



# Holistic Anti-Aging Program

Each journey starts with a wellness screening, and then a skin and sleep analysis so that experts can personalize the program to your specific needs according to three key steps:

All programs also include:

## Step 1: Cleanse

This step ensures you start with a clean slate. Get rid of any misconceptions about nutrition, aging and beauty, while enjoying cleansing treatments and foods.

Self-guided activities embrace mindfulness and include mental cleanses, journaling and affirmation practices, encouraging you to look at yourself without judgment and celebrate what you see. Skincare treatments focus on deep cleansing and exfoliating techniques to stimulate skin cells, increase circulation and stimulate elastin, collagen and hyaluronic acid production. Detoxifying body treatments, yoga and breathing exercise complete this stage.

## Step 2: Restore

The next step is about restoring the body and mind to a natural state of balance.

Corrective skincare uses fruit acids, mechanical intervention and facial muscle memory to amplify the skin's ability to regenerate. Personalized nutrition and fitness plans and replenishing experiences with nature or music reveal how everything is connected to maximize our health span.

## Step 3: Nourish

Once rebalanced, we nourish the body and mind. Nutrients are introduced into the skin through minimally invasive measures such as mild micro needling therapy, and LED light stimulation. This relieves the skin and seals in the nutrients in order to prolong the benefits of both cleanse and restore stages. Nurturing body treatments, meditation and nourishing foods prolong the anti-aging strategies.

We also recommend supplements and what treatments to follow at home to continue to turn back the clock on premature aging and alleviate common skin problems such as acne and dry or oily skin.



THE ALPINA  
GSTAAD

[thealpinagstaad.ch](http://thealpinagstaad.ch)



SWISS DELUXE HOTELS

LEGEND™

Preferred  
HOTELS & RESORTS