



/ 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

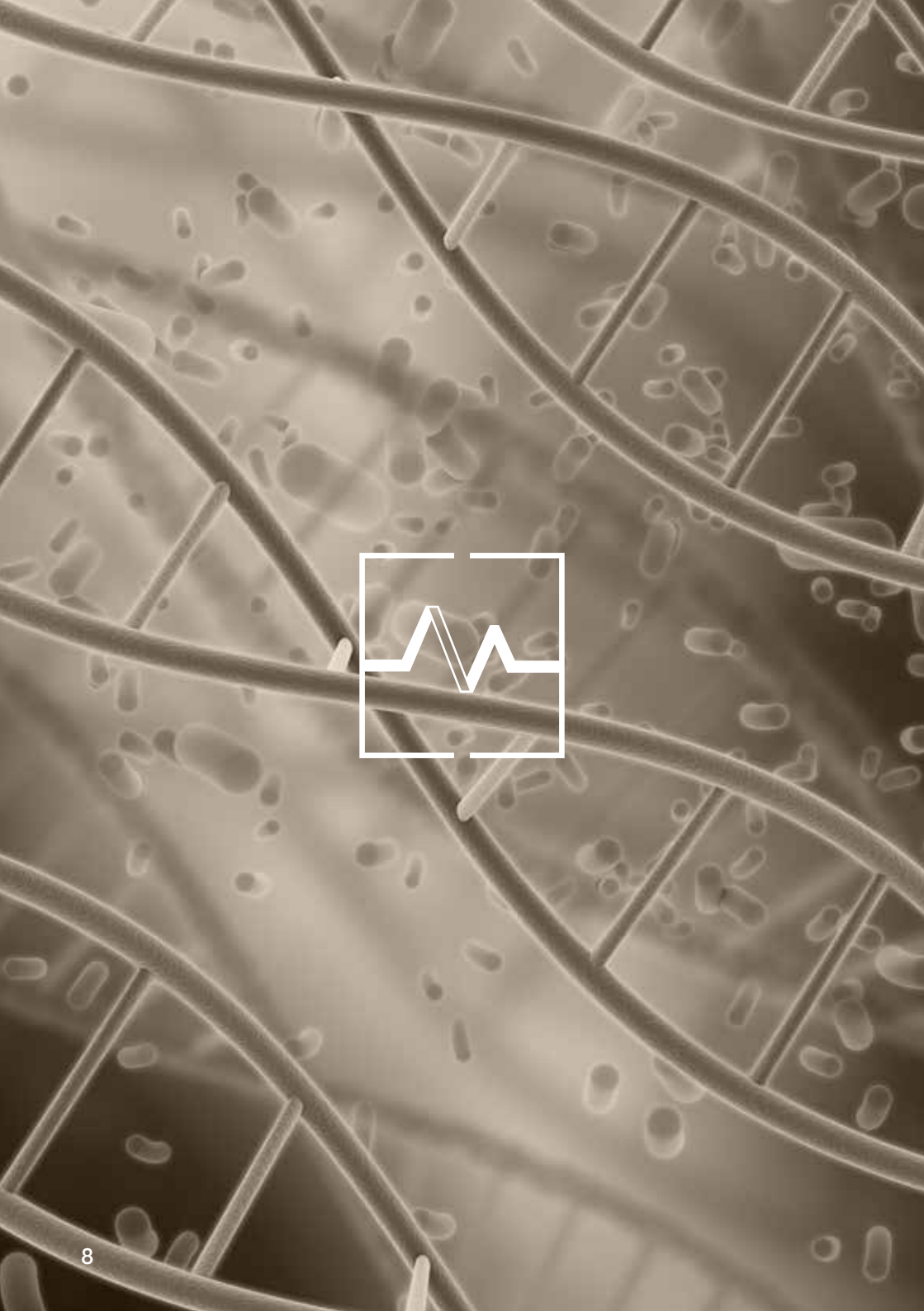


of everything we do

/ content

08	/ Medical Services
10	/ Diagnostics
22	/ Aesthetics
26	/ Infusions
30	/ Orthopaedics
34	/ Sports Medicine

