



HEALTH CONCEPT

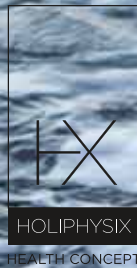
MALLORCA



7 DAY REBOOT

TRANSFORM YOUR BODY, CHANGE YOUR MIND,
HEAL YOUR SOUL.

- Do you want restful sleep?
- Do you want to become more productive?
- Do you feel unmotivated or even burned out?
- Do you want to be inspired and recharge your energy?
- Do you simply want to feel good again?
- Do you want to strengthen your immune system?
- Do you want to lose weight more easily?



ENHANCE QUALITY OF LIFE. PROMOTE HEALTH. IMPROVE PERFORMANCE.

The Holiphsix Health Concept is based on the principles of autophagy and hormesis. Autophagy is essentially the body's mechanism for getting rid of damaged, old cellular machinery when there isn't enough energy to sustain it.

We can induce autophagy through fasting and, in turn, increase our metabolic flexibility through this and other interventions. Fasting can be described as a process that, in a way, reverses aging by removing old cellular waste and replacing it with new components. Not only does fasting promote autophagy, but it also stimulates the release of growth hormones that further rejuvenate the body.

Hormesis, simply put, is a tolerable level of environmental „stress“ that can offer significant benefits for your health and growth.

We achieve this through cutting-edge biohacking methods, as well as through ancient knowledge about the body's self-healing power. Combined with a unique nutrition concept, this reset is the starting point for a balanced life and supporting the body's self-healing abilities.



7 DAY REBOOT MALLORCA

Arrival Day: Check-in from 4:00 PM

Limited spots available (max. 8 people per group)

COACHING DETAILS

Day 1:	4:00 PM - approx. 9:00 PM
Day 2-6:	8:00 AM - approx. 8:00 PM (including ample breaks for relaxation)
Day 7:	8:00 AM - 10:00 AM (Departure)

IMPORTANT NOTES:

- A portion of the cost may be covered by your private health insurance, depending on your plan.
- A portion of the cost (for employees, a flat rate of €1,000; for self-employed individuals, potentially a higher amount) can be claimed as health coaching for tax purposes. Please consult your tax advisor for confirmation.
- The schedule and individual treatments may vary slightly based on the client's response.
- Optional: Intermittent fasting is available in addition to the 70-hour fasting reboot.
- After the fasting period, meals will follow the IME principle (intermittent eating) (a light breakfast may also be possible upon request).
- For more information, feel free to contact us by phone or email.



VITAL AGING



Flexible and with absolute openness, the Holiphsix Health Concept therapeutic team defines the path to healing and prevention together with each guest. The interdisciplinary approach is the key factor here. The applied therapeutic versatility, combined with Andreas Stollreiter's unique experiences with monks in Tibet and shamans in the Amazon, reveals entirely new modes of action and activates regenerative powers.

Just as important as the collaboration on a medical and therapeutic level is the guest's commitment. Health only works when it is understood as a holistic result and acted upon accordingly. Therapeutic measures are merely one component of a holistic health philosophy. Health awareness and self-care must become a natural part of daily life. Sustainable well-being depends on how you handle routines and daily challenges.

These tools will be at your disposal after a 7-Day Reboot. Below, we would like to introduce the central focuses of our concept. We view health as the result of these „determinants“ – each component equally contributes to the overall consideration of body, mind, and soul.



WHAT YOU RECEIVE



Included:

- Naturopathic Anamnesis and Examination
- Labor Analysis (Mitochondrial Check)
- Bioimpedance Measurements with results discussion
- Fitness Test, Blood Pressure and Metabolism Check
- Therapeutic Controls with abdominal treatment
- Osteopathy Sessions (Cranio-Sacral, Visceral, Parietal)
- Breathwork Therapy (various techniques such as Holotropic Breathing, Tummo Breathing)
- Nutritional Counseling + Meal Plan based on the Alchemist's Kitchen concept (grounded in the latest scientific findings)
- Biohacking Methods (daily applications): Interval Hypoxia Training, Red Light Infrared Therapy, Mechanical Lymphatic Drainage, Ice Bath, Sauna, Magnetic Field and Sound Therapy, Hypnagogic Light Therapy
- Nutritional Supplements (trad. Indigene & Biohacking Supplements)
- Book as a reference for the concept

Daily Programs:

- Group Movement Therapy
- Group Relaxation Training
- Therapeutic & Sports Science Lectures

Optional Add-Ons (not included in the total price):

