

THE KUSNACHT PRACTICE

BODY & MIND BOOSTER



WHAT EXACTLY IS THE BODY & MIND BOOSTER?

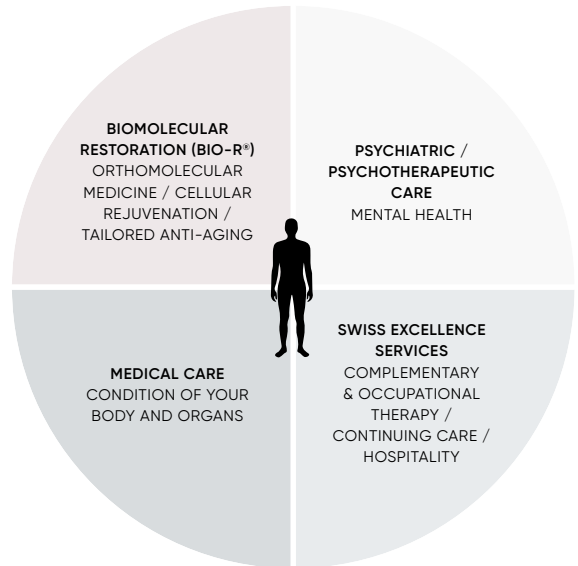
- The Body & Mind Booster is an entirely customisable, 2-week treatment only available during the festive season to give you a kickstart into the new year.
- During your stay, you will reside in your own private luxury villa at picturesque Lake Zurich or Geneva. A private gourmet chef and chauffeur will be at your disposal during your stay and our expert concierge services are available for you 24/7.
- Our 5-star hospitality services, a range of exciting activities and excellent culinary experiences will make your stay an unforgettable one.
- Take the opportunity to treat yourself to a comprehensive medical check-up or BIO-R® assessment to boost your body and mind vitality levels. BIO-R® is our ground-breaking biomolecular restoration and rejuvenation cure for body and brain – a booster to maximise your physical and emotional well-being while slowing down the ageing process and increasing longevity.
- A perfect programme for those looking to become the best versions of themselves or those ready to kickstart into a new life!

This exclusive offer is a great way to spend quality time with your loved ones over the holiday season, while enjoying a body, mind and soul recharge that will refresh and reinvigorate you for the upcoming new year.



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Our thorough Medical Check-Up includes:

An essential check-up over the course of four hours:

- Detailed medical history and interview
- Clinical examination including blood pressure measurement
- Laboratory studies of blood and urine
- Vaccination status
- Eye test and eye pressure examination
- Ultrasound of the thyroid, carotid arteries and abdomen
- Exercise ECG (if indicated)
- Diabetes check-up
- Final Interview
- A full written Report

Our BIO-R® assessment will entail the following elements:

Comprehensive BIO-R® diagnostics:

- Micronutrient status
- Oxidative stress and inflammatory cellular stress factors
- Amino acid status
- Neurotransmitter and stress profile (adrenal glands activity)
- Rejuvenation hormonal status
- Genetics and prevention
- Microbiome
- Body mass composition (BMC)
- Evaluation of biological age based on epigenetics and telomere length testing
- Sleep assessment
- Continuous glucose monitoring

- Calorimetry
- 24-hour HRV (Heart-Rate Variability)
- Hormonal rebalancing
- Spiro ergometry
- Unique micronutrient formula and tailored rejuvenating infusions
- Personalised vitality diet, lifestyle plan, and workshops
- Complementary therapies:
 - *Cryotherapy*
 - *Personal training*
 - *Detox yoga*
 - *Body Balancing*
 - *Reflexology*
 - *Acupuncture*
 - *Massage*
 - *IHHT (Intermittent Hypoxic-Hyperoxic Training)*
 - *Sleep reset*
 - *Body reshape*

TREATMENT COSTS

The cost for a 2-week stay with medical check-up and/or BIO-R® assessment starts at CHF 218'000.-. Transportation to/from Switzerland are not included. Family pricing on request.