

LONGEVITY SWITZERLAND

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*Recognized as a Longevity Spot by Longevity Switzerland  
— a circle of places that nourish longer, fuller lives.*

# uphorium Ice Bath & Sauna

FEATURED ON LONGEVITY SWITZERLAND



*Hotel & Wellness · February 2026*

*Maurice Lichtenberg*

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CO-FOUNDER



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*Laura Pezza*

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CO-FOUNDER