



THE LONGEVITY
SUITE

M I L A N O

LESS STRESS

↓

MORE ENERGY

↓

REVERSE AGING

↓

UPGRADE YOUR HEALTH

LIVE MORE.



THE LONGEVITY SUITE

M I L A N O

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.

	LONGEVITY EXPERIENCES	pag 4
	BESPOKE PROGRAMS	pag 7
	DIAGNOSTIC TESTS & CHECK-UP	pag 11
	BIOHACKING	pag 18
	MEDICAL FACE THERAPY	pag 28
	ADVANCED AESTHETICS FACE THERAPY	pag 32
	MEDICAL BODY REJUVENATION	pag 38
	ADVANCED AESTHETICS BODY REJUVENATION	pag 41
	MANUAL THERAPIES	pag 45
	CITY CLINICS & LONGEVITY SPA	pag 47



 **LONGEVITY
EXPERIENCES**

LONGEVITY EXPERIENCE

The first step in approaching a healthier lifestyle and securing 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.

BIOHACKING EXPERIENCE

2h

A unique healing and wellness experience. With tailored medical advice and innovative treatments, it regenerates body and mind, stimulating cellular recovery and optimizing mental and physical health and performance.

Includes:

- | | |
|----------------------------------------------------|--------|
| • Longevity Expert Consultation + Starter Check-up | 30 min |
| • Personalized IV Therapy | 60 min |
| • The Ultimate Biohacking | 30 min |
| • Total Body Cryosuite | 10 min |

HYPE EXPERIENCE

2h

Embark on a journey to boost your immune system and recover quickly from physical and mental stress. Reduce inflammation and reactivate energy levels, regaining balance and vitality.

Includes:

- | | |
|----------------------------------------------------|--------|
| • Longevity Expert Consultation + Starter Check-up | 30 min |
| • Ozone Therapy | 45 min |
| • Mind & Body Detox | 30 min |
| • Total Body Cryosuite | 10 min |

SKIN GLOW EXPERIENCE2h

Shine is the watchword for this comprehensive skin treatment. The experience begins with the LongevitySkin 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 EXPERIENCE2h

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

- Includes:
- | | | |
|------------------------|----|-----|
| • Total Body Cryosuite | 10 | min |
| • Deep Blue | 50 | min |
| • Mind & Body Detox | 30 | min |
| • Longevity Assessment | 30 | min |

ENERGY BOOST EXPERIENCE2h


Reactivating tissues restore 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:
- | | | |
|------------------------|----|-----|
| • Total Body Cryosuite | 10 | min |
| • Energize Massage | 50 | min |
| • Red Light | 30 | min |
| • Longevity Assessment | 30 | min |




BESPOKE PROGRAMS


Longevity programs are protocols tailored to the client’s needs and goals that allow, through the most advanced biohacking techniques, to achieve the best balance between physical fitness and mental well-being. Each program includes a Longevity Check-up and an initial consultation through which the following are defined: a personalized diet plan, the products most functional to the goal, a protocol of cold exposure and professional facial and body treatments. an exercise and mindfulness program.

- 


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, you will acquire a new awareness of how this state of health could naturally accompany you 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 your general state of health and therefore strengthen the body’s natural defense capabilities in response to oxidative stress and external aggressors.

CHECK-UP MEMBERSHIP

The membership pathways ensure integrated preventive management of degenerative diseases such as cardiovascular, metabolic, neoplastic, and cognitive diseases through state-of-the-art diagnostics, therapeutic procedures, and enhancement strategies that are based on the biohacking and regenerative medicine techniques of the Longevity method.

