



[C H A L E T
C O L L E C T I O N]

EUROPE | AUSTRIA



CHALET
DESTINATION HEALTH
COLLECTION

MYLIFE CHANGER® FLAGSHIP.
HYPER PERSONALISED MEDICAL SERVICES.
HEALTHY NUTRITION.

THE ULTIMATE LUXURY AND PRIVACY
FOR YOUR HEALTH,
LONGEVITY AND
BEST-PERFORMANCE.



TRANSFORMATION IN ABSOLUTE PRIVACY

Unlock your full health potential in the exclusive privacy of the Mount Med Resort Chalet Collection, nestled in Austria, Europe's alpine heart. Set in a picturesque high valley within the Kitzbühel Alps of Tirol, this is your escape from heat and stress – where you can immerse yourself in a transformative Mylife Changer® programme. This pioneering approach to age reversal, performance enhancement and preventative health is one of the most advanced worldwide. Discover your personal path to long-term wellbeing and the revitalisation of your biological age. Reach your full physical and mental potential with the expert guidance of our renowned medical team. At the adults-only resort's Medical Spa, every element of your exclusive stay is overseen with discretion, precision and the highest level of care. A milestone on your journey to a healthier, more vital future.



CHALET YOUR PRIVILEGES COLLECTION

- ❖ Luxurious chalet suites (115sqm) offering refined seclusion
- ❖ Anti-inflammatory cuisine – healthy, gourmet indulgence
- ❖ Highly specialised medical programmes – from longevity to peak performance
- ❖ Dedicated health concierge to support your personal journey
- ❖ Multilingual service and interpreters available on request
- ❖ Spiritual tranquillity amidst pristine natural surroundings
- ❖ Excellent flight connections – your direct escape from the heat

CHALET AUTHENTIC LIVING COLLECTION



The Mount Med Chalet Collection suites offer sustainably designed sanctuaries where privacy and wellbeing take precedence. Set in the unspoilt alpine landscape of the Kitzbühel Alps, these exclusive chalets provide an exceptional setting for tranquillity, preventative care and holistic renewal. Positioned above the terraced resort, each luxurious chalet suite blends meticulously curated design, tailored Private Health Services and panoramic mountain views to deliver a fully immersive, elevated health experience. These suites offer the perfect environment for reflection and retreat. Your health concierge is on hand throughout your stay to guide and assist with all aspects of your health programme. Our discreet and attentive service team is always available to meet your needs and ensure you enjoy the very finest health chalet experience.

QUIET LUXURY / CHALET HIGHLIGHTS

- 115sqm multi-room chalet suites
- Absolute privacy – adults only
- Space for spiritual retreat
- Privileged location – an exclusive alpine hideaway
- Bespoke, high-end interiors
- Spacious salon
- Private dining area
- Healthy gourmet experience
- Master bedroom with en-suite bathroom
- Separate spa bathroom
- Private treatment room in the spa chalet

HIGH-END DIAGNOSTICS & PREVENTION



From evidence-based integrative diagnostics and advanced imaging to our AI-supported *Metabolic Blueprint*, we offer highly personalised, specialist medical care for targeted prevention and peak health – all within the setting of our Medical Spa.

HOLISTIC THERAPIES & BIOHACKING

The Medical Spa offers holistic Mylife Changer® therapies, innovative device-based treatments, expert manual techniques and cutting-edge biohacking.

Specialisms include:

- General Medicine
- Nutrition
- Imaging Procedures
- Dermatology
- Specialist Medical Examinations
- Diagnostics
- Orthopaedics
- Sports Medicine
- Aesthetic Medicine
- Pain Therapy
- Infusion Therapies

SPORTS & PERFORMANCE

Achieve your personal and professional goals with the support of our sports physicians, coaches and instructors. Through high-end diagnostics, concentric training, personal coaching sessions and bespoke training programmes, we challenge limits and elevate performance.



CHALET HEALTHY LONGEVITY COLLECTION



Live longer – and live better. Age with vitality. The Mylife Changer® method sets new standards in longevity through a scientifically proven, evidence-based approach. Our goal: To help you live longer and enhance your quality of life at every stage. Through our groundbreaking nutritional concept, cell-regenerating therapies, tailored exercise and psychological support, we offer you a personal pathway to healthy longevity.

