



STRESS & BURNOUT RESTORATION

Restore balance and maximize potential



RECALIBRATE & RECHARGE

Take a Deep Breath

The Soulspring approach harmonizes medical science, biotechnology, and the art of wellbeing, delivering a transformative journey toward resilience, clarity, and vitality.

This program is designed to initiate the body's return to balance — soothing the adrenal system, replenishing micronutrients, and restoring deep rest.



THE FOUNDATIONAL CONCEPT

EACH PROGRAM IS BUILT ON A 3-TIER PHILOSOPHY OF CARE

1

TIER 1 | RESTORE

Soothe - Replenish - Restore

2

TIER 2 | RECHARGE

Balance - Detoxify - Rebuild

3

TIER 3 | REBIRTH

Transform - Renew - Thrive

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



TIER I - RESTORE

Focus: Foundational Reset & Nervous System Recovery

Program Duration: 3 - 5 Days

CORE COMPONENTS

Medical Foundation

- Comprehensive stress and metabolic assessment (HRV, cortisol rhythm, sleep quality, nutrient levels)
- Whole Body bio-energetics evaluation - Check Medical
- Personalized IV nutrient therapy prescription

IV Therapies

- **Adrenal Restore Drip:** magnesium, B-complex, taurine, vitamin C
- **Mito Balance Infusion:** NAD+, glutathione, and amino support
- Ozone infusions: Revitalising the whole body
- Homeopathic & Bio-energetic ampoules - Injections

Regeneration & Detox Treatments

- Personalized Bioresonance therapies
- Audiocolor and Neurofeedback
- BrainTap & LED light therapy
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Bio-neural therapy

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



TIER I - RESTORE

Focus: Foundational Reset & Nervous System Recovery

Program Duration: 3 - 5 Days

Holistic Integration

- Orthomolecular & herbal medicine
- Guided breathwork and meditation
- Nutrient-dense, plant-based gourmet cuisine

Holistic Add-Ons

- Regenerative therapies - IV exosomes, peptides
- Inuspheresis - Detox and regeneration
- Hyperbaric Oxygen Therapy (HBOT)

Ideal For

Those seeking a quick yet potent physiological reset within an environment of serenity and medical excellence.

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



TIER II - RECHARGE

Focus: Neuroendocrine Reset & Deep Cellular Regeneration

Program Duration: 5 - 7 Days

CORE COMPONENTS

Functional Medicine and Bio-Energetic Diagnostics

- Hormonal and neurotransmitter profiling
- Gut-brain axis and microbiome analysis
- In-depth metabolic and mitochondrial testing
- Whole Body bio-energetics evaluation - Check Medical, HRV

IV & Ozone Therapy

- **NeuroRegenerative Drip:** NAD+, phosphatidylcholine, B12, trace minerals
- **MitoCell Revive:** alpha-lipoic acid, CoQ10, amino acids, and antioxidants
- ANS reset - Procaine, Bicarb
- Revitalise & Regene - Myers, Multimineral
- IV Ozone therapies

Regeneration & Detox Treatments

- Personalized Bioresonance therapy
- Matrix Detox and regeneration programs
- Ionic footbath & Alkaline baths
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Bio-Neural therapy

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



TIER II - RECHARGE

Focus: Neuroendocrine Reset & Deep Cellular Regeneration

Program Duration: 5 - 7 Days

Holistic Integration

- Adaptogenic herbal supplementation
- Revitalising Breath & Movement
- Personalized sleep restoration plan
- Daily mindfulness & grounding sessions

Culinary Wellness

- Detox-inspired gourmet meals
- Herbal infusions for adrenal and liver support

Ideal For

Individuals desiring to balance hormones and detoxify at a cellular level.

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



TIER III - REBIRTH

Focus: Full System Regeneration, Longevity & Executive Rejuvenation

Program Duration: 7 - 10 Days

CORE COMPONENTS

Comprehensive Medical Diagnostics

- Genomic & epigenetic longevity testing
- Mitochondrial and telomere length analysis
- Neurocognitive and hormonal optimization assessment

Advanced IV Therapies

- **Cellular Regeneration Infusion:** NAD+ (high dose), amino acids, glutathione, antioxidants
- **Stem Cell & Peptide Support:** BPC-157, GHK-Cu, exosome infusion
- **Detox & Liver Revive:** Glutathione, alpha-lipoic acid, methionine, inositol

Regeneration & Detox Treatments

- Chelation and ozone therapy
- Personalised Bioresonance therapy
- Matrix Detox and regeneration programs
- Ionic footbath & Alkaline baths
- Shirodhara

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



TIER III - REBIRTH

Focus: Full System Regeneration, Longevity & Executive Rejuvenation

Program Duration: 7 - 10 Days

Holistic Integration

- Integrative psychotherapy & executive life balance coaching
- Sound therapy, and energy healing
- Guided alpine nature immersion & yoga therapy

Optional Add Ons

- Genetic and hormonal optimization
- Longevity peptide therapy
- Neurofeedback executive enhancement sessions
- Post-program lifestyle coaching (virtual continuity)

Luxury Wellness Experience

- Private physician and 24-hour wellness concierge
- Luxury suite with biohacking setup
- Longevity cuisine designed by nutritionist-chef collaboration

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