LONGEVITY COMPLETE CHECK-UP1 day

- ❶ **Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ❷ **Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic Age, Longevity Molecular Profile, Sleep Quality Assessment.
- ❸ **Prevention Diagnostic:** cardiovascular screening with coronary CT, prevention of neoplasms with Whole Body Diffusion (in collaboration with IEO), analysis of key inflammatory and hormonal markers with complete blood chemistry tests.
- ❹ **Anti-aging cardiometabolic examination** with echocardiography and TSA Doppler.
- ❺ **Nutritional examination** with personalized diet plan.
- ❻ **Personalized prevention and treatment** strategy elaboration.
- ❼ **Postural Assessment**

MEMBERSHIP PREVENTION1 year

- ❶ **Quarterly Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ❷ **Semi-annual Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic Age, Longevity Molecular Profile, Sleep Quality Assessment.
- ❸ **Annual Prevention Diagnostic:** cardiovascular screening with coronary CT scan, prevention of malignancies with Whole Body Diffusion (in collaboration with IEO), analysis of key inflammatory and hormonal markers with complete blood chemistry tests.
- ❹ **Anti-aging cardiometabolic examination** with echocardiography and TSA Doppler.
- ❺ **Nutritional examination** with personalized diet plan + follow-up.
- ❻ **Personalized prevention** and treatment strategy elaboration.
- ❼ **Clinical case management** by Scientific Director.
- ❽ **Bi-monthly meetings** with the Longevity Expert.
- ❾ **Full Medical** Concierge Service.
- ❿ **Postural Assessment**

CHECK-UP MEMBERSHIP

MEMBERSHIP PREVENTION & CARE1 year

- ❶ **Quarterly Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ❷ **Semi-annual Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic Age, Longevity Molecular Profile, Sleep Quality Assessment.
- ❸ **Annual prevention diagnostic:** Cardiovascular screening with coronary CT, prevention of malignancies with Whole Body Diffusion (in collaboration with IEO), analysis of key inflammatory and hormonal markers with comprehensive blood tests.
- ❹ **Anti-aging cardiometabolic examination** with echocardiography and TSA doppler.
- ❺ **Nutritional examination** with personalized diet plan + quarterly follow-ups.
- ❻ **Personalized prevention** and treatment strategy elaboration.
- ❼ **Clinical case** management by scientific director.
- ❽ **Monthly meetings** with the Longevity Expert.
- ❾ **24 IV Therapy, Ozone Therapy** and personalized Regenerative Therapies treatments.
- ❿ **10 Osteopathy*** sessions.
- ⓫ **30 Body Shaping and Face Rejuvenation treatments***.
- ⓬ **20 Biohacking treatments**.
- ⓭ **Total Body Cryosuite Unlimited***.
- ⓮ **Monthly Longevity products** (supplements/cosmetics/detox).
- ⓯ **Full Medical Concierge** Service.
- ⓰ **Postural Assessment**

MEDICAL CONCIERGE1 year

Your highly qualified personal physician always available for you in person, on the phone or via video consultation for examinations, advice, prescriptions. The Medical Concierge is a modern, tailored service which also includes a prevention and longevity plan based on your individual characteristics, a medical secretary dedicated to you who will manage all your appointments, insurance reimbursements and document collections, diagnostic tests performed in your home, and the ability to link your wearable electronic devices (e.g., smartwatch, rings) to your electronic medical record. The Medical Concierge also assists you through a team of experts in case of illness to identify the best specialist for you.

*valid at all The Longevity Suite City Clinics.

DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

DIAGNOSTIC TESTS & CHECK-UP

Preliminary check-up with specific diagnostic tests performed by our experts to accurately assess overall health and understand the individual’s potential, in order to design the most appropriate personalized prevention and treatment plan.

BODY COMPOSITION CHECK

Assessment of body composition with analysis of different masses, hydration, visceral and subcutaneous fat using bioimpedance analysis (BIA) platform.

DETOX CHECK

Assessment of the general level of inflammation.

STRESS CHECK

Assessment of the level of psycho-physical stress and possible burn out.

BODY CHECK

Assessment of overall body well-being status, referring to three domains: anthropometric measurements, sedentary lifestyle, physical activity, and postural quality.

SLEEP AWAKE CHECK

Qualitative questionnaires with the aim of assessing the quality of the sleep-wake cycle and the degree of daytime sleepiness using the Epworth scale. It is a valid tool as a first assessment of sleep disorders.

NUTRI CHECK

Evaluation of the individual’s nutritional status.

AGE CHECK

Evaluation of the amount of Advanced Glycation End Procucls (AGE) as a measure of inflammatory state and cellular aging.

