WHAT EXACTLY IS THE BODY & MIND BOOSTER?

• The Body & Mind Booster is an entirely customisable, 2-week treatment to give you a kickstart into your new life.

• 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 a two-week period, while enjoying a body, mind and soul recharge that will refresh and reinvigorate you.
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.