

THE LUXURY OF SUSTAINABLE HEALTH IN PERFECT PRIVACY
MOUNT MED RESORT OPENS ITS CHALET COLLECTION



The opening of the Mount Med Resort health flagship in Wildschönau, Tirol, just eight months ago – featuring the revolutionary Mylife Changer® method – made international headlines. Now, only a few months and two major awards later, the resort unveils its next highlight: the exclusive Chalet Collection. Comprising 14 beautifully designed chalet suites, each measuring 115sqm, it offers discreet retreats for hyper-personalised health journeys in unspoilt natural surroundings. Enhancing its premium wellness offering, the resort has also introduced a new Private Spa Suite within the Medical Spa.

PRIVATE LUXURY – CHALET COLLECTION

Space for complete privacy, time to focus on oneself and one's health and the restorative pleasure of refined design – the new Chalet Collection offers a quietly luxurious living and wellbeing experience. Each of the 14 spacious hideaways provides a private, exclusive setting for bespoke health journeys aimed at achieving a sustainably healthy lifestyle. Located in the unspoilt alpine landscape of Wildschönau's high valley in the Kitzbühel Alps, the chalets offer an exceptional environment for tranquillity, preventive care and renewal. Curated design, personalised *Private Health Services* and panoramic mountain views come together to create a holistic, health-enhancing experience.

THE ART OF DESIGN

Each suite in the Chalet Collection is designed around a specific theme, tailored to meet the individual needs of guests. Spacious salons feature calming natural colour palettes and carefully selected design pieces. In the **Privilege Mountain Chalet Suites**, a *Gervasoni* rocking chair invites deep relaxation by the fireplace alongside a *Meridiani* sofa. A mouth-blown *Penta Light* lamp casts a warm glow over the dining area, setting the scene for private dining experiences. Reading material rests on a unique poplar-slice coffee table, softly illuminated by an *Occhio* reading lamp. **Fitness Chalet Suites** with private terraces offer space for individual yoga sessions in a tranquil green setting, while the **Select Spa Chalet Suites**, with their own treatment room and *My Private Spa Heaven*, take wellness to a new level of privacy. High above the main resort, the **Superior Mountain Chalet Suites** provide an unmatched sense of privacy and serenity.

PRIVATE FINE DINING

Aurea, the newly opened fine dining restaurant under the direction of Executive Chef Phillip Schnabel, delivers an exclusive culinary experience in a uniquely private setting. Set within the evocative surrounds of an 850-year-old vaulted chamber, a maximum of eight guests are invited on a sensory journey through complex flavours and textures. The intimate ambience is elevated by bespoke oak tables with hand-forged legs, complemented by chairs and benches upholstered in luxurious Loro Piana fabrics. Subtle art and a dramatic lighting concept fuse historical character with contemporary sensory appeal.

PRIVATE HEALTH SERVICES

In addition to exclusive interiors and a serene, private setting, the Chalet Collection offers access to Mount Med's *Private Health Services*. Guests can begin their stay with a mind training or biohacking session to promote a relaxed arrival. A dedicated health concierge provides personalised guidance within the comfort of the chalet suite. Personal training, coaching and treatments can all be arranged in-suite. Exclusive spa and therapy experiences are also available in the newly opened Private Spa Suite within the resort's Medical Spa. For those seeking to integrate wellness into everyday life, a private cookery class with Executive Chef Phillip Schnabel showcases how healthy indulgence can be achieved at home. To extend the benefits of their stay, guests are offered telemedical follow-up care for ongoing support and long-term results.

A LIFE-CHANGING EXPERIENCE

The holistic Medical Spa at Mount Med Resort is founded on the evidence-based Mylife Changer® method. Developed by renowned medical experts Drs Papp & Papp in collaboration with leading nutritionists and manual therapists, it represents the culmination of over a decade of clinical practice and research. At its core is the AI-supported *Metabolic Blueprint*, which records key metabolic and health parameters, including biological age. Based on this data, tailored treatment and nutrition programmes are created. Central to the method is a groundbreaking metabolic programme which, by switching the body into fat metabolism and a simulated fasting state, directly stimulates cellular renewal and regeneration. This finely tuned 'fountain of youth with an edge' activates processes that promote autophagy and reduce inflammation – from chronic to silent. Combined with personalised treatments, targeted therapies, exercise, mental training, infusion therapies and biohacking, guests undergo a comprehensive MOUNT MEDolution – a transformative health experience that goes far beyond a conventional spa stay. A milestone on the journey to a healthier, more vital future.

MYLIFE CHANGER® BENEFITS

- ||| Reduces inflammation, promoting overall health
- ||| Activates autophagy, supporting cell regeneration and recovery
- ||| Regulates blood sugar and blood pressure
- ||| Supports gut microbiome balance
- ||| Promotes sustainable weight management
- ||| Reduces stress and activates the parasympathetic nervous system
- ||| Promotes the formation of new nerve cells

HIGH-END MEDICAL SPA

Each stay begins with integrative diagnostics, including the AI-supported Metabolic Blueprint and state-of-the-art imaging techniques. This forms the foundation for a deeper understanding of holistic health, enabling targeted preventive care and personalised medical strategies. Medical specialisms focus on sustainable longevity through the holistic Mylife Changer® method, naturally healthy aesthetics, the restoration and preservation of mobility, and the enhancement of both physical and cognitive performance.

ABOUT MOUNT MED RESORT

This architecturally and conceptually unique retreat rises from the 850-year-old foundations of a former tithe barn. Its ten carefully designed buildings include 14 exclusive chalet suites, 46 rooms and suites, and a 3,500 sqm state-of-the-art Medical Spa – all set in harmony with the untouched alpine beauty of the high valley. Mount Med is a purpose-built sanctuary for complete regeneration, renewed vitality and lasting inspiration. The resort is a medical flagship, specialising in sustainable, personalised healthcare.

MOUNT MEDolutions at a glance

- ||| Prevent
- ||| Aesthetics & Longevity
- ||| Detox & Weight
- ||| Sports & Performance
- ||| Ortho & Mobility
- ||| Regeneration

AWARD-WINNING

Within just months of opening, Mount Med Resort received the Hideaways Award for Best New Medical Resort 2025, followed by the SPA Star Award for Best Medical Spa Concept. The resort has also been nominated for five additional accolades: the Condé Nast Traveller Readers' Choice Award 2025, the Destination Deluxe Award 2025 and the World Luxury Spa, Restaurant and Hotel Awards 2025.



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