36	/ Holistic Services
38	/ Mylife Changer® for your Typology
40	/ Mylife Changer® Signature Treatments
46	/ Bodyforming
48	/ Biohacking & Device-based Therapies
52	/ Beauty
56	/ Private Health Spa
58	/ Performance & Fitness
62	/ Info & Etiquette



/ Medical Services



/ Diagnostics



/ General Medicine

/ Consultations

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

/ Specialist Medical Examinations

/ Consultations

Examination by Lung & Sleep Medicine Specialist	€490
Spirometry Lung Function Test	€180
Mobile Sleep Analysis Device	€380
Dermatological Diagnostics Mole Scanning	€250

/ Neuronal Integrity

/ Management | Coaching

Neuronal Integrity Holistic Coaching 30 min	€360
---	------

/ Diagnostics

/ Metabolic Testing

MLC® Metabolic Testing Bespoke Nutrition Programme	€350
--	------

/ 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 markers blood Tests AFP, CA15-3, CA19-9, CA 72-4, calcitonin, CEA, CYFRA 21-1, PSA, SCC, aluminium, arsenic, mercury, lead, calcium	€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

Blood Test Adrenaline	€72
Blood Test AFP	€41
Blood Test Aluminium	€58
Blood Test Arsenic	€58
Blood Test ASLO Quantitative	€31
Blood Test Beta-carotene	€38
Blood Tests Blood sugar, insulin & adiponectin analysis	€52
Blood Test CA 15-3	€55
Blood Test CA 19-9	€45
Blood Test CA 72-4	€68
Blood Test Calcitonin	€50
Blood Test Calcium	€58
Blood Test CCP Antibodies	€62
Blood Test CEA	€42
Blood Test Cobalt	€43
Blood Test Cortisol	€92
Blood Test Cortisol & neurotransmitters	€52
Blood Test CYFRA 21-1	€60
Blood Test DHEA-S	€49
Blood Test Dihydrotestosterone	€91
Blood Test Dopamine	€72
Blood Tests Enhanced F 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-hydroxy, vitamin E, estradiol	€915

/ Laboratory Diagnostics

Blood Tests Enhanced M 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-hydroxy, vitamin E, PSA	€908
Blood Test Estradiol	€39
Blood Test Hepatitis A	€44
Blood Test Hepatitis B	€44
Blood Test Hepatitis C	€64
TestTesting HIV G	€38
Blood Tests Hormone Levels F LH, testosterone, SHBG, DHEAS, IGF-1, E2 M LH, testosterone, SHBG, DHEAS, IGF-1	€500
Blood Test HPV	€137
Blood Test IGF-1	€63
Blood Tests Infectious Diseases HIV-G, hepatitis A, B, C, HPV STDs First-void urine: syphilis, varicella zoster Tick screening Bacterial enteritis pathogens in stool	€1,000
Blood Test Intracellular ATP	€120
Blood Test Lead	€58
Blood Test LH	€39
Blood Test Mercury	€58
Blood Test Noradrenaline	€72
Blood Test PSA	€41
Blood Test Rheumatoid factor	€31
Blood Tests Routine	€150
Blood Test SCC	€58
Blood Test Selenium	€56

/ Laboratory Diagnostics

Blood Test Serotonin	€109
Blood test Sexually Transmitted Infections First-void urine: gonorrhoea, chlamydia, trichomoniasis, mycoplasma genitalium, ureaplasma urealyticum, ureaplasma parvum, mycoplasma hominis	€226
Blood Test SHBG	€60
Blood Test Standard M/F	€300
Blood Test Syphilis	€24
Blood Test Testosterone	€49
Blood Test Tick screening	€142
Blood Test Varicella zoster	€119
Blood Test Vitamin A	€50
Blood Test Vitamin B12	€55
Blood Test Vitamin B6	€75
Blood Test Vitamin B9	€55
Blood Test Vitamin C	€97
Blood Test Vitamin D	€65
Blood Test Vitamin D 25-hydroxy	€56
Blood Test Vitamin E	€38
Blood Test Zinc	€22
Advanced micronutrient analysis Selenium, Zinc, Magnesium, Copper, Manganese Vitamins A, B6, B12, C, D, E, Folic Acid	€300
Bacterial enteritis pathogens in stool	€226
Food Intolerance Ganzimmun 89 Foods	€199
Food Intolerance Ganzimmun 267 Foods	€390
Heavy Metal Urine Analysis	€276