SKIN & UV CHECK

Complete analysis of the skin through a dermatoscope to identify the best strategy to keep it bright, toned, elastic and healthy.

DIAGNOSTIC TESTS & CHECK-UP

MICROBIOTA ANALYSIS

Innovative test that, through next-generation DNA sequencing techniques, provides a map of the microbial diversity present in the gastrointestinal tract. It is designed to assess the balance of the gut microbiota, prevent digestive disorders and diseases, and optimize overall health.

DNA TEST - INFLAMMAGING

Evaluate your susceptibility to chronic inflammation and cellular damage. This test examines the body’s repair and defense mechanisms, helping to create strategies to slow down aging and support a long, healthy life.

DNA TEST - NUTRITION

Genetic test designed to reveal how the body processes essential nutrients, providing insights on how to improve the metabolism of proteins, fats, and carbohydrates. It also identifies potential intolerances or vitamin deficiencies, offering guidance for personalizing a nutrition plan to maintain long-term balance and well-being.

DNA TEST - HORMONE BALANCE

A genetic test designed to support you during menopause, providing clear insights into bone health, hormone balance, and thyroid function. Learn how to prevent osteoporosis, better manage estrogen levels, and maintain quality of life during this period of change.

DNA TEST - PREVENTION

Genetic test ideal for those who want to take care of their health after age 50. It helps prevent cardiovascular problems, optimize the effectiveness of medications, and protect the nervous system from neurodegenerative diseases, offering a personalized approach to wellness as we age.

DNA TEST - SKIN

Genetic testing that helps you understand your skin’s unique needs. Find out how to prevent blemishes, reduce susceptibility to photo-aging, and maintain young, healthy skin with customized solutions that protect skin from pollutants and free radicals.

DIAGNOSTIC TESTS & CHECK-UP

SLEEP QUALITY ASSESSMENT TEST

Test that can detect major Sleep-Related Breathing Disorders (SRBD), among the most common causes of alterations and imbalances in sleep rest through a small and simple medical device that is conveniently worn throughout the night.

BIOLOGICAL EPIGENETIC AGE

Assessment of epigenetic (biological) age in comparison to registry age. It reveals how lifestyle affects aging by providing valuable information to adopt strategies aimed at reversing one's biological clock. It reveals how lifestyle affects aging by providing valuable information to adopt strategies aimed at reversing one's biological clock.

POSTURAL ASSESSMENT

A test used to analyze body posture, balance, and to formulate a treatment plan. Includes the first osteopathic treatment.

LONGEVITY MOLECULAR PROFILE

Innovative next-generation test that outlines potential imbalances of fatty acids in the cell membrane, allowing analysis of the individual's health through 6 molecular state indicators: inflammaging, metabolic response, cardiovascular health, immune protection, cellular stress reactivity and neuroprotection index. The results allow the identification of personalized rebalancing strategies underlying the overall health of the entire body.

CORONARY TAC (in service)

Non invasive diagnostic examination aimed at assessing the patency of the coronary arteries and detecting the presence of any obstructions. Determination of Calcium Score Index for the prevention of heart attack.

WHOLE BODY DIFFUSION MRI (in service)

Innovative MRI that allows the entire body to be studied with the ability to detect tumors as small as 3-4 millimeters, without ionizing radiation or contrast medium.

DIAGNOSTIC TESTS & CHECK-UP

HEMATOCHEMICAL EXAMINATIONS

BLOOD TESTS INTOLERANCES

ELECTROCARDIOGRAM

ECOGRAPHY

Osteo-articular, splanchnic and tissue ultrasound scans.

SPECIALISTIC CONSULTATIONS

AESTHETIC MEDICINE CONSULTATION

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

CARDIOLOGICAL VISIT

Electrocardiogram, cardiac and supra-aortic trunks echocolodoppler.

Cardiological check-up

ANTI-AGING METABOLIC VISIT

Comprehensive psychophysical status and lifestyle analysis, personalized check up and laboratory tests, personalized therapeutic programs, supplementation and nutraceutical.

