

Nike Schroeder Unveils the Future of Wellness and Longevity Innovation on Xraised

GRÜN WALD , GERMANY, February 20, 2025 /EINPresswire.com/ -- Xraised, the premier platform for industry insights, recently welcomed Nike Schroeder, a leading expert in wellness retreats and longevity science, for an exclusive interview. As the co-founder and project manager of the renowned wellness hotel Palazzo Fiuggi, Schroeder has pioneered groundbreaking initiatives in wellness, longevity, and holistic health.

In her conversation with Xraised host Rosalie, Schroeder shared insights into her journey, discussing the significance of longevity science and the development of wellness programs tailored to optimize health. Having dedicated nearly two decades to epigenetics, biohacking, and the study of Blue Zones—regions known for exceptional longevity—Schroeder has played a pivotal role in integrating scientific research into luxury wellness experiences.

Bridging Science and Hospitality: The Palazzo Fiuggi Approach

At Palazzo Fiuggi, Schroeder and her team have revolutionized health and wellness with a cutting-edge, medical-scientific approach. One of the most unique aspects of their offering is “Food as Medicine,” an exclusive nutrition program developed in collaboration with Michelin-starred chef Heinz Beck. The program incorporates organic, biodynamic ingredients, leveraging nutritional science to stimulate cell rejuvenation and strengthen the immune system.

Beyond nutrition, Palazzo Fiuggi combines holistic healing practices with advanced medical diagnostics, offering tailored treatments that integrate ancient wellness traditions with Western medicine. The resort's bespoke longevity programs have attracted global wellness seekers, including high-profile guests who have shared their transformative experiences.

Overcoming Challenges and Driving Industry Innovation

Schroeder also spoke about the challenges faced in bringing Palazzo Fiuggi to market, particularly navigating the complexities of launching amid the COVID-19 pandemic. Despite initial setbacks, the retreat quickly gained recognition as a world-class destination for health optimization.

Her dedication to wellness education extends beyond hospitality. Recently, Schroeder was honored with an Honorary Doctorate from the European School of Data Science and Technology,

recognizing her contributions to longevity research and her commitment to educating future generations. As a lecturer, she has continued to inspire students, offering in-depth insights on longevity, even conducting online courses while others were on vacation, but owning also five more Dr.h.c. doctor titles from Switzerland universities.

Xraised: Highlighting Industry Leaders and Innovators

Nike Schroeder's interview is a must-watch for those passionate about the future of wellness and longevity. Her vision, combined with cutting-edge scientific advancements, is reshaping the hospitality industry.

Watch the full interview here: Transforming Wellness: [Nike Schroder on Longevity Innovation at Palazzo Fiuggi](#)

Learn more about [Forte Village Resort](#): Forte Village Resort

For more insights into industry pioneers and innovators, visit [Xraised](#).

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