



The Institute for Integrative Health and Wellness is inspired by the Integrative Medical Spas of Europe. IIHW blends traditional Western Medicine with new holistic treatments and proven global techniques in order to treat the body with more than just medication.

Dr. Antonio Bifero and Dr. Louis Luna have given Chicago and the Chicagoland area a new perspective on health care. They not only treat illness, but proactively change the lifestyles of all of their patients to prevent illness. Through diet, custom exercises, and treatments tailored for each patient, the days of universal (and ineffective) treatment is coming to an end. IIHW patients can experience more rapid recovery time and take steps to avoid common, preventable diseases through integrative treatments.

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Institute for Integrative Health & Wellness



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Integrative Medicine

- *Chiropractic Medicine*
- *Functional Medicine*
- *Functional Rehabilitation*
- *Oriental Medicine*
- *Acupuncture*
- *Massage Therapy*
- *Nutrition*
- *Homeopathy*

Medical Spa Services

- *Mind And Body*
- *Botox® Cosmetic and Juvéderm™*
- *Restylane® and Perlane®*
- *Photofacial*
- *Laser Hair Removal*
- *Chemical Peels*
- *Microdermabrasion*
- *Acne Therapy*