ORTHOPEDIC EXAMINATION

Echo-assisted orthopedic examinations, ultrasound-guided infiltrations with corticosteroids, hyaluronic acid, ozone.

Orthopedic check-up

VASCULAR SURGICAL EXAMINATION

NUTRITIONAL VISIT

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

Periodic check and monitoring of the nutritional pathway

ANNUAL FOOD PLAN

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

DERMATOLOGICAL EXAMINATION

Specialist medical examination aimed at assessing the health status of the skin.

Dermatological check-up

SPECIALISTIC CONSULTATIONS

COMPLETE MOLES MAPPING

Non-invasive computerized skin screening examination to detect clinical signs of degeneration into melanoma, performed with Barco Demetra video dermatoscope.

GASTRO ENTEROLOGICAL EXAMINATION

OTORHINOLARYNGOLOGIC EXAMINATION

PLASTIC SURGERY VISIT

The plastic surgery visit allows the surgeon to understand the patient's goals, assessing together the area to be improved and the overall health status.

OSTEOPATHY

Manipulative treatment to identify and intervene on somatic dysfunctions by restoring proper mobility between body structures. Useful for improving the functioning of systems and apparatuses and supporting the individual's homeostasis by stimulating the body's ability to self-heal and the relationship between body, mind and spirit.

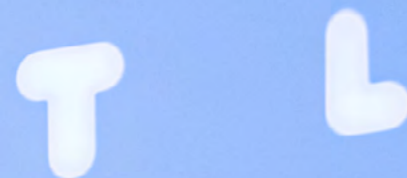
PSYCHOLOGICAL COUNSELING

MINDFULNESS

STRESS MANAGEMENT

PRE-SURGICAL PSYCHOLOGICAL PREPARATION

TRICHOLOGICAL EXAMINATION



BIOHACKING

PERSONALIZED OZONE THERAPY

Ozone therapy is a medical treatment that exploits the antioxidant action of ozone by going against cellular aging, as well as by reducing oxidative stress and the production of free radicals in the body. The main benefits of ozone therapy in Antiage are related to increased oxygenation of the blood, normalization of the immune system and improvement of blood and lymphatic circulation.

Great Autohemotransfusion Therapy
 Mesotherapy - Ozone therapy with connective tissue massage (15 min)
 Immunomodulating Ozone therapy with rectal insufflation

IV THERAPY (Intravenous Infusion Therapy)

A cutting-edge personalized therapy designed to enhance overall well-being and health through intravenous infusions of nutraceuticals, including vitamins, minerals, and other biological compounds essential to the body's vital cellular processes. This infusion therapy rapidly and effectively replenishes nutrients lost due to stress, lifestyle factors, or poor diet. It is primarily used to boost the immune system, reduce signs of aging, and detoxify the bloodstream. It is especially beneficial for addressing chronic fatigue, low energy levels, sleep disturbances, and jet lag.

Available options:
Energy, Strong Immuno, Mind, Detox, Fat Burn, Muscle, Skin Hair.

Glutathione in addition on request

NAD+

Intravenous infusions of NAD+, which is a fundamental coenzyme found in every cell in our body that regulates cellular functioning and maximizes energy and metabolic processes.

BIOHACKING

ETHERNAL YOUTH TMR®

Treatment involving the use of low-frequency and low-intensity pulsed magnetic fields for a specific stimulation of biological tissues.

The technology recreates the body's natural balance and plays an important role in the cellular regeneration processes with a powerful action in activating metabolism. The treatment is useful for facilitating the reduction of oxidative stress and free radicals, improving microcirculation functionality, facilitating cellular regeneration processes and helping improve sports performance.



ETHERNAL YOUTH TMR® + MASSAGE (50 min)

single treatment

THE ULTIMATE BIOHACKING (30 min)

The benefits of Dry Floating and NIR (Near Infra-Red) therapy are combined with Hydrogen Oxygen Therapy for an effective treatment against fatigue and sleep disorders. Extremely suitable for strengthening the immune system, stimulating the growth of new collagen, and improving skin elasticity, supporting cellular longevity.

