SENSES

PRIVATE HEALTHSPAN / MALLORCA & ZURICH

Your health.
A clearer way forward.

Private healthspan programs in Mallorca and Zurich.

Individual assessment. Time to understand the findings.
A practical plan for everyday life.



Make room for what matters.

Your health deserves more than a collection of appointments. SENSES brings selected assessment, interpretation, restorative time, and practical planning into one private residential stay.

This guide explains the experience, the different reasons to attend, and what to confirm before arrival. Start with your priorities; the details of your program follow from there.

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A private program.
A personal direction.

One coordinated experience, shaped around your health priorities and the life you will return to.

1 or 2 weeks

Choose a focused assessment-led stay or more time to put the plan into practice.

Mallorca or Zurich

Two settings, with the residence, appointments, and selected services agreed individually.

Your private residence

The villa is reserved for you and your chosen companions, rather than a shared cohort.

A plan for each participant

Each person taking part has their own review, assessment, consultations, and health plan.

From CHF/EUR 60'000 per week

For one program participant and a private villa. Additional-participant arrangements are on page 27.

A written healthspan plan

Leave with priorities, practical routines, recommended next steps, and review responsibilities.

Explore online: program

Begin with the right kind of care.

SENSES is designed for medically stable adults whose primary goal is health assessment, prevention planning, recovery, or sustainable everyday performance.

A reason to consider SENSES

Understand your health

Bring together previous findings and clarify the questions that deserve attention.

Restore your routines

Make space to review sleep, nutrition, movement, and recovery after sustained pressure.

Plan for what comes next

Explore practical changes around work, travel, midlife, and the care you already receive.

When another pathway comes first

Urgent or changing symptoms

Seek timely medical assessment rather than waiting for a residential stay.

A primary treatment need

Psychiatric illness, addiction, withdrawal, or another condition may require dedicated treatment.

Specialist or hospital care

Some questions need investigation or support beyond the scope of a short healthspan program.

Private time. Chosen company.



The program follows you, not a group timetable.

Your residence, appointments, and daily rhythm are planned around your priorities. A dedicated coordinator helps connect the different parts of the stay.

You may attend alone or come with a partner, friend, or family. Sharing a residence does not mean sharing an assessment, a program, or private health information.

Each additional participant has an individual suitability review and plan. Companion arrangements, rooms, and fees are confirmed before arrival.

Explore this on the SENSES website

Individual care remains individual, even when you come together.

From information to everyday decisions.

Assessment becomes useful when you understand what the findings mean and what should happen next.

01

Assess

Review your history, goals, existing results, medications, and current routines. Select relevant consultations and measurements.

02

Interpret

Discuss the findings, their limits, and the priorities they reveal. Clarify what needs action, confirmation, or specialist follow-up.

03

Put into practice

Use the residential setting to work with agreed sleep, meal, movement, and recovery routines.

04

Continue

Bring the learning into a written plan with next steps, responsible professionals, and realistic review points.

Not every person needs every test. The scope follows your circumstances and the decisions the assessment can inform.

A connected view of your health.

Six areas can inform the assessment. They are considered in context, not offered as a universal testing bundle.

Medical and cardiovascular health

Your history, family history, current care, relevant examination, and prevention priorities.

Sleep and recovery

Timing, quality, regularity, daytime function, travel, and the circumstances around your sleep.

Nutrition and metabolic health

Food patterns, preferences, energy, digestion, and relevant findings.

Movement and physical capacity

Strength, mobility, endurance, balance, and practical movement goals.

Cognition and concentration

The changes you notice in attention, memory, mental clarity, and daily function.

Stress and resilience

Workload, routines, recovery time, relationships, and the demands you want the plan to address.

Selected investigations and specialist consultations are specified in your proposal. Availability and appointment locations may differ between Mallorca and Zurich.

Different priorities.
One personal program.

These focuses describe why you might come to SENSES. They are not separate fixed packages, and your priorities may overlap.

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Review symptoms, prevention, and daily function in context.

Explore online: program

Executive health

Health planning that accounts for the life you lead.

Frequent travel, late meetings, and competing responsibilities can leave little protected time for your health. An executive-health focus brings your history, findings, and everyday constraints into the same conversation.

The residential format creates time for selected assessment, explanation, and practical planning. It is more than a brief checkup, but it is not a fixed test package or a promise of higher performance.

Bring the context

Previous results, current care, medications, travel patterns, and the working commitments you intend to retain.

Clarify the priorities

What deserves medical follow-up, which routines are realistic, and how the plan will work at home and away.

Leave with direction

A written account of the agreed priorities, next steps, and responsibilities.



Work commitments are discussed before arrival so they can be considered alongside appointments and recovery time.

Sleep and recovery

Understand the pattern, not just a score.

