



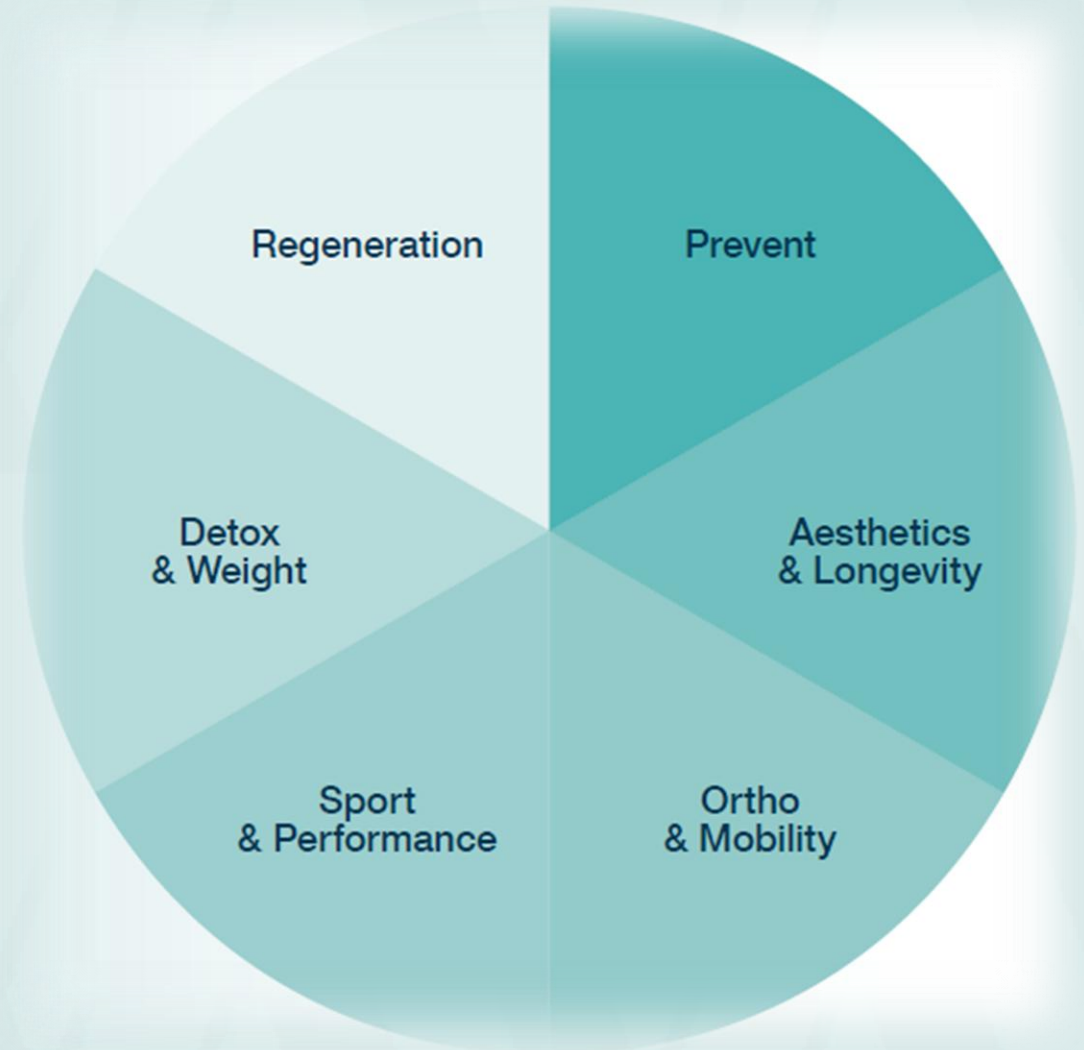
MOUNT MED
R E S O R T

/ Your transformative path to health

Our programmes represent a transformative fusion of integrative diagnostics, advanced recovery and precision prevention, seamlessly combined with sports, performance and the Mylife Changer® method with its revolutionary nutritional concept. At Mount Med Resort, the Mylife Changer® method is applied holistically, beginning with comprehensive integrative diagnostics and the metabolic blueprint – a detailed analysis of metabolism, biological age, fat utilisation, heart and lung fitness, posture and breathing. Based on these findings, a guest’s individual nutritional level within the metabolic programme is determined. This is a three-phase approach (intensive, stabilisation and maintenance) that ensures a smooth transition into everyday nutrition. The anti-inflammatory approach prevents imbalances and eliminates the risk of the ‘yoyo effect’, making long-term success achievable. It serves as a catalyst for a healthier life, promoting lasting weight management and a positive impact on biological age.

