



GRAND RESORT BAD RAGAZ



TAMINA HEALTH CENTER



LONGEVITY

Length of stay: 7 nights, or 10 nights, or 14 nights

Age healthily, maintain vitality, and actively influence the biological aging process – our holistic Longevity Programme helps you strengthen your health for the long term. Based on state-of-the-art diagnostics, personalized medicine, and scientifically proven therapies, we sustainably enhance your physical and mental performance.

Under medical supervision, we provide personalized guidance on your path to greater wellbeing and healthy longevity – during your stay and long beyond. The focus is on prevention, regeneration, movement, nutrition, and mental balance, tailored to your individual goals and needs.

Programme Highlights

- Prevention: early detection of health risks and targeted health management
- Regeneration: sustainable improvement of energy, sleep quality, and resilience
- Movement: enhancement of strength, endurance, mobility, and functional fitness
- Mental Balance: stress reduction, mindfulness, and boosting cognitive performance
- Nutrition: personalized analysis, guidance, and sustainable optimization
- Lifestyle: awareness building, behavior training, and support beyond your stay

Your Programme

	7 nights	10 nights	14 nights
<ul style="list-style-type: none"> • Pre-Stay Telephone Consultation with a Medical Coach • Admission Consultation with a Physician • Discharge Consultation with a Physician • Post-Stay Telephone Consultation with a Medical Coach • Final Report by the Physician 	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1
Pillar 1: Movement <ul style="list-style-type: none"> • Spiroergometry with VO₂max • Body Composition DXA-Scan • Vital Data Assessment (resting ECG and basal metabolic rate measurement, blood pressure, height, weight, pulse oximetry) • FMS - Functional Movement Test • Technogym Longevity Assessment: Body Mass Index, bone mineral density, body fluid balance, basal metabolic rate, mobility, balance, cognitive function (memory, attention, reaction time), physical strength, and cardiovascular function • Daily Morning Aqua Fitness in the Thermal Spa • Personal Trainings 	1 1 1 1 1 7 3	1 1 1 1 1 10 5	1 1 1 1 1 14 7
Pillar 2: Sleep <ul style="list-style-type: none"> • WatchPAT screening – sleep assessment • HBOT - hyperbaric oxygen therapy • Mindfulness training 	1 1 1	1 2 2	2 4 3

	7 nights	10 nights	14 nights
Pillar 3: Nutrition <ul style="list-style-type: none"> • Longevity-focused laboratory analysis • Nutrition consultations • CGM – continuous glucose monitoring • Signature Longevity full board 	1 2 7 days 7 days	1 2 10 days 10 days	1 2 14 days 14 days
Pillar 4: Mental Health <ul style="list-style-type: none"> • Heart Rate Variability Measurement (HRV) • haki® Purna - Full-Body Ritual • Therapeutic Massage • TCM - Traditional Chinese Medicine treatment 	1 1 2 1	1 2 5 2	1 3 9 3
Rate per person excluding accommodation	CHF 9'900	CHF 12'900	CHF 15'900