

PRIVATE HIDEAWAY COLLECTION

A WARM WELCOME

Luxury & PRIVACY
Individual exclusivity
elite retreat
Battery recharge
REDUCE STRESS
Promote resilience
soothing colour concepts
select designer pieces
LUXURY SERVICE



THE SUMMIT OF HEALTH

A spectacular medical flagship where heritage, zeitgeist, health and joie de vivre converge, the Mount Med Resort in Tirol is located in the mountainous landscape of Wildschönau's high valley. Ten buildings come together to create a self-contained sanctuary where the individual takes centre stage. This healing architecture reflects a holistic philosophy of wellbeing, inspired by the unspoilt power and natural beauty of the Kitzbühel Alps. The resort's Medical Spa integrates diagnostic, conventional and integrative medical expertise. At the heart of this premium concept lies the unique, evidence-based Mylife-Changer® method, setting new standards in longevity, preventive care and restorative medicine. A life-changing path towards sustainable health, vitality and peak performance in mind and body.

With the exclusive **Chalet Collection**, Mount Med Resort marks another milestone in **private** health travel: the quiet luxury of privileged privacy in symbiosis with a high-end medical experience.

THE RESORT AT A GLANCE









14 EXCLUSIVE CHALET SUITES

- 3,500sqm Medical Spa | Pool | Sauna
- Ortho & Physio Gallery
- Fitness Loft | Impulse Studio
- Tenne Lounge with Gallery & Health Bar
- Restaurant with 7 historical Stuben

- Aurea fine dining in the atmospheric vaulted cellar
- iCOOK Atelier for cookery classes and protein snacks
- Reception area with lounge and discreet health concierge rooms

THE SUMMIT OF HEALTH MOUNT MED RESORT



HIGH-END MEDICAL SPA

Delivering integrative diagnostics and treatments, the Medical Spa also offers holistic Mylife Changer® therapies, innovative device-based treatments, expert manual techniques and cutting-edge biohacking.



MEDICAL EXCELLENCE

Led by Dr Alexander and Dr Stephan Papp, our team of doctors and specialists offers a progressive approach to holistic health, prevention and personalised medicine – grounded in integrative diagnostics.



IMAGING PROCEDURES

From MRI and X-ray to ultrasound and CT scans – the precise use of state-of-the-art imaging techniques is ensured by our seamless collaboration with the Radiological Institute in Wörql.



MYLIFE CHANGER®

Our groundbreaking nutritional concept, combined with cellregenerating therapies, tailored exercise and bespoke psychological support, offers you a personal pathway to healthy longevity.



HEALTHY NUTRITION

Delicious healthy eating without deprivation, supported by a scientifically grounded, evidence-based metabolic programme.

Vegetarian option available.

Optimise your health through tailored nutrition.



SPORTS & PERFORMANCE

Enhancing performance, restoring mobility and preventing injury are central to our Fit Performance training sessions. Be guided by top-level exercise and mind coaches who support you in reaching your personal best.



MYLIFE CHANGER® METHOD

Metabolic Testing and Blueprint:
A science-based metabolic analysis using Al to assess cellular health, metabolic function and biological age.

Anti-inflammatory Nutrition:

This pioneering metabolic programme blends the principles of intermittent fasting, calorie moderation and optimised fat metabolism. There's no deprivation – rather, the focus is on reducing inflammation and activating autophagy.

Herbal Tonics and Nutrient
Therapies: These support the body's
detoxification and have a strengthening effect.

Signature Oxygen and Vitamin
Infusions: Medical-grade oxygen and highdose vitamin infusions enhance detoxification
and offer potent protection against free
radicals.

Personalised Treatment Plans:

Tailored protocols include manual therapies and advanced cosmeceuticals from Laboratoire Sintyl in Switzerland. During your stay, environmental toxins are gently eliminated to restore cellular vitality.

High-Tech Touchless Treatments: Cutting-edge neuroscience and biohacking

Cutting-edge neuroscience and biohacking methods promote mental balance and help establish healthy habits through brainwave stimulation.

MOUNT MEDOLUTIONS MOUNT MEDOLUTIONS













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

Hiking for Health

DETOX & WEIGHT

Detox & Weight Management

Menopause & Weight Management

RECOVERY

Long & Post-Covid – Chronic Fatigue

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LUXURY AND PRIVACY



Combining exclusive design with comfort, the unique Chalet Collection suites are thoughtfully conceived with cleverly curated amenities, *Private Health Services* and privileged privacy that come together in a 115sqm space creating a deeply holistic health experience.

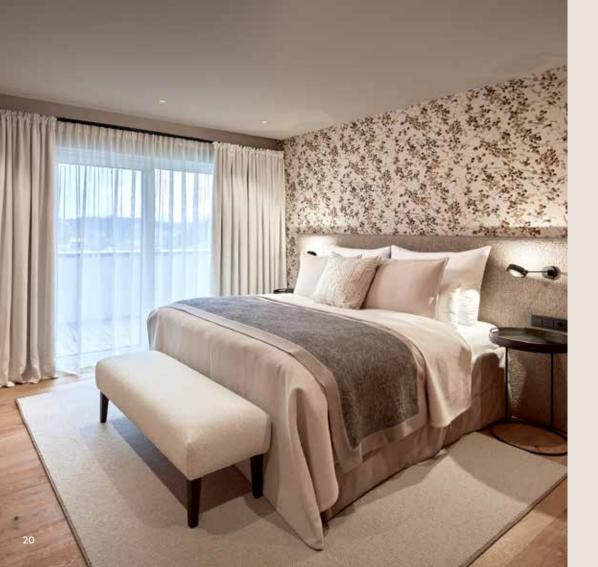


MOUNTAIN CHALETS

Completely private and impeccably appointed, the Privilege Mountain Chalet suites offer a sustainable and health-focused retreat immersed in natural surroundings. Enjoy your stay in absolute privacy – an experience enhanced by panoramic mountain views. Set above the terraced resort, this chalet suite impresses with its elegant interiors and *Private Health Services*. Every detail has been chosen with meticulous care – from *Gervasoni* rocking chairs, mouth-blown *Penta Light* pendant and refined *Occhio* reading lamps, to distinctive coffee tables crafted from slices of a poplar tree.