HYDROGEN - OXYGEN THERAPY

Alternating the intake of hydrogen and molecular oxygen via inhalation helps to alleviate fatigue, improve mental clarity, fight inflammation, strengthen immunity, and exerts a powerful anti-aging action.

TOTAL BODY RED / NIR LED THERAPY

Relaxing treatment using a mix of red light and non-ionizing electromagnetic radiation, improving circulation and relieving muscle and joint pain. Near to Infrared (NIR) Total Body technology is able to systemically stimulate the body's natural regenerative processes.



CRYOSUITE

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TOTAL BODY CRYOSUITE

Total 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 1 month
Unlimited 3 months
Unlimited 12 months



❄ **LOCAL CRYO**

LOCAL CRYO

⌄ 10 MIN

Local Cryo is a procedure which 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 *Local Cryo* with *Total Body Cryosuite*.

The treatment is indicated for:

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

❄ LOCAL CRYO

single session
5 sessions
10 sessions

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 session

❄ INTENSIVE CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage + Radiofrequency
single session





**KLERESCA® LED
THERAPY**



LONGEVITY LED KLERESCA®

Innovative technology to perform high-performance photobiomodulation treatments on the entire surface of the face and neck thanks to the synergy between Kleresca® Skin Rejuvenation and Fluorescent Light Energy (FLE).

The protocols are based on the interaction between a specific photoconversion gel and the Kleresca® Light lamp, in combination with specific cosmeceutical products.

INTENSIVE SKIN REJUVENATION (15/30min)

Specific treatment that uses the action of Fluorescent Led light to stimulate fibroblast activity by improving skin texture and firmness. By stimulating the neoformation of collagen and elastin, it promotes cellular rejuvenation.

INTENSIVE ACNE REPAIR

Specific treatment designed for skin with acne tendency or problems. Stimulates the skin's natural self-repair processes. It reduces inflammation, shrinks enlarged pores, heals and prevents future acne lesions.

INTENSIVE SKIN RECOVERY

Treatment dedicated to sensitive or sensitized skin helping it regain its natural balance. Stimulates skin microvascularization giving relief to redness and itching sensation.



MEDICAL FACE THERAPY

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MEDICAL FACE THERAPY



CHEMICAL PEELING

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.



SKIN BIO-STIMULATION

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

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



RINO-FILLER

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



BOTULINUM TOXIN

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

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



NON-SURGICAL MINILIFTING WITH TRACTION WIRES

Reshaping and repositioning of facial volumes using resorbable PDO traction wires.

MEDICAL FACE THERAPY

 BIOREVITALIZATION

Remodeling and rejuvenation of the face, neck, and décolleté through intradermal injection administration of injectable pharmacological substances or medical devices that stimulate the activity of dermal fibroblasts, resulting in increased production of collagen, hyaluronic acid, and elastin in the skin.

 SKIN RESURFACING

The best treatment for acne scars and facial rejuvenation. Also used for: enlarged pores, photodamage, skin laxity, melasmi, cloasmi, stretch marks, non-surgical facelift and treatments for eye bags and dark circles.

 NON-SURGICAL BLEPHAROPLASTY

Non-surgical eye rejuvenation technique using a thermal arc sublimation micro scalpel to reduce excess eyelid skin through liquid vaporization.

Upper non-surgical blepharoplasty
Upper and lower non-surgical blepharoplasty

**Il prezzo di alcune terapie è in funzione del protocollo di intervento condiviso con lo specialista medico.*

MEDICAL FACE THERAPY

 SKIN HYPERCHROMIA REMOVAL

Treatment of removal of changes in normal skin tone (laser, chemical peel).

 EXOSOMES

Treatment based on exosomes, extracellular vesicles that play a key role in communication between cells. Exosomes are biological messengers that contain a number of bioactive molecules, including lipids, proteins and nucleic acids, which improved skin elasticity, stimulate cell regeneration and counteract signs of aging.

Face + neck + décolleté exosomes

 PRP

PRP (Platelet Rich Plasma) is a treatment used to regenerate skin cells, fight aging and renew tissue, as well as help fight baldness and promote hair regrowth.



