



THE LONGEVITY  
SUITE

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## 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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**LONGEVITY EXPERIENCES**

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Take your first step towards a healthier lifestyle, ensuring a full and conscious longevity.

Experiential pathways tailored to slow down the passing of time, reactivate energy, and experience a feeling of healing and well-being. A combination of cutting-edge technologies and specific treatments geared towards maximum results condensed into a unique and rejuvenating experience.

**MIND & BODY DETOX EXPERIENCE**

2h

Healing the mind ensures novel beauty for the body. A careful selection of our de-stress protocols to deeply cleanse the body and eliminate toxins, ensure the body relaxes and the mind recharges, with the ultimate goal of initiating an effective process of lasting well-being.

*Includes:*

- Cryosuite Total Body 10 min
- Mind & Body Detox 30 min
- Deep Infinity Touch 50 min
- Longevity Assessment 30 min

**ENERGY BOOST EXPERIENCE**

2h

Reactivating tissues restores a new vitality in your body. Designed to generate immediate recovery from conditions of fatigue which, if prolonged, may impair physical and mental performance. A comprehensive experience that can increase the vitality of our skin and metabolism and restore our energy balance.

*Includes:*

- Cryosuite Total Body 10 min
- Energize Massage 50 min
- Red Light 30 min
- Longevity Assessment 30 min

## SKIN GLOW EXPERIENCE

2h

Shine is the watchword for this comprehensive skin treatment. The experience begins with the Longevity Skin Check, which allows to identify the skin's characteristics, customizing therefore the facial treatment to the specific needs. The experiential journey, through specific treatments, will make the face appear more radiant, the skin velvety and regenerated to slow down the aging processes.

Includes:

• Longevity Skin Check	20	min
• Face Treatment	30	min
• Body Detox	50	min
• Longevity Assessment	20	min

## SLEEP BETTER EXPERIENCE

2h

The quality of sleep affects our physical fitness and mood. Program dedicated to those who need to slow down their daily rhythms, relieve tensions and regain a peaceful, restorative sleep in balance with their biological clock by implementing a complete mental and physical detox.

Includes:

• Cryosuite Total Body	10	min
• Deep Blue	50	min
• Mind & Body Detox	30	min
• Longevity Assessment	30	min

## YOUR PERFECT BODY EXPERIENCE

2h

Regain your body harmony and rediscover your fitness naturally, with body and facial treatments selected to stimulate tissue reactivation and oxygenation and ensure long-term benefits.

Includes:

• Cryosuite Total Body	10	min
• Cool Dren & Toning	50	min
• Cryo Eye Shine	30	min
• Longevity Assessment	30	min



## 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 define: a nutritional plan, the best functional products, a training and mindfulness program, a cold exposure protocol and professional facial and body treatments.



### NATURALLY SLIM

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.



### ADVANCED REJUVENATION

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.



### SLEEP BETTER

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

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.



### ENERGIZE

This program has been designed to promote cell regeneration and counteract the negative effects of aging, allowing you to reach greater energy levels.



### STRONG IMMUNO

A program aimed to improve our general state of health and therefore strengthen the body's natural defense capabilities in response to oxidative stress and external aggressors.



## DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

## DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

### LONGEVITY CHECK-UP

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Personalized medical check-up.

### MICROBIOTA ANALYSIS

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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

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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

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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

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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

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

### OXIDATIVE STRESS

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Measurement of the amount of free radicals, cellular damage and antioxidant barrier effectiveness.

## DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

### SLEEP QUALITY ASSESSMENT TEST

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Test capable of detecting the main sleep-related breathing disorders (DRS), among the most common causes of alterations and imbalances in sleep, through a small and simple medical device which is conveniently worn during the night.

### BIOLOGICAL EPIGENETIC AGE TEST

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Assessment of the epigenetic (biological) age by evaluating key hormonal and inflammatory markers.

### LONGEVITY MOLECULAR PROFILE

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Analysis of lipid profile and cell membrane "health" status allowing to put in place a customized supplementation strategy and aim for rebalancing.

### AESTHETIC AND SURGICAL MEDICINE EXAMINATION

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Initial consultation focused on goal analysis and identification of the best treatment protocol.