- Sports Science Personal Training
- Physiotherapy Sessions + Holiphysix-Osteo Massage
- Infusions (Detox, Energy, Immunity)
- Psychological-Systemic Coaching
- Acupuncture (if needed)

>>> INCLUDED:

- + 6 nights in a double room (Single Room Supplement: €100/night)
- + Meals according to the Alchemist's Kitchen concept

Exklusiver Coaching Price (in a double room):

3.499,00€



DETAILED SCHEDULE

7 Day Holiphsix Health Coaching

10 Days Prior:	Receive and begin 3-Phase Gut Cure
1 Week Prior: 8.00 PM	Thursday Zoom Call with Introduction to Topics
Day 1 4:00 PM - 9:00 PM	Medical history + functional fitness test HRV rest and biofeedback analysis Spiritual Warrior Yoga + TM Meditation + Tummo Breathing Keynote „Fasting“ + Optional: detox (Epsom salt water + lemon)
Tag 2 8.00 AM 8.30 AM 10.00 AM 11.00 AM	Ketone Drink + BIA Measurement Tummo Breathing + Ice Bath + 7-Minutes Workout Yoga (Magic 10) + Pranayama + Manifestations Meditation Basenzitrat Drink + Keynote on Regulation Therapy
11.30 AM	Interval Hypoxia-Hyperoxia Training / Mechanical Lymphatic Drainage Red Light and Infrared Therapy Magnetic Field and Sound Therapy
2.00 PM	Lunch break (ketones + soup + free time) + 20 Minutes Walk & Talk
5.00 PM 6.00 PM 7.30 PM	Ketone Drink + Tee Osteopathy (by appointment, or free time) Hatha Yoga (beginners) A journey through breath & sound Sauna Hypnagogic light therapy

Note: The schedule and treatments may be adjusted based on individual needs and responses.



DETAILED SCHEDULE

7 Day Holiphsix Health Coaching

Tag 3

8.00 AM Ketone Drink
8.30 AM Tummo Breathing + Ice Bath + 7-Minutes Workout
10.00 AM Yoga (Magic 10) + Pranayama + Nauli + Meditation
11.00 AM Basenzitrat Drink + Keynote on Stress Management
11.30 AM Interval Hypoxia-Hyperoxia Training / Mechanical Lymphatic Drainage
Red Light and Infrared Therapy
Magnetic Field and Sound Therapy

2.00 PM

Lunch Break: Ketone Drink + Soup + Free Time
20-Minute Walk & Talk

5.00 PM Ketone Drink + Tea
6.00 PM Osteopathy (by appointment, or free time)
7.30 PM Sauna + Hypnagogic Light Therapy

Tag 4

8.00 AM Ketone Drink
8.30 AM Tummo Breathing + Ice Bath + 7-Minutes Workout
9.30 AM Kundalini Detox Yoga + Pranayama + Nauli + Meditation
10.15 AM Basenzitrat Drink + Keynote on Meditation
10.30 AM Interval Hypoxia-Hyperoxia Training / Mechanical Lymphatic Drainage
Red Light and Infrared Therapy
Magnetic Field and Sound Therapy

1.30 PM

Lunch Break: „Breaking the Fast“ Light Lunch -
(Alchemist's Kitchen Concept)
20-Minute Walk & Talk

4.00 PM Osteopathy (by appointment, or free time)
5.30 PM Conscious Breath + Sauna + Hypnagogic Light Therapy
6.30 PM Alchemist's Kitchen Dinner

Note: The schedule and treatments may be adjusted based on individual needs and responses.



DETAILED SCHEDULE

7 Day Holiphsix Health Coaching

Tag 5

7.00 AM	Silent Sunrise Walking Meditation
8.00 AM	Celery Drink
8.30 AM	Tummo Breathing + Ice Bath + 7-Minutes Workout
9.15 AM	Yoga (Magic 10) + Archetypes
1.30 PM	Lunch Break: Light Lunch (Alchemist's Kitchen Concept) + 20-Minute Walk & Talk
4.00 PM	Interval Hypoxia-Hyperoxia Training Mechanical Lymphatic Drainage Red Light and Infrared Therapy Magnetic Field and Sound Therapy Sauna + Hypnagogic Light Therapy
7.00 PM	Alchemist's Kitchen Dinner

Tag 6

8.00 AM	Celery Drink
8.30 AM	Tummo Breathing + Ice Bath + 7-Minutes Workout
10.00 AM	Yoga (Magic 10) + Pranayama + Nauli + Meditation
11.00 AM	Basenzitrat Drink + Keynote on Biohacking
11.30 AM	Interval Hypoxia-Hyperoxia Training Mechanical Lymphatic Drainage Red Light and Infrared Therapy Magnetic Field and Sound Therapy
2.30 PM	Lunch Break: Light Lunch (Alchemist's Kitchen Concept) + 20-Minute Walk & Talk
4.00 PM	Colon Massage & Auscultation (by appointment)
5.30 PM	Spiritual Warrior Yoga + Q&A
6.30 PM	Alchemist's Kitchen Dinner
8.30 PM	Closing Manifestations Meditation

Note: The schedule and treatments may be adjusted based on individual needs and responses.



