

BIOLI®



CREATE A BETTER VERSION OF YOURSELF



Author Concept

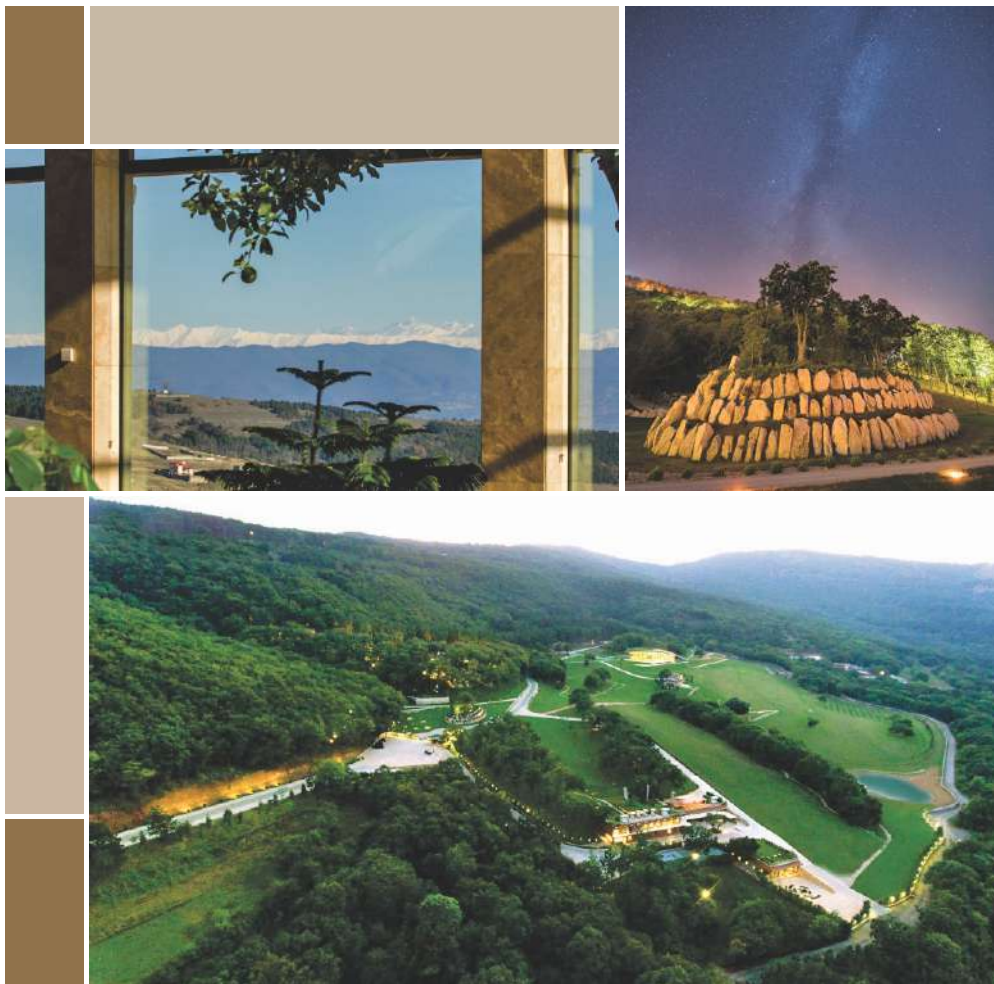
When we try to determine our health conditions, we have a subjective view and that is often inconsistent and an unreliable way to assess what is really going on.

Thankfully, modern medicine allows us to carefully assess our health objectively looking at the smallest level of life units – the cells. This is vitally important as the condition of our cells determines our physical and mental wellbeing. This type of diagnostic helps us discover and manage our health resources in the best possible manner.

The main goal of **BIOLI**'s medical team is to make your body healthy at the cellular level. Using the resort's bio-climatic advantages, endemic phyto-additives and special wellness procedures, we aim at perfection in our wellness programs.