### NUTRITIONAL CONSULTATION

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Nutritional check-up with body composition analysis and personalized nutritional program.

### NUTRITIONAL FOLLOW-UP

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Nutritional check-up with body composition analysis and personalized nutritional program.

### ANTI-AGING METABOLIC VISIT

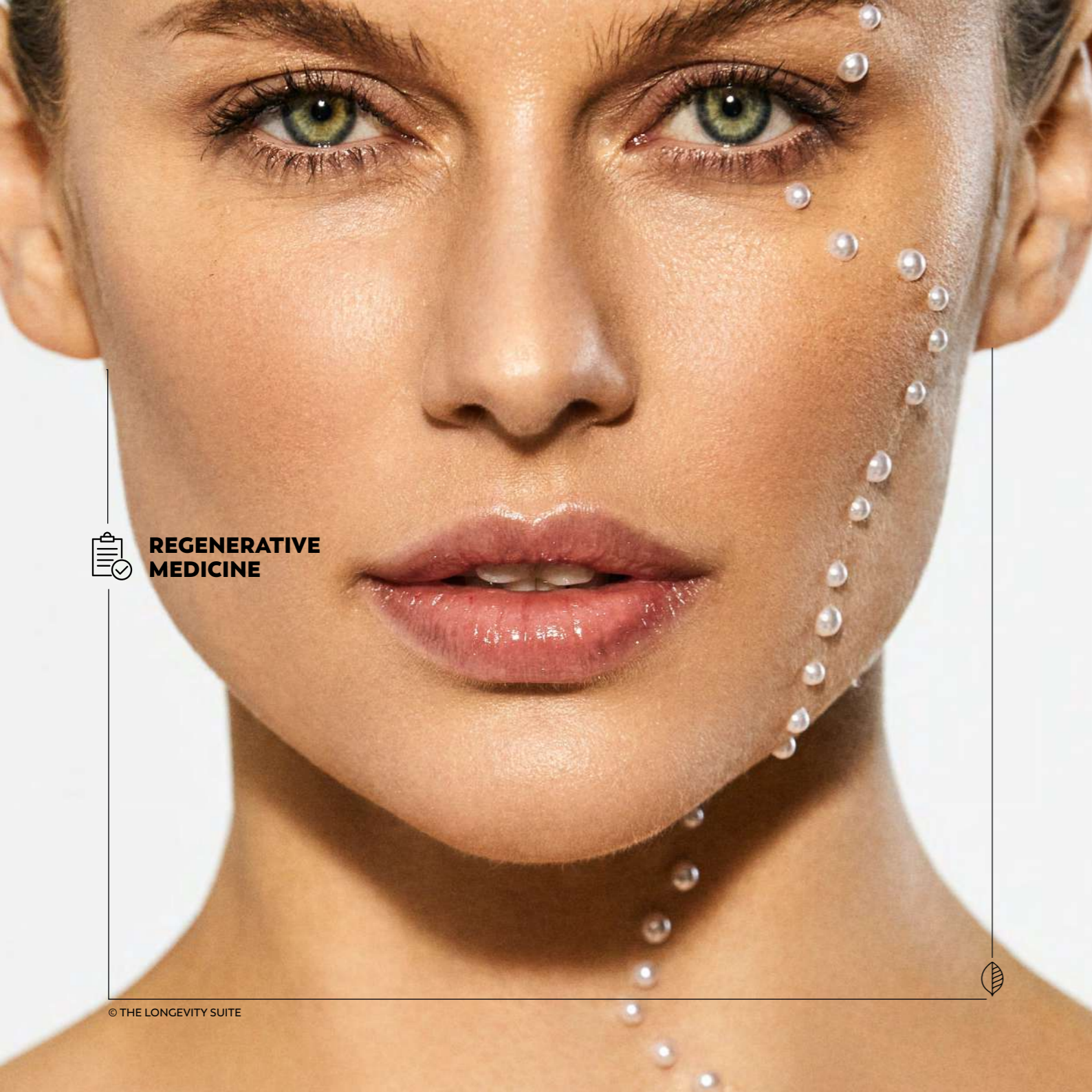
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Cardio metabolic assessment for identification of the most functional antiage strategy.

