



CARDIO REJUVENATION PROGRAM

Awaken your heart's natural rhythm



HOLISTIC CARDIO CARE

Your Heart, Elevated

Nestled in the serene heart of Switzerland, our clinic offers an exclusive journey into cardiovascular renewal, merging the latest in medical technology, personalized IV therapies, and bespoke detoxification programs. Each experience is crafted to restore vitality, enhance longevity, and awaken your heart's natural rhythm — in body, mind, and spirit.



THE FOUNDATIONAL CONCEPT

EACH PROGRAM IS BUILT ON A 3-TIER SIGNATURE MODEL

1

TIER 1 | ALPINE CARDIO RESET

Rebalance - Detoxify - Revive

2

TIER 2 | ALPINE CARDIO RENEWAL

Energize - Rebuild - Regenerate

3

TIER 3 | THE ETERNAL HEART

Transform - Rejuvenate - Thrive

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



TIER I - ALPINE CARDIO RESET

Focus: Foundational Reset for Circulatory & Metabolic Harmony

Program Duration: 3 Days

CORE COMPONENTS

Medical Consultation & Diagnostics: Blood Test & Bio-Energetic Evaluation

- Comprehensive Cardiac assessment & Blood test (metabolic & oxidative stress panel)
- Whole Body bio-energetic evaluation - Check Medical
- Neuro-Cardiac and Stress assessment (HRV)

IV and Ozone - Infusions (1-2 Sessions)

- Glutathione & Vitamin C infusion
- Magnesium & B-complex for rhythm balance
- Cellular Detox IV with Phosphatidylcholine
- IV Ozone infusions - for enhanced oxygen utilization

Bio-Energetics Therapy Integration:

- Detox & regeneration rituals: Bioresonance & Matrix Detox therapies
- Audiocolor & Neurofeedback
- LED light & BrainTap
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Specialized 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 - ALPINE CARDIO RESET

Focus: Foundational Reset for Circulatory & Metabolic Harmony

Program Duration: 3 Days

Supporting Therapies

- Supplements & Herbal tinctures
- Mindfulness + guided breathing
- AYAM meditation app
- Light movement (yoga or walk)
- Lymphatic detox massage

Holistic Add-Ons

- Neuro-Regenerative therapies - IV exosomes, peptides
- Homeopathic & Bio-energetic ampoules - Injections
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Inuspheresis - Detox and regeneration
- Hyperbaric Oxygen Therapy (HBOT)

Ideal For

Travelers, executives, or those seeking a metabolic and cardiovascular refresh.

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TIER II - ALPINE CARDIO RESET

Focus: A Deeper Immersion into Cardiac Optimization
& Vascular Rejuvenation

Program Duration: 5 Days

CORE COMPONENTS

Medical Consultation & Diagnostics: Blood Test & Bio-Energetic Evaluation

- Advanced diagnostics: Cardiometabolic tests & Oxidative stress Assessment
- Whole Body bio-energetic evaluation - Check Medical
- Neuro-Cardiac and Stress assessment (HRV)

Personalized IV & Ozone Therapy Rotation

- NAD⁺ & CoQ10 mitochondrial infusion
- EDTA chelation therapy (microcirculation renewal)
- Amino Acid Cardio Blend (L-Carnitine, Taurine, Arginine)
- IV Ozone infusions - for enhanced oxygen utilization

Bio-Energetics Therapy Integration:

- Detox & regeneration rituals: Bioresonance & Matrix Detox therapies
- Audiocolor & Neurofeedback
- LED light & BrainTap
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Specialized Bio-Neural therapy
- Neuro-Regenerative therapies - IV exosomes, peptides
- Homeopathic & Bio-energetic ampoules - Injections

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



TIER II - ALPINE CARDIO RESET

Focus: A Deeper Immersion into Cardiac Optimization
& Vascular Rejuvenation

Program Duration: 5 Days

Supporting Therapies

- Supplements & Herbal tinctures
- Nutrigenomic consultation and personalized diet blueprint
- Mindfulness + guided breathing
- AYAM mediation app
- Light movement (yoga or walk)
- Lymphatic detox massage

Holistic Add-Ons

- Inuspheresis - Detox and regeneration
- Hyperbaric Oxygen Chamber sessions

Ideal For

Individuals managing early cardiovascular risk, fatigue, or chronic inflammation.

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TIER III - THE ETERNAL HEART

Focus: Our most comprehensive and transformative experience - a luxury medical retreat for total cardiovascular regeneration

Program Duration: 7 Days

CORE COMPONENTS

All Services in Tier II Offering Plus

- Full-genome cardiac risk and longevity profile
- Full-spectrum IV therapy rotation including:
 - Stem cell & exosome therapy (optional)
 - High-dose Vitamin C, NAD⁺, Glutathione
 - Phosphatidylcholine & Alpha-Lipoic Acid infusion

Additional Options

- Hyperbaric Oxygen Chamber sessions
- Inuspheresis - Detox and regeneration
- Heart-mind coherence therapy (neuro-biofeedback and mindfulness coaching)
- Alpine luxury spa immersion with bespoke aromatherapy

Ideal For

Individuals managing early cardiovascular risk, fatigue, or chronic inflammation.

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



TIER III - THE ETERNAL HEART

Focus: Our most comprehensive and transformative experience - a luxury medical retreat for total cardiovascular regeneration

Program Duration: 7 Days

ABOUT OUR APPROACH

Medical Technology & Innovation

Our clinic integrates advanced Swiss medical technology:

- AI-based cardiac analytics and vascular imaging
- Bioelectrical impedance and metabolic age assessment
- Cryotherapy, HBOT and ozone therapy suites
- Precision IV compounding with pharmaceutical-grade ingredients

A Sanctuary of Serenity

Every detail is designed to elevate healing:

- Private alpine-view wellness suites
- 24/7 concierge medical team
- Michelin-level anti-inflammatory cuisine
- Mind-body spa rituals with Swiss botanicals
- Personalized concierge experiences — helicopter transfers, mountain meditations, and lakeside recovery retreats

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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