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## A MYLIFE CHANGING RESORT

# AUSTRIA 'S MOST TALKED ABOUT NEW OPENING: MOUNT MED RESORT IN TIROL

A REVOLUTION IN PREVENTION & A QUANTUM LEAP IN HEALTH TOURISM



*Wildschönau, Tirol, Austria* – The most anticipated new luxury hotel opening is set to open its doors in December 2024: Mount Med Resort is kicking off the winter season with a visionary Medical Spa and a Life Changing Method. Located within the 850-year-old walls of a former tithe barn, this cutting-edge medical wellness resort combines decades of medical research and clinical expertise with an innovative, evidence-based method. The resort's holistic focus on prevention and regeneration offers tailored solutions in cellular health, longevity, healthy beauty and mobility. The conscious approach on holistic health, joy of life and sustainability is redefining health tourism.

### **Investing in Personal Health**

The aspiration for physical and mental fitness, and a long, healthy and beautiful life is as old as humanity itself, and this desire has only intensified post-pandemic. Similarly, there is a growing awareness of the importance of a healthy lifestyle. With growing recognition of the need for self-directed health management amidst strained healthcare systems, Mount Med Resort introduces a revolutionary health concept. Its integrative diagnostics, precision treatments and pioneering cell-rejuvenation techniques meet the requirements of both preventive care and active recovery, combining mindfulness and balance for transformative wellbeing. By treating the person in their entirety – from mindset to aching joints and everything in between and starting from the smallest cell in the body – the resort offers bespoke approaches that optimise physical and mental health, beauty and performance potential, integrating tailored nutrition, neuro-biohacking, and natural nootropics for a holistic approach to peak human performance.

### **An Elite Medical Spa Experience**

Every transformative journey at the Mount Med Resort begins with a comprehensive integrative diagnosis, followed by a unique combination of preventive, aesthetic, nutritional, sports and orthopaedic medicine. Over five decades of medical experience is reflected in the Medical Spa's offerings, where guests are supported by a team of private and consulting doctors, specialists, therapists, coaches and instructors in state-of-the-art facilities, including 24 treatment rooms and eight consulting suites.

### **Like Father, Like Son: The Papp Trio Redefining Medicine**

The Medical Spa is operated by the renowned Papp family of doctors – brothers Dr Alexander Papp and Stephan Papp at the helm and father Professor Papp on the Scientific Advisory Board.

### **Medical Spa Operators: PAPP & PAPP**

||| Dr Alexander Papp – Plastic, Aesthetic and Reconstructive Surgery

||| Dr Stephan Papp – Trauma Surgery and Sports Traumatology

### **Scientific Advisory Board**

||| Professor Christoph Papp – Plastic, Aesthetic and Reconstructive Surgery

||| Professor Luigi Schiavo – Nutrition Science and Metabolic Disorders

### **KEY MEDICAL FOCUS AREAS**

||| Advanced integrative diagnostics & state-of-the-art imaging

||| Preventive care & check-ups

||| Sports medicine & performance optimisation

||| Aesthetic medicine & age reversal

||| Dermatology & skin solutions

||| Orthopaedics & mobility

||| Nutritional medicine & metabolic testing

||| Sleep medicine & pulmonology

### **A World First: Introducing The Mylife Changer Method**

Everything begins and ends in the cells. Health problems and premature signs of ageing stem from disorders in cell metabolism, degeneration and defects. Combining cutting-edge diagnostics with Traditional European Medicine, the innovative and holistic Mylife Changer Method targets cellular health to reset biological age, cleanse the body, and slow the ageing process. This science-backed programme uses a zero-sugar, low-carb, restricted calories diet to activate autophagy for cellular detoxification. The process, centred on a personalised 'Metabolic Blueprint,' evaluates 23 biomarkers, including metabolic rate, fat-burning efficiency, posture, cognition and lung fitness, providing a detailed health profile. Additional laboratory diagnostics and vital parameter measurements provide a comprehensive overview of each guest's physical constitution. This information forms the basis for a personalised treatment plan that includes infusion therapies and both manual and device-based treatments, supporting holistic recovery and prevention. The Mylife Changer nutritional plan progresses through three carefully structured phases, each designed to restore balance and promote a sustainable, health-focused lifestyle: During the Intensive Phase, carbohydrates and fats are significantly reduced, with an emphasis on providing adequate proteins and essential micronutrients. This reduction in carbohydrates prompts the body to shift into lipid metabolism, encouraging it to burn stored fat and generate ketones which replace glucose to fuel the cells, while amino acids directly nourish muscles, maintaining muscle structure and preventing muscle loss. The personalised formula for this phase is derived from the Metabolic Blueprint, optimising nutrient intake for cellular rejuvenation. The subsequent Stabilisation Phase gradually reintroduces specific nutrients to guide the body out of lipid metabolism and restore a balanced, efficient metabolic function. By adjusting macronutrient intake, this phase helps achieve a stable energy level and reinforces natural body functions, bringing the body into an optimal state of equilibrium. The final Integration Phase embeds these dietary principles into the guest's everyday lifestyle.

