostics of the musculoskeletal system
- ✓ 3D body scan to analyse posture & balance
- ✓ Orthopaedic appraisal and individual therapy recommendation
- ✓ Anti-inflammatory nutrition to reduce inflammation
- ✓ Holistic coaching to support neural health
- ✓ Individually tailored movement therapy to enhance mobility

/ Post-Rehab Ortho Mobility

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min

Specialist Medical Services

- // Initial orthopaedic examination | 25 min
- // Orthopaedic diagnostics | ROM Range of Motion | Joint status | Physical examination
- // Orthopaedic findings | Therapy recommendation
- // 3 x Physical treatment | Individually tailored therapy
- // Neuronal integrity | Holistic coaching | 30 min

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // 4 x Bespoke physical mobility therapy | 55 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€4,776**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Physical & mental fitness for peak performance



/ Good to Know

A 7-day programme designed to enhance performance for managers, athletes, high achievers and all who thrive on pushing their limits. Boost energy, mental resilience and physical fitness to maximise your full potential.

- ✓ Orthopaedic & sports medical assessment of physical fitness
- ✓ Integrative diagnostics to analyse biological age & cellular health
- ✓ Anti-inflammatory nutrition to optimise cellular metabolism
- ✓ Structured development & expansion of energy reserves
- ✓ Rigorous personal training for targeted muscle growth & performance
- ✓ Cryotherapy & neuroscience to strengthen mental resilience

/ Get Fit to Perform

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min

Specialist Medical Services

- // Sports medicine diagnostics
- // Ergometry | Exercise ECG
- // Orthopaedic findings | Therapy recommendation | Training guidance

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // Neuroscience | Sports performance
- // Cryotherapy
- // MLC® | Energetic massage
- // 2 x MLC® | Signature massage | 50 min
- // Personal training | Tailored to your therapy goals | 50 min
- // Personal training | EMS strength | 20 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from €3,940

per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
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/ Precise analysis of fitness and performance



/ Good to Know

A 5-day programme for athletes and high performers looking to assess and enhance their physical fitness and capabilities. Individual potential is optimised with the help of personalised training recommendations.

- ✓ Integrative sports medicine diagnostics of physical resilience
- ✓ Rigorous orthopaedic diagnostics and appraisal
- ✓ 3D body scan to analyse posture, balance & physical metrics
- ✓ Sports check-up with lactate test & muscle function analysis
- ✓ Detailed evaluation of heart & lung performance at rest and under stress
- ✓ Tailored therapy recommendations for long-term performance improvement

/ Sports Check-Up & Performance Diagnostics

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min

Specialist Medical Services

- // Initial orthopaedic examination | 25 min
- // Orthopaedic assessment | Therapy recommendation
- // Orthopaedic diagnostics | Gait analysis | Treadmill
- // Sports Check-up | Lactate test
- // Sports Check-up | Muscle function test
- // Sports Check-up | CardioScan
- // Spiroergometry & sports medicine diagnostics | Bicycle

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // MLC® | After sports recovery massage

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



5 nights from €3,846

per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Holistic detoxification & metabolic optimisation



/ Good to Know

A 7-day programme for weight loss and long-term weight optimisation using a revolutionary metabolic programme. Innovative treatments and personalised exercise units help to sculpt and tone the body and skin.

- ✓ Precise analysis of metabolic function & fat burning
- ✓ Innovative slimming treatments for targeted body shaping
- ✓ Anti-inflammatory nutrition for sustainable weight management
- ✓ Infusions & device-based therapies for detoxification & lymphatic activation
- ✓ Intensive skin tightening with radiofrequency & hyaluronic acid
- ✓ Cryotherapy & neuroscientific techniques to boost metabolism & fat burning

/ Detox & Weight Management

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min
- // 2 x Infusion | Bespoke detox therapy

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // Neuroscience | Slimming programme
- // Cryotherapy
- // 2 x MLC® | Detox & slimming body treatment
- // 2 x MLC® | Colon massage treatment
- // 2 x MLC® | Ballancer pressotherapy
- // 2 x MLC® | Morphological full-body pack
- // MLC® | Savon Noir body scrub
- // MLC® | MyGlow Aquafacial treatment with bipolar radiofrequency and hyaluronic mask
- // Personal training | Tailored your therapy goals | 50 min
- // Personal training | Respiratory therapy | 50 min
- // Personal training | EMS Cardio | 20 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€4,974**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
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/ Successful weight loss during menopause



/ Good to Know

A life-changing programme to naturally manage menopausal symptoms. Lose weight with a university-led metabolic programme, burn calories and build muscle. We guide you towards a sustainable lifestyle transformation..