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

Located in Georgia, in 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 forest, immersed in fresh mountain air and invigorated by the scent of fresh pine.

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

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Diagnostics

The **BIOLI** scientific group employs the latest technologies for creating an individual wellness program. Our innovative approach integrates early diagnosis of diseases and imbalances at the cellular and genetic levels with the latest psychological testing techniques. Thanks to fitness diagnostics and our ability to define your micro- and macro-anatomical, functional and psycho-emotional condition, we can assess the strengths and weaknesses of the body in minute detail.

Using our exclusive diagnostic of health resources, we can effectively evaluate risk factors and prevent the development of many diseases as well as premature ageing. Other diagnostic tools available can evaluate cardio status, stress levels, metabolism, fitness status and genetic risks.

Starting from these diagnostics, we create for our guests a personalized plan of health restoration, in order to reduce health risks and rejuvenate the body.

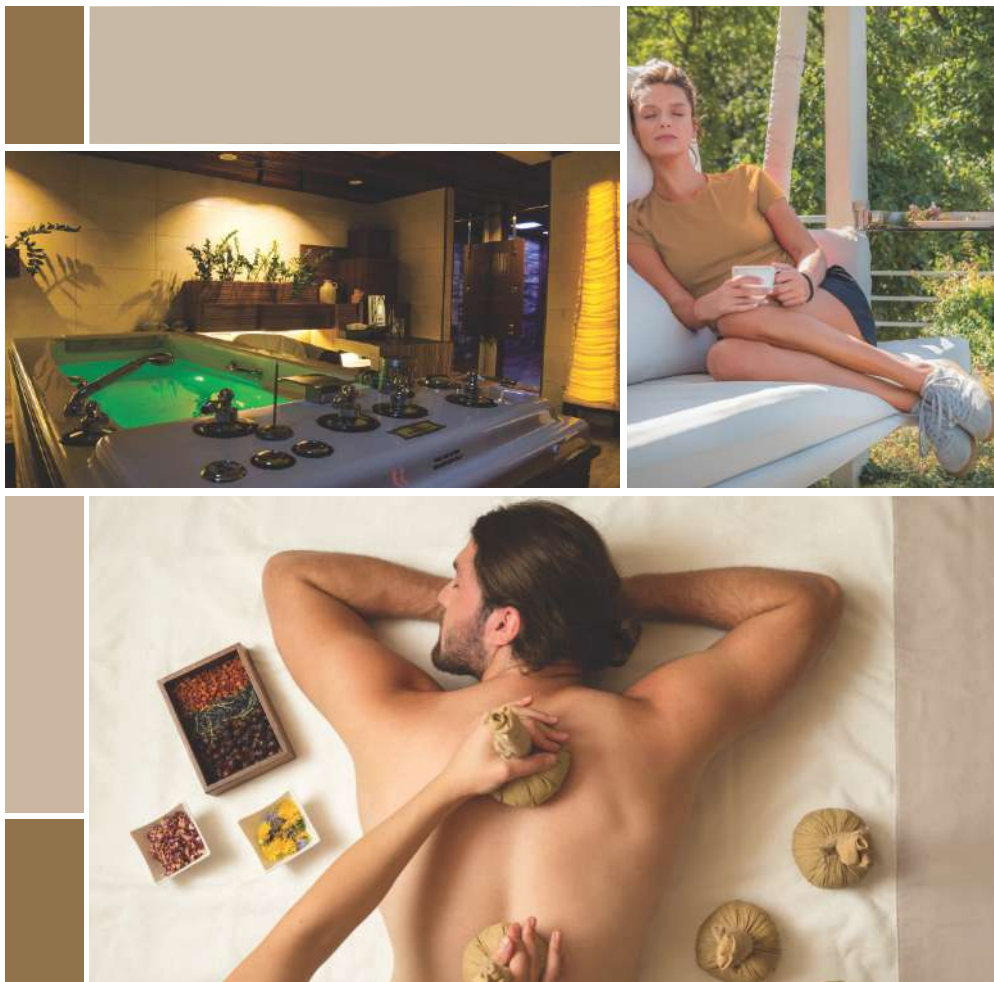
Intro

BIOLI Intro is a two-day introductory program aimed at identifying oxidative stress on the cellular level and improving the quality of your life. Bioli Intro consists of diagnostics and different wellness activities to improve your general wellbeing while helping you adopt new, healthy habits.

