

la pura women's health resort kamtal
Hauptplatz 58, A-3571 Gars am Kamp
☎ +43 (0) 2985 / 26 66 - 742
✉ willkommen@lapura.at
www.lapura.at



Healthy Aging. Unique for us women.

www.lapura.at



la pura[®]
women's health resort
kamtal

la pura – keeps us women younger



At the edge of the Wachau valley, in the idyllic Gars am Kamp region, la pura presents itself as a **site of strength and energy only for women** who consider a healthy lifestyle just as important as ambiance: The only resort just for women in all of Europe that is custom-tailored to women's needs combines **health and a sense of well-being**.

Now la pura also makes sure that a woman's biological clock ticks slower. Nobody gets any younger, but the way we age is determined by genetics by only about 30 percent. The rest is up to us! „**Healthy Aging**“ is the first truly comprehensive concept that individualises all relevant **aging topics** and tackles them in a scientific way to outsmart time itself. It includes **innovative and sustainable solutions** that keep a woman's body and mind fit, powerful and attractive. For example, all kinds of diagnostic methods to individually determine a woman's biological age and focus on any potential weak points.

By the way, la pura picks up all guests from the Vienna airport or main train station free of charge.

healthy aging

8 facts that make la puraMed Healthy Aging unique



Determining my biological age, partly on the basis of lifestyle risks:
What effect has time had on me? How can I stop the biological clock with the right strategies?



Determining my metabolic type:
Finally I have the key to manage my weight individually



Analysing my skin condition:
Reaching my optimal state after an honest look under the skin



Finding hidden inflammation sources:
I want to fight off complications and diseases at an early stage



Checking flexibility:
I want to reach my optimal balance



Determining my individual sports type:
I don't want to chase sports trends; I'd rather train properly and effectively



Determining my stress profile:
I want to know what is causing me stress or making me sick and what I can do about it



Finding my own personal cocktail of micronutrients:
One single preparation instead of a collection of little boxes and bottles