The programmes are further enhanced by a combination of manual and device-based treatments, signature infusion therapies and tailored exercise. Specially developed herbal tonics and nutrient supplements support detoxification and recuperation, while neuroscience biohacking helps to break old behavioural patterns and establish lasting, positive changes at a cellular level.

The medical supervised time-out programmes are holistic solutions focused on the individual needs of our guests. At the Medical Spa, a team of doctors, experts and health concierges take exclusive care of you and guide you through your customised journey.



/ Mount Med Programmes

Physician-guided. Diagnostics-based.

Individually tailored.

/ Booking options

/ Basic – 7 Nights

The foundational option and the minimum component of all programmes. Provides a solid introduction with diagnostics and initial therapeutic measures.

/ Advanced – 10 nights

More time for in-depth diagnostics and additional therapies. Suitable for building on initial insights and stabilizing processes.

/ Premium – 14 nights

The most comprehensive option for maximum depth. Ideal for consistently translating diagnostic results into individually tailored therapy plans.

/ Arrival

When booking our programmes, arrivals are possible from Sunday to Thursday. Please note that for the Ortho Mobility & Motion Programme, arrivals are only possible from Monday to Thursday.

Our programmes are based on comprehensive medical diagnostics and a clearly defined combination of medical and holistic therapies.

They follow a structured framework and are individually refined during a medical consultation — tailored to your personal health baseline. An integral element is our medically coordinated nutrition concept, designed to relieve the body without creating a sense of hunger.

For sustainable health benefits, we recommend a stay of 7 to 14 nights. Extended stays are available on request at any time.

Supplementary Therapies: During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.

/ Recommended for

/ Prevention & Vitality:

- ✓ Guests who wish to proactively optimise their health, seeking therapeutic and nutritional medical support
- ✓ People seeking a holistic increase in vitality
- ✓ Anyone seeking physician-guided diagnostics and personalised preventive measures
- ✓ Individuals who wish to actively support their metabolic and immune functions
- ✓ Individuals with limited time who want to undergo preventive health check-ups in a compact, structured, and medically supervised manner

/ Aesthetics & Age Reverse:

- ✓ Individuals interested in medically guided aesthetic care
- ✓ Guests who wish to improve skin texture, elasticity, and radiance
- ✓ People who prefer anti-ageing treatments without invasive methods
- ✓ Anyone seeking personalised aesthetic consultation and therapies
- ✓ Guests who wish to combine wellness with medical aesthetics
- ✓ Individuals seeking a fresher, more rested appearance and naturally rejuvenated radiance

/ Ortho Mobility & Motion:

- ✓ Guests who wish to improve their mobility, stability, and quality of movement
- ✓ Anyone looking to increase their physical resilience in daily life or sports
- ✓ People with pain or functional movement limitations in the musculoskeletal system
- ✓ Individuals seeking targeted orthopaedic diagnostics and personalised therapy
- ✓ Guests who appreciate accompanying training, strengthening, and rehabilitation measures
- ✓ People following rehabilitation stays, seeking targeted movement support

/ Recommended for

/ Detox & Weight Management:

- ✓ Guests who wish to gently relieve their body and support metabolic processes
- ✓ Anyone looking to regulate their weight in a targeted manner
- ✓ People who want to boost energy, vitality, and a sense of lightness in daily life
- ✓ Guests seeking physician-guided, individually tailored care
- ✓ Anyone who wants to experience a combination of nutrition, exercise, and therapeutic guidance
- ✓ Individuals who prefer holistic therapeutic approaches and want to relieve organ functions
- ✓ Guests who want to reduce weight quickly while supporting metabolism- and liver-related processes under medical supervision

/ Quick Preventive Health:

- ✓ People who wish to assess their health status quickly and efficiently.
- ✓ Guests seeking an initial introduction to physician-guided preventive care.
- ✓ Individuals who prefer a short retreat with medical supervision.
- ✓ Anyone looking to take their first steps towards better health in a simple, structured way.
- ✓ Guests who want to experience a Mount Med taster programme.
- ✓ Individuals with a busy schedule who wish to manage their preventive care efficiently, clearly, and without extended absences.
- ✓ Neuroscience content combined with breathing techniques and light therapy.

