



FOOD, LIFE

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— BEAUTY

KUSNACHT PRACTICE REINVENTS LONGEVITY WITH BIO-R® PROGRAM

JULY 23, 2024

The treatment centre brings a personalized approach to reversing biological ageing.

The **Kusnacht Practice**, known as the most prestigious treatment facility globally, is excited to introduce the new **BIO-R® Female Health Blueprint program**. This comprehensive initiative, grounded in science, focuses on how ageing impacts women's health, including internal functions, mental health, emotional state, and physical signs of ageing. Customized for every individual, the plan seeks to slow biological ageing, boost physical and emotional well-being, enhance cognitive skills, and enhance one's physical looks.

Tailored to each client's current condition and goals, the BIO-R® Female Health Blueprint program revitalises energy levels, enhances physical and emotional balance, sharpens cognitive abilities, and rejuvenates physical appearance. Consequently, the program lowers the risk of chronic and lifestyle-related diseases, including diabetes, thyroid disorders, and cardiovascular conditions.



The Kusnacht Practice

Available as a two-week intensive treatment in Zurich and Geneva, the BIO-R® Female Health Blueprint program offers both residential and day-clinic options. Residential clients enjoy the privacy and comfort of luxurious lakeside villas or penthouses. The program begins with comprehensive testing to create personalized treatment plans and continues with ongoing BIO-R® membership support, including regular monitoring, re-testing, and biannual BIO-R® Recharge sessions to ensure lasting benefits.

*“What sets the **BIO-R® Female Health Blueprint** programme apart is that it focuses on the specific health requirements of women and is entirely tailor-made for each client. Most importantly, it is based on an exceptional depth and breadth of testing to determine the precise needs of each individual. At The Kusnacht Practice, we have understood the fundamental importance of hormonal balance to human health – an area that, historically, has not received the attention that it merits, especially when it comes to optimising the power of hormones at every stage of a woman's life. Driven by this, the **BIO-R® Female Health Blueprint** programme enables women to reverse ageing at the source level, rather than merely addressing symptoms of ageing.”*

– Dr. med. Verena Immer, Head of the Programme.



OneArabia

The pre-treatment testing for the BIO-R® Female Health Blueprint program involves a thorough 360-degree assessment of the client's hormonal and metabolic state. This includes detailed laboratory analyses and evaluations of genetics and epigenetic factors, considering lifestyle, environment, habits, and psychological state. This comprehensive approach enables The Kusnacht Practice's team of over ten specialists to create personalized treatment plans that address the root causes of age-related issues.



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The program focuses on rebalancing hormones and metabolic functions through various interventions, such as bespoke infusions, specialized supplements, advanced Oxygen Therapy, Hyperbaric Oxygen Chamber, Cryotherapy, and tailored nutrition and exercise regimens. Additionally, the **BIO-R® Facial and Hair Art** program complements these treatments, aiming to enhance physical appearance and overall well-being.

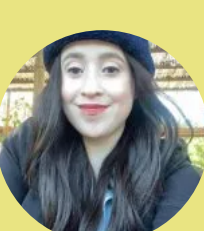
Hormones regulate numerous aspects of health, including brain function, emotional stability, and metabolism. As women go through significant hormonal changes during life stages like puberty, pregnancy, and menopause, and face modern stressors and environmental hormone disruptors, maintaining hormonal balance becomes crucial.

Overall, the BIO-R® Female Health Blueprint program addresses these critical issues, offering women a chance to understand and manage their health better and extend their health span through targeted, science-based interventions.

To learn more, click [here](#).

BEAUTY

HEALTH



Sakina Juzer

Sakina Juzar, a journalist specializing in culture and lifestyle, possesses an enthusiasm for the art of narrative and meticulous documentation. Her craft delves into a combination of fashion, culture, and society, both within the Middle East and on a global scale and provide a unique perspective for the same. Furthermore, Sakina curates an Instagram blog, @thelockedword, where she indulges in poetry and discourse on mental well-being.

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