Our innovative approach integrates an early diagnosis of diseases at the cellular and genetic levels with psychological testing. Defining your micro - and macro - anatomical, functional and psycho-emotional conditions, in combination with fitness diagnostics, enables us to precisely assess the strengths and weaknesses of your body.



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The scientific group of **BIOLI** will present you the results of the full diagnostics and will provide you with detailed advice on nutrition and suggestions for physical activities.

Based on this knowledge, we will create a custom-made plan of health restoration which can be used for reducing health risks and maintaining youth for longer.



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Health Resource Management

The goal of the Wellness Program is to identify the risk factors of diseases at the cellular level, manage health resources and improve their functionality. Each system of the human body has its own limited resources and the proper management of these is crucial for youth prolongation and disease prevention.

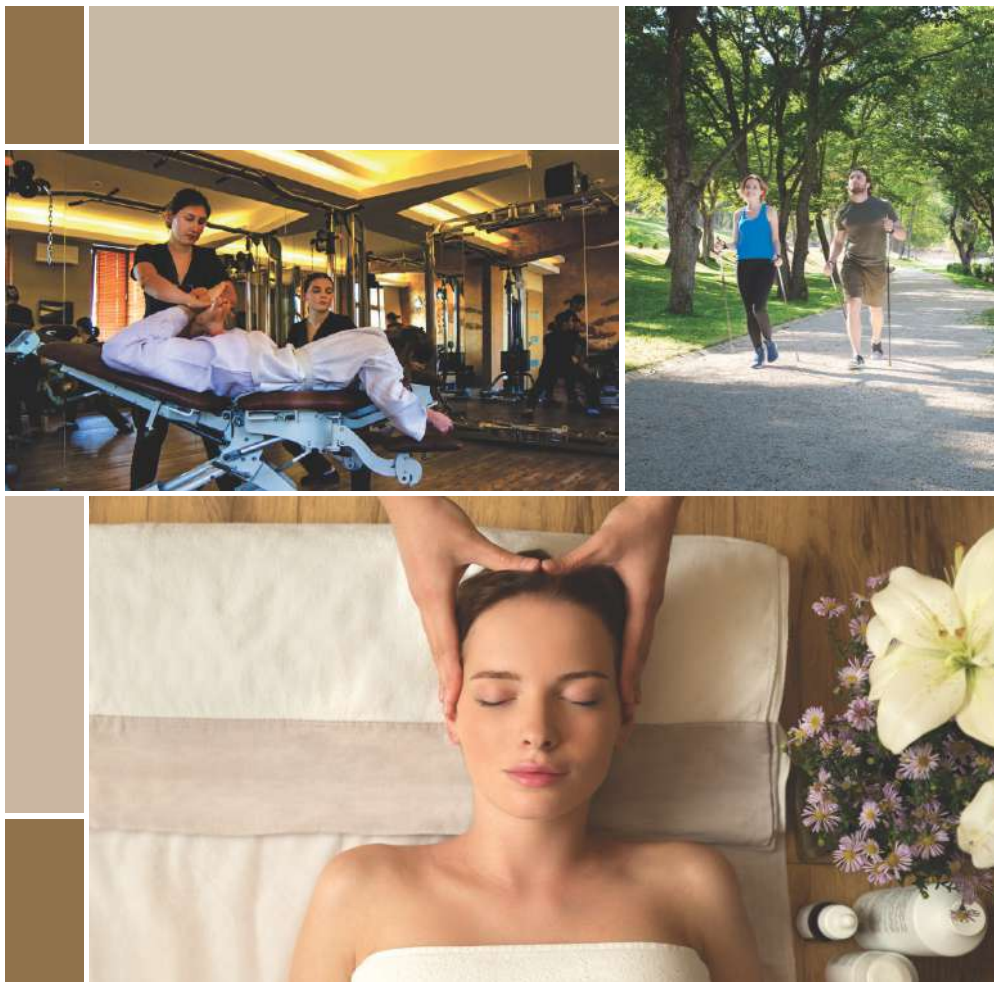
Our highly qualified medical team uses innovative technologies to evaluate health resources and develop individualized healing strategies.