MYLIFE CHANGER® METHOD

The holistic, clinically tested Mylife Changer® method – developed by renowned medical professionals Papp & Papp with leading nutritionists and manual therapists – is the culmination of over a decade of dedicated research and clinical practice.

6 TRANSFORMATIVE PILLARS

- Metabolic Testing & Blueprint
- Anti-inflammatory nutrition
- Signature Supplements
- Infusions
- Personalised Treatments
- Biohacking

COGNITION IN TOP FORM

Our neural integrity coaching supports optimal function and stability of the nervous system. The goal: to enhance focus, emotional balance and mental performance – building clarity, resilience and cognitive strength. Targeted mental training strengthens psychological resilience and promotes effective stress management.

CHALLET ANTI-INFLAMMATORY COLLECTION NUTRITION



Lifestyle diseases are on the rise. Sugar and excess calories are key contributors to: type 2 diabetes, dementia, obesity, fatty liver and cardiovascular diseases.

DESUGAR YOUR BODY!

The Mylife Changer® metabolic programme helps you to desugar your body by eliminating added sugars and significantly reducing carbohydrates intake. This dietary shift forces the body to move from glucose metabolism (energy production from sugars and carbohydrates) to lipid metabolism – using fat as its primary fuel source. Fatty acids, or ketone bodies, replace sugar molecules as the body's main energy supply. This process reduces inflammation, activates cellular metabolism, boosts fat burning, flushes out metabolic waste, lowers cell stress and supports healthy, sustained weight optimisation.

HEALTHY GOURMET EXPERIENCE

Enjoy healthy cuisine without ever feeling hungry thanks to our scientifically supported, evidence-based metabolic programme. Our goal: To optimise your health through nutrition tailored to your needs.

- ☼ **Anti-inflammatory cuisine** rich in protein, collagen and fibre
- ☼ **Herbal tonics** to support detoxification, fat metabolism and body toning
- ☼ Personalised **micronutrient therapy** using pure amino acids

YOUR HEALTH BENEFITS

- ☼ Increased energy
- ☼ Enhanced concentration
- ☼ Optimised performance
- ☼ Improved resilience
- ☼ Stress reduction & management
- ☼ Deeper, more restorative sleep
- ☼ Heightened self-awareness & body insight
- ☼ Optimised weight management



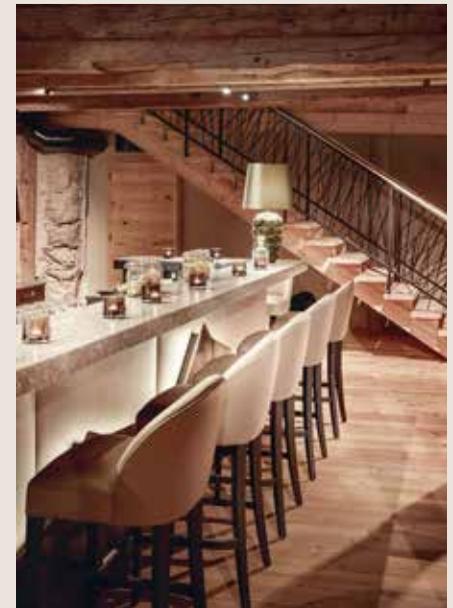
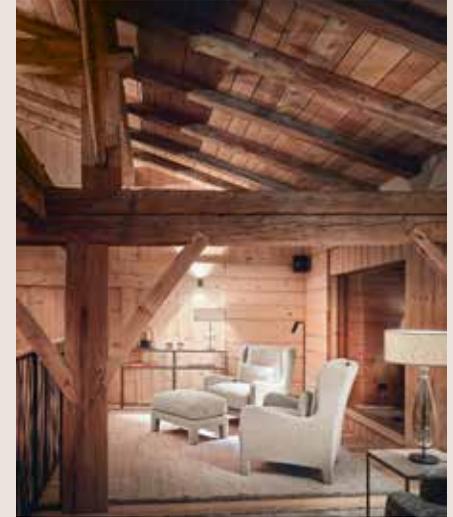
CHALET MOUNT MED RESORT COLLECTION

An exceptional spatial experience has emerged from the symbiosis of centuries-old tradition, modern medicine, healing architecture and exclusive interior design – all set within restorative natural surroundings. An exclusive hideaway for holistic wellbeing offering supreme privacy.

COOL DOWN & HEALTH YOU UP!