A sleep-focused stay begins with what you are experiencing: your schedule, symptoms, routines, travel, environment, and daytime function. Wearable information can be discussed alongside that history.

Selected professional input can help clarify whether the next step concerns daily routines, further assessment, or specialist sleep care. Dedicated testing is confirmed individually rather than assumed to be included.

Review

Your sleep history, current treatment, relevant concerns, and the circumstances that repeatedly interrupt recovery.

Practice

Agreed routines for evenings, mornings, rest, and travel within the private residential setting.

Plan ahead

What to track, who will review it, and when additional clinical support is appropriate.



Stress and recovery

Create space after sustained pressure.

You may be functioning at work while finding that rest, meals, relationships, and recovery are repeatedly pushed aside. SENSES provides a private setting to examine those patterns and consider appropriate health questions.

The focus is on medically stable people seeking assessment, restoration, and practical planning. Where psychiatric treatment or another level of care is the primary need, a different pathway is more appropriate.

Understand the demands

Discuss work, travel, caregiving, disrupted routines, and the concerns that brought you here.

Reconnect the routines

Consider selected support around rest, food, movement, and the boundaries you can realistically protect.

Prepare for your return

Develop practical alternatives for the situations most likely to disrupt the plan.



Metabolic health and nutrition

Connect the findings with everyday choices.

Your relevant health information is considered alongside food preferences, movement, working patterns, travel, and existing care. The assessment helps clarify which questions are useful to investigate and which recommendations need individual interpretation.

Practical nutrition planning can then connect those priorities to meals and routines. The program is not a rapid-weight-loss package, detox diet, or substitute for specialist management of a medical condition.

Before arrival

Share complete reports, medications, dietary needs, and relevant previous advice.

During your stay

Discuss the meaning of selected findings and practice agreed food and movement routines.

At home

Keep the plan understandable, realistic, and connected to the professionals responsible for follow-up.



Test selection and any specialist care are agreed individually.

Women's midlife health

Make room for changing priorities.

Midlife can bring new questions about sleep, energy, mood, concentration, nutrition, physical capacity, and menopause. Your own history and concerns guide the review.

SENSES connects those priorities with a private healthspan stay and practical planning around everyday life. Relevant specialist involvement and the relationship with your existing treatment are confirmed individually.

Your starting point

Describe the changes you notice, current treatment, previous investigations, and what you want the assessment to clarify.

A connected discussion

Consider overlapping priorities rather than assuming one explanation for every change.

Clear responsibilities

Confirm which professionals are involved and who handles treatment decisions or further investigations.



Hormone treatment and specialist services are not automatic inclusions. Individual clinical decisions remain with the responsible qualified professional.

Men's midlife health

A broader view of how you feel and function.

Changes in energy, sleep, libido, strength, concentration, or recovery deserve context. The review starts with your medical history, symptoms, current care, and prevention priorities.

A SENSES stay offers time for selected assessment, discussion, and practical planning. It does not assume that a single hormone result explains every concern or that a particular treatment is appropriate.

Bring the complete picture

Current medications, previous reports, relevant family history, and the routines around work, food, movement, and rest.

Agree the scope

Clarify the consultations and investigations that can answer your individual questions.

Connect with ongoing care

Identify who interprets findings, recommends next steps, and provides any specialist follow-up.



Testosterone treatment and other specialist interventions are not standard features of every program.

One week or two?

Choose the time around the work to be done, not a higher or lower service tier.

One-week format

Main emphasis

Assessment, interpretation, and a prioritized plan.

Time in residence

Begin relevant routines alongside selected appointments and discussion.

A useful outcome

Understand the findings, the remaining questions, and the next steps.

Two-week format

Main emphasis

Assessment with more time for supported practice and refinement.

Time in residence

Observe what is workable and adjust routines within the agreed scope.

A useful outcome

A more practiced plan for the return to ordinary life.

The same individualized approach applies to both formats. Duration does not guarantee a particular change in symptoms, performance, or health measurements.

Clarity first. Direction next.

An assessment-led week with time to understand what matters.



Preparation begins before arrival. Your history, existing results, medications, and priorities help define the selected assessments and consultations.

During the stay, appointments are connected with time to ask questions, discuss findings, and begin relevant daily routines. The pace accounts for preparation requirements and the appointments available.

The written plan brings together priorities, recommended referrals, responsibilities, and review points. Results that arrive after departure need a clearly agreed communication plan.

Explore this on the SENSES website

A sample first-week sequence appears on page 19. Your schedule is individual.

More time to make it workable.

Space to practice, reflect, and refine.



The two-week format follows the same assessment-led approach while allowing more time to work with the recommendations in daily life.

Agreed sleep, meal, movement, and recovery routines can be tried and adjusted around your needs. Additional reviews and consultations depend on the scope set out in your proposal.

