



LONGEVITY PROGRAM

Unlock new energy, resilience & well-being



THE PROMISE OF LONGEVITY

Our Mission

To extend your health span, enhance your beauty from within, and empower your lifelong performance through science, serenity, and Swiss precision. At our high-altitude sanctuary, longevity is elevated to an art form. Here, cutting-edge cellular science meets holistic care — crafted under the precision and discretion for which Switzerland is renowned.



THE FOUNDATIONAL CONCEPT

EACH PROGRAM IS BUILT ON 4 PILLARS OF REGENERATIVE LONGEVITY

1. **Cellular Renewal:** IV infusions and mitochondrial repair.
2. **Detoxification:** Guided metabolic reset and elimination pathways.
3. **Regeneration:** Biological rejuvenation via medical devices and bioactive therapies.
4. **Optimization:** Functional medicine, nutrition, and performance coaching.

All tiers are **medically supervised, biomarker-driven,** and **completely individualized** to your biological profile and lifestyle.



LONGEVITY

3 TIER PROGRAM

Cellular Regeneration - Timeless Vitality

1

TIER 1 - RESTORE

2

TIER 2 - RECHARGE

3

TIER 3 - REGENERATE



TIER I - RESTORE

Purify | Hydrate | Awaken

Program Duration: 1 Week



Core Elements

- Comprehensive medical & longevity diagnostics - Check Medical, HRV
- IV Micronutrient Restoration (B-complex, magnesium, trace minerals, antioxidants)
- Glutathione & Vitamin C infusions for cellular detox
- Nutritional & lifestyle coaching with sleep optimization



Bio-Energetics Therapies

- Personalized Bioresonance therapy
- Ionic footbath
- Matrix detox & Regeneration therapies



Benefits

- Enhanced cellular hydration
- Detoxified liver and lymphatic system
- Improved sleep, digestion, and energy

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



TIER II - RECHARGE

Performance | Synthesis | Resilience

Program Duration: 2 Weeks

Core Elements

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- NAD⁺ IV Therapy (progressive dosing under medical supervision)
 - Myers+ infusion series for advanced nutrient replenishment
 - Phosphatidylcholine & CoQ10 mitochondrial support IVs
 - IHHT (Intermittent Hypoxia-Hyperoxia Training) for oxygen metabolism
 - Cryotherapy or Cold Plunge therapy
 - PEMF & Full-Body Photobiomodulation (Red/NIR light)
 - Personalized nutrition with amino acid and peptide optimization
 - Targeted anti-inflammatory and antioxidant nutraceutical protocol
 - Optional: PRP facial and micro-needling collagen induction

Bio-Energetics Therapies

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- Personalized Bioresonance therapy
 - Matrix detox & Regeneration therapies
 - Ionic footbath
 - Facial Matrix detoxification
 - Audiocolor, Neurofeedback
 - Shirodhara

Benefits

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- Improved mitochondrial energy and cognitive function
 - Enhanced collagen production and metabolic clarity
 - Visible skin radiance and hormonal balance

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



TIER III - REGENERATE

Reverse | Amplify | Achieve

Program Duration: 3 Weeks



Core Elements

- Full medical longevity panel (DNA methylation, telomere testing, microbiome, hormones)
- Advanced NAD⁺ & Mitochondrial IV Therapy Protocol
- Exosome-based regenerative therapy (if medically indicated)
- HBOT (Hyperbaric Oxygen Therapy) blocks
- Red Light Therapy & PEMF in synergy protocol
- IHHT + Cryotherapy + Infrared Detox Fusion Sessions



Bio-Energetics Therapies

- Personalized Bioresonance therapy
- Bio-Neural therapy
- Matrix detox & Regeneration therapies
- Ionic footbath & Alkaline footbaths
- Audiocolor, Neurofeedback
- Shirodhara



Benefits

- Cellular age reversal potential (epigenetic improvement)
- Peak vitality, focus, and energy
- Revitalized skin, improved hormonal and immune resilience

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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