### ANNUAL NUTRITIONAL PLAN

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Nutritional check-up, personalized nutritional program every 3 months and monthly check-up for 12 months.



## REGENERATIVE MEDICINE

## REGENERATIVE MEDICINE

### OXYGEN OZONE THERAPY

Oxygen Ozone Therapy is a medical treatment using a mixture of Oxygen and Ozone as a therapeutic agent. Systemic **Anti-Aging** treatment with autohemotherapy, on request combined with Multisensory LED Therapy.

*Immunomodulating Ozone Therapy with rectal insufflation*

### CGF (Concentrated Growth Factors)

Treatment represented by a new generation of platelet concentrates capable of retaining a higher concentration of autologous growth factors within them. The only regenerative hair and scalp treatment that harnesses the regenerative power of your own stem cells (CD34+) and blood growth factors.



BIOHAIR CGF



SKIN CGF



SPORT CGF

### IV THERAPY (Intravenous Therapy)

The most modern form of anti-aging through which a complex of vitamins, minerals, amino acids and active ingredients is infused intravenously with the ultimate goal of improving the quality of life, giving energy and health. For a more enjoyable experience, the Longevity Intravenous Treatment is combined with Multisensory LED Therapy.

**Immuno Booster, Detox, Fat Burning, Antiage, Hair Tonic, Sport Performance**

### BHRT Bioidentical Hormone Replacement Therapy

Hormone replacement treatment with bioidentical hormones delivered in galenic infusions tailored to the needs of individual patients.

### Intramuscular IV Shots

Single-dose repeatable intramuscular booster injections of vitamins such as VIT D; VIT B12; VIT C.

## REGENERATIVE MEDICINE

### ETHERNAL YOUTH TMR®

Therapeutic Magnetic Resonance Imaging TMR® is a special form of stimulation of biological tissues, using low-frequency, low-intensity pulsed magnetic fields. The peculiarity of the pulsed magnetic field is that it is able to stimulate bone tissue both mechanically and electrically, inducing osteorepair. The technology recreates the body's natural balance and plays an important role in the process of cell regeneration by helping to activate the immune system, reduce oxidative stress and improve the functionality of the microcirculation.



#### MIND & BODY DETOX

single treatment



#### INTENSIVE RECOVERY (50 min)

Decontracting massage combined with Eternal Youth TMR®

### INTENSIVE STRONG IMMUNO

⌘ 4 WEEKS

Intensive protocol for strengthening and boosting the immune system.

8 sessions	<b>TMR®</b>
8 sessions	<b>Red Light LED Therapy</b>
4 treatments	<b>Ozonoterapia</b>
4 treatments	<b>IV Therapy</b>
12 sessions	<b>Cryosuite</b>
Products	<b>2 Strong Immuno, 1 Stress Relief, 1 Longevity+, 1 Detox, 4 Longevity Smoothie Kit, 2 Detox Tea</b>



### CRYOSUITE

T L S  
THE LONGEVITY  
SUITE  
MILANO



## 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:*

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

### ❄ SINGLE SESSION

single session

### ❄ BUNDLE PACK

10 sessions  
20 sessions

### ❄ UNLIMITED PASS

Unlimited Silver	<b>3</b> months
Unlimited Gold	<b>6</b> months
Unlimited Platinum	<b>12</b> months



❄ LOCAL CRYO

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## LOCAL CRYO

⌚ 10 MIN

Localized cold treatment is a procedure which involves the use of localized dry cold air at  $-32^{\circ}\text{C}$  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:*

- ❖ Improving microcirculation
- ❖ Increasing oxygenation of a specific area
- ❖ Visibly upgrade skin tone and appearance

### ❄ LOCAL CRYO

single session

## 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

### ❄ INTENSIVE CRYO FAST RECOVERY

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

single treatment



MEDICAL FACE  
THERAPY

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## MEDICAL FACE THERAPY



### CHEMICAL PEELING

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Medical treatment that stimulates cell turnover through the application of exfoliating acids. This action promotes the elimination of the most superficial cells (stratum corneum) by working at different depths of the skin tissue.



### EXOSOMES

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Intradermal therapy with synthetic regenerative substances which stimulate collagen production.