The program reduces the risk of severe, chronic diseases, maximizes the life potential, and renews the cells, all of which contribute to complete body revitalization.

The practical and theoretical experience gained through the program will allow you to discover and constantly control the internal resources of the body to guarantee a higher quality of life.



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Stress Management

The objective of our wellness program is to neutralize the effects of stress. Once you have completed the program, you will find yourself with an increased level of energy and physical resources to start a new and more fulfilling life.

Increased level of vitality and work efficiency are the results of our wellness program. While physical therapy helps to strengthen muscle tissues, a menu enriched with endemic phyto-elements activates the restorative and cleansing processes in the body. This in turn rejuvenates the body, freeing it from toxins and allowing it to cope with chronic fatigue effectively. Finally, relaxing spa techniques and physical activities in the healing mountain air will improve the metabolism and soothe the nervous system.

This complex approach helps to become more stress-resistant and gives the body a complete revival to provide a feeling of harmony and peace, a new vigor, and the best chance to achieve success in the fight against external stress factors.





Unique medicinal herb and plant therapy

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

Medicinal herbs are natural antioxidants, and at **BIOLI** they are featured in our therapies as well as in our specially prepared, healthy meals. The unique and proper combination of plants allows us to make a targeted impact on the human body.



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BIOLI offers its guests a wide range of medicinal ointments, natural soaps and herbal infusions, each one with its distinctive, unique bouquet and a special role in wellness therapy. We use only natural components to manufacture these products.

Our exclusive qvevri bio-wines bottled specially for **BIOLI**, deserve a special mention as they are wines rich in antioxidants and other important microelements.

