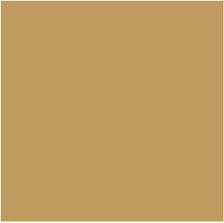
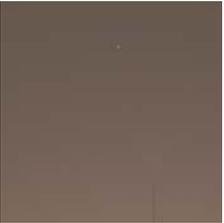
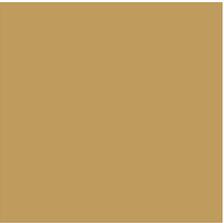
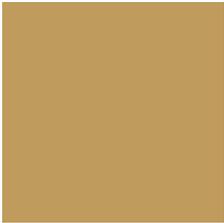
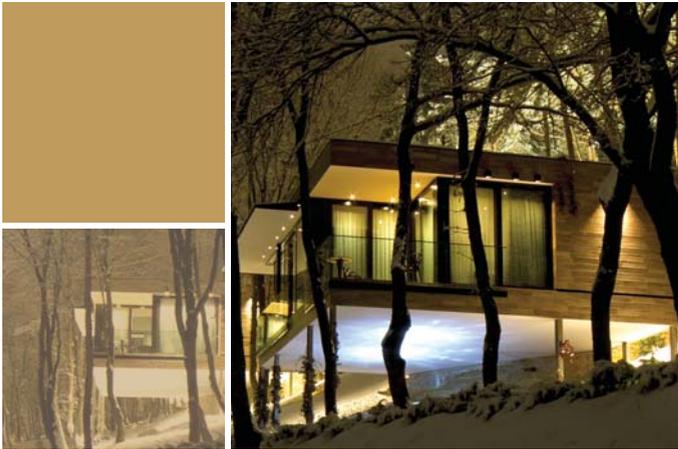


BIOLI®



CREATE A BETTER VERSION OF YOURSELF



In modern society, we are all well aware of the importance of maintaining our health.

However, private health assessments are often subjective and not always consistent with what truly going on. Thankfully, modern medicine allows us to assess one's health status both accurately and objectively. This is accomplished at the level of one important underlying mechanism – namely, life units or cells.

Why is it important to diagnose the body at the cellular level?

Simply put, it is important because of the imbalance between free radicals and antioxidant forces which is the trigger for the development of many diseases. This imbalance may be caused by the impact of six main stress factors on the organism:

- 🍃 Malnutrition
- 🍃 Inadequate physical activity
- 🍃 Psychological overload
- 🍃 Chronic intoxication
- 🍃 Sleep disorders
- 🍃 Diseases

Our task is to fight the first five stress factors in an effort to restore the balance on a cellular level, and as a result, prevent premature aging and the onset of disease.

This is the BIOLI philosophy.



Author of the BIOLI Project
Founder of the system of MEDI Clinics
Doctor of Medical Sciences
TAMAZ MCHEDLIDZE



BIOLI Medical Wellness Resort is located in the Caucasus - one of the most stunning regions of the world which is renowned for its natural diversity and abundance of biologically active resources.

Located in Georgia, the Kojori recreational zone at an altitude of 1,150 meters above sea level, **BIOLI** is only a thirty-minute journey from the airport. Upon arrival, guests will find themselves surrounded by lush green forests and breathing fresh mountain air. The organic scent of fresh forest pine improves your mood the moment you arrive.

BIOLI Medical Wellness Resort also offers guests majestic views of the snow-capped mountains and mesmerizing views of the capital's cityscape hidden away in the valley below.

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BIOLI is the only resort with its recreational activities based on one of the leading theories on premature aging – the Oxidative Stress Theory.

Special medical diagnostics are vital in the process of selecting the right program. In this case, an individual's oxidative status is assessed on the cellular level. The number of microelements and toxins in the body, the levels of both intercellular and intracellular fluids, muscle and fat mass and mineral components are also determined. The process includes genetic research. Based on these parameters and other additional data, – anamnesis included – specialists suggest a wellness program tailored specifically to an individual's needs.



BIOLI Medical Wellness Resort offers its guests four programs:

BIOLI Intro, Anti-Stress, Detox, and Chronic Fatigue Management.

Each program incorporates a combination of complex measures, which includes the selection of a functional diet, kinesiotherapy and a variety of physical activities, breathing exercises, and a recreational spa as well as a range of medical wellness procedures.