Through a personalised, sustainable eating plan, this phase supports the continuation of the health benefits achieved at Mount Med Resort. Guests are empowered to maintain their new nutritional habits, fostering long-term vitality, physical resilience, and mental clarity in their daily lives.

||| Holistic & integral

||| Medically proven & scientifically sound

||| Evidence-based & clinically tested

||| Comprehensive analysis of metabolism, biological age, fat utilisation, heart & lung fitness, posture, breathing and mental health

||| Groundbreaking nutritional concept

||| Personalised treatment plan

||| Biohacking and high-tech touchless treatments

||| Personalised therapies for a balanced and resilient body and mind

### **Age Reversing & Aesthetic Medicine**

At Dr Alexander Papp's private practice Aesthetic Medicine is dedicated to reversing the signs of ageing. Innovative treatments promote health, natural aesthetics, and cellular rejuvenation. The treatment spectrum includes advanced skin revitalisation and intensive hydration to deeply rejuvenate the skin. State-of-the-art device-based treatments – including microcurrents, radiofrequency, heat and ultrasound – enhance circulation, promote skin tightening and improve skin texture while strengthening connective tissue. For a balanced and harmonious silhouette, muscle toning and body contouring treatments help to refine body shape, while autologous blood therapies stimulate skin repair and rejuvenation. Minimally invasive options, such as hyaluronic acid and Botox, reduce wrinkles, add volume and create smooth, natural contours. Combined with the holistic, cell-regenerating MyLife Changer Method, aesthetic medicine delivers immediately visible rejuvenation and naturally enhances beauty at every stage of life.

### **Movement and Mental Fitness**

In addition to its medical services, Mount Med Resort offers tailored exercise programmes and regular check-ups in sports medicine, orthopaedics and medical fitness to enhance physical performance, mobility and mental strength. The modern Fitness Loft, complete with an ortho and physiotherapy gallery, provides a wide range of medical fitness equipment, orthopaedic movement and gait analysis, and personalised treatment and training options to support a healthy musculoskeletal system. Advanced treatments for chronic pain, illness, injury and restricted mobility include shockwave, ultrasound and laser therapies. At Mount Med Resort, guests have access to advanced techniques typically reserved for elite athletes. Therapeutic focal points include specialised physiotherapy and regenerative treatments that utilise patients' own blood and adipose-derived stem cells to promote joint recovery and maintenance. These cutting-edge methods are part of the resort's holistic approach to optimise both physical health and performance. Imaging techniques such as MRI and CT are accessible through close collaboration with the Wörgl radiology centre under the direction of Dr Stephan Papp and his team Dr Bernhard Heinzle and Dr Martin Jungmann.

A dedicated team of movement specialists, mind trainers, yoga teachers and personal coaches works with guests to achieve their individual performance goals. Through targeted performance enhancement, accelerated recovery and active prevention, this programme boosts fitness and resilience for everyday life, leisure and athletic activities. Comprehensive screenings assess current fitness levels and identify any barriers to progress. Tailored therapy recommendations, personalised training plans and focused mental coaching then ensure guests can achieve and maintain peak physical and mental performance.

### **A Milestone in Health Tourism**

Located opposite the parish church in beautiful Oberau, the sustainable health resort integrates seamlessly into the idyllic alpine landscape, offering an elevated retreat that respects nature. In a world increasingly characterised by overdevelopment and congestion, this place embodies both the wild and the beautiful aspects of the pristine alpine landscape. Inside, modern architectural elements and traditional craftsmanship combine to create a tranquil, private sanctuary where guests can reconnect with nature and explore personal growth. It is a magical realm inviting guests to reconnect with nature and experience spiritual growth. The Wildschönau region's unique energy and peaceful environment make it an ideal setting for this exceptional health resort.

### **850 Years of Heritage and Innovation**

The historic building at the heart of Mount Med Resort was first mentioned in 1275, when it was known as 'Probstenhof'. This over 850-year-old structure originally served as a tithe barn for Bavaria's Seon Monastery and has seen numerous renovations – including quite a few over-restorations – over the centuries. Its recent revitalisation – led by renowned South Tyrolean restorer Markus Pescoller – was carefully carried out to meet conservation standards, preserving the building's heritage with precision. This meticulous restoration establishes Mount Med Resort as one of the most significant revitalisation and hospitality projects in the Alps.



The resort's extensive expansion across eight new buildings has been thoughtfully integrated into the original architecture, blending modern technology with traditional craftsmanship to offer health-conscious guests a mindful luxury experience.

- ||| 10 Buildings
- ||| 7 Monastic Rooms, 39 Rooms & Suites
- ||| 14 Chalet Suites
- ||| Tenne Lounge & Gallery
- ||| Restaurant with 7 historic *Stuben*
- ||| Fine Dining Restaurant
- ||| iCook Atelier
- ||| 3,500sqm Holistic & Medical Spa
- ||| 38 treatment rooms
- ||| 340sqm Fitness & Gym



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