DETAILED SCHEDULE



7 Day Holiphsix Health Coaching

Tag 7

08.00 AM

08.30 AM

10.00 AM

Yoga (Magic 10)

Alchemist's Kitchen Brunch

Departure

Note: The schedule and treatments may be adjusted based on individual needs and responses.

THE MOST VALUABLE
INVESTMENT YOU CAN MAKE -
IN YOURSELF



LONGEVITY IS A JOURNEY
THAT BEGINS HERE.





IMPRESSIONS



Location



IMPRESSIONS



Location





WHAT CUSTOMERS SAY



Google Reviews (Excerpt)

★★★★★ **LIKE A CAPTAIN B.**

I just had an incredibly amazing, exciting, and healthy week at Reboot Mallorca with Andreas. I've been dealing with recovery and managing stress for years. During this unique break, I managed to reconnect with myself and regain balance after many years. Besides the beneficial physical effects of fasting and various fascinating bio-hack applications, my mind and focus were sharpened. It's exciting for what's to come. Thank you, Andreas!

★★★★★ **Jürgen K.**

Challenging the body and mind with a whole week of unknown experiences? Admittedly, we approached the 'Reboot' week with respect, wondering if we could manage it and what we would gain from it. We finished with enthusiasm and great gratitude. It's incredible what positive changes are possible even in such a short time! The 3-day fast, breathwork, lymphatic drainage, hypoxi-training, Magic Ten exercises, meditation, and much more contributed not only to significant weight loss but also to increased flexibility, pain reduction, and inner balance. Never has fasting felt so easy, thanks to the accompanying drinks.

Not missing espresso, alcohol, or meat felt like a miracle to us. Even the ice bath, which we initially feared, became more enjoyable than challenging with the right breathing techniques. A huge help was the excellently chosen group; we felt very comfortable! In a trusting environment, motivated by Andreas's empathetic and impressively professional support, we were able to overcome our individual 'limits'. With the help you provided, Andreas, we hope to integrate many aspects into our daily lives and make it a 'life-changing event'. We've already started, and it feels wonderful—many thanks for that!

The incredibly delicious vegetarian cuisine was also a highlight—thank you, Maira, for the many inspirations you gave us! Lastly, the stunning location must be mentioned, which perfectly framed the program. Thank you for allowing us to be a part of it; we will definitely come back!

★★★★★ **Pervin P.**

This was my second time doing the Holiphsix Reboot program with Andreas on Mallorca. I can only recommend it to everyone! You learn so much new information and feel absolutely wonderful afterward. Andi's knowledge is impressive and competent on all levels. Oh, and it was also fun. Thanks for that! Also, thanks to Maira and Max for the fantastic support and enrichment of the reboot experience.



WHAT CUSTOMERS SAY



Google Reviews (Excerpt)

★★★★★ **Julia H.**

The positive reviews perfectly reflect my experiences. What I'd like to add is the outstanding osteopathic work by Andreas that we experienced during the week. My body, mind, and soul are so grateful... the best investment ever!!!

★★★★★ **Fabian Z.**

Inspirational, holistic, and personalized program to improve physical and mental health. The Holiphsix team did a phenomenal job in their care. I will definitely do it again!

★★★★★ **Moritz R.**

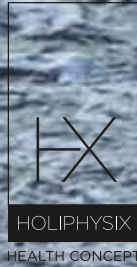
Our one-week reboot in Mallorca was absolutely amazing. Among other things, I fasted for 70 hours, lost 2.4% body fat, and even gained muscle. Additionally, the incredible expertise of Andi, which he has documented in a book, provides numerous tools to live a healthier, fitter, and more balanced life. It was very impressive to see the impact, for example, of the gut on our lives. I will definitely participate in such a reboot once a year and am already looking forward to next year.