Escape the city heat: The exclusive Mount Med health resort offers a secluded hideaway in an ideal alpine health climate. Clear, fresh mountain air and soothing temperatures invigorate the body and support deep mental and physical regeneration. Immerse yourself in the cooling mountain climate and refreshing mountain lakes. A private haven for recharging your energy, reducing stress and building resilience. Enjoy the quiet luxury of this unspoilt region – home to our flagship health destination. An exceptional spatial experience has emerged from the symbiosis of centuries-old tradition, modern medicine, healing architecture and exclusive interior design. A private haven for recharging your energy, reducing stress and building resilience.







CHALET MEDICAL EXPERTISE COLLECTION



PREVENTIVE DIAGNOSTICS

Our approach centres on metabolic testing and preventive laboratory diagnostics to identify individual health risks at an early stage.



SPECIALIST MEDICAL CARE

Specialist examinations and treatments are integrated into your personal health programme as needed and in line with your individual goals.



ORTHOPAEDICS

Our focus is the long-term preservation and restoration of musculoskeletal function – using advanced imaging and personalised therapy.



SPORTS MEDICINE

Sports medicine and sports traumatology focus on injury prevention, recovery and optimising performance capacity.



AESTHETIC MEDICINE

Centred on achieving visible and tangible cellular rejuvenation through innovative treatments, infusion therapies and the holistic Mylife Changer® method.



AGE REVERSING

At Mount Med, age reversing is founded on the scientifically proven Mylife Changer® method – promoting lasting cellular rejuvenation and biological age reduction.



PAIN THERAPY

Chronic pain resulting from misalignment, injury or musculoskeletal disorders is addressed through a holistic, integrated approach.

YOUR HEALTHY FUTURE

With tailor-made MOUNT MEDolutions, you'll find the answers to your personal health goals and questions. Begin your path to a healthier, life-changing future.



LONGEVITY FROM 7 NIGHTS

Your personal path to longevity and enhanced quality of life – powered by an anti-inflammatory metabolic programme combined with personalised cell-regenerating treatments, biohacking and exercise.

- Anti-inflammatory nutrition to rejuvenate your biological age
- Intensive detox and slimming treatments to optimise weight loss
- Reduction of inflammation markers and free radicals
- Support for gut health and microbiome balance
- Neuroscience biohacking to enhance cognitive performance
- Personal training sessions to boost physical fitness

7 nights from €4,988 per person excluding chalet suite



HEALTHY BEAUTY FROM 7 NIGHTS

Optimise your skin, appearance, body and metabolism. This rejuvenation plan combines advanced technologies with 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
- Cold & pneumatic therapy to stimulate circulation
- Anti-inflammatory nutrition to reduce free radicals

7 nights from €4,773 per person excluding chalet suite



AGE REVERSE FROM 7 NIGHTS

Stay youthful!! This intensive youth-boosting programme 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
- Detox & slimming treatments to refine the silhouette
- Highly effective treatments for powerful skin rejuvenation
- Anti-inflammatory nutrition to reduce free radicals

7 nights from €5,613 per person excluding chalet suite



GET FIT TO PERFORM FROM 7 NIGHTS

Effectively enhance your performance – in leadership, sport or everyday life. Overcome limits, expand your potential and unlock new energy and physical fitness. For those who thrive on pushing their limits.

- 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
- Intensive personal training for targeted muscle growth & performance
- Cryotherapy & neuroscience to strengthen mental resilience

7 nights from €3,940 per person excluding chalet suite



SPORTS CHECK-UP FROM 5 NIGHTS

Precisely analyse and enhance your physical fitness and performance. Unlock your full potential with personalised diagnostics, sports and movement check-ups and tailored 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
- Evaluation of heart & lung performance at rest and under stress
- Tailored therapy recommendations for long-term performance improvement

5 nights from €3,846 per person excluding chalet suite



DETOX & WEIGHT FROM 7 NIGHTS

Optimise your weight sustainably with the revolutionary Mylife Changer® metabolic programme. Innovative treatments and personalised exercise sessions help to sculpt and tone 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

7 nights from €4,974 per person excluding chalet suite



PREVENT & STRESS RELIEF FROM 7 NIGHTS

Feeling overwhelmed and under pressure? This programme helps reduce stress and restore inner strength. Develop effective strategies to manage chronic stress for a more balanced, fulfilling life.