The second week can help translate the experience into a more realistic plan for work, travel, and home. Follow-up and any services beyond the stay are confirmed separately.

Explore this on the SENSES website

The extra time supports implementation; it is not a promise of a larger or permanent biological change.

A rhythm with room between appointments.

Clinical work, meals, movement, and recovery are coordinated rather than packed into every available hour.

7:00 AM	A quiet start	Wake, personal time, and any agreed preparation.
8:00 AM	Breakfast	Chef-prepared food around the day's requirements.
9:00 AM	Selected appointments	Consultation or assessment, as individually scheduled.
11:30 AM	Movement	An agreed session or appropriately paced activity.
1:00 PM	Lunch and space	A meal, rest, and time without appointments.
2:30 PM	Discussion and planning	Interpretation, selected professional input, or practical work.
5:00 PM	Recovery time	Rest or a suitable restorative activity.
7:00 PM	Dinner and evening	A quieter close to the day and preparation for tomorrow.

Illustrative only. Clinical priorities, fasting instructions, specialist availability, travel, and personal needs determine the actual schedule.

From arrival to a practical plan.

The sequence below illustrates the process, not a guaranteed daily schedule or list of included sessions.

DAY 1	Settle in	Review objectives, records, residence arrangements, and the schedule.
DAY 2	Assess	Begin selected medical, nutritional, movement, or functional reviews.
DAY 3	Explore	Continue relevant consultations and address specific questions.
DAY 4	Interpret	Connect the available findings and clarify the priorities.
DAY 5	Practice	Work with the emerging plan through meals, movement, and daily routines.
DAY 6	Refine	Review practical barriers, outstanding questions, and recommended next steps.
DAY 7	Prepare for home	Discuss the written plan, follow-up responsibilities, and any late results.

In a two-week stay, the additional time is used for agreed practice, review, and adjustment. The program remains individually scheduled.

Your own space. Your chosen company.



A residence that supports the program and the people you bring.

Your villa is reserved for you and your chosen companions. Rooms, working needs, food preferences, accessibility, and the rhythm of shared time are discussed before arrival.

A partner or friend joining their own program receives a separate assessment and plan. Private consultations and health records remain separate unless sharing is authorized.

Children may accompany you at no additional charge. Family accommodation is agreed in advance; any separate health program or childcare arrangement is confirmed individually.

Explore this on the SENSES website

Your proposal identifies the actual residence and arrangements.

Room to pause by the Mediterranean.

A private villa setting, with time for assessment and everyday practice away from familiar demands.



The Mallorca program connects selected appointments with private residential time, chef-prepared meals, and relevant movement and recovery routines.

The villa, professionals, appointment locations, and selected external services are confirmed individually. A yacht-based arrangement may also be considered where it fits the program.

Choose the setting around your needs, travel circumstances, dates, and required services.

Explore this on the SENSES website

The image illustrates the Mallorca setting; it is not a guarantee of a particular residence.

A private stay in a Swiss setting.

A coordinated healthspan program with time to understand the findings and plan for everyday life.



Zurich offers a private residential setting with selected consultations and assessments organized around your individual priorities.

Your proposal identifies the residence, participating professionals, appointment locations, and any externally arranged services. The same tests or timetable should not be assumed in both destinations.

Existing care, travel preferences, availability, and the required clinical scope help inform the location decision.

Explore this on the SENSES website

The residence and clinical arrangements are specified individually.

Time on the water. Individually arranged.



A different setting, when it fits your program.

A yacht-based program may be arranged in Mallorca, subject to suitability and availability. It is considered around the selected services, clinical priorities, and practical requirements.

The yacht, itinerary, rooms or cabins, required onshore appointments, and additional costs are set out in your proposal. Weather and logistics may affect the arrangements.

A yacht option is quoted separately. It should not be read as an automatic inclusion in the private-villa fee or a higher clinical service tier.

Explore this on the SENSES website

Discuss the actual arrangement with admissions before confirming travel.

Bring the plan into the day.



The residential setting gives recommendations a practical context.

Chef-prepared meals are planned around the agreed program, preferences, and dietary needs. The aim is to explore choices you can understand and continue, not to impose a generic restrictive diet.

Selected movement and restorative activities follow your history, current capacity, and the program scope. There is space for rest as well as appointments.

Use the stay to discuss what will still work when familiar responsibilities return: a travel-day routine, a meal pattern at home, or an achievable place for movement in the week.

Explore this on the SENSES website

Specific sessions, frequency, and professional input are confirmed in the individual proposal.

Know who is responsible for what.

The professionals involved are selected around your history, priorities, location, and agreed scope.

Clear responsibilities

Medical review

Identify who considers the clinical information and suitability.

Consultations and interpretation

Confirm the selected professionals, what they assess, and who explains the findings.

Coordination and follow-up

Know your scheduling contact and who handles late results, referrals, and agreed review.

