



ACADEMY  
FOR  
BETTER AGING



## D E A R G U E S T S !

Welcome to the exclusive Sacher Academy For Better Aging – your luxurious retreat, where we enhance your energy, health, and vitality through personalized, holistic medicine of the highest standard.

In collaboration with internationally renowned experts in the field of Healthy Longevity, we have developed a unique program designed to elevate your quality of life in an unparalleled way. Our integrative approach seamlessly combines preventive care, a healthy lifestyle, and personalized medicine by harmonizing conventional and complementary medical practices.

Through inspiring lectures and scientifically grounded insights, we guide you on your journey to maintaining and optimizing your health in the long run.

Just two to three hours a day are sufficient to achieve noticeable, health-promoting changes. Our program is entirely flexible and can be tailored precisely to your individual needs and goals upon request.

True luxury lies in the perfect combination: You will enjoy your stay at the exquisite Alpin Resort Sacher, where pure relaxation, culinary delights, and active health promotion blend in perfect harmony.

I invite you to experience more vitality  
– in the spirit of our motto:  
„Luxury that lasts – for body and mind.“

With my best wishes for your health,  
Dr. Katharina Sepp  
Specialist in General Medicine  
and Family Medicine

Medical Director  
Sacher Academy For Better Aging

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## MEDICAL DIRECTOR

As an experienced physician with a passion for prevention and longevity, I am honored to serve as the medical director of the Sacher Academy For Better Aging.

For many years, I have been deeply involved in the field of personalized preventive medicine, gaining extensive expertise as a physician in renowned health resorts. This experience has reinforced my belief that a holistic, individually tailored approach is the key to a healthy, energetic, and vital life.

Any imbalance in the body can affect your well-being and often forms the foundation for physical dysfunctions, which are typically treated only once symptoms become apparent. My focus, however, is on proactively maintaining and enhancing health.

It is essential to me to consider each person's unique circumstances and incorporate genetic predispositions into our analysis. This allows us to

take targeted preventive measures against potential risks before they impact the body's balance.

Through this forward-thinking approach, we sustainably boost vitality, energy, and well-being for both body and mind – ensuring a healthy, active, and fulfilling life today and in the future.



*With warm regards,*  
*Dr. Katharina Sepp*  
Specialist in General Medicine  
and Family Medicine

*Katharina Sepp*

”

*My holistic, personalized preventive medicine specifically promotes health, vitality, and well-being – for an active and fulfilling life.*

“

## OUR SACHER ACADEMY FOR BETTER AGING EXPERTS



Prof. Dr. Augustinus Bader  
Stem Cell Researcher,  
Anti-Aging Expert

For Prof. Dr. Augustinus Bader, the human body is a highly complex biological system with extraordinary self-repair abilities and remarkable regenerative potential. His research in regenerative medicine aims to specifically activate and optimize these mechanisms. The use of stem cells plays a key role in promoting regenerative processes.



Prof. DDr. Johannes Huber  
Endocrinologist,  
Hormone & Anti-Aging Expert

As a leading scientist in hormone medicine, Prof. DDr. Johannes Huber explores the connection between hormonal processes and healthy living. His focus is on understanding and supporting the body's natural regenerative mechanisms. Modern medicine enables the optimization of hormonal balance through innovative therapies, fostering long-term vitality and well-being.



Joachim Pötschger, MAS  
Personal Trainer,  
Head Coach EasyMotionSkin

Joachim Pötschger combines modern coaching techniques with a deep understanding of human potential. With a holistic approach, he promotes both physical and mental development. He works successfully with Hollywood stars, helping them achieve their goals through customized training methods. Defining and reaching goals is essential for sustainable success.



Priv. Doz. Dr. Stefan Wöhrer, PhD  
Founder & CEO Permedio International GmbH

Priv. Doz. Dr. Stefan Wöhrer, PhD views epigenetic age (Grim Age) as a key marker of biological aging. Through precise measurement, interventions can be developed to slow down biological aging and promote health. This allows for a personalized and adaptable approach to success.

Permedio International GmbH specializes in epigenetic and genetic diagnostics, offering solutions for determining biological age and



Katharina Schneider  
CEO Permedio International GmbH

Katharina Schneider aims to make evidence-based insights accessible to enhance quality of life.

Through scientific methods, she promotes health and emphasizes the role of science in prevention.

analyzing genetic factors that influence health and well-being.

## CONSULTING MEDICINE DOCTORS & THERAPISTS

At the Sacher Academy For Better Aging, we work with a team of highly experienced doctors and therapists who specialize in various fields of medicine and therapy methods. Their expertise and dedication ensure that each

individual's health needs are addressed with the highest level of care and precision.

You can find more information about our doctors and therapists on pages 46 - 47.

## DIAGNOSTICS

### Medical Consultation

In our anamnesis process, we assess all physical, psychological, and social aspects to gain a holistic understanding of your health. We take the time to explore your medical history, lifestyle habits, and health goals to develop a personalized prevention plan that enhances your vitality.

The physical examination is comprehensive and, in addition to standardized tests, includes other relevant factors:

- Your posture and balance of movement structures
- Your skin and tissue as indicators of overall health
- Your tongue as a reflection of internal processes
- The shape of your abdomen, providing insight into various health aspects
- Your pulse, offering information about the state of your body and organs

40 min.

