



THE LONGEVITY  
SUITE

M I L A N O



## THE LONGEVITY SUITE

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The Longevity Suite® is the most advanced European Network of Biohacking & Antiage City Clinics: we create integrated, high-performance and high-tech protocols, to guide you towards the best version of yourself thanks to a perfect balance between health, conscious beauty and mental energy.

Everyday we promote a forward-looking lifestyle focused on here and now, a mindful and authentic beauty, an approach to time in which health is at the center of our choices, always at the maximum of our potential.

### LIVE MORE.



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 **WEEK END PROGRAMS**

## BESPOKE PROGRAMS

The Longevity Programs are tailored protocols focused on the specific needs and goals of the customer. These help balance physical fitness and mental well-being through the most advanced biohacking techniques. Each program starts with a Longevity Check-up and initial consultation to tailor to the customer a nutritional plan, the best functional products, a training and mindfulness programs, a cold exposure protocol and professional facial/body treatments.



### NATURALLY SLIM

3 DAYS

This program offers a multi-disciplinary and personalized approach for effective and lasting weight loss, while establishing the route towards a long-term strategy for maintaining a healthier body.



### INTENSIVE NATURALLY SLIM

6 DAYS

Intensive one week weight loss and fitness recovery protocol..



### SLEEP BETTER

3 DAYS

A program designed to find a peaceful sleep, fundamental to recover lost energies, to reduce the negative states that may result from prolonged insomnia and to generate immediate and long-term well-being.



### MIND & BODY DETOX

3 DAYS

A special path to restore the balance between mind and body, eliminate toxins and kick off a healthier lifestyle. In addition to a general sense of well-being, it is acquired a new awareness of how this state of health could naturally accompany us in life.



### INTENSIVE MIND & BODY DETOX

6 DAYS

Intensive protocol to detoxify and purify body and mind using the most advanced methods, technologies and innovative products.



### ADVANCED REJUVENATION

6 DAYS

Protocol created to bring about a visible and long-lasting transformation through the combination of innovative aesthetic technologies, cosmeceutical products that enhance the anti-aging effects of the treatments and targeted nutritional coaching.


**CRYOSUITE**

## CRYOSUITE

Whole body Cryosuite treatment involves keeping the whole body in a cold room with temperatures ranging from -85 °C to -95 °C for a time interval between 3 and 5 minutes. Short-term cooling promotes a large number of positive reactions in the body thanks to the increased circulatory response of both the blood and the lymphatic flow.

**The treatment is helpful for:**

- ❖ Increasing sports performance and reducing recovery time
- ❖ Facilitating weight loss and improving body composition
- ❖ Burning up calories and accelerating the basal metabolic rate
- ❖ Rejuvenating skin appearance driven by a greater collagen production
- ❖ Improving circulation and drainage of the lower limbs
- ❖ Detoxifying and reducing oxidative stress
- ❖ Improving mood and mental well-being



### SINGLE SESSION

single session	€ 60
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### BUNDLE SESSIONS

5 sessions	€ 275
10 sessions	€ 500
20 sessions	€ 900




### UNLIMITED PASS

Unlimited Bronze	<b>1</b> month	€ 600
Unlimited Silver	<b>3</b> months	€ 1.200
Unlimited Gold	<b>6</b> months	€ 1.800
Unlimited Platinum	<b>12</b> months	€ 3.000



 LOCAL CRYO

**LOCAL CRYO**

 10 MIN

Localized cold treatment is a procedure which involves the use of localized dry cold air at -32 °C on limited areas of the body. Low temperatures bring numerous benefits including improved oxygenation e microcirculation. It is ideal to combine localized cold with systemic whole-body Cryosuite.

*The treatment is indicated for:*


- ❶ Improving microcirculation
- ❷ Increase oxygenation of a specific area
- ❸ Visibly upgrade skin tone and appearance

 **LOCAL CRYO**

single session

€ 35

**CRYO FAST RECOVERY**

 50/80 MIN

The benefits of localised and systemic cold are enhanced by a subsequent specific connective tissue massage which, exploiting the high quantity of nerve endings present in the superficial fascia, stimulates the mechanical and functional restoration of the body, becoming a valid support for faster physical recovery. It is possible to further intensify the effectiveness by completing the treatment with radiofrequency.

 **CRYO FAST RECOVERY**

**Local Cryo + Cryosuite + Connective Tissue Massage**

single treatment

€ 150

 **INTENSIVE CRYO FAST RECOVERY**

**Local Cryo + Cryosuite + Connective Tissue Massage + Radiofrequency**

single treatment

€ 180



## FACE REJUVENATION



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### LUXURY CRYOLIFT

⌚ 50 MIN

Facial treatment that counteracts the signs of chronological aging, visibly improve skin tone and achieve an immediate facelift. Protocol combined with Cryo Sphere Cool Sculpting Device, ultra-tightening effect mask and Longevity Sculpting Lift massage.