/ Laboratory Diagnostics

Intolerance Test	€470
Oxidative stress measurement	€100
Urine Test & analysis	€30
Stool Tests	€360

/ Bone Diagnostics

Orthopaedic Bone Diagnostics Osteo	€315
Orthopaedic Bone Diagnostics Skeletal Status Assessment, Lactate Test, Physical Examination, Range Of Motion, Perceptible Misalignments	€400
Orthopaedic Bone Diagnostics Blood Tests incl. Hormone Levels	€680

/ 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	€450
Abdominal CT Pelvis – without Contrast Medium	€400
CT Angiography – with Contrast Medium	€450
CT of Joints Shoulder, Elbow, Wrist, Hips, Knees, Ankles, Feet – without Contrast Medium	€300
CT Colonography – without Contrast Medium	€310
CT of Head Area & Paranasal Sinuses – with Contrast Medium	€450
CT of Head Area & Paranasal Sinuses – without Contrast Medium	€400
Lowdose Lung CT Scan	€200
CT Myelon Whole Body – without Contrast Medium	€500
CT of Thorax or Neck – with Contrast Medium	€440
CT of Thorax or Neck – without Contrast Medium	€370
CT of the Spine Cervical, Thoracic or Lumbar	€400
CT-Guided Spinal Therapy Infiltration – with ACP	€600
CT-Guided Spinal Therapy Infiltration – without Medication	€470

/ Magnetic Resonance Imaging | MRI

MRI Abdomen Pelvic Enterography Thorax Cardiac Complex – with Contrast Medium	€1,350
MRI Abdomen Pelvic Enterography Thorax Cardiac Complex – without Contrast Medium	€1,250
MRI Pelvic & Leg Angiography	€1,000
MRI Whole Body – with Contrast Medium	€3,000
MRI Whole Body – without Contrast Medium	€2,800

/ Magnetic Resonance Imaging | MRI

MRI Whole Body Coarse Pathologies Colon & Gastro	€2,800
MRI Cardiac Function at Rest	€750
MRI Cardiac Function under Stress	€850
MRI Head – with Contrast Medium	€950
MRI Head – without Contrast Medium	€750
MRI Head & Neck Angiography	€1,000
MRI Lumbar Spine & SI Joint – with Contrast Medium	€1,100
MRI Lumbar Spine & SI Joint – without Contrast Medium	€950
MRI Thorax or Neck – with Contrast Medium	€1,100
MRI Thorax or Neck – without Contrast Medium	€900
MRI Prostate & Pelvis	€900
MRI Breast Screening	€550
MRI Joints 2 Areas Myelon Shoulders, Elbows, Wrists, Hips, Knees, Ankles, Feet – with Contrast Medium	€780
MRI Joints 2 Areas Myelon Shoulders, Elbows, Wrists, Hips, Knees, Ankles, Feet – without Contrast Medium	€680
MRI Upper Abdomen, Lower Abdomen, Neck, Plexus, Thoracic Outlet, Neurography, Entrapment Neuropathy, Basic Cardiac, MR Angiography Carotid, Pelvic Bone – with Contrast Medium	€720
MRI Upper Abdomen, Lower Abdomen, Neck, Plexus, Thoracic Outlet, Neurography, Entrapment Neuropathy, Basic Cardiac, MR Angiography Carotid, Pelvic Bone – without Contrast Medium	€550
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	€135
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	€300
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 min	€350
Aesthetic Consultation	20 min	€300
Supplementary Aesthetic Examination Monitoring	15 min	€200
Final Aesthetic Consultation	10 min	€180
Final Medical Examination	20 min	€300
Talking Eye Telemedical Fundoscopy	20 min	€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 & Tightening Single-Pole RF & Microneedling Thighs, Lower Legs, Upper Arms, Chest, Abdomen & Love Handles	€700
Exion Body Contouring Abdomen	€500
Exion Body Treatment	€500
Exion Face Treatment Ultimate Skin Solution with Simultaneous Radiofrequency & Ultrasound	€500
Exion Face Treatment Ultimate Skin Solution with Simultaneous Radiofrequency, Ultrasound & Needling	€700
Filler Hyaluronic Acid Treatment 1ml	€400
Filler Hyaluronic Acid Treatment 2ml	€700
Filler Hyaluronic Acid Treatment Each Additional ml	€350
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