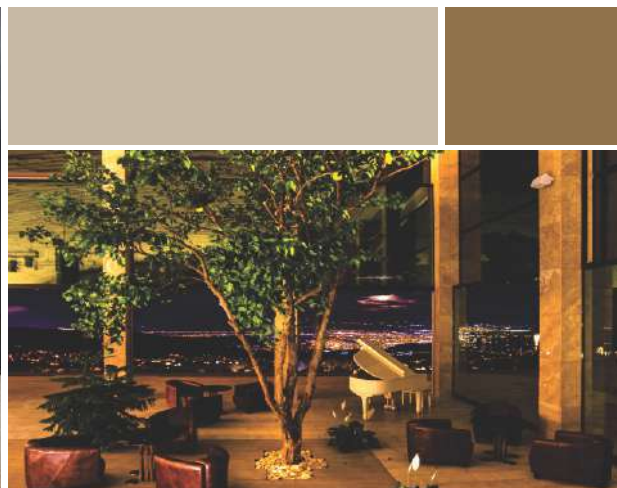
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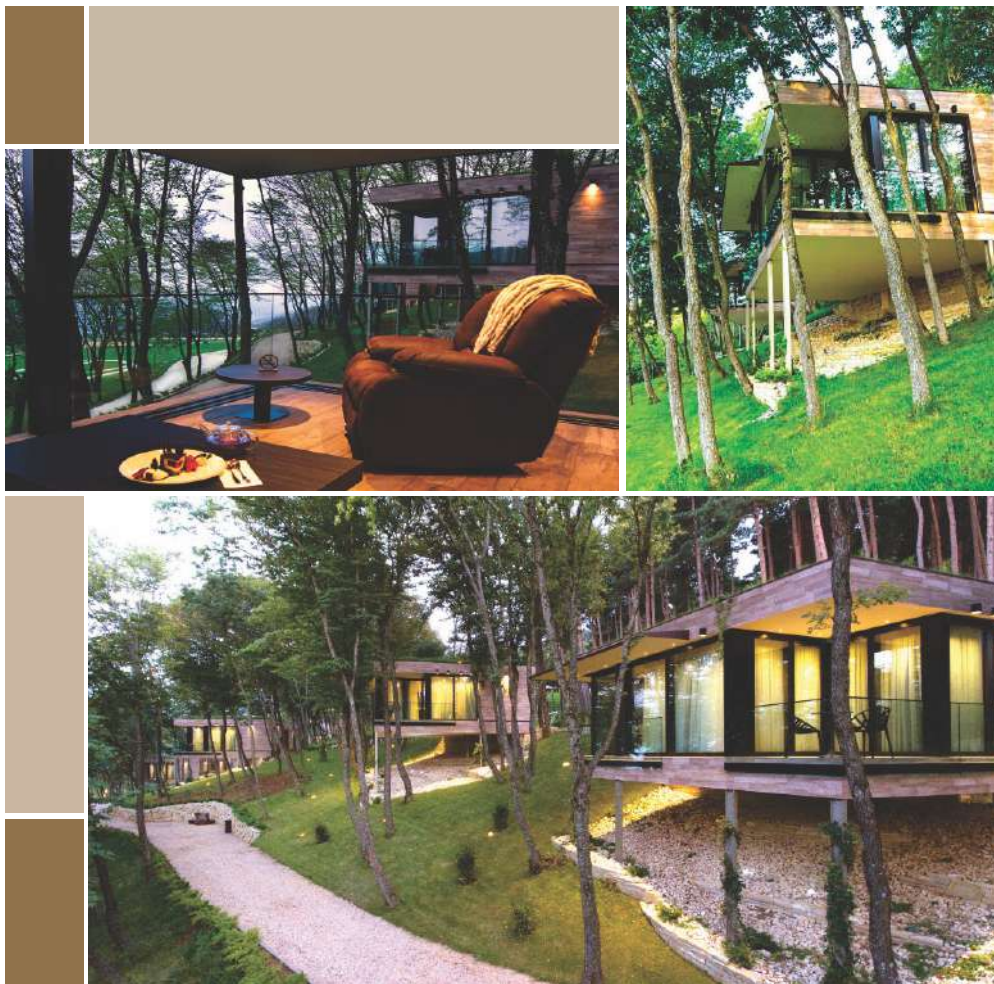


Not only does the fresh mountain air aid in the recovery of the human body, it also improves the psycho-emotional state. **BIOLI**'s unique climate is ideal for the prevention of respiratory system diseases as well. That's why we pay particular attention to the conservation of the ecological qualities of the resort. Only clean-energy vehicles (such as electric cars, quadricycles and bicycles) are utilized on **BIOLI** grounds.

Our guests are encouraged to spend their resting time following therapeutic procedures by visiting the **BIOLI** lounges, and play billiards, table tennis, darts, chess or backgammon during their free time.



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Guests at **BIOLI** are hosted in individual cottages in the forest with windows on three sides. Each room has access to a large balcony that offers spectacular views over Tbilisi and the surrounding mountainous landscape.

Everything in the cottages can conveniently be managed with a single remote, and each room is equipped with an electric heating system.



