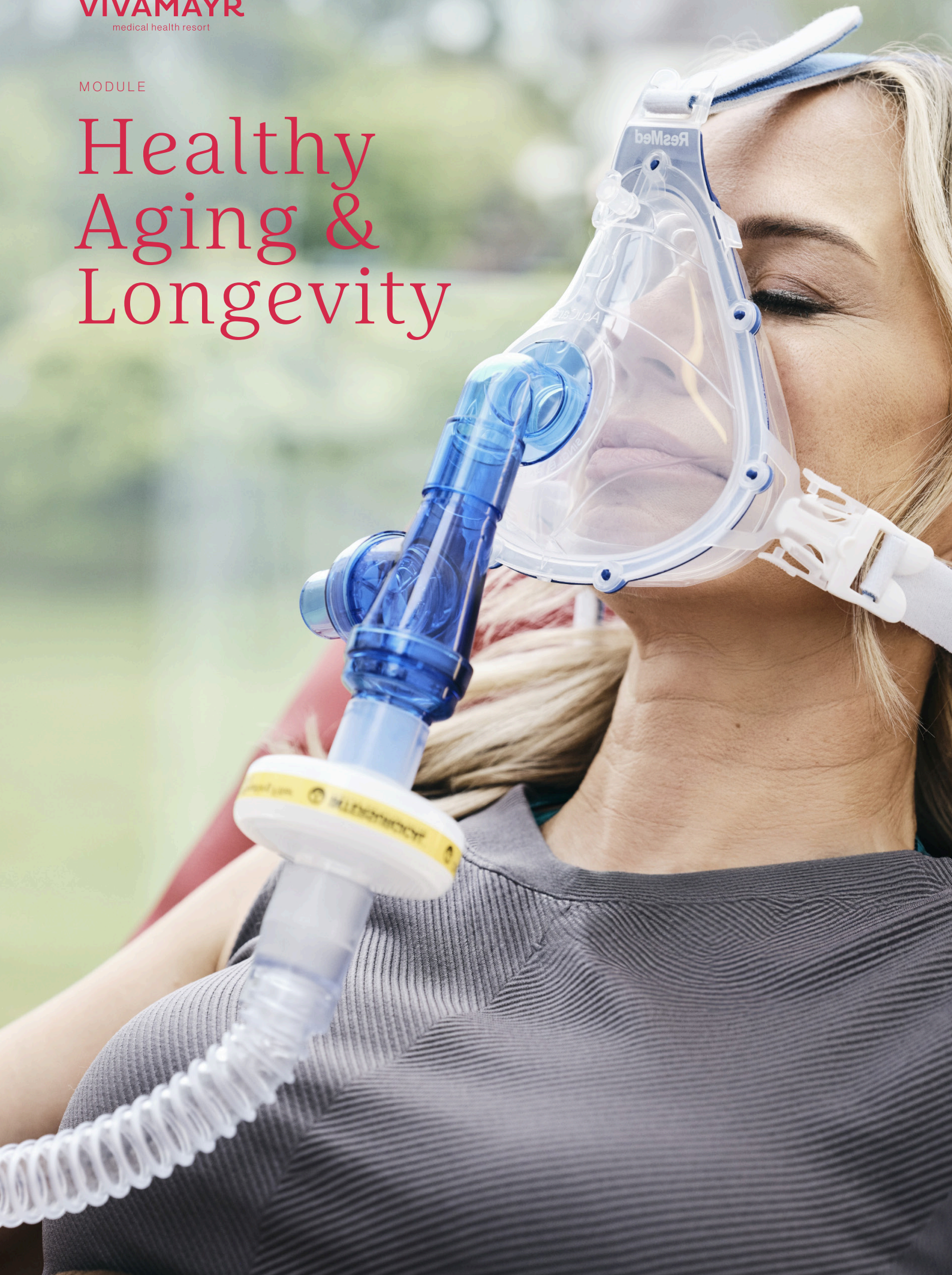


VIVAMAYR  
medical health resort

MODULE

# Healthy Aging & Longevity



YOUR  
HEALTH  
OUR  
COMMITMENT

The desire to preserve vitality, performance, and quality of life in the long term is becoming an increasingly central concern. Building on VIVAMAYR PURE, the VIVAMAYR Healthy Aging & Longevity module specifically focuses on maintaining physical and mental fitness, preventing age-related changes, and promoting sustainable vitality.

FOR A  
LONG LIFE

The aging process is complex and affects the body, mind, and metabolism equally. A proactive approach allows for the delay of age-related changes. Investing early lays the foundation for a vital life.

VIVAMAYR Healthy Aging & Longevity places health and quality of life at the center. The combination of medical expertise and individual measures in the relaxing atmosphere of VIVAMAYR makes it possible to maintain vitality and secure the joy of living in the long term.

01

**Targeted strategies for a vital life**

This module combines state-of-the-art medical diagnostics with individually tailored therapeutic measures. This creates a holistic picture of your current health status, which serves as the basis for implementing preventive and regenerative measures.

02

**A holistic approach**

VIVAMAYR Healthy Aging & Longevity does not view health in old age in isolation, but as an interplay of numerous systems. Prevention, medical monitoring, and targeted regeneration are combined to secure physical and mental performance in the long term. The combination of cutting-edge medicine, personal treatments, and individual care creates sustainable vitality.

03

**Prevention as the key to quality of life**

Proactive health care is crucial for securing physical and mental resources in the long term. Those who focus on prevention early on can not only prevent age-related limitations but also actively increase energy, performance, and the joy of living. This results in a stable, sustainable state of health that supports vitality for years to come.

04

**When we recommend this module**

This module is designed for individuals who wish to invest preventively in their health, as well as for guests who want to maintain or specifically increase their physical and mental performance. Even during times of high responsibility or demanding life phases, VIVAMAYR Healthy Aging & Longevity provides a first-class framework for securing vitality, energy, and zest for life in the long term.

MEDICAL  
SERVICES\*

/ Skin analysis	1
/ Sleep lab	1
/ High-dose ozone	2
/ Laser infusion	1
/ Kinetics Life	1
/ Cryotherapy	1
/ Intermittent hypoxic-hyperoxic therapy	1

MODULE PRICE

**890 €**

\*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

**VIVAMAYR**  
medical health resort

Your new life begins where  
ancient wisdom meets  
modern science.



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