/ Infusions

/ Infusion Therapies

/ Infusions

Infusion Acid Neutralisers	€150
Infusion Amino Acid Skin & Hair	€120
Infusion Amino Acid Immun	€120
Infusion Amino Acid Muscle	€120
Infusion Amino Acid Neuro	€120
Infusion Anti-Ageing	€190
Infusion Bespoke Detox Therapy	€250
Infusion Bespoke Immune System Therapy	€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 Liver	€190
Infusion Myers' Cocktail	€200
Infusion NAD+ 1,000mg Anti-Fatigue	€699
Infusion NAD+ 500mg	€450
Infusion NAD+ 500mg Detox	€490
Infusion NAD+ 1,000mg Executive Plus plus Vit	€799
Infusion NAD+ 500mg Fat-Burner	€490
Infusion NAD+ 500mg Jetlag	€490



/ Infusions

Infusion NAD+ 500mg Vitamin Immune-Booster	€490
Infusion Orthopaedic Pain Relief Infusion	€150
Infusion Oxygen	€90
Infusion Oxygen & Vitamin C	€150
Infusion Oxygen & Vitamin C + B	€190
Infusion Pain	€190
Infusion Post-COVID	€250
Infusion Skin Beauty Glow	€250
Infusion Spermidine	€290
Infusion Vitamin C	€100
Intravenous Oxygen Therapy	€90



/ Orthopaedics



/ Orthopaedics & Pain Therapy

/ Consultations

Initial Orthopaedic Examination	25 min	€350
Orthopaedic Consultation	20 min	€300
Supplementary Orthopaedic Examination & Monitoring	15 min	€200
Orthopaedic Consultation	10 min	€180
Basic Orthopaedic Check-up	15 min	€250
Final Orthopaedic Examination	20 min	€300
Orthopaedic Assessment Therapy Recommendation Exercise Plan	10 min	€195
Orthopaedic Assessment Therapy Recommendation	20 min	€250
Orthopaedic Diagnostics Supply & Fit Insoles		€300
Orthopaedic Diagnostics Running 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		€550
Talking Eye Telemedical Fundoscopy	20 min	€250

/ Medical Therapies

Focused Shockwave Therapy		€150
Laser Needle Therapy		€180
Bespoke Physical Mobility Therapy	55 min	€240
Orthopaedic Pain Treatment Individually tailored therapy		€150
Pain Therapy Infiltration Intravenous		€150
Pain Therapy Laser Needle Therapy for Tendinitis, Torn Muscles etc.		€120
Pain Therapy Mesotherapy		€350
Pain Therapy Shockwave or Laser Needle Therapy		€150
Pain Therapy Management of Joint Wounds with ACP		€250
Pain Therapy Management of Joint Wounds with PRP		€450
Physical Treatment Individually tailored therapy		€150
Post-OP Lymphatic drainage		€158
Post-OP Pain Relief		€150
Stromal Vascular Fraction SVF Autologous Fat Therapy Per Area		€3,500



/ Sports Medicine

/ Sports Medicine

/ Screening & Diagnostics

Sports Medicine Consultation	25 min	€250
Sports Medicine Diagnostics	30 min	€300
Sports Medical Performance Diagnostics Accredited Elite Athletes	35 min	€300
Sports Medicine Performance Diagnostics Single	35 min	€300
Sports Medicine Health Check Competitive & Recreational Athletes, Health-Conscious Individuals	25 min	€180
Sports Check up CardioScan		€120
Sports Check-up Joint Status ROM Range of Motion		€250
Sports Check-up Lactate Test		€150
Sports Check-up Muscle Function Test		€300
Spiroergometry & Sports Medicine Diagnostics Bicycle	50 min	€320
Sports Fitness Examination incl. Lactate Test	30 min	€300

