

Only Optimization

Diagnostics + IV + Biohacking + Mind-Body Harmony



AHĀMA

During your stay, we approach your health from a holistic perspective and offer personalized solutions with the expert team of OnlyHealth.co. Through this comprehensive initial assessment, we analyze both your physical and metabolic needs to design the most suitable wellness journey for you.

Service Content:

Dietitian Consultation

- Creation and follow-up of a personalized nutrition plan tailored to your daily habits and health goals.

Doctor Consultation

- Evaluation of your medical history; creation of therapy programs tailored to your health status and needs.

Live Blood Analysis & Body Composition Measurement

- Real-time microscopic blood examination (immune status, stress level, toxin load, blood acidity and quality, etc.)
- Detailed analysis of fat-muscle ratio, cellular fluid balance, and metabolic status.

In light of all these findings, a personalized wellness and therapy program, including biohacking treatments and IV protocols, will be designed for you.

Discover your health with OnlyHealth.co, understand your body, and begin your renewal.

Diagnostic and follow-up fee: €165