### Stool, Urine, Saliva, and Genetic Tests

Our innovative, specially developed tests are designed to collect crucial information about your physical condition, enabling us to provide tailored recommendations to boost your energy, vitality, health, and overall well-being.

In addition to standard blood tests, our analyses include saliva, stool, and urine examinations, as well as genetic testing. These allow us to create precise, personalized recommendations regarding your metabolism, fitness level, biological age, and other key health factors.

Trust in our expertise and embrace a personalized, long-term health strategy tailored to your needs.



 ANAMNESIS

### Metabolism Analysis according to the Sacher Academy For Better Aging method

Our metabolism analysis is a scientifically proven method that examines your metabolism in detail. It measures energy consumption and provides valuable insights into body composition, fat and muscle distribution, and cellular metabolism. Within minutes, we determine your resting energy expenditure, fat metabolism, and muscle mass. You receive precise recommendations for calorie intake and a customized nutrition plan that seamlessly integrates into your daily routine.

The metabolism analysis includes:

- Creation of a personalized plan to optimize your metabolism
- Precise recommendations for nutrition and exercise
- Targeted weight control
- Improved fat burning
- Enhanced training performance
- Increased energy and vitality
- Promotion of overall well-being

*30 min.*

### Ultrasound

Our ultrasound device enables precise, non-invasive diagnostics for the early detection of health changes. High-resolution imaging reveals even the slightest deviations and forms the foundation for personalized prevention strategies as part of our Healthy Longevity Program.

*Duration depending on the analysis*

### HRV – Heart Rate Variability Measurement

Heart rate variability (HRV) measurement is a valuable indicator of your physical and mental fitness. It provides insight into how well your body responds to stress and helps identify risks for cardiovascular diseases.

The HRV measurement includes:

- Early detection of stress-related strain
- Effective stress management
- Recommendations for nutrition and exercise
- Promotion of overall well-being

*20 min. (incl. follow-up consultation)*



### Bioelectrical Impedance Analysis (BIA)

Bioelectrical Impedance Analysis is a scientifically validated method for accurately assessing body composition. It provides detailed information on body fat, muscle mass, hydration levels, and metabolic activity. A weak, imperceptible electrical current passes through the body and different tissues, including fat, muscle, and water, conduct electricity differently. This allows for a precise, cell-level analysis of your body composition.

*20 min.*

### Cardio Health Check (Resting ECG)

As part of our Sacher Academy For Better Aging, we rely on evidence-based diagnostic methods to promote preventive health. The D-Heart ECG is an innovative electrocardiogram system that allows for highly precise, medically supervised cardiac diagnostics – discreet, mobile, and patient-friendly. This application is an integral part of our personalized longevity strategy. By detecting cardiovascular strain at an early stage, we make a vital contribution to improving heart health – a fundamental pillar of vitality, performance, and healthy years of life.