- ✓ Metabolic testing for long-term lifestyle adjustment
- ✓ Anti-inflammatory nutrition rich in proteins and healthy fats
- ✓ Metabolism activation, subcutaneous fat reduction and cellulite minimisation
- ✓ Holistic coaching for brain and nervous system health
- ✓ EMS and personal training for fat loss and muscle gain
- ✓ Pelvic floor activation and neuromuscular control training

/ Menopause & Weight Management

The programme includes the following services

/ Medical*

Preventive Medical Examination

- // Laboratory diagnostics | Standard blood tests | M/F
- // Blood tests | Enhanced female (quantitative ASLO, quantitative rheumatoid factor, dopamine, serotonin, LH, testosterone, SHBG, DHEA, dihydrotestosterone, IGF-1, adrenaline, noradrenaline, zinc, selenium, vitamin A, vitamin B6, vitamin B12, vitamin B9, vitamin D 25 OH, vitamin E, estradiol)
- // Laboratory diagnostics | Urine test & analysis
- // Oxidative stress measurement
- // 2 x Vital signs diagnostics | 3D body analysis
- // MLC® | Metabolic testing | Bespoke nutrition programme
- // Cardiovascular diagnostics | Resting ECG
- // Vital signs diagnostics | Pulse oximetry
- // Vital signs diagnostics | Blood pressure measurement
- // HRV Measurement | Short-term

General Medical Services

- // Initial medical examination & consultation | 25 min
- // Medical monitoring | Discussion of findings | 15 min
- // Final medical examination | 20 min
- // Infusion | Myers' Cocktail

Specialist Medical Services

- // Neuronal integrity | Holistic coaching | 30 min

/ Holistic

Health Concierge Support

- // Introduction to customised journey | 20 min
- // Interim discussion following medical consultation
- // Concluding discussion & post-stay programme | 20 min

Treatments

- // Cryotherapy
- // 2 x MLC® | Colon massage treatment
- // 2 x MLC® | Ballancer pressotherapy
- // 2 x MLC® | Morphological full-body pack
- // MLC® | Signature massage | 50 min
- // MLC® | Anti-Ageing facial with natural facelift
- // Emsella treatment
- // Personal training | EMS strength | 20 min
- // Personal training | Yoga | Pilates | 50 min

Wellbeing Package

- // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



7 nights from **€5,485**
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.

/ Recovery, new energy and quality of life



/ Good to know

A 14-day programme designed for individuals suffering from Long COVID, Post-COVID or chronic fatigue. This programme combines integrative diagnostics with innovative, scientifically backed treatments to support recovery.

- ✓ Integrative diagnostics of cell energy status & cardiovascular function
 - ✓ Evidence-based neuroscience Long COVID recovery programme
 - ✓ Anti-inflammatory nutrition to combat silent inflammation
- ✓ IHHT & infusion therapy to restore energy reserves
 - ✓ Cryotherapy & detox treatments to support immune function
 - ✓ Somatic & energetic massages for muscular & nervous system relief

/ Long & Post Covid – Chronic Fatigue

The programme includes the following services

/ Medical*

- Preventive Medical Examination**
 - // Laboratory diagnostics | Standard blood tests | M/F
 - // Laboratory diagnostics | Urine test & analysis
 - // Laboratory diagnostics | Intracellular ATP
 - // Oxidative stress measurement
 - // 2 x Vital signs diagnostics | 3D body analysis
 - // MLC® | Metabolic testing | Bespoke nutrition programme
 - // Cardiovascular diagnostics | Resting ECG
 - // Vital signs diagnostics | Pulse oximetry
 - // Vital signs diagnostics | Blood pressure measurement
 - // HRV Measurement | Short-term
- General Medical Services**
 - // Initial medical examination & consultation | 25 min
 - // Medical monitoring | Discussion of findings | 15 min
 - // Final medical examination | 20 min
 - // Infusion | Post COVID
 - // Infusion | Myers' Cocktail
 - // 5 x Infusion | Oxygen
 - // 5 x IHHT | Intermittent hypoxia-hyperoxia therapy

/ Holistic

- Health Concierge Support**
 - // Introduction to customised journey | 20 min
 - // Interim discussion following medical consultation
 - // Concluding discussion & post-stay programme | 20 min
- Treatments**
 - // 10 x Neuroscience | Long Covid recovery programme
 - // 5 x Cryotherapy
 - // MLC® | Detox & slimming body treatment
 - // MLC® | Colon massage treatment
 - // MLC® | Somatic massage
 - // MLC® | Energetic massage
 - // MLC® | Expert detox facial
 - // Personal training | Respiratory therapy | 50 min
 - // Personal training | Recovery & relaxation | 50 min
- Wellbeing Package**
 - // Use of the spa and fitness facilities as well as participation in the weekly sports and mental health programme



14 nights from €6,512
per person excluding accommodation

Your doctor will determine the specific diagnostics and number of therapies required based on your personal needs and will charge you accordingly.
*All medical services are exclusively provided by the private medical practices.



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