#### LUXURY CRYOLIFT

single treatment

€ 130

### REJUVENATING POWER

⌚ 50 MIN

Reshaping and volumizing facial treatment involving the delivery of an ultra booster anti-aging vial with an epigenetic formula and the use of radiofrequency at the same time as a connective tissue massage.



#### REJUVENATING POWER

single treatment

€ 130

### CRYOFACIAL HYDRASHINE

⌚ 50 MIN

Moisturizing and brightening facial treatment. Thanks to the synergy of Local Cryo and actives delivered through a mask with a redensifying effect, it effectively stimulates elastin and collagen production while improving skin tone.



#### CRYOFACIAL HYDRASHINE

single treatment

€ 130

### FACESHape 3D

⌚ 50 MIN

Innovative facial treatment to prevent and repair the signs of aging. The multifunctional technology Ultrashape combines 3 technologies in 1, amplifying the effects of the 3 patented ultra-antioxidant actives present in AOX3 CUBE Ultra Active Serum. Specific to reshape the oval of the face, drain toxins, oxygenate tissues and stimulate cellular renewal.



#### FACESHape 3D

single treatment

€ 130

## LONGEVITY SILK EXPERIENCE

⌚ 50 MIN

Smoothing and restructuring face treatment. The ancient Japanese beauty ritual "Kobido" performed with pure silk cocoons and the Seta Luxury Silk Mask releases a peptide cascade on the skin, strengthening it and stimulating tissue regeneration.

### LONGEVITY SILK EXPERIENCE

single treatment

€ 130

## FACE DETOX

⌚ 50 MIN

Facial treatment designed to deeply purify the skin, restore its natural balance and counteract the attack of free radicals. Thanks to the combination of antioxidant serums and oxygenating, soothing and purifying masks, the skin is regenerated and regains new radiance and vitality. The microstimulation produced by specific facial reflexology helps to reactivate the skin's energy, improving its state of health and skin elasticity.

### FACE DETOX

single treatment

€ 100

## RITUAL PHYTO DETOX

⌚ 80 MIN

The Signature Ritual Phyto Detox is a treatment that ensure intense detoxification and deep cleansing of the skin. The Phyto Massage, a triple facial, visceral and foot massage, with the support of a blend of the purest precious oils, brings the main organs of the body into synergy for better detoxification, thus giving immediate well-being and infusing energy to mind and body. A ritual that guarantees a unique, complete, relaxing and regenerating experience that activates all the senses.

### RITUAL PHYTO DETOX

single treatment

€ 130

## FACE TREATMENTS

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## FACE TREATMENTS

⌚ 30 MIN

### CRYOFACIAL GLOW

**Objective:** to nourish, moisturize and give the face skin brightness and new vitality.

**How:** Local Cryo + connective tissue massage.

**Treatment:** antioxidant and moisturizing serums + redensifying mask.

**When:** in case of dull and dehydrated skin and in alternation with anti-aging treatments for a more complete stimulation of the connective tissue.

**Frequency:** 2 times a week for 5 weeks.

### RED LIGHT THERAPY

**Objective:** to visibly reduce the signs of chrono-aging through photobiomodulation.

**How:** Longevity Multisensory LED Therapy.

**Treatment:** Epigenetic Antiage Mask.

**When:** to regularly stimulate the production of collagen, elastin and hyaluronic acid.

**Frequency:** 2 times a week for 4 weeks.

### URBAN FACE DETOX

**Objective:** to deeply purify and counteract the attack of free radicals.

**How:** lymphatic drainage massage.

**Treatment:** mix of antioxidant serums and oxygenating, soothing and purifying masks.

**When:** in case of impure skin and dull complexion.

**Frequency:** periodically to reinforce the defenses against the harmful effects of pollution and stress.

### FACE LIFT

**Objective:** to deeply stimulate all facial muscles by toning the tissues and reducing wrinkles by reproducing the effect of a natural face lift.

**How:** Longevity Sculpting Lift manual massage.

**Treatment:** serums stimulating the production of collagen and elastin + regenerating mask activated by a Chrono Lift Antiage solution.

**When:** before an event and especially as a training routine to keep the face young.

**Frequency:** no more than 2 times a week.

### INSTANT SILK

**Objective:** to smooth, strengthen and stimulate tissue regeneration.

**How:** with the ancient Japanese beauty ritual "Kobido".

**Treatment:** serums + Luxury Silk Mask capable of releasing a peptide cascade on the skin to strengthen it and reduce the signs of expression lines.