*40 min.*

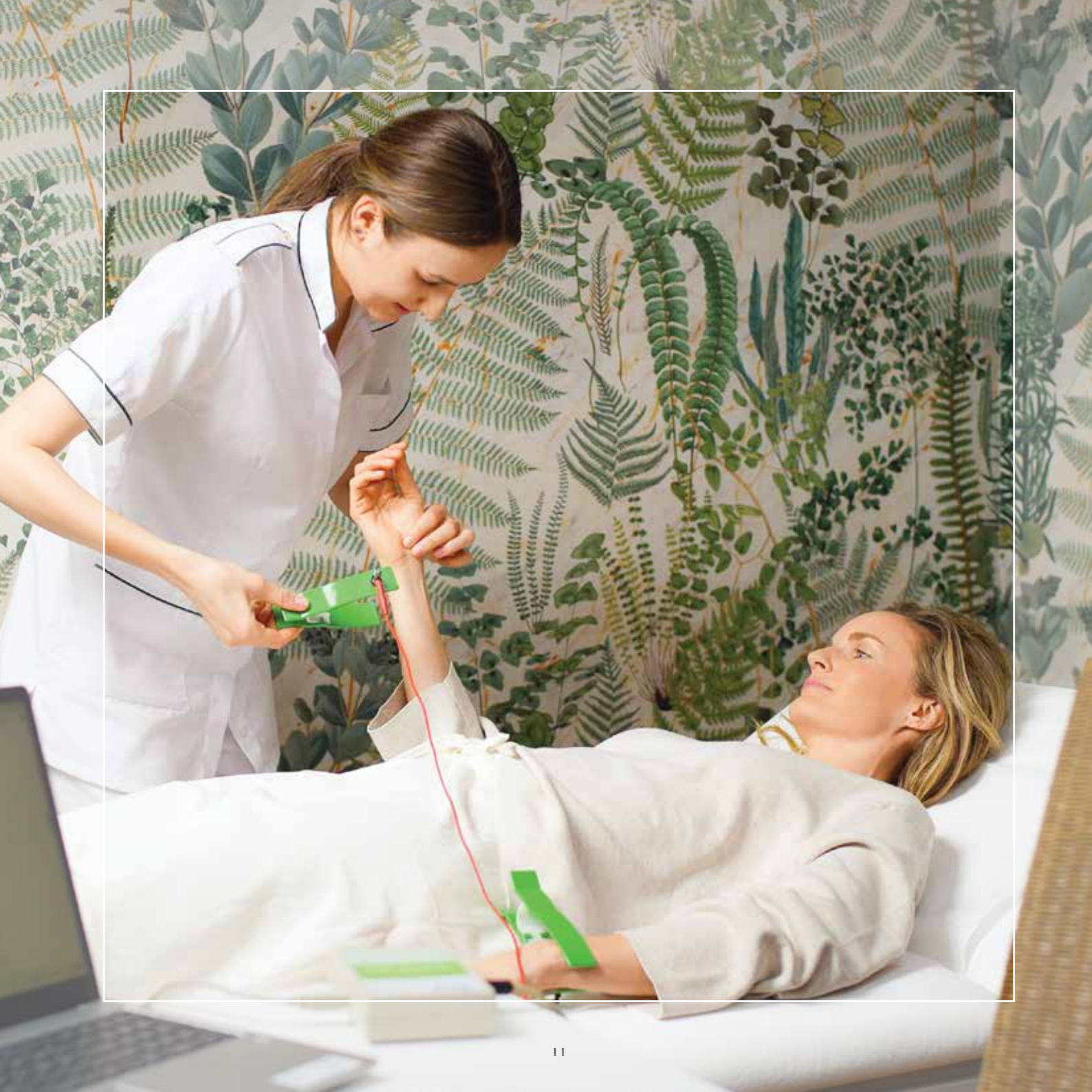
### VISIA® Skin Analysis

The VISIA® skin analysis is a precise scientific method that reveals deeper skin layers that are invisible to the naked eye. It uses a high-resolution camera with white light, polarized light, and ultraviolet light to examine the skin for details such as wrinkles, skin texture, pores, moisture levels, bacterial load, redness and vascular expansion, brown spots, pigmentation, and UV damage. This enables a thorough assessment of skin health, the identification of skin issues, and the development of targeted treatment plans.

*20 min.*

### NEXTRING

NEXTRING is a digital health manager in the form of a ring, capturing all essential vital and health data while worn on the finger. Made from high-quality titanium and water-resistant up to 100 meters, it measures heart rate, heart rate variability for stress detection, temperature, and oxygen saturation. It tracks sports activities and analyzes steps, distance, and calorie consumption. Additionally, it monitors sleep to identify patterns and cycles. The models are available in various colors and feature a battery life of 10 to 14 days. You can purchase them directly at our spa reception.





## NATURAL MEDICINE

### Naturopathic Consultation

Our naturopathic consultation is based on time-tested traditional methods designed to enhance awareness of one's own body. The goal is to provide impulses that can help promote personal well-being.

### Bach Flower Therapy

Bach Flower Therapy uses 38 flower essences, first described by Dr. Edward Bach in the 1930s. Traditionally, this method is used to support emotional balance and can serve as a complementary approach during challenging life situations.

### Orthomolecular Therapy

Orthomolecular therapy focuses on the intake of vitamins, minerals, and other essential micro-nutrients. Its aim is to complement daily nutrition and strengthen overall well-being from an individual perspective.

### Laser Acupuncture

Laser acupuncture is a modern variation of traditional acupuncture, in which acupuncture points are stimulated using a laser. This gentle method is applied in various areas and serves as a non-invasive alternative for point stimulation.

*30 min.*

### Natural Thyroid Therapy

Our Natural Thyroid Therapy is an exclusive complementary medical approach to supporting healthy thyroid function. It provides a gentle alternative to stabilize the thyroid and restore hormonal balance.

### The Natural Thyroid Therapy includes:

- Gentle treatment of hypothyroidism
- Support in managing Hashimoto's disease (an autoimmune thyroid disorder)
- Restoration of hormonal balance in the body
- Improved tolerance of synthetic medications
- Support for thyroid regeneration
- Activation of metabolism and increased energy
- Improvement of sleep quality
- Promotion of overall well-being

*30 min.*

## ENERGETIC THERAPIES

### Harashin – Cho-Shin Therapy

This Japanese abdominal treatment is based on an ancient Japanese tradition that suggests that emotional memories and experiences are stored in the cells of the gut. The area below the navel, known as the „Hara,“ is considered the center of life energy and physical balance. This therapy helps release emotional blockages and trauma, promotes self-confidence, and supports healthy gut function, leading to enhanced well-being.

*20 min.*



HARASHIN

### Energetic Healing Treatment

All experiences and traumas from childhood and even before birth are stored in the cells, influencing cellular functions, metabolism, and organ performance. The energetic healing treatment is a profound therapy that neutralizes burdensome information, restoring physical and emotional balance.

*30 min.*

### Shiatsu

Shiatsu, meaning „finger pressure,“ originates from traditional Chinese and Japanese health teachings. It is a mindful treatment that activates self-healing powers and dissolves blockages in the energy flow. The treatment is performed in comfortable clothing on a floor mat.

*50 min.*



## PHYSICAL HEALING METHOD

### Cryotherapy

Cryotherapy is performed in a specially designed cold chamber, a highly specialized cabin where temperatures as low as -110 degrees Celsius are applied for three minutes. The intense cold stimulus activates various regenerative processes in the body, promoting energy, vitality, and overall health.

The therapy is conducted in swim- or sportswear, with a bonnet\*, face protection\*, gloves\* and slippers\* or socks (\* are provided).