ADVANCED AESTHETICS FACE THERAPY



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ADVANCED AESTHETICS FACE THERAPY

⌚ 50 MIN



LUXURY CRYOLIFT

A facial treatment to counteract the signs of chronological aging, visibly improve skin tone and achieve an immediate lifting effect. Protocol combined with the *Cryo Sphere Cool Sculpting Device*, an ultra-tensor effect mask, and the *Longevity Sculpting Lift* massage.



REJUVENATING POWER

Volumising and redensifying anti-ageing facial treatment. It involves the delivery of an innovative booster serum and the use of radiofrequency at the same time as a connective tissue massage. It helps improve hydration for a face that appears more relaxed and defined.



CRYOFACIAL HYDRASHINE

A hydrating and illuminating facial treatment. Thanks to the synergy of *Local Cryo* and the active ingredients delivered through an oxygenating and re-densifying mask, it effectively stimulates the production of elastin and collagen, 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.

ADVANCED AESTHETICS FACE THERAPY



HYDRATOUCH

Detoxifying facial beauty treatment with high technological performance, suitable for all needs, seasons and skin types, even the most sensitive. The result of the treatment is a brighter, firmer and hydrated complexion for non-invasive resurfacing with immediate effect

20 minutes
50 minutes
50 minutes + booster
80 minutes



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. 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)

Treatment that provides 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, synergises the main organs for better detoxification, thus giving immediate well-being and infusing energy to mind and body. A ritual that provides a unique and complete experience that is relaxing and rejuvenating, activating all the senses.



HYDRA COLLAGEN BOOST

Indicated for promoting the metabolic activation of fibroblasts compromised by chrono-aging. Through an innovative serum with micro hyaluronic acid of biotechnological origin, it stimulates the neo-formation of collagen and elastin, promotes redensification and deep hydration of the tissues and improves skin tone.

INSTANT SKIN SOLUTIONS

⌚ 30 MIN



URBAN FACE DETOX

To deeply purify 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

Facial treatment to deeply stimulate all facial muscles by toning tissues, smooth wrinkles by reproducing the effect of an immediate natural facelift through manual massage *Longevity Sculpting Lift* and serums stimulating collagen and elastin production. It is recommended before an event and especially as a routine workout to keep the face young.



INSTANT SILK

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



CRYOFACIAL GLOW

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



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.



MEDICAL BODY REJUVENATION



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MEDICAL BODY REJUVENATION



BOTULINUM TOXIN FOR HYPERHIDROSIS

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



BODY, HANDS AND FEET PEELING

Aesthetic medical practice which, through certain chemicals, aims to break down the more superficial layers of the skin to achieve the production of a new and stronger collagen in the tissues.



BIODERMOGENESIS

Technology to treat stretch marks, scars and cellulite. Thanks to the stimulation of blood circulation improves tissue oxygenation.



REMOVAL OF SKIN NEOFORMATIONS

Surgical removal of certain skin imperfections such as pendulous fibromas, keratoses, warts, and ruby angiomas.



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.



NDYAG MEDICAL LASER

Painless, rapid and safe laser treatment of hypertrichosis, angiomas, mycoses, hyperchromia.

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

MEDICAL BODY REJUVENATION

 **BODY BIO-REMODELING**

Injection technique aimed at giving more hydration, elasticity, firmness and turgor to the skin of the body while counteracting the signs of aging.

 **HANDS BIOSTIMULATION**

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.

 **HAIR FILLER**

Injection of hyaluronic acid and biomimetic peptides for hair thickening.

 **EXOSOMES HAIR**

Injection of hyaluronic acid and biomimetic peptides combined with district carboxytherapy for hair thickening.

 **CAPILLARY BIOSTIMULATION**

Application of highly nutritious substances directly to the hair follicle offering specific active ingredients with the goal of promoting the growth of more nourished, strong, healthy and resilient hair.

 **CARBOXYTHERAPY**

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

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

MEDICAL BODY REJUVENATION

 **ANTALGIC MESOTHERAPY**

Micro-injective medical treatment for muscle and joint pain.

 **AESTHETIC MESOTHERAPY**

Micro-injective medical treatment for cellulite, skin laxity, lymphedema, localized adiposity.