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

7 nights from €4,623 per person excluding chalet suite



PREVENT & SUPER CHECK-UP FROM 7 NIGHTS

Analyse and optimise your health with a holistic approach. Cutting-edge integrative diagnostics and targeted preventive care help identify risks early and support long-term wellbeing. It's the ultimate preventive programme.

- 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

7 nights from €4,962 per person excluding chalet suite



POSTOPERATIVE RECOVERY AFTER PLASTIC SURGERY FROM 7 NIGHTS

An intensive programme tailored for recovery following aesthetic, plastic or 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

7 nights from €3,871 per person excluding chalet suite



HEALTH YOU UP! BASIC FROM 7 NIGHTS

Build a strong foundation for a preventive, healthy lifestyle. The goal: to minimise health risks, activate cellular regeneration and establish new, healthy habits for long-term wellbeing.

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

7 nights from €2,957 per person excluding chalet suite



HEALTH YOU UP! PREMIUM FROM 7 NIGHTS

Enhance your quality of life and optimise your weight. The holistic Mylife Changer® concept promotes a conscious, healthy and enjoyable lifestyle with lasting preventive benefits. The path to a consciously healthy future.

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

7 nights from €3,690 per person excluding chalet suite



HIKING FOR HEALTH 7 OR 10 NIGHTS

Enjoy a medically supervised hiking holiday combining expert orthopaedic diagnostics, medical expertise, professional exercise guidance, healthy high-protein nutrition and active recovery.

- Orthopaedic diagnostics – the foundation of healthy hiking
- Using advanced treadmill-based technology, we assess your gait to detect
- General medical check with a focus on cardiovascular health
- Moderate outdoor exercise for measurable relaxation and reduced stress levels
- Cryotherapy and massages for improved recovery
- Anti-inflammatory nutrition to boost physical vitality and performance

7 nights from €4,689 per person excluding chalet suite



BACK TO MOBILITY FROM 7 NIGHTS

Rediscover the joy of effortless movement with bespoke orthopaedic diagnostics, precision therapies, and tailored training designed to restore, enhance and safeguard your mobility for the long term.

- 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 and relieve muscle tension
- Neuroscience biohacking to support recovery

7 nights from €4,450 per person excluding chalet suite



POST-REHAB ORTHO- MOBILITY FROM 7 NIGHTS

Continue your journey to full recovery with orthopaedic care tailored to your post-rehabilitation needs, supporting optimal recovery of mobility. Our holistic approach ensures lasting results.

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

7 nights from €4,776 per person excluding chalet suite



ORTHO PAIN RELIEF FROM 5 NIGHTS

Regain pain-free mobility with targeted therapy for musculoskeletal discomfort, guided by precise orthopaedic diagnostics and assessment. Individually tailored and combined with movement therapies for lasting effect.

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

5 nights from €3,936 per person excluding chalet suite



LONG & POST COVID – CHRONIC FATIGUE FROM 14 NIGHTS

Restore your quality of life with a programme tailored for those affected by Long COVID, Post-COVID or chronic fatigue. This programme combines integrative diagnostics with innovative backed treatments.

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

14 nights from €6,512 per person excluding chalet suite



MENOPAUSE & WEIGHT MANAGEMENT FROM 7 NIGHTS

Navigate menopause naturally with Mylife Changer®. Lose weight with a university-developed metabolic programme that supports fat burning and muscle building. A sustainable way to restart with renewed energy.

- 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 personal training for fat loss and muscle gain
- Pelvic floor activation and neuromuscular control training

7 nights from €5,485 per person excluding chalet suite



QUICK PREVENT FROM 5 NIGHTS

Gain a concise yet comprehensive overview of your health. Integrative diagnostics assess key health markers and detect potential 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
- Cryotherapy & neuroscience biohacking to build resilience
- Anti-inflammatory nutrition to reduce inflammation

5 nights from €2,647 per person excluding chalet suite



PREVENT & IMMUNE BOOST FROM 7 NIGHTS

Sustainably strengthen your immune system. 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
- Stool analysis to evaluate the gut microbiome
- IHHT to promote cell regeneration & enhance performance
- Personalised infusion therapy to support immune function
- Anti-inflammatory nutrition to reduce inflammatory processes

7 nights from €4,894 per person excluding chalet suite

AMONG THE WORLD'S FINEST

CHALET
COLLECTION



Hideaways – Best Medical Resort
 SPA Star Awards – Best Medical Spa Concept
 Condé Nast
 World Luxury Awards – multiple nominations

