

la puraMed Healthy Aging.

To date, this is the most comprehensive concept to stay young.



What is the best strategy to stop my biological clock?

With this genetic test, any predispositions and risks to premature aging can be determined in order to indicate the individual possibilities to avoid age-related diseases. This results in extensive individual recommendations and guidelines for healthy aging.

How can I find the right key to my individual weight management?

The metabolic function and the individual macronutrient needs are determined, and the metabolic rate and weight stabilisation, regulation of hunger and satiation are analysed and the health of the skin is determined by a genetic test. This results in extensive individual recommendations and guidelines for optimal nutrition and exercise.

What is the condition of my skin – now and in future?

The 3D skin analysis takes an honest look under the skin and detects your biological age. Wrinkles, pores, skin blemishes and imperfections can be presented in exact detail and analysed objectively.

How can I treat my skin with great efficiency?

Tomorrow's cosmetics products are custom-tailored and developed by physicians. Based on our 3D skin analysis, we prepare your personalised formula and compose an optimal serum using 19 active constituents. Our method is scientifically sound.

How do I find my optimal balance?

We use a body stability test to determine your body's flexibility, strength, endurance and fine motor skills as well as potential risks of falling.

Can I pursue an efficient exercise regimen without chasing sports trends?

Your genetic predisposition will be checked and an individual custom-tailored training plan prepared in order to optimally coordinate the ratio of strength and endurance training to your body type.

Can I find out what is causing me stress and making me sick?

Stress factors are analysed and individual reaction possibilities are discussed in the context of a mental coaching session.

Can I address potential complications in a timely manner?

With this saliva test, it is possible to quickly and easily detect hidden inflammations and the depletion of collagen in the body, which can lead to the negative influencing of diabetes, rheumatic diseases or heart attacks and strokes.

The la puraMed Healthy Aging Week

including all services listed above, with medical support, 6 nights in a single room including GourMed Cuisine® full board plan and all of la pura's inclusive services:

€ 2.390

Short programme for 3 nights € 990