*15 min. (including preparation time)*

The effects of the cold chamber include:

- White fat tissue is converted into metabolically active brown fat, which generates heat and burns energy.
- A single session in the cold chamber can burn up to 850 calories on average
- Boosts energy and vitality
- Mood-enhancing
- Stress-reducing
- Improves sleep quality
- Enhances skin structure and elasticity, promoting a more youthful appearance
- Supports and strengthens the immune system
- Relieves pain
- Reduces inflammation





## CELL REGENERATION

### IHHT – Intermittent Hypoxia-Hyperoxia Therapy

Intermittent Hypoxia-Hyperoxia Therapy (IHHT) is an innovative training method designed to enhance physical performance and regeneration. It simulates high-altitude conditions to help the body adapt and promote cell renewal. During the therapy, alternating phases of oxygen-reduced air (hypoxia) and oxygen-rich air (hyperoxia) are inhaled, stimulating revitalization and increasing energy levels.

The effects of IHHT include:

- **Cell regeneration & rejuvenation**  
Activation of cell renewal and increased energy
- **Optimized fat burning**  
Up to 80% higher fat burning and boosted metabolism
- **Cardiovascular & blood sugar benefits**  
Lower blood pressure, improved circulation, and blood sugar regulation
- **Enhanced performance & endurance**  
Increased physical and mental performance, faster recovery
- **Effective training without movement**  
Maximum effects on fat loss, oxygen supply, and cellular energy
- **Better sleep & reduced stress**  
50% faster stress reduction and more restful sleep
- **Stronger immune system**  
40% improved circulation, up to 70% more capillarization, and enhanced immunity
- **Increased vitality**  
40% more coenzyme Q10 (antioxidant) for energy and cell protection



30 - 45 min.  
(depending on personalized program)





## REVITALIZATION

### High-Dose Infusions Based on Sacher Academy For Better Aging Formulations

Our high-dose infusions deliver vitamins, minerals, and antioxidants in concentrated form to promote your health. They support cellular rejuvenation and boost energy and vitality, leading to an improved quality of life.

To enhance your health and vitality at the highest level, we offer not only personalized infusions but also exclusive, specifically formulated blends.



The effects of the infusions include:

- **Sacher Signature Infusion**  
Increased energy and enhanced vitality
- **Detox Infusion**  
Supports detoxification, cell rejuvenation, and regeneration
- **Beauty Infusion**  
Radiant skin, healthy hair, and strong nails
- **Recharge Infusion**  
Increased resilience and activation of self-healing abilities
- **Metabolism Booster**  
Optimization of metabolic function
- **Immune System Booster**  
Strengthening of immune defenses



*30 - 45 min. per infusion*

## REVITALIZATION

### Foot Reflexology Massage

Foot reflexology massage stimulates circulation, promotes lymphatic flow, and supports the body's detoxification process. It activates the parasympathetic nervous system, reducing stress and enhancing cell regeneration. By reflexively stimulating organs, reducing inflammation, and strengthening the immune system, this therapy contributes to overall balance. Regular sessions can boost vitality, optimize metabolism, and support long-term health prevention.

*50 min.*

### Dorn-Breuss Therapy

The Dorn-Breuss therapy combines the gentle Dorn method for spinal and joint alignment with the Breuss massage, a deep back massage using St. John's Wort oil. The Dorn method corrects misalignments, while the Breuss

massage promotes disc regeneration, relieves tension, and improves circulation. This therapy alleviates pain, strengthens the back, and enhances posture and well-being.

*50 min.*

### Kneipp Therapy

Kneipp therapy is a traditional healing method that supports disease prevention and overall health maintenance. Through targeted contrast baths, circulation is stimulated, the immune system is strengthened, and the autonomic nervous system is balanced. This practice enhances blood flow, strengthens connective tissue, and improves skin elasticity. It contributes to overall vitality by aiding regeneration and supporting the body's natural healing processes – an effective approach to long-term health and resilience.

*20 - 30 min.*





## HORMONE THERAPY

Prof. DDr. Johannes Huber is a specialist in hormone-based cosmetics, combining dermatology with gynecology to address the effects of hormonal changes on the skin, hair, and connective tissue. He offers personalized skin rejuvenation programs tailored to hormonal

balance and life stages, focusing on long-term skin health through innovative, holistic approaches. Prof. DDr. Huber enhances skin appearance by restoring hormonal balance and providing specialized care.



Prof. DDr. Johannes Huber  
Endocrinologist, Hormone & Anti-Aging Expert

”

We can't stop the passage of time,  
but we may slow down the wheel a bit.

“

## BIOIDENTICAL HORMONE THERAPY ACCORDING TO PROF. DDr. HUBER

Following the assessment of your hormone levels, a video consultation with Prof. DDr. Johannes Huber will take place. During this session, the results will be thoroughly evaluated, and your individual concerns will be discussed in detail. Based on this, a customized local hormone therapy using bioidentical hormones (gels or

creams) will be prescribed, tailored specifically to you and your body's needs. The personalized dosage and application instructions for specific skin areas will be determined by Prof. DDr. Johannes Huber. Please notify us in advance to ensure optimal scheduling and coordination.

*30 min.*

### Indications for Bioidentical Hormone Therapy:

#### Weight Reduction

With menopause, weight and body shape can change, particularly due to the loss of androgens. Targeted hormone therapy, combined with a healthy diet, can stop weight gain and support weight loss.

