



SELF-RENEWAL PROGRAM

Discover the balance in life



FEEL YOUR BEST, EVERY DAY

Our Mission

To extend your health span and empower your lifelong performance through science, serenity, and Swiss precision. At our high-altitude sanctuary, step into total wellness and find renewal. Here, cutting-edge cellular science meets holistic care — crafted under the precision and discretion for which Switzerland is renowned.



SELF-RENEWAL 3 STEP PROGRAM

Cultivate a Healthy, Balanced Lifestyle

1

DETOXIFY

2

REVITALIZE

3

NURTURE



SELF-RENEWAL

1.5 Days | 3 Days | 5 Days



Core Elements

- Comprehensive medical & lifestyle diagnostics - Check Medical, HRV
- IV therapies designed for micronutrient restoration and cellular detox
- Therapeutic massage/Lymphatic drainage
- Nutritional & lifestyle coaching with sleep optimization



Bio-Individualized Therapies

- Personalized Bioresonance therapy
- Matrix detox & regeneration therapies
- Ionic footbath
- BrainTap and LED light therapy
- Audiocolor and Neurofeedback
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)



Benefits

- Comprehensive detoxification of physical, mental, and emotional systems
- Improved sleep, digestion, and energy
- Deep sense of calm and relaxation

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.



SoulSpring Gstaad

Nestled amongst beautiful nature and top-tier amenities, SoulSpring Gstaad is part of a global network of advanced biological medicine clinics and sanctuaries dedicated to uncovering what makes you uniquely you.

We design unique healing therapies, combining breakthrough medical technology with the expertise of elite integrative practitioners to deliver deeply personalized care that goes beyond symptoms. SoulSpring Gstaad is wellness powered by science, guided by nature, and refined for those who expect more.

soulspring.world