



CHALET  
COLLECTION

PRIVATE  
HIDEAWAY COLLECTION



A WARM WELCOME

CHALET  
COLLECTION

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**.



## 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



## 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 Wörgl.



## MYLIFE CHANGER®

Our groundbreaking nutritional concept, combined with cell-regenerating 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<sup>®</sup> METHOD

### **I Metabolic Testing and Blueprint:**

A science-based metabolic analysis using AI to assess cellular health, metabolic function and biological age.

### **II 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.

### **III Herbal Tonics and Nutrient**

**Therapies:** These support the body's detoxification and have a strengthening effect.

### **IV Signature Oxygen and Vitamin**

**Infusions:** Medical-grade oxygen and high-dose vitamin infusions enhance detoxification and offer potent protection against free radicals.

### **V 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.

### **VI High-Tech Touchless Treatments:**

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



## 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

---

# CHALET LUXURY AND PRIVACY COLLECTION

## PRIVATE HIDEAWAY



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.





PRIVILEGE

## CHALET MOUNTAIN CHALET COLLECTION

**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









PRIVILEGE

## FITNESS CHALET

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





## PRIVILEGE









SELECT

## CHALET SPA CHALET COLLECTION

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



SELECT





SUPERIOR

# CHALET MOUNTAIN CHALET COLLECTION

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

SUPERIOR





## SUPERIOR





## PRIVILEGE

10a 10b

Mountain Chalet Suite  
with View and Balcony

4a 4b 5a 5b

Fitness Chalet Suite  
with Terrace or Balcony

1,900

## SELECT

6a 6b 7a 7b

Spa Chalet Suite  
with Balcony

1,700

## SUPERIOR

8a 8b 9a 9b

Mountain Chalet Suite  
with Balcony

1,500

## 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



Mount Med Resort . Kirchen, Oberau 72 . 6311 Wildschönau . Tirol . Austria  
T +43 5339 29300 . [info@mountmedresort.com](mailto:info@mountmedresort.com) . [www.mountmedresort.com](http://www.mountmedresort.com)

August 2025