PRIVATE PRIVILEGE SERVICES

CHALET
COLLECTION

YOUR WISHES – OUR PERSONALISED SERVICE

- ☼ **Exclusive Unpacking Service**
 Upon request, we will unpack your luggage on arrival – allowing you to focus entirely on your health and wellbeing.
- ☼ **Protein Snacks**
 Should you wish, we are happy to provide protein snacks in your suite.
- ☼ **Private Ironing Service**
 We will iron your clothes upon request.
- ☼ **Turndown Service**
 We offer a daily turndown service featuring a wholesome treat.
- ☼ **Exclusive Packing Service**
 We will be delighted to pack your luggage before departure – so you can leave feeling relaxed and unhurried.
- ☼ **Car Service**
 We will be pleased to wash and refuel your car before your departure.

CHALET PRIVATE HEALTH SERVICES COLLECTION



Initial Interview with Your Health Concierge

Your stay begins with an initial conversation in your chalet suite.

Ease in with a Biohacking or Mental Health Session

Mental health session in the chalet suite or biohacking in the Medical Spa.

Personal Training or Treatments in your Chalet Suite

Personal training sessions or selected treatments delivered in the comfort of your suite.

One Hour in the Medical Spa's Private Spa Suite

Exclusive wellness and relaxation in the Private Spa Suite with sauna and steam room.

Private Spa Signature Programme

A signature programme in the Private Health Suite at the Medical Spa.

Private Healthy-Cooking Lesson

Learn the principles of preparing healthy, flavourful cuisine.

Final Talk with Your Health Concierge

A concluding discussion in the comfort of your chalet suite.

Healthy Farewell Gift

A small, naturally healthy parting gift from Mount Med.

Continued Care

Follow-up telemedical talk with your health concierge after your stay.



PRIVILEGE

CHALET MOUNTAIN CHALET COLLECTION

115sqm

Absolute privacy

Privileged location

Designer interiors

FACILITIES

- Master Bedroom with Therapeutic Bed System
- En-Suite Bathroom
- Separate Guest Room
- Separate Spa Bathroom
- Inviting Salon
- Private Dining Area
- Balcony with Breathtaking Views









CHALET FITNESS CHALET COLLECTION

115sqm

Absolute privacy

Privileged location

Access to Ortho&Physio Gallery

Access to Fitness Loft

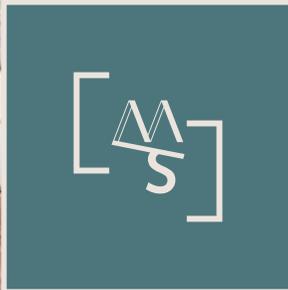
FACILITIES

- Master Bedroom with Therapeutic Bed System
- En-Suite Bathroom
- Separate Guest Room
- Separate Spa Bathroom
- Inviting Salon
- Private Dining Area
- Balcony or Terrace with Garden









SELECT

CHALET SPA CHALET COLLECTION

115sqm

Absolute privacy

Privileged location

FACILITIES

- Private Treatment Room
- My Private Spa Haven
- Master Bedroom with Therapeutic Bed System
- En-Suite Bathroom
- Relaxation Salon
- Private Dining Area