#### Skin Rejuvenation

Hormonal changes affect the skin, causing it to become thinner, wrinkled, and drier. Bioidentical hormone therapy can help balance these effects and improve skin health.

#### Tissue Firming

An excess of estrogen can cause cellulite, while a deficiency of progesterone and estrogen causes tissue sagging. Hormonal normalization supports firmness and the maintenance of connective tissue.

#### Hormone Balancing

A well-balanced hormonal system is essential for your overall equilibrium. Bioidentical hormone therapy uses hormones that are identical to those naturally produced by the body to help restore balance, provide long-term stabilization, and offer support without side effects.

To ensure better absorption of hormones by the body, hormone treatments are supported by needle-free mesotherapy or high-frequency therapy as part of scalp treatment.

### Mesotherapy by Electroporation

Needle-free mesotherapy allows for the targeted, non-invasive introduction of active ingredients into the skin to promote cell regeneration, blood circulation, and collagen production – for skin rejuvenation and tissue firming.

Through electroporation, the hormones are directly delivered into deeper skin layers. This optimizes skin elasticity, reduces wrinkles, strengthens connective tissue, and promotes a fresh, firm skin appearance. It also alleviates inflammatory skin issues. This method combines dermatological and aesthetic approaches for effective, natural skin rejuvenation.

*Face 50 min. | Body 45 min.*



MESOTHERAPY

### Scalp Therapy

Hormonal imbalances can affect hair health. A hormone test clarifies the causes and allows for targeted treatments for strong, shiny, and vital hair.

High-frequency stimulation encourages scalp circulation, promotes oxygen supply to hair follicles, and stimulates hair growth. Additionally, the application of bioidentical hormones improves nutrient absorption at the hair roots, optimizes hair structure, and gives hair more volume and shine. The treatment reduces hair loss, ensures a healthy scalp, and strengthens the hair by stimulating cell regeneration and revitalizing the scalp.

*25 min.*



SCALP THERAPY

## FAT-REDUCTION THERAPY

### Fat-Reduction Injection according to the Sacher Academy For Better Aging

At the Sacher Academy For Better Aging, we offer a specially formulated, plant-based fat-reduction therapy that targets stubborn fat deposits and contours the body naturally and safely. This therapy activates the body's own fat metabolism without requiring restrictive diets. Its plant-based active ingredients specifically empty fat cells, support fat burning, and promote tissue tightening, resulting in a smoothly defined silhouette, especially around the abdomen, thighs, and hips.

By integrating the fat-reduction injection, fat burning is specifically activated at the cellular level, leading to a sustainable change in body shape.

Additional metabolism-boosting measures enhance the lymphatic drainage of fat cells.

*20 min.*

### Laser Lipolysis

Laser Lipolysis is a minimally invasive treatment for targeted fat reduction. Gentle laser energy penetrates deep into the subcutaneous fat tissue, breaking down fat cells and enabling the released fat to be naturally eliminated through the lymphatic system and bloodstream. At the same time, metabolism and collagen production are stimulated, tightening the skin and underlying tissue. Laser Lipolysis therefore combines effective fat reduction with visible tissue firming.

*60 min.*

We recommend enhancing the effects by combining this therapy with Cryotherapy, the IHHT altitude training, Egyptian Wrap and the "Metabolism Booster" infusion.

TIP



## FIRMING & DETOXIFICATION

### EasyMotionSkin – EMS for Body Tightening & Skin Improvement

By transmitting impulses through special electrodes in a suit or shorts, the body is tightened, fat reduction is stimulated, and detoxification is supported.

#### Scientifically proven benefits of EMS:

##### Anti-Cellulite

Burning of fat deposits, lymphatic detoxification, stimulation of cell metabolism

##### Skin Tightening

Rejuvenation of the skin by stimulating the production of collagen and elastin, with visible improvement in skin elasticity

##### Lymph Activation & Detoxification

Removal of excess fluids, metabolic waste, toxins, and pathogens from the tissue

##### Optimized metabolism

Fat reduction, and targeted shaping of the body silhouette

##### Rejuvenating effect

Stimulation of the natural hormone production

##### Deep muscle activation

Skin tightening through muscle contractions in the deep muscles

*30 - 60 min. (depending on program)*

EasyMotionSkin is ideal as an add-on to foot reflexology massage, pedicure, facial treatment, or IHHT altitude training – for maximum relaxation. EMS is also excellent for targeted training and effective muscle building.

More information can be found on page 38.



EASYMOTIONSKIN



## FIRMING & DETOXIFICATION

### Ägyptos Body Wrap

In the Egyptian treatment, the body is wrapped with cotton bandages soaked in a solution of healing clay, Dead Sea salt, and minerals. Healing clay has anti-inflammatory effects, Dead Sea salt promotes cell regeneration and strengthens the tissue, while minerals revitalize the skin. The wrapping technique stimulates lymphatic flow, removes toxins, and tightens the tissue, leading to long-term skin improvement.

90 min.

The Ägyptos Bath and Ägyptos Shower Peeling prepare the skin perfectly for the Ägyptos Body Wrap. They activate regenerative skin processes, enhance the absorption of active ingredients, and maximize the effectiveness of the treatment.