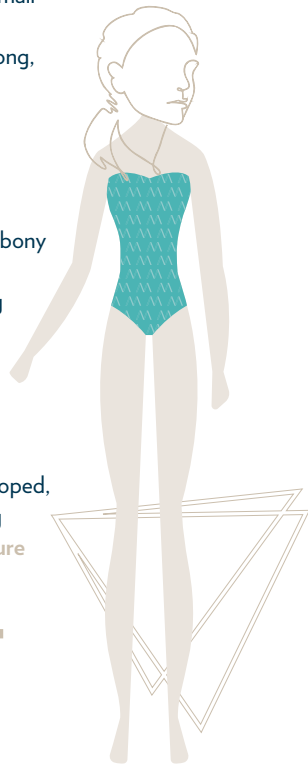


/ Holistic Services

/ Mylife Changer®

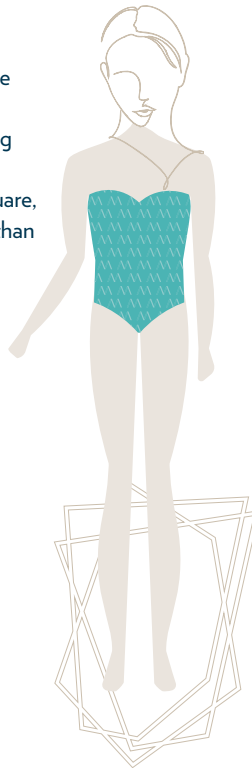
/ Nervous

- ☼ 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

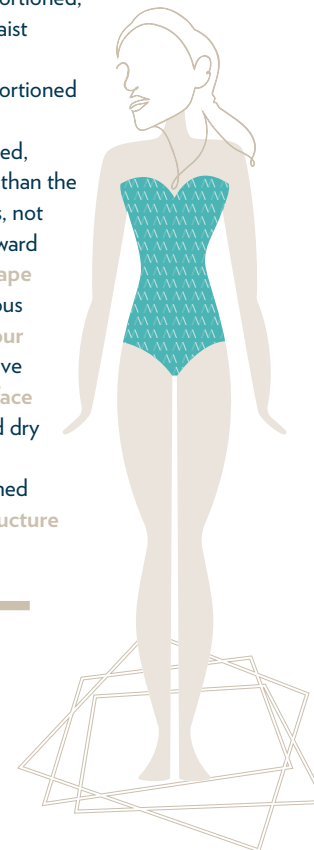
- ☼ Face
oval, hexagonal
- ☼ Lips
full, red, wide lip line
- ☼ Shoulders
wide, slightly sloping
- ☼ Upper body
well developed, square, more pronounced than the lower body
- ☼ Chest
round and well-developed, closely set breasts
- ☼ Pelvis
wide, strong, tilted forward
- ☼ Body Shape
strong and firm
- ☼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



for Your Typology

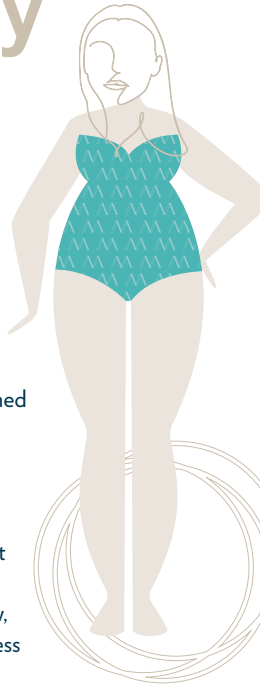
/ Bilious

- ☼ 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

MLC® Anti-Ageing Facial with Natural Facelift	60 min	€ 149
MLC® Essential Facial	60 min	€185
MLC® Organic Facial Expert	65 min	€195
MLC® Organic Facial Essential	60 min	€185
MLC® Skin Analyser	20 min	€25