PRIVILEGE

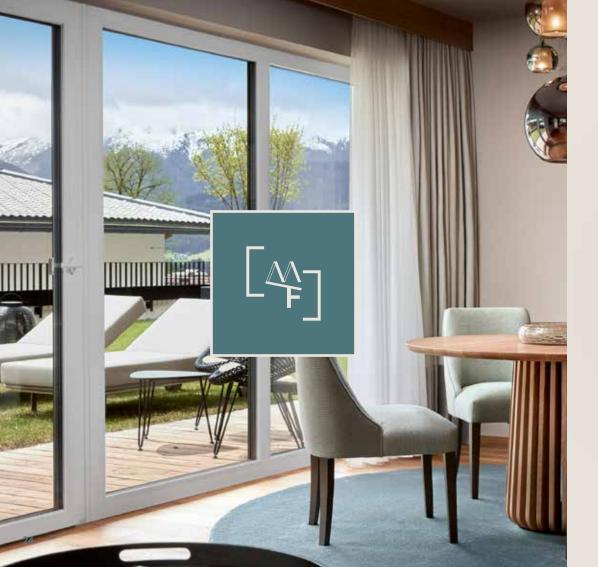












FITNESS CHALETS

The Privilege Fitness Chalet suites provide a fitting framework for achieving perfect balance between training and relaxation. These elegantly appointed suites feature exclusive designer furnishings, a balcony and direct access to the Ortho & Physio Gallery – you could also opt for a breathtaking terrace, perfect for open-air workouts and direct access to the Fitness Loft. Whether you're drawn to artistic inspiration or the call of the outdoors, the Privilege Fitness Chalet suites invite you into a private realm of active seclusion.



PRIVILEGE













SPA CHALETS

The exclusive Select Spa Chalet suites are designed to offer the highest level of privacy for personal relaxation and rejuvenation. Natural materials and wooden floors lend the space a restorative atmosphere. Each chalet includes a private treatment room to ensure discretion during medical consultations, selected treatments and mind coaching sessions. The Private Spa Heaven – complete with steam room, infrared benches and a walk-in shower – is tailored to support your holistic wellbeing.



SELECT

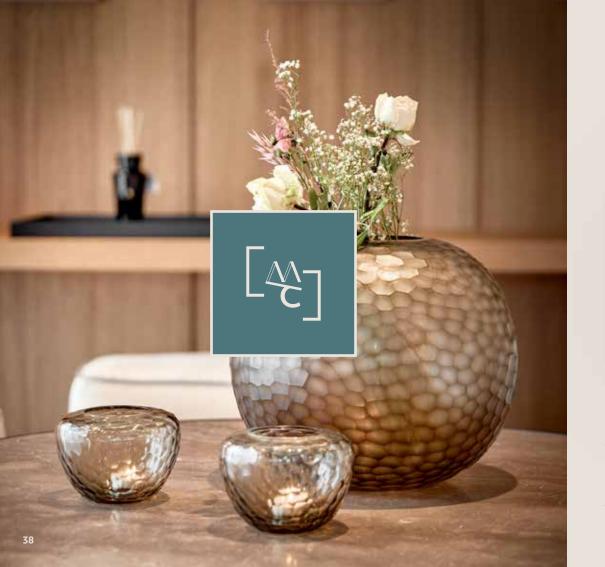












MOUNTAIN CHALETS

True sanctuaries of calm, these suites combine timeless elegance with serene privacy. Natural materials and wooden floors imbue each space with a grounded, authentic atmosphere, while soft hues, carefully chosen fabrics and curated artworks create a cocoon of comfort and wellbeing. A dedicated spa bathroom with infrared benches adds a restorative touch to this exceptional retreat.









SUPERIOR







PRIVILEGE





Mountain Chalet Suite with View and Balcony









Fitness Chalet Suite with Terrace or Balcony

SELECT









Spa Chalet Suite with Balcony

1,700

SUPERIOR









1,500

1,900

CHALET EXPERIENCE SERVICES

Exclusive unpacking service upon request

Protein snacks available in your chalet suite upon request

Ironing service available upon request

Daily turndown service featuring a wholesome treat upon request

Exclusive packing service upon request

Car service: Car wash and refuel before your departure upon request

PRIVATE HEALTH SERVICES

Initial interview with your health concierge in your chalet suite

Ease in with a biohacking or mental health session

Personal training or treatments in your chalet suite

One hour in the Medical Spa's Private Spa Suite

Private Spa Signature Programme

Private healthy-cooking lesson

A concluding discussion in the comfort of your chalet suite

Mobilisation exercises before you start your journey home

Healthy farewell gift

Follow-up telemedical consultation





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