Face  
Face + neck  
Face + neck + décolleté



### SKIN BIOREVITALIZATION

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Microinjections of essential amino acids, vitamins and hyaluronic acid to prevent wrinkle formation and skin laxity by stimulating fibroblasts and restoring hydration.



### FILLER WITH HYALURONIC ACID

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A medical technique that restores volume to the lips, cheekbones, jaw and chin using a substance naturally produced by our body, the hyaluronic acid.

## MEDICAL FACE THERAPY



### RINO-FILLER

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Remodeling of the nasal dorsum by injection of high molecular weight hyaluronic acid filler.



### BOTULINUM TOXIN

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Injection treatment that smoothes wrinkles and prevents their new formation by receptor blockage of the muscles responsible for facial expression.



### FULL FACE AND NECK TREATMENT

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Combination of integrated medical treatments (fillers, botulinum toxin, biorevitalization/traction wires).

*\*The price of some therapies depends on the intervention protocol shared with the medical specialist.*

## FACE THERAPY

⌚ 50 MIN



### LUXURY CRYOLIFT

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, ultratightening effect mask and Longevity Sculpting Lift massage.



### REJUVENATING POWER

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.



### CRYOFACIAL HYDRASHINE

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.



### FACESHAPE 3D

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.



### LONGEVITY SILK EXPERIENCE

Smoothing and restructuring facial treatment. Inspired by the Japanese "Kobido" manual technique, it is carried out with pure silk cocoons and Seta Luxury Silk Mask to release a peptide cascade on the skin, strengthening it and stimulating tissue regeneration.



### FACE DETOX

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. Microstimulation produced by specific facial reflexology, helps to reactivate the energy of the skin, improving its health and skin elasticity.



### 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.



## FACE THERAPY

## FACE TREATMENTS

⌚ 30 MIN



### CRYOFACIAL GLOW

To nourish, hydrate and give facial skin radiance and new vitality using Local Cryo with connective tissue massage. Antioxidant and moisturizing serums a redensifying mask are used during the treatment. Recommended for dull and dehydrated skin.



### RED LIGHT THERAPY

To visibly reduce the signs of chrono-aging through photobiomodulation with Longevity Multisensory LED Technology. Through regular stimulation of collagen, elastin and hyaluronic acid production.



### URBAN FACE DETOX

To deep cleanse and counteract free radical attack with lymphatic drainage massage. The treatment uses a mix of antioxidant serums and oxygenating, soothing and purifying masks. Ideal for impure skin, dull complexions and to strengthen defenses against pollution and stress.



### FACE LIFT

To deeply stimulate all the facial muscles by toning the tissues and reducing wrinkles by reproducing the effect of a natural facelift thanks to the Longevity Sculpting Lift manual massage. The treatment uses serums that promote collagen and elastin production and an alginate mask activated by a Chrono Lift Antiage solution. It is suggested before an event and especially as a routine to keep the face young.



### INSTANT SILK

To smooth, strengthen and stimulate tissue regeneration with the ancient Japanese "Kobido" technique. The combination of natural serums and the Seta Luxury Silk Mask can release a peptide cascade onto the skin to strengthen it, reduce the signs of expression lines and stimulate skin renewal.



## THE GENTLEMEN'S FACIALS



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## THE GENTLEMEN'S FACIALS

⌚ 50 MIN



### CRYO ENERGY & LIFT FACIAL

Energizing facial treatment that diminishes signs of aging and visibly improves the appearance of the skin while helping to tone facial muscles. Thanks to the Longevity Sculpting Lift Massage and the innovative Cryosphere device, it revitalizes the tissues and gives an immediate lifting effect.



### CRYO REPARATIVE FACIAL

Repairing and moisturizing facial treatment that combines Local Cryo, connective tissue massage and multifunctional 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 radiance to the face.



### MEN'S FACE DETOX

Detoxifying protocol, specifically designed for men's skin problems, which leaves the skin free of impurities through a relaxing and rejuvenating experience.



**MULTISENSORY  
LED THERAPY**

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## MULTISENSORY LED THERAPY

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:

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

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

### 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 THERAPY

single treatment



### MIND & BODY DETOX

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, giving a profound feeling of well-being. The treatment is performed in synergy with TMR (therapeutic magnetic resonance).