Our professional team is comprised of medical scientists, specially trained medical staff and service personnel, who see to it that each guest is tended to with the utmost care and hospitality. The service provided at **BIOLI** is highly individualized – seven staff members are allocated to accommodate each guest.

BIOLI Intro
Duration: 2 days

This is a two-day introductory program that offers full health quality diagnostics as well as specific recommendations on correcting lifestyle.

Health procedures carried out within the framework of the “Intro” program are focused on general stress release and improvement of a state of well-being.





Chronic Fatigue Management
Duration: 7 -14 days

Chronic fatigue is one of the most common syndromes of the 21st century. It usually affects active, successful, middle-aged individuals. Due to an overly active lifestyle and busy schedule, stress levels are very high. At this point, our body cannot regain its strength even after a long rest. We frequently feel tired and fatigued. Muscle weakness and headaches are also very common.

This program aims to remove chronic physical exhaustion and improve the sleep cycle. As a result, a person returns to their everyday life healthy and full of energy.



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Detox
Duration: 7-14 days

Environmental pollution, unhealthy habits (excessive alcohol intake, smoking), malnutrition and the non-controlled use of medications can result in the accumulation of harmful toxins in the body. As a result, the immune system becomes weak, gastrointestinal function decreases, we feel a lack of energy and excess weight gain can occur.

BIOLI's Detox program aims to free the organism from toxins and heavy metals. As a result, our well-being and metabolism are improved, our ability to work increases, the immune system is boosted and the skin regains its healthy look.



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Anti-Stress
Duration: 7 -14 days

Quality of life can be significantly reduced on account of physical and emotional stress. Such stress is often accompanied by chronic headaches, memory problems, lack of concentration and irritability. An incorrect diet and physical activity, as well as lack of sleep, also promote stress development.

The Anti-stress program aims to remove stress, improve quality of life, enhance one's capabilities and correct sleep cycle disturbances.



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Unique medicinal herb and plant therapy

Since the use of medicinal herbs plays an incredibly important role in the process of human body recovery, **BIOLI** employs specialists who utilize their professional knowledge by gathering medicinal herbs in country's alpine zones, located on the southern slopes of Georgia's mountainous regions.

Medicinal herbs are natural antioxidants, and at **BIOLI**, they are used both in therapy and in our specially prepared healthful meals. The unique and proper combination of plants enhances our ability to make a targeted impact on the human body.



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BIOLI offers its guests a wide range of medicinal ointments, natural soap, as well as medicinal herbal infusions, each one of which has a distinctive, unique bouquet and maintains a special role in wellness therapy. Only natural components are used to manufacture these products.

Our exclusive *qvevri* bio-wines bottled especially for **BIOLI**, deserve to be noted separately. These wines are rich in antioxidants and other useful microelements.



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Not only does the fresh mountain air at **BIOLI** Medical Wellness Resort aid in the recovery of the human body, it also improves the psycho-emotional state. **BIOLI's** unique climate is ideal for the prevention of respiratory system diseases as well. As such, we pay particular attention to upholding the ecological qualities of the resort. This is accomplished by utilizing clean energy transportation (only electric automobiles, quadricycles and bicycles are used on Bioli grounds).

Because all therapeutic procedures are followed by rest, guests are encouraged to visit the entertainment zone and incredible **BIOLI** orangeries, play billiards, table tennis, darts, chess or backgammon during their free time.

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Guests at **BIOLI** are provided with individual cottages in the forest zone. These cottages are equipped with windows on three sides providing panoramic views of incredible landscapes of the forest.

Each room has an access to a large balcony that offers spectacular views of Tbilisi and the surrounding mountainous landscape.

All processes in the cottage can be managed with a single remote. Each room is equipped with an electric heating system.





BIOLI Hall is the first and only complex in Georgia that combines a winter garden with an event hall and a restaurant. Not only does our team of restaurant chefs approach their job in a highly professional manner but they also approach it artistically, by creating original dishes with their own interpretation.

Our multi-functional hall provides our guests with Georgian wellness food, which combines the taste and flavor of traditional Georgian cuisine with wellness cooking technology. All of our dishes are enriched with medicinal herbs according to the guest's individualized program. **BIOLI's** unique *qvevri* bio-wines, rich in antioxidants and various healthful microelements are also worth special attention.

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BIOLI wellness programs include outdoor tours for all foreign guests. Using the resort's helipad, guests can reach the furthest points of Georgia in under an hour - ski or swim on Georgia's Black Sea coast and get back to the resort just in time for their procedures.



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