/ Prevention & Vitality

The preventive health check for enhanced wellbeing.

Our prevention programme combines holistic preventive diagnostics with a comprehensive health check in an efficient, medically supervised process. All examinations are conducted on-site in a coordinated manner and are complemented by a holistic wellness programme. Arrive, feel completely cared for, and leave with the confidence that you have done something meaningful for your health and wellbeing.

Basic programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2× Colon Massage | Targeted massage technique for intestinal peristalsis & digestive stimulation | Detoxifying & cleansing
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, and light therapy | Detoxification, collagen regeneration, muscle recovery
- Yoga Training | Adapted to fitness level and personal needs | Improves body tension and posture | Targeted stretching and strengthening of muscles | Promotes inner balance
- 2× Custom-Fit Massage | 50 min | Individually tailored body treatment

Valid for basic, advanced & premium programme: During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.



7 nights from € 3,498

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Prevention & Vitality

The preventive health check for enhanced wellbeing.

Our prevention programme combines holistic preventive diagnostics with a comprehensive health check in an efficient, medically supervised process. All examinations are conducted on-site in a coordinated manner and are complemented by a holistic wellness programme. Arrive, feel completely cared for, and leave with the confidence that you have done something meaningful for your health and wellbeing.

Advanced programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- *Extended blood analyses: Vitamin D | Trace elements | Apolipoprotein B (ApoB)*

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion
- *Examination by a specialist in internal medicine*
- *Mole check | specialist in plastic, aesthetic, and reconstructive surgery*

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2x Colon Massage | Targeted massage technique for intestinal peristalsis & digestive stimulation | Detoxifying & cleansing
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, and light therapy | Detoxification, collagen regeneration, muscle recovery
- Yoga Training | Adapted to fitness level and personal needs | Improves body tension and posture | Targeted stretching and strengthening of muscles | Promotes inner balance
- 2x Custom-Fit Massage | 50 min | Individually tailored body treatment
- *Detox & Slimming Body Programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins*

Treatments

- *Personal training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system*
- *Nutrition set with protein units | Facilitates implementation of the metabolic programme at home*



10 nights from € 5,174

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Prevention & Vitality

The preventive health check for enhanced wellbeing.

Our prevention programme combines holistic preventive diagnostics with a comprehensive health check in an efficient, medically supervised process. All examinations are conducted on-site in a coordinated manner and are complemented by a holistic wellness programme. Arrive, feel completely cared for, and leave with the confidence that you have done something meaningful for your health and wellbeing.

Premium programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- Extended blood analyses: Vitamin D | Trace elements | Apolipoprotein B (ApoB)
- *Follow-up blood test*
- *Concluding 3D body scan*

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion
- Examination by a specialist in internal medicine

Medical services*

- Mole check | specialist in plastic, aesthetic, and reconstructive surgery
- *Further follow-up consultation with a physician*

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2x Colon Massage | Targeted massage technique for intestinal peristalsis & digestive stimulation | Detoxifying & cleansing
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, and light therapy | Detoxification, collagen regeneration, muscle recovery
- Yoga Training | Adapted to fitness level and personal needs | Improves body tension and posture | Targeted stretching and strengthening of muscles | Promotes inner balance
- *4x Custom-Fit Massage | 50 min | Individually tailored body treatment*

Treatments

- *2x Detox & Slimming Body Programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins*
- *2x Personal training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system*
- *Nutrition set with protein units | Facilitates implementation of the metabolic programme at home*

*All medical services are provided exclusively by private medical practices.



14 nights from € 6,827

Per person excl. accommodation

/ Aesthetics & Age Reverse

Energy that can be seen.

Our Aesthetics & Age Reverse treatments preserve natural beauty while providing gentle rejuvenation — bringing inner vitality and outward radiance into harmony. Innovative technologies, medical precision, and individually tailored methods support the skin's natural regeneration and reduce visible signs of ageing. The result is a vibrant, energetic appearance — fresh, lively, and authentically radiant.

Basic programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Consultations with a specialist in plastic, aesthetic, and reconstructive surgery | Initial examination & anamnesis consultation | Interim consultation | Final examination
- Individually tailored infusion

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- Detox & Slimming Body programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- Morphological full-body wrap | Detoxification & connective tissue strengthening
- Essential Facial Treatment | Facial lymphatic drainage incl. décolleté
- Facial treatment focusing on under-eye bags, dark circles, eye wrinkles, and hyperpigmentation

Valid for basic, advanced & premium programme: During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.