#### Add-on Treatment: Ägyptos Bath

Mineral-rich Dead Sea salt strengthens the skin barrier, stimulates circulation, and has an anti-inflammatory effect.

30 min.

#### Add-on Treatment: Ägyptos Shower Peeling

Fine exfoliating particles stimulate microcirculation, refine the skin's texture, and promote a fresh, radiant complexion.

20 min.

### Zeolite Alkaline Bath

– Detoxification at the Highest Level

The skin, the largest organ of the human body, serves as an active channel for detoxification. Highly effective zeolite – a natural mineral of volcanic origin – binds acids and toxins, supports the body's self-regulation, and promotes internal balance. Ideal for those who wish to offer their body something truly valuable in an elegant way – a rejuvenating experience for the skin, mind, and acid-base balance.

35 min.

### Signature Treatment Herbal Garden

Harness the natural power of Tyrolean herbs for detoxification and regeneration of the body. A rich, specially formulated full-body scrub cleanses the skin, while hot herbal stamps promote the detox process. A foot reflexology massage supports the detox effect, while a hydrating facial mask revitalizes the skin.

90 min.



ÄGYPTOS BODY WRAP

### Fascia Massage “Fascination of Movement”

Fascia (connective tissue that surrounds muscles, organs, and structures in the body) plays a crucial role in movement, cell regeneration, and detoxification. The fascia massage relieves tension, supports detoxification, and activates the body’s self-healing powers. In the long term, it helps promote mobility and rejuvenation.

*80 min.*

### Lymphatic Drainage

Lymphatic drainage promotes the circulation of the lymphatic system, supports detoxification, and helps eliminate toxins from the body. This treatment stimulates cell regeneration, strengthens the immune system, and enhances natural detoxification. It helps tighten the tissue and improves overall body sensation. Long-term, lymphatic drainage supports skin rejuvenation and provides a healthy, revitalized appearance.

*50 min.*

### Facial Lymphatic Drainage

This gentle massage promotes lymphatic circulation and supports skin detoxification. Targeted techniques relieve tension and stimulate skin regeneration. The result is fresh,

revitalized skin with enhanced radiance, improved skin texture, and support for the natural rejuvenation process.

*35 min.*

### Face Yoga

Face Yoga promotes blood circulation and strengthens facial muscles. Through targeted exercises, tension in the face is relieved, leading to natural lymphatic drainage and improved skin appearance. The face relaxes, fine lines are tightened, lips appear fuller, and facial contours are enhanced. These techniques provide ideal ways to continue face yoga at home, optimally enhancing skin elasticity and complexion long-term.

*25 min.*

### Signature Sauna Experience

Sauna according to the  
Sacher Academy For Better Aging

Detoxification and regeneration on multiple levels. A targeted peeling promotes circulation and removes dead skin cells, while essential oils in the sauna detoxify the skin and stimulate cell regeneration. The alternation between hot and cold treatments strengthens the immune system, improves circulation, and tightens the skin. This optimizes the body’s natural detox processes and promotes long-term skin health and rejuvenation.

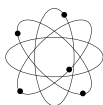


## BEAUTY

Prof. Dr. med. Augustinus Bader

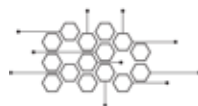
Prof. Dr. med. Augustinus Bader is a globally recognized biomedical scientist and physician, specializing in stem cell biology and regenerative medicine. After thirty years of research, he developed technologies to activate the body's self-healing powers, particularly by reactivating dormant cells. As the Director and Professor of Applied Stem Cell Biology at the University of Leipzig, he founded the International World Congress for Regenerative Medicine and is the President of the World Federation for Preventive & Regenerative Medicine. His research has influenced medicine and the development of innovative skincare products.

The patented TFC8® technology promotes:



TFC8®

Developed from over three decades of research by Prof. Bader, a pioneer in stem cell biology and regenerative medicine, TFC8® focuses on skin healing and tissue repair.



BIOLOGICAL WISDOM

TFC8® contains natural amino acids, high-quality vitamins, and synthesized molecules that nourish the skin, protect it, and promote its self-regeneration.



BREAKTHROUGH RESULTS

In clinical and consumer studies, TFC8® products have shown to reduce fine lines, wrinkles, redness, hyperpigmentation, cellulite, and stretch marks while limiting damage from external stress factors.

## BEAUTY

Prof. Dr. med. Augustinus Bader

### Facial Treatment Classic

The Augustinus Bader method offers a customized skin treatment that promotes cell regeneration using TFC8® technology, providing immediately visible results. A cleansing ritual, skin activation, and fascia massage support rejuvenation, while a firming mask ensures a revitalized complexion.

50 min.

### Facial Treatment Superior

This concept utilizes TFC8® technology to enhance cell communication and skin regeneration. An algae fleece mask hydrates, firms, and provides a youthful glow, strengthening the skin long-term.

70 min.



FACIAL  
TREATMENT



MICRO-  
NEEDLING

### Facial Treatment Deluxe

With concentrated oxygen, the cell metabolism is activated, improving the absorption of the TFC8® active ingredient. The treatment promotes skin regeneration for a radiant, rejuvenated appearance, further enhanced with an additional massage.

90 min.

### Rejuvenating Microneedling Facial Treatment

Microneedling is a minimally invasive procedure that, in combination with TFC8®, stimulates the body's healing process and visibly improves skin texture, wrinkles, and scars.

