

Healthy New Year – your 360-degree body and mind restoration resolution

LOCATED IN ZURICH SWITZERLAND, The Kusnacht Practice's post-Covid Health and Immunity Booster programme is designed to help restore good health and fight virus reinfection.

They are a global leader in reinventing the concept of care. The team of renowned experts have launched a ground-breaking initiative which strengthens lungs and improves breathing using revolutionary techniques.

The comprehensive Biomolecular Restoration (Bio-R®) Programme helps to restore health and energy on a cellular level.

A tailored micronutrient supplement and infusions, based on in-depth laboratory testings, supports a healthy immune system, general health and vitality, while lowering stress.

The residential programme is masterminded by the clinic's Bio-R® team and contains a holistic and completely personalised diet, lifestyle and breakthrough health treatments which reduce vulnerability of catching viruses. Furthermore, Bio-R® allows successful and sustainable weight management.

Physical strengthening, through personal training and cardio, coupled with complementary therapies like yoga, body balancing, reflexology, acupuncture, massage and mindfulness are also employed as part of the 360-degree body and mind restoration.



The Kusnacht Practice⁺

More information can be found at kusnachtpractice.com/2021