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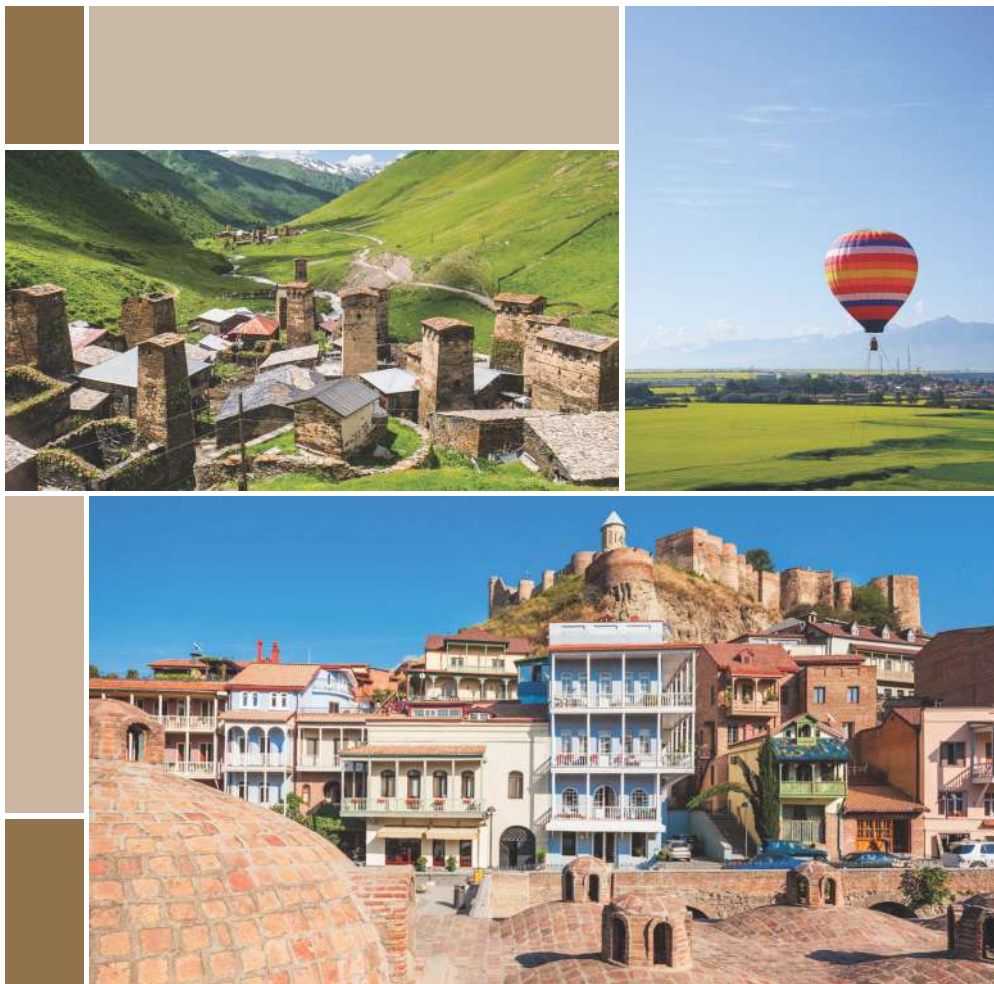


BIOLI Hall is the first and only complex in Georgia that combines a winter garden with an event hall and a restaurant. Our highly qualified chefs combine professionalism with an artistic approach by creating original dishes with their own interpretation.

In our multi-functional hall, our guests can enjoy our wellness food, which combines the taste and flavor of traditional Georgian cuisine with modern wellness cooking technologies. All of our dishes are enriched with medical herbs according to the guests' individual program. **BIOLI**'s unique qvevri bio-wines, rich in antioxidants and various healthy microelements rightfully attract special attention.



