

THE KUSNACHT PRACTICE

BIO-R® LADIES RETREAT



WHAT IS THE BIO-R® LADIES RETREAT?

The BIO-R® Ladies Retreat is made for women to detox, reshape and revitalise with a small group of friends in the epitome of luxury, whilst enjoying personalised treatments and curated leisure activities. Each group stays together in their own, spacious private in villa, on the banks of Lake Zurich or in Geneva.

Depending on individual goals, this programme can help with a range of concerns including coping with issues such as sustainable weight management, muscle strengthening and shaping, and restoration of healthy sleep whilst sharpening cognitive capabilities. The programme also supports extending physical and mental health spans.

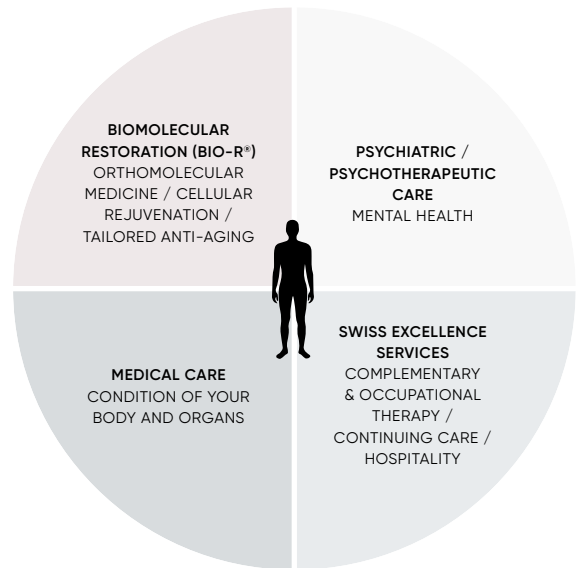
Whilst clients can partake in the Ladies Retreat at any time, it can be particularly effective during critical life stages such as:

- Menopause
- The transition from work life to retirement
- Work related stress – particularly for entrepreneurs
- Burnout



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THE KUSNACHT PRACTICE BIO-R® TREATMENT BENEFITS



Undergoing a BIO-R® treatment can increase strength and stamina, boost sustainable weight loss, improve cognitive functions (such as memory, concentration and sharpness), detoxify the body, as well as promote longevity and anti-ageing. We can reduce the risk factors for lifestyle related diseases such as type 2 diabetes or cardiovascular disease – as well as support their treatment. On arrival at the practice – each client will undertake extensive tests, including blood tests and ‘bio-hacking’ to get an insight into the real status of ageing (biological age) and create a tailor-made programme with goals based on individual results. These thorough tests identify everything from deficiencies to stress profiles to microbiome and hormone levels, which will enable the live-in BIO-R® chef to adapt personalised meal plans accordingly.

All treatments are executed within elegant, luxurious private villas, providing the highest standards of discretion and allowing clients to fully focus on their therapy in privacy whilst enjoying spectacular views of Lake Zurich or beautiful Lake Geneva.

Tailored programmes include micronutrient infusions, IHHT, ozone therapy, cryotherapy, sauna longevity regime and derma skin treatments. Fun group activities, such as Yoga can be done together, whilst mental strengthening, personal development and communication sessions are best conducted alone. Mental strengthening treatments include weight management, sleep restoration, sharpening cognitive capabilities, and physical and mental health span extension. Treatments focusing on the balancing of the body include mindfulness, lymph drainage and relaxing.

TREATMENT COSTS

- The cost of this programme will depend on your personal needs and leisure activity wishes. A dedicated pre-admission call will take place before your arrival to establish your wants and needs.
- The BIO-R® Ladies Retreat treatment starts at CHF 109'000.- for one person, group prices vary upon request.
- The recommended length of stay is minimum 2 weeks, but the duration can be adjusted to suit individual's needs and goals.