



# CARDIO REJUVENATION PROGRAM

Awaken your heart's natural rhythm



# HOLISTIC CARDIO CARE

## **Your Heart, Elevated**

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Soulspring's Cardio-Rejuvenation program offers an exclusive journey into cardiovascular renewal, merging the latest in medical technology, personalized IV therapies, and bespoke detoxification programs. Each experience is crafted to restore vitality, enhance longevity, and awaken your heart's natural rhythm — in body, mind, and spirit.



# THE FOUNDATIONAL CONCEPT

EACH PROGRAM IS BUILT ON A  
**3-TIER SIGNATURE MODEL**

1

## TIER 1 | ALPINE CARDIO RESET

*Rebalance - Detoxify - Revive*

2

## TIER 2 | ALPINE CARDIO RENEWAL

*Energize - Rebuild - Regenerate*

3

## TIER 3 | THE ETERNAL HEART

*Transform - Rejuvenate - Thrive*

All tiers are **medically supervised, biomarker-driven**, and **completely individualized** to your biological profile and lifestyle.



# TIER I - ALPINE CARDIO RESET

Focus: Foundational Reset for Circulatory & Metabolic Harmony

**Program Duration:** 3 Days

## CORE COMPONENTS

### **Medical Consultation & Diagnostics: Blood Test & Bio-Energetic Evaluation**

- Comprehensive Cardiac assessment & Blood test (metabolic & oxidative stress panel)
- Whole Body bio-energetic evaluation - Check Medical
- Neuro-Cardiac and Stress assessment (HRV)

### **IV and Ozone - Infusions (1-2 Sessions)**

- Glutathione & Vitamin C infusion
- Magnesium & B-complex for rhythm balance
- Cellular Detox IV with Phosphatidylcholine
- IV Ozone infusions - for enhanced oxygen utilization

### **Bio-Energetics Therapy Integration:**

- Detox & regeneration rituals: Bioresonance & Matrix Detox therapies
- Audiocolor & Neurofeedback
- LED light & BrainTap
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Specialized Bio-Neural therapy

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.



# TIER I - ALPINE CARDIO RESET

Focus: Foundational Reset for Circulatory & Metabolic Harmony

**Program Duration:** 3 Days

## Supporting Therapies

- Supplements & Herbal tinctures
- Mindfulness + guided breathing
- AYAM meditation app
- Light movement (yoga or walk)
- Lymphatic detox massage

## Holistic Add-Ons

- Neuro-Regenerative therapies - IV exosomes, peptides
- Homeopathic & Bio-energetic ampoules - Injections
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Inuspheresis - Detox and regeneration
- Hyperbaric Oxygen Therapy (HBOT)

## Ideal For

Travelers, executives, or those seeking a metabolic and cardiovascular refresh.



# TIER II - ALPINE CARDIO RESET

Focus: A Deeper Immersion into Cardiac Optimization  
& Vascular Rejuvenation

**Program Duration: 5 Days**

## CORE COMPONENTS

### **Medical Consultation & Diagnostics: Blood Test & Bio-Energetic Evaluation**

- Advanced diagnostics: Cardiometabolic tests & Oxidative stress Assessment
- Whole Body bio-energetic evaluation - Check Medical
- Neuro-Cardiac and Stress assessment (HRV)

### **Personalized IV & Ozone Therapy Rotation**

- NAD<sup>+</sup> & CoQ10 mitochondrial infusion
- EDTA chelation therapy (microcirculation renewal)
- Amino Acid Cardio Blend (L-Carnitine, Taurine, Arginine)
- IV Ozone infusions - for enhanced oxygen utilization

### **Bio-Energetics Therapy Integration:**

- Detox & regeneration rituals: Bioresonance & Matrix Detox therapies
- Audiocolor & Neurofeedback
- LED light & BrainTap
- Shirodhara - Mind-Body Relaxation Technique (or Neuro-endocrine balancing therapy)
- Specialized Bio-Neural therapy
- Neuro-Regenerative therapies - IV exosomes, peptides
- Homeopathic & Bio-energetic ampoules - Injections

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.



# TIER II - ALPINE CARDIO RESET

**Focus:** A Deeper Immersion into Cardiac Optimization  
& Vascular Rejuvenation

**Program Duration:** 5 Days

## Supporting Therapies

- Supplements & Herbal tinctures
- Nutrigenomic consultation and personalized diet blueprint
- Mindfulness + guided breathing
- AYAM mediation app
- Light movement (yoga or walk)
- Lymphatic detox massage

## Holistic Add-Ons

- Inuspheresis - Detox and regeneration
- Hyperbaric Oxygen Chamber sessions

## Ideal For

Individuals managing early cardiovascular risk, fatigue, or chronic inflammation.



# TIER III - THE ETERNAL HEART

**Focus:** Our most comprehensive and transformative experience - a luxury medical retreat for total cardiovascular regeneration

**Program Duration:** 7 Days

## CORE COMPONENTS

### All Services in Tier II Offering Plus

- Full-genome cardiac risk and longevity profile
- Full-spectrum IV therapy rotation including:
  - Stem cell & exosome therapy (optional)
  - High-dose Vitamin C, NAD<sup>+</sup>, Glutathione
  - Phosphatidylcholine & Alpha-Lipoic Acid infusion

### Additional Options

- Hyperbaric Oxygen Chamber sessions
- Inuspheresis - Detox and regeneration
- Heart–mind coherence therapy (neuro-biofeedback and mindfulness coaching)
- Alpine luxury spa immersion with bespoke aromatherapy

### Ideal For

Individuals managing early cardiovascular risk, fatigue, or chronic inflammation.



# TIER III - THE ETERNAL HEART

**Focus:** Our most comprehensive and transformative experience - a luxury medical retreat for total cardiovascular regeneration

**Program Duration:** 7 Days

## ABOUT OUR APPROACH

### Medical Technology & Innovation

Our clinic integrates advanced Swiss medical technology:

- AI-based cardiac analytics and vascular imaging
- Bioelectrical impedance and metabolic age assessment
- Cryotherapy, HBOT and ozone therapy suites
- Precision IV compounding with pharmaceutical-grade ingredients

### A Sanctuary of Serenity

Every detail is designed to elevate healing:

- Private alpine-view wellness suites
- 24/7 concierge medical team
- Michelin-level anti-inflammatory cuisine
- Mind-body spa rituals with Swiss botanicals
- Personalized concierge experiences — helicopter transfers, mountain meditations, and lakeside recovery retreats