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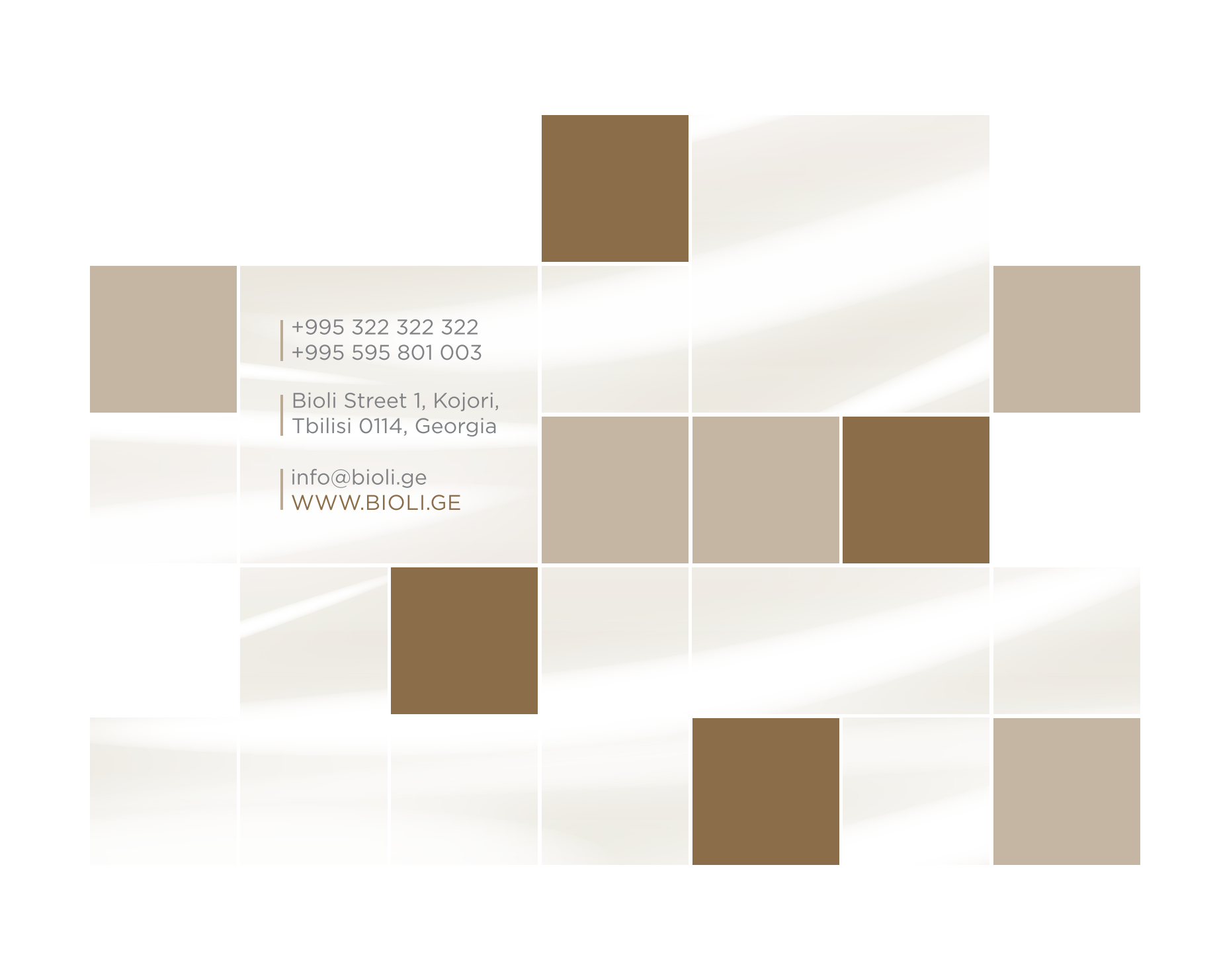


BIOLI Bioli offers spectacular tours individually tailored to its guests' interests. Thanks to the resort's helipad, guests are given the opportunity to reach the furthest locations in Georgia: ski in the mountains or swim on the Black Sea coast and get back to the resort in time for their procedures and therapies.



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