### BODY SHAPING & CONTOURING

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## BODY SHAPING & CONTOURING



### CRYO-ADIPOLIPOLYSIS

Cryolipolysis is a latest generation 5-handle technology which uses the action of cold to melt fat selectively. Excess fat cells will be frozen by a specific technology that triggers a process of apoptosis (i.e. natural cellular death) of the adipocytes, which will be gradually eliminated through the metabolic processes of the body.



### CARBOXYTHERAPY

Non-invasive medical treatment involving the subcutaneous administration of carbon dioxide to treat cellulite, skin laxity, and stretch marks.



### OZONE MESOTHERAPY

Micro-injective medical treatment for cellulite, skin laxity, lymphoedema, localised adiposity.



### WAVE COOLWAVES

Treatment using Coolwaves microwaves to reduce localized adiposity, skin laxity and cellulite.



### ULTRATONE & MUSCLE

Treatment that uses High Intensity Ultra Focused Electromagnetic Field technology to activate deep muscles in specific areas of the abdominals, buttocks and legs, providing effective tissue toning especially in synergy with voluntary physical work.

## BODY SHAPING & CONTOURING



### ULTRASHAPE

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.



### TOTAL SCULPT PROGRAM

Total Sculpt is the ultimate program to achieve localized fat reduction, metabolism acceleration and muscle toning.

6 sessions **UltraShape** + 6 sessions **UltraTone**



### ADVANCED TONE & CELLULITE - (50 min)

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

single session extended area



### CRYODRAINING - (50 min)

Unique protocol to reduce venous and lymphatic stasis in the lower limbs, minimise oedematous cellulite and reshape the silhouette. The combination of osmotic bandages, pressure therapy and specific manual techniques guarantees an immediate reactivation of the microcirculation, increasing the general circulation and improving skin imperfections.



### 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.



## BODY SHAPING & CONTOURING



### BOTULINUM TOXIN FOR HYPERHIDROSIS

Micro-injections of botulinum toxin at the palmar, plantar or axillary level to reduce excessive sweating.



### MEDICAL EPILATION

Alexandrite/Diode Laser technology is able to selectively hit the melanin present in the hair bulbs by destroying the germinative cells of the hair root. The laser emission is accompanied by a cooling of the skin surface to ensure a more comfortable treatment.



### FRACTIONAL CO<sub>2</sub> LASER

Fractional CO<sub>2</sub> laser is used to improve skin texture, visibly reduce surface wrinkles and treat all types of scars. It promotes tissue regenerative processes, with production of new collagen, with overall improvement in the appearance of the treated skin.



### TATTOO REMOVAL

Thanks to the latest generation Nano PicoLaser, the principle of selective photothermolysis can finally be applied to pigmented lesions (spots) to achieve the desired results without too much damage to the surrounding area. PicoLaser emits a beam of light in the picosecond range and directs it directly at a predefined target, such as dark skin pigment (melanin, tattoo pigments), hence eliminating it.



### HANDS FILLER

Hyaluronic acid injections aimed at restoring turgor to the back of the hand, making tendons, veins less noticeable, and restoring tone and elasticity to tissues.

*\*The price of some therapies is a function of the intervention protocol shared with the medical specialist.*



HOLISTIC  
BODY TREATMENTS

## HOLISTIC BODY TREATMENTS



### RECOVERY

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Specific treatment aimed at relieving tensions and, through targeted pressure and release techniques, loosening stiffness by working on the deeper layers of muscle connective tissue.



### ENERGIZE

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Specific to recharge tissue and skin with energy, leaving it supple and toned through body brushing. Reactivates muscle tissue and helps restore natural tone.



### POSTURAL

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Specific manual technique to rebalance the different spine tracts (Cervical, Dorsal, Lumbar and Sacral) and to restore mobility lost due to various dysfunctions.



### DREN

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



### REMODELING

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



### DEEP REJUVENATING DETOX

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Functional treatment that, through the combination of deep exfoliation and the “Deep Infinity Touch” massage technique, provides exfoliation, drainage and detoxification of the body while completely renewing the skin surface.



### BODY DETOX

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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.



### HOLISTIC BODY TREATMENTS

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30 minutes  
50 minutes  
80 minutes



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