7 nights from € 3,369

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Aesthetics & Age Reverse

Energy that can be seen.

Our Aesthetics & Age Reverse treatments preserve natural beauty while providing gentle rejuvenation — bringing inner vitality and outward radiance into harmony. Innovative technologies, medical precision, and individually tailored methods support the skin's natural regeneration and reduce visible signs of ageing. The result is a vibrant, energetic appearance — fresh, lively, and authentically radiant.

Advanced programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Consultations with a specialist in plastic, aesthetic, and reconstructive surgery | Initial examination & anamnesis consultation | Interim consultation | Final examination
- Individually tailored infusion
- *Mole check | Specialist in plastic, aesthetic, and reconstructive surgery*

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- *2x Detox & Slimming Body programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins*
- Morphological full-body wrap | Detoxification & connective tissue strengthening
- Essential Facial Treatment | Facial lymphatic drainage incl. décolleté
- Facial treatment focusing on under-eye bags, dark circles, eye wrinkles, and hyperpigmentation
- *Toning Massage | Activation of muscles and fascia | Improved circulation & firming*

Treatments

- *MyGlow Aquafacial Treatment | Peeling, deep cleansing, infiltration of personalised active ingredients | Lymphatic drainage, cellular renewal, and frequency therapy | Maximum skin renewal and rejuvenation | Regeneration of skin cells and improvement of skin texture*
- *2x Custom-Fit Massage | 50 min | Individually tailored body treatment*
- *Nutrition set with protein units | Facilitates implementation of the metabolic programme at home*



10 nights from € 5,290

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Aesthetics & Age Reverse

Energy that can be seen.

Our Aesthetics & Age Reverse treatments preserve natural beauty while providing gentle rejuvenation — bringing inner vitality and outward radiance into harmony. Innovative technologies, medical precision, and individually tailored methods support the skin's natural regeneration and reduce visible signs of ageing. The result is a vibrant, energetic appearance — fresh, lively, and authentically radiant.

Premium programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- *Follow-up blood test*
- *Concluding 3D body scan*

Medical services*

- Consultations with a specialist in plastic, aesthetic, and reconstructive surgery | Initial examination & anamnesis consultation | Interim consultation | Final examination
- Individually tailored infusion
- Mole check | specialist in plastic, aesthetic, and reconstructive surgery

Medical services*

- *Further consultation with a specialist in plastic, aesthetic, and reconstructive surgery*

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- *4x Detox & slimming programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins*
- Morphological full-body wrap | Detoxification & connective tissue strengthening
- Essential Facial Treatment | Facial lymphatic drainage incl. décolleté
- Facial treatment focusing on under-eye bags, dark circles, eye wrinkles, and hyperpigmentation
- Toning Massage | activation of muscles and fascia | promotes circulation & firming

Treatments

- 2x Custom-Fit Massage | 50 min | Individually tailored body treatment
- MyGlow Aquafacial Treatment | Peeling, deep cleansing, infiltration of personalised active ingredients | Lymphatic drainage, cellular renewal, and frequency therapy | Maximum skin renewal and rejuvenation | Regeneration of skin cells and improvement of skin texture
- *2x Neuroscience Therapy | Promotes mental wellbeing | neuro-relaxation | breathing techniques & light therapy*
- *Essential Facial Treatment incl. skin analysis and skin therapy plan*
- Nutrition set with protein units | Facilitates implementation of the metabolic programme at home



14 nights from € 6,865

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Ortho Mobility & Motion

Pain-free movement brings renewed vitality.

When pain becomes a part of everyday life and physical strain is increasingly noticeable, it is time to take targeted action. Whether following a rehabilitation stay or in cases of persistent musculoskeletal pain, this programme provides deliberate impulses to help regain mobility, endurance, and physical stability in the long term. The focus is on functional movement, targeted strengthening, and improved resilience, all guided by medical diagnostics. This restores ease to daily life and creates a stable foundation for lasting vitality and freedom of movement

Basic programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- Spirometry | lung function test
- Gait analysis | treadmill

Medical services*

- Initial orthopaedic examination & anamnesis consultation
- Interim orthopaedic consultation
- Final orthopaedic consultation
- Individually tailored infusion

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- Detox & Slimming Body programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- 2x Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system
- Custom-Fit Massage | 50 min | Individually tailored body treatment

Valid for basic, advanced & premium programme: During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.