90 min.

### Full Body Treatment

The full body treatment begins with a peeling using Augustinus Bader Body Oil and herbal stone salt, followed by a fascia massage that promotes cell regeneration. „The Body Cream“ firms and smooths the skin, visibly reducing cellulite.

90 min.



## MOVEMENT

### EasyMotionSkin – EMS for Muscle Training & Mobility Enhancement

EMS (EasyMostionSkin) is an innovative method that uses the body's own electrical impulses to specifically activate and strengthen muscle groups. Through the transfer of impulses via special dry electrodes in a suit or shorts, muscle contractions are precisely controlled - without joint strain and with maximum efficiency.

### Why is EMS recommended for everyone?

#### Natural Principle

EMS uses the same bioelectrical signal transmission as the brain for muscle control.

#### Time Efficient

Short training sessions are enough to achieve noticeable results.

#### Versatile Application

Suitable for both performance enhancement and rehabilitation or prevention.

#### Individually Adjustable

Targeted programs can be selected via smart-phone/tablet.

#### Gentle Muscle Training

Especially suitable for individuals with limited mobility or for rehabilitation.

#### The effects of EMS include:

- Strengthening of deep muscles
- Improved flexibility & mobility
- Joint-friendly strength training
- Boosting metabolism and circulation
- Muscle building & performance enhancement

*30 - 60 min. (depending on the program)*

TIP

EMS also provides exclusive aesthetic benefits by tightening the skin and supporting the detoxification process. Further information can be found on page 30.





## MOVEMENT

### Personal Training

Personal Training helps you strengthen your resilience and take your fitness to the next level, all while guiding you on the path to a vital and fulfilling life. Our trainers create a personalized program to help you reach your training goals more quickly.



Combine Personal Training with EasyMotionSkin (page 38) for an intensified and more targeted workout.

*50 min.*

### Fitness Room

Our spa offers a modern fitness area equipped with a variety of high-quality training devices. These include several treadmills, a stationary bike, a PowerPlate, stepper, dumbbells, a training bench, as well as a cross trainer and recumbent bike. For targeted muscle training, a multi-functional training tower is available.

Additionally, we provide a spacious movement area, giving you ample space for independent workouts, yoga, or other activities. This allows you to pursue your fitness goals in a professional and pleasant atmosphere.

*07:00 - 20:00 or on request*

### Alpin Resort Sacher Activity Program

Staying active, revitalizing, and working out are essential for your health and long-term quality of life. The Alpin Resort Sacher offers a diverse activity program that is perfectly tailored to your needs. Whether it's yoga, Qi Gong, Pilates, or Aqua Gym – all activities promote your physical fitness, boost your energy, and have a positive impact on your health. Through guided hikes and e-bike tours, you can explore the Seefeld mountain world, whose high-altitude air has been proven to support your vitality and positively influence the aging process.



ACTIVITY PROGRAM

## RELAXATION PHASE

### Signature Treatment Spa Inspirit

This massage combines classical and energetic techniques, supported by using warm stones and singing bowls. It has a deeply relaxing effect on the autonomic nervous system. Recommended for inner peace and as a preventative treatment for burnout.

*110 min.*

### Signature Treatment Silence of the Forest

The terpenes released in the forest promote the immune system and help reduce stress. A cleansing scrub made of stone salt, mountain honey, and Swiss stone pine prepares the body for a regenerating full-body massage. Finally, a head massage relieves tension and supports mental well-being.

*90 min.*

### Signature Treatment Source of Power

The Tyrolean Stone Oil® from the Karwendel Mountains is used for muscle relaxation and regeneration. It promotes the neutralization of acids in the muscles and relieves the joints. After a relaxing bath, a full-body massage releases tension and strengthens the muscles. A facial massage with cool marble stones supports regeneration and revitalizes the body.

*90 min.*



For more treatments,  
please visit our website.



## MICRONUTRIENTS

### BIOGENA

#### Micronutrients at the highest level

Modern nutrition often does not suffice to cover all micronutrients, as agriculture and the environment reduce their nutrient content. Unhealthy habits can also lead to deficiencies. Targeted micronutrient supplementation is often necessary to promote long-term health.

BIOGENA is our partner for premium micronutrient supplements in pure substance quality. The Austrian family business adheres to the highest quality standards and combines expert knowledge with innovative solutions for well-being.

We offer personalized consultations to develop customized solutions based on the latest scientific findings and optimize micronutrient use.

#### Why BIOGENA?

- **Made in Austria**  
Development and production at the highest level
- **Scientifically based**  
Expert knowledge for optimal supplements
- **Uncompromising quality**  
Strict testing and independent control

#### Highlights from our Biogena range

- Hyaluron Drink
- Spermidine Superior
- Arthro Formula 4 Gold
- Astragalus
- Ester C
- Mirachol 3.0 Gold
- Berberine Phytoactive
- 5 Hydroxytryptophan
- Vitamin D3 & K2 Drops
- SenoCetin Active Gold
- Fit@work Sleep
- NADH 20 Superior
- Q10 Dental Spray
- Magnesium Seven Salt
- Best Age Superior Gold
- Ashwagandha

## HEALTHY INDULGENCE

Experience exquisite cuisine at the highest level in our Gault&Millau-awarded restaurant „Der Max,“ where enjoyment and well-being blend into a harmonious symphony of the senses.