Your information stays personal

Individual records

A shared residence does not imply shared medical information.

Authorized communication

Agree how information may be shared with existing doctors, family, or advisers.

Appropriate handling

Discuss communication preferences, external providers, and the secure route for sharing records.

A plan for the life you return to.

Your written healthspan plan should make the next decisions easier to understand.

01

Priorities

A clear account of the main findings, what they mean, and the issues worth addressing first.

02

Daily practice

Agreed routines that account for home, work, travel, food preferences, and existing commitments.

03

Next steps

Recommended referrals, outstanding questions, and who will communicate results arriving later.

04

Review

The responsible professionals, appropriate review points, and any separately arranged follow-up.

Confirm what support is included after departure and what requires a separate agreement. With your authorization, the plan can connect with your existing clinicians.

Clear fees.
Individual scope.

Current fees are published on our admissions page. One- and two-week formats are available.

From **CHF/EUR 60'000**

per week

One program participant and a private villa reserved for you and your chosen companions.

CHF/EUR 30'000

per week, additional

Each additional program participant shares the villa and has their own review, assessment, and plan.

No additional charge

for children’s accommodation

Children’s accommodation is included. Programs, additional health services and childcare for accompanying guests are agreed separately before arrival.

Two program participants: CHF/EUR 90'000 per week. Yacht arrangements are quoted separately. Mallorca programs are priced in euros. Zurich programs are priced in Swiss francs. Your individual proposal confirms the duration, included services, total fee, and any additional costs.

Understand what is included.

The agreed scope connects the clinical program with the residential support. Read the proposal as a complete description, not a list of assumed inclusions.

Core program and residence

Assessment and explanation

Medical intake, selected assessments and consultations, and interpretation of relevant findings.

Daily implementation

Agreed routines and professional input around sleep, nutrition, movement, and recovery.

Residential support

A private residence, dedicated coordination, personal-chef support, and a written healthspan plan.

Confirm separately

External medical services

Additional specialist care, diagnostics, or medication beyond the confirmed scope.

Exceptional arrangements

Yacht stays, special travel, security, or additional residential requirements.

Extra time or services

Extensions, separate companion services, childcare, or follow-up beyond the agreement.

The selected assessments, providers, session frequency, accommodation, and exclusions are specified before admission. Discuss any proposed additions before they are arranged.

Prepare for a more useful stay.

A focused conversation before arrival helps the time in residence work around your real priorities.

01

Define your questions

What would you like the program to clarify? Share the concerns, goals, and decisions that matter to you.

02

Share relevant information

Provide current medications, previous reports, relevant history, and details of existing care through the agreed secure route.

03

Review the proposal

Check the professionals, assessments, preparation requirements, residence, dates, and fees.

04

Plan the practical details

Discuss companions, dietary needs, working commitments, privacy preferences, and travel arrangements.

Do not change prescribed medication or follow fasting instructions based on this guide. Follow the directions given by the responsible clinical team for your selected appointments.

A few useful answers.

Is this a fixed assessment package?

No. The selected services depend on your history, priorities, clinical review, and the scope confirmed in your proposal.

Can I come with someone?

Yes. Your chosen companions may share the residence. Each person joining a program has a separate review, assessment, and plan.

Will every test be available in both locations?

Do not assume this. The professionals, investigations, appointment locations, and timing are confirmed for your chosen stay.

Does a longer stay guarantee a better result?

No. Two weeks provides more time for agreed practice and adjustment; no duration guarantees a particular health outcome.

What happens after departure?

Your written plan identifies next steps and responsibilities. Confirm how late results are handled and which follow-up services are included or arranged separately.

Explore the website for detailed program pages and the Insights & Guides library. For personal medical decisions, speak with the professional responsible for your care.

Different needs.
A considered choice.

SENSES is a healthspan program within THE BALANCE GROUP. Each program has its own purpose, location, and scope.

SENSES

Private healthspan

For medically stable adults seeking selected assessment, interpretation, restorative time, and practical planning.

THE BALANCE

Private residential treatment

Individual treatment and activities in a residence reserved for one treatment client, with a dedicated chef and personal manager. Mallorca, Zurich or London.

COGNIFUL

Personalized residential treatment

Separate residence for up to four clients, each with a private suite. Premier: shared holistic sessions and activities. Premier Plus: all sessions and activities individual, plus three months of aftercare. Residence and household team remain shared.

The appropriate pathway follows clinical need, suitability, privacy, and the setting that supports care. Admissions can help clarify the difference; the programs are not simply price or service tiers.

S E N S E S

Let's talk about your priorities.

Tell us what you would like to understand, when you are considering a stay, and who may come with you.

Our shared admissions team will explain the initial review, the available options, and the information needed to shape your proposal.

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START A PRIVATE CONVERSATION

