

IN SPOTLIGHT WELLNESS CENTER

AGE WELL, LIVE LONGER

WELLNESS IS THE NEW RELIGION AND THE QUEST FOR ETERNAL LIFE NO LONGER INVOLVES PRAYER BUT A VISIT TO A MEDICAL RETREAT THAT OFFERS REGENERATION, PREVENTION, AND AGEING WELL!

A few years ago, the idea of ageing gracefully meant stocking up on supplements and maybe squeezing in a yoga class after work. Today, it means checking into a high-tech retreat where doctors, therapists, and nutritionists work together to reset your body at a cellular level. And medical retreats are future-forward health centres designed to prolong life while dramatically improving its quality. Here are the world's best wellness resorts, which treat longevity as a holistic mission rather than a luxury add-on.



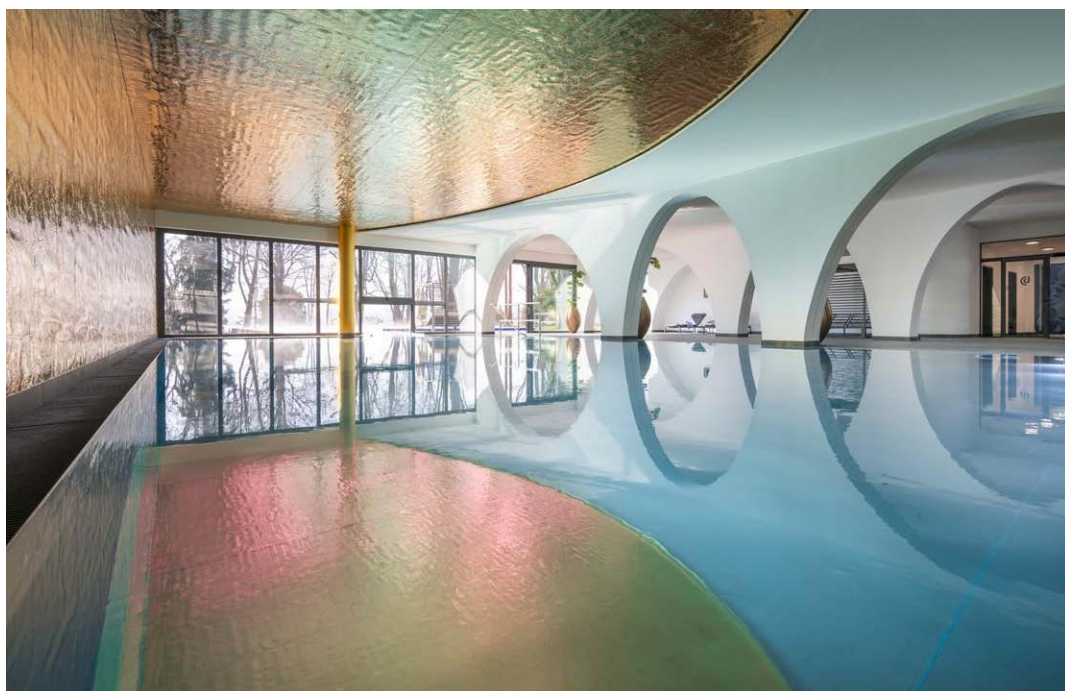
Palace Merano

At the forefront of medical wellness, Palace Merano, nestled in the Alpine town of Merano, Italy, offers a results-driven approach to longevity through its expertly crafted Revital® Method. Housed in a historic five-star palace, the resort has a 6,000 m² spa and a 1,500 m² medical floor and has an intensive focus on advanced, integrative therapies designed to detoxify, regenerate, and rebalance the body and mind. The Revital Detox® programme is a standout, merging cellular-level diagnostics with hydro-

energetic treatments, oxygen-ozone therapy, hydro-colon cleansing, and tailored bioenergetic nutrition. Each guest undergoes comprehensive testing followed by a curated schedule of therapies like hydro-mud sessions, energy massages, and antioxidant-rich hydro-aromatherapy that flush toxins and stimulate vitality. For physical regeneration, the Revital Sport & Recovery® programmes combine AI-assisted biomechanical and postural diagnostics with targeted muscle recovery protocols. It includes sports energy



massages, dry floating sensory deprivation, cryotherapy with patented membrane technology, and cognitive performance training—all under strict medical supervision. The Revital Mind & Body is an ideal option for mental and emotional recovery. Therapies include yoga massage, floating therapy, and guided meditation to restore internal balance.



Buff Medical Resort

Nestled on the shores of Lake Constance in Germany, Buff Medical Resort is a next-generation longevity destination that offers a pioneering approach to health span extension through personalised programmes built on four unique pillars: simulated high-altitude climate rooms, state-of-the-art cardiac MRI diagnostics, modern F.X. Mayr gut therapy, and comprehensive gait and movement analysis. Once you arrive, every element is here designed to optimise cellular regeneration, cognitive clarity, and emotional balance. Buff Medical offers a total of eight tailor-made programmes with a duration of 7 to 21 days. The Buffmed Advanced Intense programme is the most comprehensive and makes full use of the effects of Mayr's therapeutic fasting and offers extended diagnosis and treatment options. Whether you want to focus on gut health, stress reduction, metabolic health, physical performance or simply a professional recovery of body, mind and soul, it caters to all. To make the treatments even more effective, you are served a Bio-GourMed cuisine, which is a fusion of healing and gourmet cuisine. A luxurious spa, indoor and outdoor pools, and personalised Ayurveda treatments further enhance the experience.