★★★★★ **O. S-H.**

Initially, I was very skeptical about how the Reboot Week in Mallorca would affect me and my body. In hindsight, I must say that the week was definitely worth it for me. Whether it was ice baths, the 70-hour fast, breathwork, red light therapy, lymphatic drainage, hypoxi-training, intense workouts, or the incredibly delicious vegan food (I'm a committed meat-eater)—everything was completely new to me and my body. My values (inflammatory markers, body fat percentage, muscle mass, etc.) improved drastically in this week. Even my neurodermatitis disappeared after this week... Thanks again for everything you did during the reboot. It was a transformative and enriching experience that I wouldn't want to miss.

★★★★★ **Maximilian G.**

I've been involved in fitness for a long time, but the all-encompassing package offered by Andi Stollreiter is on a completely different level. We had the opportunity to do the biohacking program together, and it was the best-coordinated and individually tailored system I have ever seen on the market. Various methods to give your body a complete reboot in just 7 days and boost motivation is unique.



LABOR TESTS, BIA MEASUREMENT & ANAMNESIS

A comprehensive analysis of blood tests, body composition, and function tests will help you determine how best to care for yourself—essentially, the manual for your body—and assist us in creating a personalized treatment plan.

FASTING

Discover the fascinating benefits and transformative effects of a 70-hour fast!

- Deep cleansing and detoxification of the body
- Effective and sustainable weight loss
- Regeneration and a more youthful appearance through cell renewal
- Improved insulin sensitivity and stabilization of blood sugar levels
- Enhanced mental clarity and concentration

OSTEOPATHY

Using a unique combination of techniques to mobilize joints, organs, muscles, and fascia, we align your entire system so that the metabolic processes stimulated by fasting and therapies are maximized, allowing your body to move better than ever.

BREATHWORK

Breathwork is a practice focused on the conscious control and manipulation of the breath to achieve various physical, emotional, and spiritual benefits. There are various breathwork techniques, but they generally involve conscious inhaling and exhaling in specific patterns and rhythms. This practice can reduce stress, promote relaxation, improve emotional well-being, and expand consciousness. Some forms of breathwork are also used in therapeutic contexts to resolve emotional blockages and process traumatic experiences.



INTERVAL HYPOXIA-HYPEROXIA TRAINING

Healing through oxygen. Increase and decrease your oxygen intake to accelerate every biochemical healing process in your body and reverse the effects of aging. Utilize this medical breakthrough, awarded the Nobel Prize in 2019, to boost your performance and enhance your stress resilience.

MAGNETIC FIELD AND SOUND THERAPY

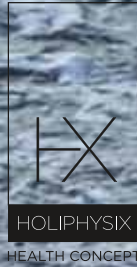
Magnetic field therapy uses magnetic fields to relieve pain, reduce inflammation, improve circulation, and promote relaxation. Sound therapy employs sounds and tones to reduce stress, enhance concentration, and create a positive mood. Experience the healing power of magnetic fields and the soothing effects of sound for your physical and mental well-being.

MECHANICAL LYMPH DRAINAGE

Flush out toxins released through fasting and therapeutic measures, accelerate your recovery, and reduce excess fluid retention with our medically-approved compression suit that optimizes lymphatic drainage.

HYPNAGOGIC LIGHT THERAPY

Through targeted light and sound patterns, brainwaves are stimulated to promote relaxation and calm the mind. Additional guidance on conscious breathing and relaxation techniques helps users to unwind and reduce stress.



RED LIGHT AND INFRARED THERAPY

Stimulates the production of collagen, elastin, and adenosine triphosphate (ATP) to generate more energy for your cells, build gut microbiota, improve circulation, repair damaged tissue, and reduce inflammation.

ICE BATH

An ice bath is a form of cold therapy where you immerse yourself in cold water for a short period. The effect is based on the principle of cryotherapy, which means that the cold stimulates the body to trigger various physiological responses. Potential benefits include improved circulation, reduced inflammation and muscle soreness, enhanced immune function, increased energy and mental alertness. An ice bath can also help reduce stress and increase stress resilience.

SAUNA

Relax, detoxify your body, and soothe tense muscles while simultaneously improving your skin health, boosting circulation, and giving your metabolism a kick.