Following this guiding principle,

”

*Enjoy with all your senses  
– Celebrate health consciously.*

“

we create an extraordinary connection between exclusive Haute Cuisine and a Health-Conscious Lifestyle.

Our culinary philosophy is based on the art of creating delights that not only meet the highest culinary standards but also align with a mindful and balanced approach to nutrition. We focus on carefully selected, seasonal ingredients, most of which come from the surrounding region. These ingredients are masterfully crafted with finesse and creativity into artistic compositions that turn every bite into an unforgettable experience.

Guests who expect the highest gastronomic standards can look forward to a culinary

offering that goes far beyond traditional enjoyment. We provide a cuisine that flexibly adapts to individual dietary needs – whether vegan, vegetarian, or tailored to specific intolerances.

At the restaurant „Der Max,“ it's not just about offering exquisite taste experiences, but also about providing a conscious dining experience. True culinary pleasures arise when you can enjoy your vacation without compromise – with the utmost pleasure while remaining mindful of your health.

# MEDICINE DOCTORS & THERAPISTS

## OPHTHALMOLOGY



*Dr. Albino Parisi*  
Specialist in  
Ophthalmology  
and Optometry

## SURGERY



*Univ. Prof.  
Dr. Thomas Schmid*  
Specialist in Surgery  
and Thoracic Surgery,  
Colonoscopy and  
Gastroscopy

## DERMATOLOGY



*Primarius Univ. Prof.  
Dr. Norbert Sepp*  
Specialist in  
Dermatology and  
Venereology,  
Autoimmune Diseases

## GYNECOLOGY OTOLARYNGOLOGY (ENT)



*Univ.-Prof. Mag. Dr. med.  
Andreas Widschwendter*  
Specialist in Gynecology,  
Gynecological Operations,  
Expert in Myomas, HPV,  
and Endometriosis



*em. O. Univ.-Prof.  
Dr. Patrick Zorowka*  
Specialist in  
Otolaryngology,  
Specialist in  
Phoniatrics and  
Pediatric Audiology

## INTERNAL MEDICINE



*Dr. Gabriele Gamerith*  
Specialist in  
Internal Medicine,  
Hematology, and  
Internal Oncology



*Dr. Birgit  
Joosten-Gstrein*  
Specialist in  
Internal Medicine



*Dr. Ursula  
Hoschek-Risslegger*  
Specialist in  
Internal Medicine,  
Gastroenterology,  
and Hepatology



*Dr. Stefan Hoschek*  
Specialist in  
Internal Medicine,  
General Practitioner



*Sibylle Poewe*  
Specialist in  
Neurology

## MEDICINE DOCTORS & THERAPISTS

### RADIOLOGY



*Dr. Stefan Hiehs*

*Specialist in  
Radiology*



*Univ.-Prof. Dr. med.  
Andrea Klauser*

*Specialist in Radiology,  
Sonography, and  
Ultrasound-Guided Therapy  
for Tendons, Muscles,  
Ligaments, Nerves and Joints*



*Priv. Doz. Dr.  
Hannes Steiner*

*Specialist  
in Urology*



*Dr. Florian Zangerl*

*Specialist  
in Urology*

### TRAD. CHINESE MEDICINE (TCM)



*Dr. Roland G. Heber*

*Master of Chinese Medicine,  
Spiritual Medicine*

### DENTISTRY



*Dr. Christoph Aichholzer*

*Implantology, CEREC,  
Bleaching, Periodontology,  
Prophylaxis*

### PHYSIOTHERAPY



*Hubert Gritsch*

*Certified Physiotherapist,  
Specializing in Holistic  
Movement and  
Postural Analysis,  
Correction with Custom  
Therapy Insoles*

### PSYCHOLOGY



*Mag. Dr. Melanie Robertson*

*Clinical Psychologist,  
Health Psychologist,  
Neuropsychologist,  
Sports Psychologist*

## OUR MISSION

Dear Guests,

science is deeply engaged in understanding how we can preserve our vitality and life energy in the long term. Studies show that only about 20 percent of our well-being over the years is determined by genetics –80 percent is influenced by our own lifestyle. This means that we have the power to decide how dynamic and strong we remain.

Restful sleep, a balanced indulgence, physical activity, mental challenges, and social connections are key factors for a long and fulfilling life. However, to optimize this process, data-driven diagnostics, personalized programs, and expert guidance are essential. At the same time, you seek moments of rest – a chance to breathe deeply and recharge your energy.

Our establishment offers the perfect balance of regenerative treatments, cutting-edge medicine, and profound relaxation. We provide core programs limited to just a few hours per

day, which you can expand as desired. Instead of clinical sterility, we combine healthy longevity with the warmth and luxurious comfort of our house. Additionally, personalized treatments such as longevity supplements and infusions are available to support your vitality at the highest level. Our medical director, Dr. Katharina Sepp, together with a team of experienced experts, will guide you on this journey.

„By integrating innovative technologies, customized health concepts, and indulgent yet mindful nourishment, we open up new ways for you to sustainably strengthen your life force. At the same time, our diverse wellness and spa offerings invite you to experience deep relaxation.“

Join us in embarking on a new phase of life filled with strength and joy – true to our credo: „Enjoy with all your senses!“

Warmest regards,







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