

Turn biomarkers into a more personal guest journey

In 5–7 minutes, Wellness Screening brings together around 30 physiological markers across five health areas - giving practitioners a clear foundation for personalised guidance, treatment recommendations and follow-up.

1

Physical Fitness

Shows physical capacity, performance and recovery potential.

- Cardiovascular fitness
- Performance capacity / VO2 at rest
- Exercise recovery index
- Dry lean mass



2

Metabolic Health

Highlights metabolic patterns related to energy, body composition and physiological balance.

- pH regulation / dehydration
- Thyroid function
- Digestion
- Lipid profile - total cholesterol & triglycerides
- Insulin resistance
- Fat mass



3

Stress & Mental Health

Shows how the nervous system, stress regulation and neurochemical balance may influence wellbeing.

- Fight-or-flight stress / sympathetic NS
- Recovery capacity at rest / parasympathetic NS
- Serotonin
- Dopamine
- Baroreceptor response to standing
- Sympathetic response to standing
- Parasympathetic response to breathing
- Parasympathetic response to standing
- Orthostatic hypotension
- POTS
- Oxidative stress / neuropathy



Why premium wellness destinations choose Wellness Screening



PERSONALISED

More relevant guest guidance



5-7 MINUTES

Fast and easy to integrate



INCREASE TREATMENT SALES

Connect insights to relevant services



STAND OUT

Differentiate your spa offering

A clearer picture. A more relevant wellness experience.

From cardiovascular and immune patterns to an overall heart-rate marker, the report helps turn physiological insight into practical next steps for the guest.



4

Cardiovascular Health

Connects oxygenation, blood pressure, pumping capacity, microcirculation and vascular function.

- Oxygen saturation
- Systolic pressure
- Diastolic pressure
- Stroke volume
- Minute volume
- Endothelial function
- Microcirculation
- Coagulation
- Vascular tone
- Cardiovascular age



5

Immune Health

Supports understanding of inflammatory load and the body's immune response.

- Inflammation / CRP
- Immune response (CD4 & CD8)



HR

Overall Marker

Heart rate provides a quick orientation marker across all five health areas.

- Heart rate – presented in the report
- Snapshot of current physiological load
- Supports communication and follow-up



Elevate your wellness offering

Designed for high-end spas, resorts and wellness destinations that want to combine personalisation, measurable insight and a more relevant guest journey.

30 markers • 5 health areas • 5-7 minutes

www.wellness-screening.se

elena@wellness-screening.se