



NEW HEALTHY AGING CONCEPT

Hotel in the Austrian Kamptal offers special health concept

The „la Pura Women’s Health Resort“ in Gars am Kamp is considered a Healthy Aging Hotel, which focuses on women’s health. New is Healthy Aging, developed by the medical director Prim. Dr. Karin Stengg D.O. and the la pura team, which is the first comprehensive concept to individualize the relevant aging topics and to examine them on a scientific basis.

Among other tests, treatments and solutions, a specially developed epigenetic test is an essential part of the la pura concept. As a holistic analysis for personalized screening, it tests both gene variants and epigenetic markers to determine, among other things, metabolic, sports and skin type. The aim is to make individual recommendations such as weight management and sports training. How we get older is fortunately only 30 percent determined by genetics,” explains Dr. Karin Stengg and adds: „This means that the ageing process can be influenced preventively. The Healthy Aging Check by la pura includes tests that determine risk factors.