Note: Please be advised that, for this programme, arrival is only possible from Monday to Thursday.



7 nights from € 4,047

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Ortho Mobility & Motion

Pain-free movement brings renewed vitality.

When pain becomes a part of everyday life and physical strain is increasingly noticeable, it is time to take targeted action. Whether following a rehabilitation stay or in cases of persistent musculoskeletal pain, this programme provides deliberate impulses to help regain mobility, endurance, and physical stability in the long term. The focus is on functional movement, targeted strengthening, and improved resilience, all guided by medical diagnostics. This restores ease to daily life and creates a stable foundation for lasting vitality and freedom of movement

Advanced programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- Spirometry | lung function test
- Gait analysis | treadmill
- **Exercise ECG**
- **Cardio scan measurement**

Medical services*

- Initial orthopaedic examination & anamnesis consultation
- Interim orthopaedic consultation
- Final orthopaedic consultation
- Individually tailored infusion

Medical services*

- **Advanced orthopaedic check-up**
- **IHHT training | innovative cellular training**

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- Detox & Slimming Body programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- 2x Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system
- Custom-Fit Massage | 50 min | Individually tailored body treatment

Treatments

- **2x Hiking for Health: guided, need-based introduction to meaningful outdoor movement**
- **2x After Sport Recovery Massage | Fascia massage to release deposits in muscle fibers | Muscle stretching**
- **Individual training plan | Stimulating & purposeful movement plan for integration into daily life**
- **Swimming training**
- **Nutrition set with protein units | Facilitates implementation of the metabolic programme at home**

Note: Please be advised that, for this programme, arrival is only possible from Monday to Thursday.



10 nights from € 6,347

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Ortho Mobility & Motion

Pain-free movement brings renewed vitality.

When pain becomes a part of everyday life and physical strain is increasingly noticeable, it is time to take targeted action. Whether following a rehabilitation stay or in cases of persistent musculoskeletal pain, this programme provides deliberate impulses to help regain mobility, endurance, and physical stability in the long term. The focus is on functional movement, targeted strengthening, and improved resilience, all guided by medical diagnostics. This restores ease to daily life and creates a stable foundation for lasting vitality and freedom of movement

Premium programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | Resting ECG
- Short-term heart rate variability (HRV) measurement
- Spirometry | lung function test
- Gait analysis | treadmill
- Exercise ECG
- Cardio scan measurement
- **Blood test follow-up**
- **Concluding 3D body scan**

Medical services*

- Initial orthopaedic examination & anamnesis consultation
- Interim orthopaedic consultation
- Final orthopaedic consultation

Medical services*

- Individually tailored infusion
- Advanced orthopaedic check-up
- **Further follow-up orthopaedic consultation**
- **2x IHHT training | innovative cellular training**

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- Detox & Slimming Body programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- **4x Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system**
- **3x Custom-Fit Massage | 50 min | Individually tailored body treatment**

Treatments

- 2x Hiking for Health: guided, need-based introduction to meaningful outdoor movement
- 2x After Sport Recovery Massage | Fascia massage to release deposits in muscle fibers | Muscle stretching
- Individual training plan | Stimulating & purposeful movement plan for integration into daily life
- Swimming training
- Nutrition set with protein units | Facilitates implementation of the metabolic programme at home

Note: Please be advised that, for this programme, arrival is only possible from Monday to Thursday.



14 nights from € 7,865

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Detox & Weight Management

Turn back your biological clock.

Sustainable improvement through weight regulation and a cleansing reset — this programme combines weight reduction and detox with a holistic approach that promotes renewed vitality. The focus is on working with your own body and learning a more conscious approach to nutrition. Feel better, reduce strain, and consciously do something good for yourself — you receive all the necessary tools to implement what you have learned at home. This creates space for new lightness, and quality of life can return sustainably and noticeably.

Basic programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2x Detox & Slimming Body Programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, and light therapy | Detoxification, collagen regeneration, muscle recovery
- Colon massage | Targeted technique for intestinal peristalsis & digestive stimulation | Cleansing & detoxifying
- 2x Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system

Valid for basic, advanced & premium programme: During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.



7 nights from € 3,584

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Detox & Weight Management

Turn back your biological clock.

Sustainable improvement through weight regulation and a cleansing reset — this programme combines weight reduction and detox with a holistic approach that promotes renewed vitality. The focus is on working with your own body and learning a more conscious approach to nutrition. Feel better, reduce strain, and consciously do something good for yourself — you receive all the necessary tools to implement what you have learned at home. This creates space for new lightness, and quality of life can return sustainably and noticeably.