SELECT



SUPERIOR

CHALET MOUNTAIN CHALET COLLECTION

115sqm

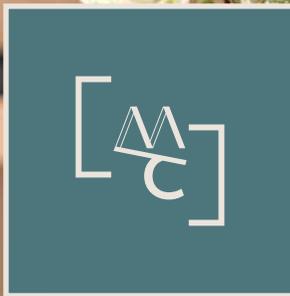
Absolute privacy

Privileged location

Private office

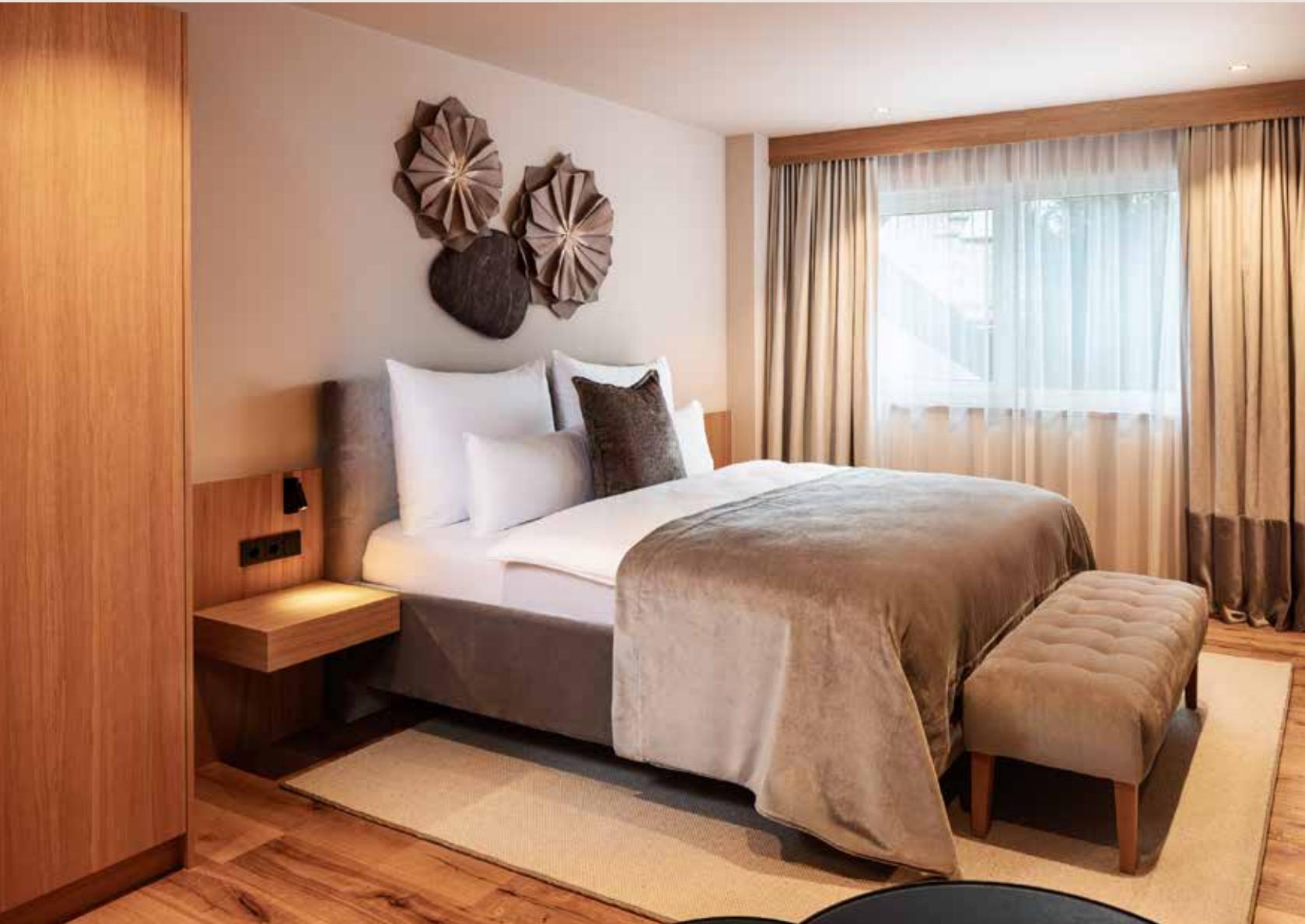
FACILITIES

- Master Bedroom with Therapeutic Bed System
- En-Suite Bathroom
- Separate Private Room
- Separate Spa Bathroom
- Inviting Salon
- Private Dining Area





SUPERIOR



SUPERIOR



CHALET TOP FLIGHT CONNECTIONS COLLECTION

Located in the heart of the Alps, Mount Med Resort – featuring its exclusive Chalet Collection – is ideally connected to the international travel network. A direct route from the hustle of the city into unspoilt alpine nature.



INNSBRUCK (INN)

The closest airport to Mount Med Resort.

Convenient connections via Vienna, Munich or Frankfurt.

Transfer: Exclusive shuttle service to the resort.

Journey time: approx. 1 hour.

MUNICH (MUC)

Direct flights available with Emirates, Etihad and Saudia.

Transfer: Travel in comfort and privacy with our limousine service.

Journey time: approx. 2.5 hours.

VIENNA (VIE)

Daily direct flights with Emirates, Qatar Airways and Etihad.

Connecting flights to Innsbruck.

FRANKFURT (FRA)

An international hub served by nearly all GCC carriers. Multiple direct connections daily from across the region. Connecting flights to Innsbruck.



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