**When:** to stimulate skin renewal.

**Frequency:** once a week for 6 weeks.



### FACE TREATMENTS

single treatment € 80



### THE GENTLEMEN'S FACIAL

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## CRYO ENERGY & LIFT FACIAL

⌚ 50 MIN

Energizing facial treatment that mitigate signs of aging and visibly improves the appearance of skin, helping to redefine the oval of the face. Thanks to the Longevity Sculpting Lift Massage and the innovative Cryosphere device, it is designed to revitalize tissues and give an instant lifting effect.



### CRYO ENERGY & LIFT FACIAL

single treatment

€ 130

## CRYO REPARATIVE FACIAL

⌚ 50 MIN

Reparative and hydrating facial treatment that combines localized cryotherapy, connective tissue massage and multi-functional formulas to eliminate toxins, increase microcirculation and effectively stimulate elastin and collagen production. Ideal for minimizing the visibility of pores, soothing inflamed skin and giving immediate facial radiance.



### CRYO REPARATIVE FACIAL

single treatment

€ 130

## MEN'S FACE DETOX

⌚ 50 MIN

Detoxifying ritual, specifically designed for male skin needs, that purifies in depth and gives the skin brightness and vitality.



### MEN'S FACE DETOX

single treatment

€ 100



### MULTISENSORY LED

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An innovative technology to carry out highly performing photobiomodulation treatments on the entire surface of face and neck thanks to the perfect synergy of 130 LED lights with:

- ❖ **Photonic beams** emitted by a high power and light intensity LED system.
- ❖ **WiFi Acoustics** for binaural musical frequencies which favor neuronal interconnections.
- ❖ **Inhalation aromatherapy** with blends of organic essential oils.

The protocols combine Multisensory Led with manual treatments and specific cosmeceutical products.

## MULTISENSORY LED

⌚ 50 MIN

### COLLAGEN BOOST

Indicated to promote the metabolic activation of fibroblasts compromised by chrono-aging. By stimulating the neo-formation of collagen and elastin, it promotes tissue re-densification and improves skin tone.

### ACNE REPAIR

Specific for acne-prone skin or related issues. Aids the control of bacterial proliferation and excessive sebum production.

### SKIN RECOVERY

Dedicated to sensitive skin or skin sensitized by external factors, it reduces redness and restores softness and elasticity.



### MULTISENSORY LED

single treatment € 130

## MIND & BODY DETOX

⌚ 30 MIN

Relaxing and de-stressing multisensory treatment. The benefits of Led Lights, inhalation aromatherapy and binaural music are amplified by the involvement of the "sense of touch", through specific manual body treatments that help restore balance.



### MIND & BODY DETOX

single treatment € 100



### BODY SCULPTING

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## LAQUASHAPE

⌚ 50/80 MIN

Specific treatment for the remodeling of localized areas of the body thanks to the infrared light that heats the adipocytes in depth, the radiofrequency that stimulates a toning action and the vacuum that improves lymphatic drainage.



### ULTRASHAPE

single treatment 1 area/ 2 areas

€ 140/180

## ULTRATONE & MUSCLE

⌚ 30 MIN

Treatment that uses the High Intensity Focused Electromagnetic Field (HIFEM) technology to activate the deep muscles of specific areas of the abdominals, buttocks and legs with superior efficacy to voluntary physical work.



### ULTRATONE & MUSCLE

single treatment

€ 120

## CRYO FAT BURNING

⌚ 50 MIN

Thermal Shock Treatment followed by a Longevity Lift massage combined with an ultra-toning mask. It is a protocol designed to activate the metabolism by stimulating the vessel motor cycles.



### CRYO FAT BURNING TREATMENT

single treatment

€ 120

## DEEP REJUVENATING DETOX

⌚ 80 MIN

Deep relaxation treatment which, through the synergy of Infinity Luxury Care Oil, the multisensory stimulation of the Deep Infinity Touch and the intense peeling with micronized pumice stone, guarantees exfoliation, drainage and detoxification of the body. Completely renews the skin surface making the tissue elastic and extraordinarily velvety.



### DEEP REJUVENATING DETOX

single treatment

€ 150



BODY  
SCULPTING

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## CRYODRAINING

⌚ 50 MIN

It is a unique protocol for reducing venous and lymphatic stasis of the lower limbs, minimizing edematous cellulites and reshaping the silhouette. Thanks to the pool of functional active ingredients, the cryo-bandage system, the pressure therapy and specific manual skills, this treatment guarantees an immediate reactivation of the microcirculation, increasing general circulation and the nutrition of the tissues.