Advanced programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2x Detox & Slimming Body Programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, and light therapy | Detoxification, collagen regeneration, muscle recovery
- Colon massage | Targeted technique for intestinal peristalsis & digestive stimulation | Cleansing & detoxifying
- 2x Personal Training | Ongoing movement therapy | practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system
- **Pressotherapy | Large-scale lymphatic drainage | Promotes circulation & removal of retained tissue fluid | Stimulates metabolism**
- **Neuroscience Therapy | Promotes mental wellbeing | Neuro-relaxation | Breathing techniques & light therapy**

Treatments

- **Expert Detox Facial Treatment | Muscle Stimulation and enhancement of venous and lymphatic circulation | Face & décolleté**
- **Neurovibes Therapy | Promotes mental wellbeing | Relaxation through muscle tone reduction**
- **2x Custom-Fit Massage | 50 min | Individually tailored body treatment**
- **Nutrition set with protein units | Facilitates implementation of the metabolic programme at home**



10 nights from € 4,652

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Detox & Weight Management

Turn back your biological clock.

Sustainable improvement through weight regulation and a cleansing reset — this programme combines weight reduction and detox with a holistic approach that promotes renewed vitality. The focus is on working with your own body and learning a more conscious approach to nutrition. Feel better, reduce strain, and consciously do something good for yourself — you receive all the necessary tools to implement what you have learned at home. This creates space for new lightness, and quality of life can return sustainably and noticeably.

Premium programme

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- Metabolic Testing | metabolism analysis
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement
- *Follow-up blood test*
- *Concluding 3D body scan*

Medical services*

- Initial medical examination & anamnesis consultation
- Interim & final medical consultation
- Individually tailored infusion
- *Further follow-up consultation with a physician*

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation
- Welcome supplement-kit

Treatments

- 2x Detox & Slimming Body Programme | Colon massage, lymphatic drainage, body wraps | Detoxification & cellular renewal | Elimination of toxins
- Triple Detox Wellbeing | Far-infrared (FIR), plasma, light therapy | Detoxification, collagen regeneration, muscle recovery
- *3 x Colon massage | Targeted technique for intestinal peristalsis & digestive stimulation | Cleansing & detoxifying*
- *4x Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system*
- Pressotherapy | Large-scale lymphatic drainage | Promotes circulation & removal of retained tissue fluid | Stimulates metabolism

Treatments

- Neuroscience Therapy | Promotes mental wellbeing | Neuro-relaxation | Breathing techniques & light therapy
- Expert Detox Facial Treatment | Muscle stimulation and enhancement of venous and lymphatic circulation | Face & décolleté
- Neurovibes Therapy | Promotes mental wellbeing | Relaxation through muscle tone reduction
- 2x Custom-Fit Massage | 50 min | Individually tailored body treatment
- Nutrition set with protein units | Facilitates implementation of the metabolic programme at home



14 nights from € 6,135

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.

/ Quick Preventive Health

Compact diagnostics with holistic support.

A comprehensive health assessment, condensed into a short stay. This introductory programme brings together preventive diagnostics and complements them with carefully selected, restorative treatments that create space to arrive, unwind, and breathe. With minimal time investment, you gain clarity about your current health status — focused, medically guided, and holistically enhanced. Designed consciously as an entry point, the programme offers valuable impulses to support the achievement of your personal health goals.

Preventive diagnostics

- Standard blood panel
- Pulse oximetry | measurement of oxygen saturation
- Oxidative stress measurement
- 3D body scan | posture, body balance, body metrics
- Electrocardiogram | resting ECG
- Short-term heart rate variability (HRV) measurement

Medical services*

- Initial medical examination & anamnesis consultation
- Interim medical consultation

Guidance from your Health Concierge

- Introductory consultation
- Interim & final consultation

Treatments

- Personal Training | Ongoing movement therapy | Practical training knowledge | Targeted muscle strengthening to support the musculoskeletal system
- Custom-Fit Massage | 50 min | Individually tailored body treatment
- Essential Facial Treatment | Facial lymphatic drainage incl. décolleté

During the on-site medical consultation, the booked programme is specifically tailored and complemented based on your individual health baseline.



4 nights from € 2,151

Per person excl. accommodation

*All medical services are provided exclusively by private medical practices.



**MOUNT MED
RESORT**