



Mount Med Resort joins Healing Hotels of the World
Diagnosis-led longevity medicine rooted in Tyrolean stillness



A former Tyrolean monastery turned preventive medicine resort in the Austrian Alps.

September 22, 2026, Germany / Austria -- Healing Hotels of the World is pleased to welcome Mount Med Resort, a preventive and longevity medicine retreat set within an 850-year-old former monastery in the Austrian Alps, into its curated global portfolio. Set in the Wildschönau valley amid forest, mountain pasture and peak, the resort opens every stay with diagnostics rather than a fixed menu of treatments, pairing evidence-based medicine with the therapeutic stillness of altitude.

A team of Doctors and Health Concierges build each programme around what the diagnostics show, drawing on metabolic evaluation and advanced imaging before guests move into Prevention & Vitality, Detox & Weight Management, Ortho Mobility & Motion, Aesthetics & Age Reverse, Focus & Clarity, or a tailored Mount Med Flex stay, typically over seven, ten or fourteen days. Regenerative therapies such as oxygen therapy, cryotherapy and infusion therapy work alongside physiotherapy, hydrotherapy and a Kneipp circuit, while CellBalance Nutrition treats food as part of the treatment through an intensive, a stabilisation and a maintenance phase, using Fast Mimicking to combine ketosis, calorie reduction and intermittent fasting without the hunger of a full fast.

Indoors, a mountain lake pool, saunas, an ice room and space for sound healing complement the diagnostic and treatment areas. Outside, the Wildschönau valley sets the pace: guided sunrise walks, forest bathing, cycling, breathwork and outdoor sports on the surrounding trails with a focus on hiking and Nordic walking give the medical programme a counterweight of movement in open air.

The monastery's Alpine bones remain visible in stone walls and timber framing, paired with contemporary design and windows that open onto the peaks. Mount Med Resort

sources ingredients regionally and seasonally from nearby farmers, and works with local artisans to keep Tyrolean craft traditions in daily use rather than on display.

“At Mount Med Resort, wellbeing begins by asking a different question: not how to treat the symptom, but what lies beneath it,” says Heide Perndorfer, General Manager, Mount Med Resort.

“Mount Med Resort brings a rare depth of clinical rigour to our collection,” says Anne Biging, Co-Founder of Healing Hotels of the World. “Its diagnosis-led approach, held within centuries of monastic stillness, is exactly the kind of healing experience we set out to bring together twenty years ago.”

With Mount Med Resort, Healing Hotels of the World adds a diagnosis-led longevity concept to its European portfolio, strengthening the collection's presence in the Alps.

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, its curated collection of Urban and Resort member hotels is Healing Certified against the brand's Healing Excellence Standards. Through expert consulting and training, the online magazine JUST BREATHE MAG, and the annual HEALING SUMMIT, Healing Hotels of the World shares its vision of healing travel that restores body, mind, and soul.

www.healinghotelsoftheworld.com

Mount Med Resort, Austria

Mount Med Resort occupies an 850-year-old former monastery in Kirchen, in Austria's Wildschönau valley, 77 kilometres from Innsbruck Airport and 11 kilometres from Wörgl's main train station. The property holds 60 rooms, suites and chalet suites: seven Monastic Heritage Rooms, 39 Mountain Resort Rooms and Suites, and 14 Private Chalet Suites. Its medical and spa infrastructure spans 3,500 square metres, with 24 treatment rooms, eight medical consultation rooms and an on-site diagnostics centre. Mount Med Resort is Healing Certified against Healing Hotels of the World's Healing Excellence Standards, which assess member properties against more than 730 criteria across twelve operational areas.

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