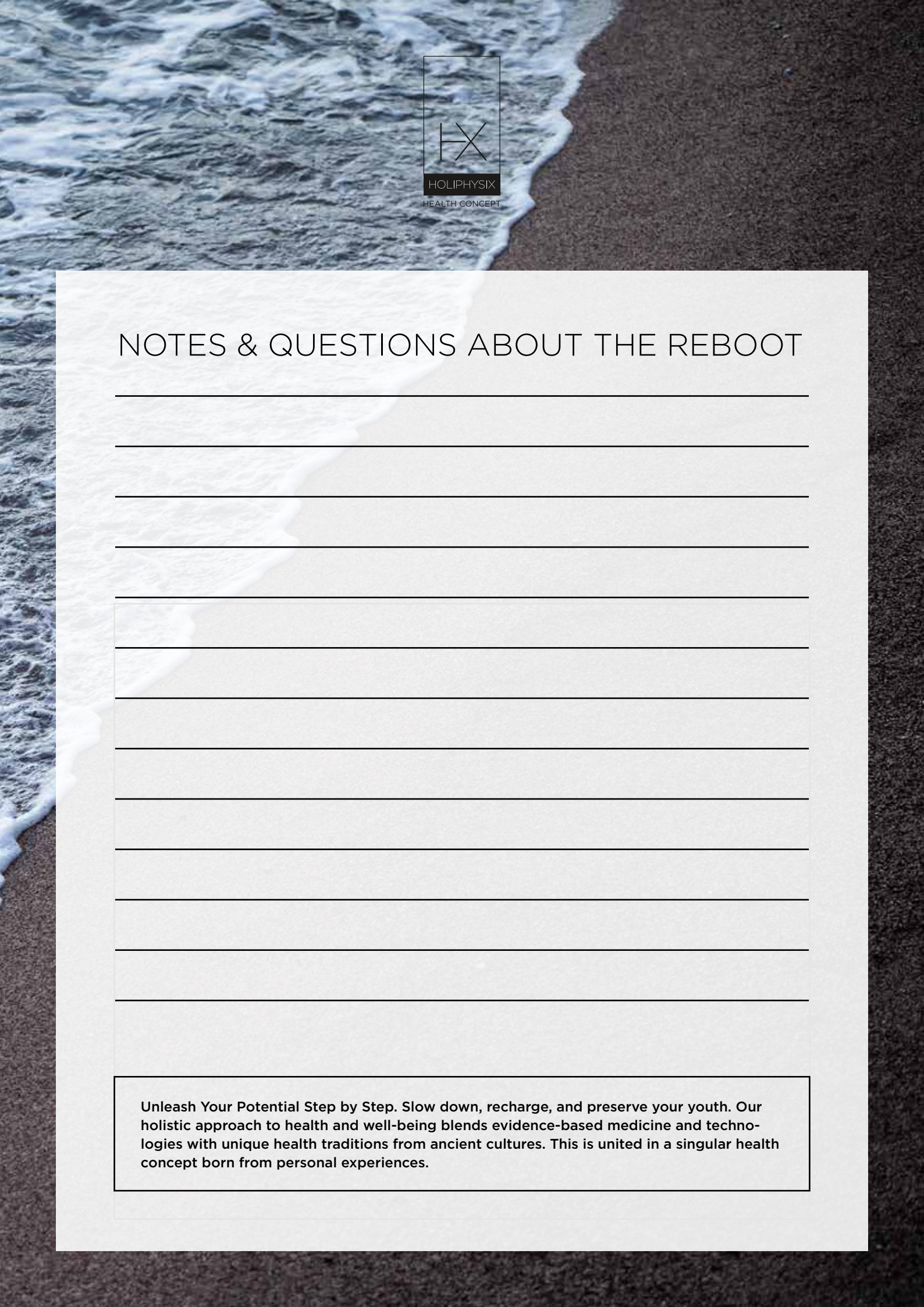
SYSTEMIC COUNSELING

In systemic counseling, we assume that you already possess valuable resources to overcome life's challenges. We collaboratively examine your current situation, identify obstacles, and explore ways to overcome them.

HOLIPHYSIX OSTEO MASSAGE

This treatment, developed specifically according to the Holiphsix concept, combines specialized techniques from osteopathy with relaxing touches from Ayurvedic and traditional Chinese medicine.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



A background image of a beach with waves crashing onto the shore, overlaid with horizontal ruling lines. The image is a full-page background for a notebook. The top portion shows a close-up of white, foamy waves breaking onto a light-colored sandy beach. The rest of the page is a solid light gray color, featuring ten horizontal black ruling lines that are evenly spaced and extend across the entire width of the page. The lines are thin and consistent in thickness.

Unleash Your Potential Step by Step. Slow down, recharge, and preserve your youth. Our holistic approach to health and well-being blends evidence-based medicine and technologies with unique health traditions from ancient cultures. This is united in a singular health concept born from personal experiences.



THE ALCHEMIST'S KITCHEN



YOU CAN'T SOLVE A PROBLEM
WITH THE SAME WAY OF
THINKING YOU CREATED THEM.

The Holiphsix Health Concept is also available as a 7-day and 10-week program.
For more information, visit:

HOLIPHSIX.COM