### CRYODRAINING TREATMENT

single treatment

€ 130

## COOL DREN & TONING

⌚ 50 MIN

Draining and toning body treatment which combines Local Cryo with a Skin Icing Massage to activate deep regeneration processes. Improved microcirculation and oxygenation reduce swelling, promote the elimination of toxins, stimulate the production of collagen and give tone and vigor to the legs and buttocks.



### COOL DREN & TONING

single treatment

€ 110

## CRYO EXTREME ELIXIR

⌚ 50 MIN

To promote the elimination of excess liquids and to tone and nourish the connective tissue, giving tone and extreme lightness to the legs. A Whole Body Cryosuite session enhanced by a subsequent specific connective tissue massage generates, in combination with specific draining maneuvers, the stimulation of the neurovegetative system, which produces an important blood recall effect on the lower limbs.



### CRYO EXTREME ELIXIR

single treatment

€ 130

## STONE & CELLULITE

⌚ 50 MIN

It is used in the management and improvement of cellulites. It uses radiofrequency, which makes the surface of the dermis more compact, toned and smoother without any pain or side effects, with long-lasting results.



### STONE & CELLULITE

single treatment

€ 100



## HOLISTIC BODY TREATMENTS

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## HOLISTIC BODY TREATMENTS

### FULL BODY RELAX

Designed to achieve a state of deep relaxation and harmony.

### DEEP TISSUE

Dedicated to those who want a deep and specific work on muscle tension.

### ENERGIZE

Recharge your tissues and skin with energy, leaving it supple and toned. It is a pleasantly energetic treatment, which helps to reactivate the muscle tissue and restore the natural tone.

### BACK AND NECK

The relaxation of the dorsal area generates a chain of well-being, through the spinal nerves, which involves the entire system.

### SPORT MASSAGE

A massage with the aim of loosening muscle contractures and reaching the deeper layers of the connective tissue.

### DREN

Treatment that activates blood circulation and drains fluids through firm pressure and exclusive maneuvers for a less swollen and defined body.

### REMODELING

Thanks to the application of vigorous, rapid and decisive movements all over the body, it allows you to shape the silhouette and give a more defined contour to the body.

### LIGHT LEGS (30min)

Dynamic and reactivating, it reduces swelling and frees the legs from tiredness, heaviness and muscular tension. Gives elasticity, improves blood and lymphatic circulation.

### HOT STONE RELAX

Thanks to the use of hot lava stones the operator brings heat to the areas in need. The massage with hot stones gives stability, decreasing the sensation of stress and enhancing physical and mental relaxation and psycho-physical balance.

### REFLEXOLOGY

Through the analysis of the alterations of the sole of the foot, the reflexologist proposes personalized operative paths and indicates behaviours useful for restoring health.

### BODY DETOX (50min)

Detoxifying treatment that gives the body new vitality through fundamental elements: the scrub with salt useful for the elimination of excess fluids and thermal mud with an anti-inflammatory and purifying effect.

### DEEP INFINITY TOUCH (50min)

An exclusive massage therapy technique that activates detoxifying processes, restores endocrine balance and gives a profound feeling of well-being.

### AYURVEDIC EXPERIENCE (80min)

Treatment performed according to ancient Ayurvedic techniques to help relax, regenerate and rebalance energy.



### HOLISTIC BODY TREATMENTS

30 minutes	€	80
50 minutes	€	120
80 minutes	€	160



### DIAGNOSTIC & CHECK-UP

## DIAGNOSTIC & CHECK-UP

### LONGEVITY CHECK-UP € 80

Personalized medical check-up.

### GUT MICROBIOTA TEST € 300

Innovative test that, through next-generation DNA sequencing (NGS) techniques, can provide a true picture of the bacteria in the gut to help significantly improve the quality of life.

### DNA TEST - COMPLETE € 480

Complete test that analyzes more than 130 genes. It contains all areas of analysis of The Longevity Suite project proposed individually: Diet, Skin Aging, Sport.

### DNA TEST - DIET € 300

Test that analyzes variants of genes responsible for each person's individual response to the intake of certain food substances. It provides information related to tolerance to different foods, assimilation and/or metabolism of lipids and carbohydrates and the requirements for certain vitamins.

### DNA TEST - SKIN AGING € 200

Analyzes certain genes whose variants are responsible for genetic predisposition to premature skin aging. It provides information related to the quality of collagen fibers that make up the supporting framework of our tissues.

### DNA TEST - SPORT € 240

Test that analyzes certain polymorphisms in order to discover your genetic predisposition to power or endurance sports.

### ONLINE NUTRITIONAL PLAN € 80

Personalized nutritional plan with a Longevity Expert that aims to achieve the goals.

Valid from 31/12/2023



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