 **ADVANCED UTRATONE & MUSCLE**

Technology that can generate deep muscle stimulation to deliver customized treatments based on training level, fitness, and goals. Creates a rotational motion to warm, stretch muscles and slowly develop tolerance to muscle contractions, so as to generate rapid, deep, sequential contractions of muscles to effectively and intensively increase muscle mass.

 **THERAPEUTIC INFILTRATION**

Infiltrative therapy used in orthopedics to relieve pain.

 **LOWER LIMB SCLEROTHERAPY**

Treatment of lower extremity capillaries by injections of drugs that irritate the endothelium and result in capillary closure.

 **ULTRASOUND-GUIDED HYALURONIC ACID**

Intra-articular infiltration with ultrasound in different joint districts.

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

MEDICAL BODY REJUVENATION



REMOVAL OF MOLES

With laser and surgery.



LIPOLYTIC INJECTIVES

Micro-injective medical treatment for localized adiposity.



BIO-STIMULATION WITH WIRES

Biostimulation and skin rejuvenation by placement of very thin PDO wires that create a supportive lattice and dermal remodeling during resorption through neocollagenesis and elastin production.



HYDROCOLON THERAPY

Hydrocolon therapy is a simple, gentle and effective treatment to purify the intestines and stimulate peristalsis so that the bacterial flora can be rebuilt and recreated, returning our colon to normal functioning conditions.

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



ADVANCED AESTHETICS
BODY REJUVENATION

ADVANCE AESTHETICS BODY REJUVENATION



ADVANCED TONE & CELLULITE (50 min)

Useful treatment in the management and improvement of cellulite using Radiofrequency: cutting-edge technology that uses low-frequency radio waves to gently penetrate the surface of the skin by stimulating collagen and elastin. The surface of the dermis is firmed, toned and smooth, without pain or side effects, with long-lasting results.



CRYODRAINING (50 min)

Unique protocol to reduce venous and lymphatic stasis in the lower limbs, minimize edematous cellulite and reshape the silhouette. The combination of osmotic bandages, pressotherapy and specific manual techniques provides immediate reactivation of microcirculation, increasing overall circulation and improving skin blemishes.



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.



ULTRASHAPE

Specific treatment for reshaping the body using infrared light that heats the adipocytes in depth, radiofrequency that stimulates a toning action and vacuum that improves lymphatic drainage on specific areas such as the abdomen, buttocks, legs and arms.



MIND & BODY DETOX

Multisensory relaxing and de-stressing treatment. The benefits of LED light, aromatherapy, and binaural music are amplified by engaging the “sense of touch” through specific manual body treatments that help restore balance, giving a deep sense of well-being in synergy with TMR (therapeutic magnetic resonance imaging) for strengthening circulation in blood vessels.



MANUAL THERAPIES

MANUAL THERAPIES



INTENSIVE RECOVERY

Deep and specific work on muscle tension. Dedicated to those who desire a personalized massage based on their needs.



DREN

Specific massage to drain tissues and reduce lymphatic stasis, freeing the legs from fatigue, heaviness and swelling.



REMODELING

An elegantly sculpted body provides a healthy harmony. Skillful remodeling techniques allow for the redesign of body lines, and with exclusive, vigorous, and decisive maneuvers, this massage reactivates blood circulation and stimulates effective drainage of excess fluids.
In the long version, the experience is completed with an application of the innovative Re-define formula, an ultra-lifting body cream mask which improves skin health, making it younger and smoother.



DEEP REJUVENATING DETOX

Deep relaxation treatment which, through the synergy of *Infinity Luxury Care Oil*, multisensory stimulation of Deep Infinity Touch and deep 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.



PERSONALIZED MANUAL THERAPY

Personalized manual treatment based on the treatment protocol provided.



MANUAL THERAPIES

- 30 minutes
- 50 minutes
- 80 minutes



CITY CLINICS & LONGEVITY SPA



CITY CLINICS

Check the availability of each treatment at your nearest City Clinic.

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Price list valid until 09/30/2025

*Prices are quoted excluding VAT.



THE LONGEVITY
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