/ Jeunage Face | Advanced

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

/ Jeunage Face | Device-Based

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

/ Jeunage Body | Essential Detox

MLC® Body Contouring Curative® Pack – cool	35 min	€98
MLC® Body Contouring Curative® Pack – hot	35 min	€98
MLC® Colon Massage Treatment	35 min	€142
MLC® Detox & Slimming Body Treatment	50 min	€172
MLC® Detox & Slimming Programme	95 min	€245
MLC® Body Toning After Sports Muscle Relaxation	80 min	€199
MLC® Leg Wrap After-Sport Recovery	20 min	€89
MLC® Morphological Full-Body Pack	25 min	€89
MLC® Body Pack Seaweed Soothing	25 min	€89
MLC® Body Pack Seaweed Anti-Impurities	25 min	€89
MLC® Body Pack Seaweed Normalising for Legs	25 min	€89
MLC® Body Pack Seaweed Purifying	25 min	€89
MLC® Body Pack Seaweed Toning & Stimulating	25 min	€89
MLC® Body Scrub Savon Noir	25 min	€79
MLC® Light Legs Treatment	35 min	€89
MLC® Body Pack Moor Mud	25 min	€110
Triple Detox Energy Kick	15 min	€48
Triple Detox Mental-Soma Relaxation	20 min	€64
Triple Detox Destress Wellness	30 min	€96
Triple Detox Wellbeing	30 min	€96

/ Solutions Massages

MLC® After Sports Recovery Massage	50 min	€160
MLC® Aroma-Relax Massage	50 min	€160
MLC® Deep Tissue Fascia Massage	80 min	€242
MLC® Energetic Massage	65 min	€204
MLC® Neuromuscular Trigger Point Massage	50 min	€158
MLC® Sleep Enhancement Treatment	105 min	€340
MLC® Somatic Massage	80 min	€251
MLC® Stress Relief & Breathwork Massage	95 min	€291
MLC® Toning Massage	95 min	€298

/ Holistic Massages

MLC® Signature Massage	50 min	€130
MLC® Signature Massage	80 min	€209
Foot Reflexology	25 min	€60
Foot Reflexology & Foot Bath	50 min	€89
Taping	25 min	€60





/ Bodyforming

/ Bodyforming

/ Emsculpt

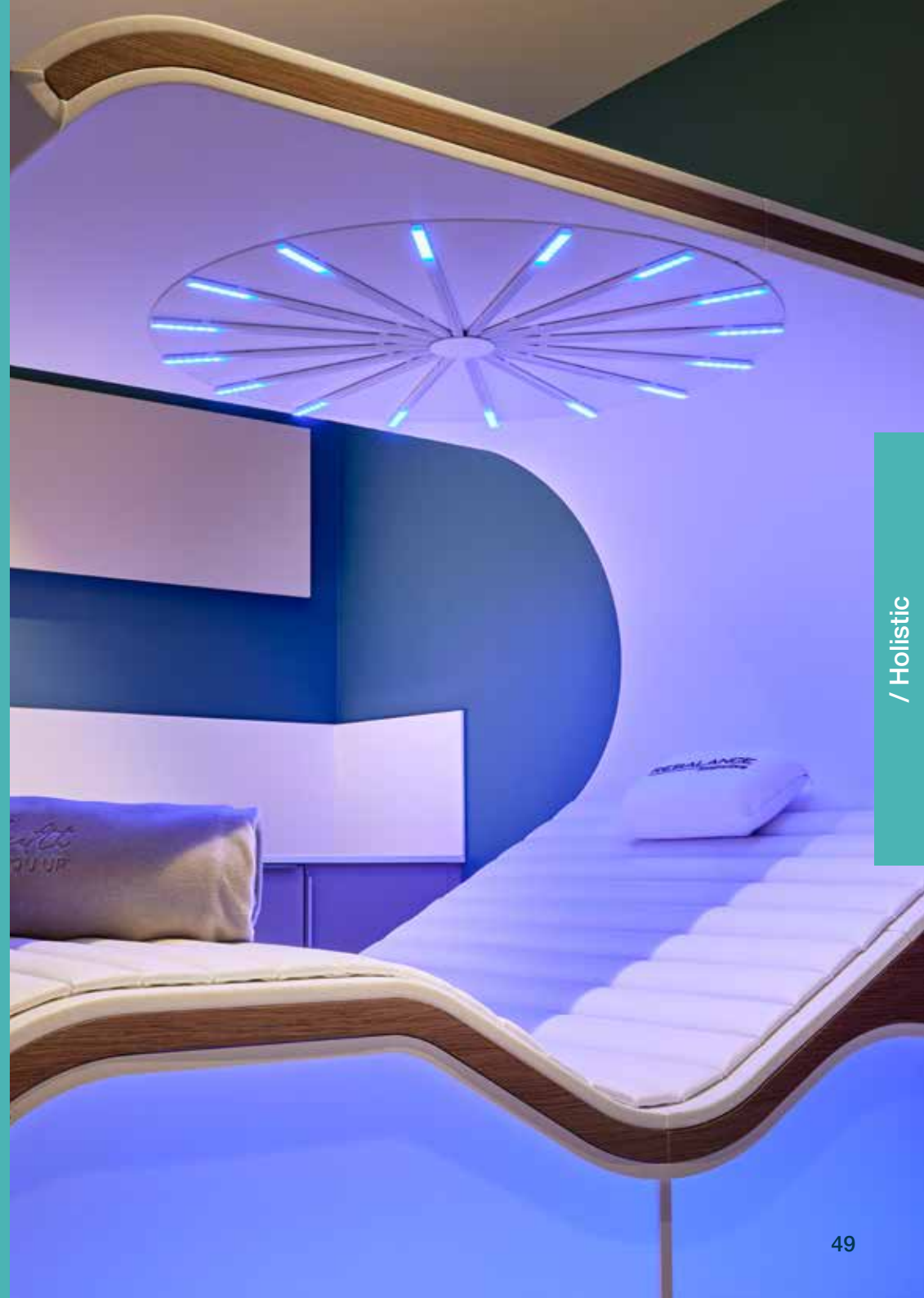
Emsculpt Abdomen	€300
Emsculpt Buttocks	€300
Emsculpt Upper Arms – Triceps & Biceps	€300
Emsculpt Outer Thighs	€300
Emsculpt Inner Thighs	€300
Emsculpt Calves	€250

