

Golden Hill & Dr. Luidold Longevity Center

Your body regenerates. Your mind relaxes. For greater health, vitality and quality of life.

The Dr. Luidold Longevity Center is an exclusive partner of Golden Hill – for guests who wish to use their stay not only for relaxation, but also as a valuable investment in their well-being and a healthier future.



All treatments and programs can be conveniently added to your stay either upon arrival or in advance. As a Golden Hill guest, you will be welcomed by the Dr. Luidold Longevity Center with an exclusive vitality welcome drink.

For bookings exceeding € 300, you will additionally receive a complimentary voucher for either a cryotherapy session or an MSC treatment.

Appointments & Cancellation Policy

To ensure your preferred appointment time, we kindly ask you to reserve your treatment at least seven days prior to arrival whenever possible. Of course, we will also do our very best to accommodate last-minute requests.

Please note that cancellations can only be accepted free of charge up to 48 hours before the scheduled appointment. In the event of a late arrival, and out of consideration for subsequent guests, the treatment duration may need to be shortened accordingly. Thank you for your understanding.

Further Information

Detailed information about all longevity services can be found at:
<https://www.longevity-luidold.at/>

Bookings & Personal Consultation

For appointments and personal consultation, please contact:
Barbara Reinisch
+43 650 35 059 36
welcome@golden-hill.at

We look forward to accompanying you on your journey towards greater well-being, vitality and a life filled with energy and joy.

Your Golden Hill Team & the Dr. Luidold Longevity Center Team

Longevity Triple Power

Euro 85,-

Your Benefit:

Activate your body's natural self-healing abilities. Three carefully combined technologies help you regenerate faster, sleep more deeply and feel lighter and more energized – both physically and mentally.

Includes:

- Cryotherapy
- MCS (Molecular Cellular Stimulation – multispectral light therapy combined with molecular oxygen and neural beats)
- Flow System (lymphatic drainage and vacuum therapy)

Treatment time: approximately 24 minutes

Optional add-on: DRIP SPA infusion available upon recommendation.

Skin Longevity

Euro 318,-

Your Benefit:

Our award-winning HydraFacial specialists use patented technology to create visibly radiant and healthy-looking skin. Light and cold therapy further enhance regeneration and energy levels.

Includes:

- Deluxe HydraFacial™ with specialized booster serum (face, neck and décolleté)
- Fire & Ice (Cryotherapy and MCS – Molecular Cellular Stimulation)
- Multispectral light therapy with molecular oxygen and neural beats

Treatment time: approximately 72 minutes

Regenerate

Euro 486,-

Your Benefit:

Deep cellular regeneration from within. Reduce inflammation, restore energy levels and allow your body to fully recover after physically or mentally demanding periods.

Includes:

- HBOT (Hyperbaric Oxygen Therapy)
- Personalized infusion therapy (upon recommendation)
- Longevity Triple Power (Cryotherapy, MCS, Flow System)
- PEMF (Pulsed Electromagnetic Field Therapy)

Medical Red Light Therapy – Photobiomodulation

Treatment time: approximately 120 minutes

Performance

Euro 383,-

Your Benefit:

Peak performance whenever you need it. Enhance mental clarity, physical endurance and sustainable energy levels – designed for high performers who want to excel on every level.

Includes:

- IHHT (Intermittent Hypoxia-Hyperoxia Training)
- Triple Power (Cryotherapy, MCS, Flow System)
- Personalized infusion therapy (upon recommendation)

Treatment time: approximately 84 minutes

Longevity Pro

Euro 895,-

Your Benefit:

The complete longevity protocol. Body, brain and cells are optimized simultaneously – delivering sustainable transformation and noticeable results in the shortest possible time.

Includes:

- Exomind (Neuromodulatory Detoxification)
- PEMF (Pulsed Electromagnetic Field Therapy)
- Medical Red Light Therapy – Photobiomodulation
- HBOT (Hyperbaric Oxygen Therapy)
- Personalized infusion therapy (upon recommendation)
- IHHT (Intermittent Hypoxia-Hyperoxia Training)
- Triple Power (Cryotherapy, MCS, Flow System)

Treatment time: approximately 195 minutes

Female Power

Euro 954,-

Your Benefit:

Female strength begins at the core. Designed to strengthen the pelvic floor, deep abdominal muscles and the body's stabilizing support system.

Includes:

- Core to Floor (Emsella and Emsculpt Neo)*
- * Medical pelvic floor training combined with high-intensity abdominal muscle training and radiofrequency technology.
- Triple Power (Cryotherapy, MCS, Flow System)
- Personalized infusion therapy (upon recommendation)
- PEMF (Pulsed Electromagnetic Field Therapy)
- Medical Red Light Therapy – Photobiomodulation

Treatment time: approximately 114 minutes