/ Ballancer Pressotherapy

MLC® Ballancer Pressotherapy	50 min	€120
--------------------------------	--------	------



/ Biohacking & Device-based Therapies



/ Neuroscience

/ Rebalance Impulse

Neuroscience Addictions	€75
Neuroscience Emotional Management	€75
Neuroscience Jet-Lag	€75
Neuroscience Long Covid Recovery Programme	€75
Neuroscience Memory & Concentration	€75
Neuroscience Pain Management	€75
Neuroscience Sleep	€75
Neuroscience Slimming Programme	€75
Neuroscience Sports Performance	€75
Neuroscience Stress Management	€75

/ Neuro Vibes for Mental Fitness

Neuro Vibes Breathe	€95
Neuro Vibes Chakra Alignment Meditation	€75
Neuro Vibes Gamma Meditation	€75
Neuro Vibes Meditation Energy	€95
Neuro Vibes Recovery Support	€75
Neuro Vibes SleepWave	€75
Neuro Vibes Tobacco Cessation Support	€75
Neuro Vibes Vibrational Wellness	€75
Neuro Vibes Weight Management Support	€75

/ Cryotherapy

/ Cryotherapy

Cryotherapy	€80
-------------	-----

/ Hypoxia Cell Training

/ CellGym

IHHT Intermittent Hypoxia-Hyperoxia Therapy	€90
---	-----

/ Pelvic Floor Training

/ Emsella

Emsella Treatment Pelvic Floor Training	€155
---	------



/ Beauty



/ Beauty

/ Essentials

Eyebrow Tinting*	€18
Eyelash Tinting*	€25
Eyebrow Shaping*	€18
Eyebrow Tinting & Shaping*	€32
Eyebrow Tinting & Shaping, Eyelash 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 min €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 Relaxion Experience

95 min €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 min €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 Yoga Pilates	50 min	€180
------------------------------------	--------	------

/ Exercise & Fitness

Personal Training Ortho	50 min	€180
Personal Training Outdoor	70 min	€210
Personal Training Sports	50 min	€180
Personal Training Respiratory Therapy	50 min	€180
Personal Training Foot Gymnastics Problem Areas	50 min	€180
Personal Training Tailored to your therapy goals	50 min	€180

/ EMS

Personal Training EMS Chalet Suite	20 min	€140
Personal Training EMS Cardio	20 min	€140
Personal Training EMS Relax	20 min	€140
Personal Training EMS Strength	20 min	€140

/ Sports Mental Training

Personal Mental Training Recovery & Relaxation	50 min	€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





Developed by physicians, the Mylife Changer method is protected by copyright.
Prices valid until further notice. Subject to typographical and printing errors, as well as changes.
March 2025