



T L S

THE LONGEVITY  
SUITE

M I L A N O





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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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**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



### **SINGLE SESSION**

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single session	€	80
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### **BUNDLE SESSIONS**

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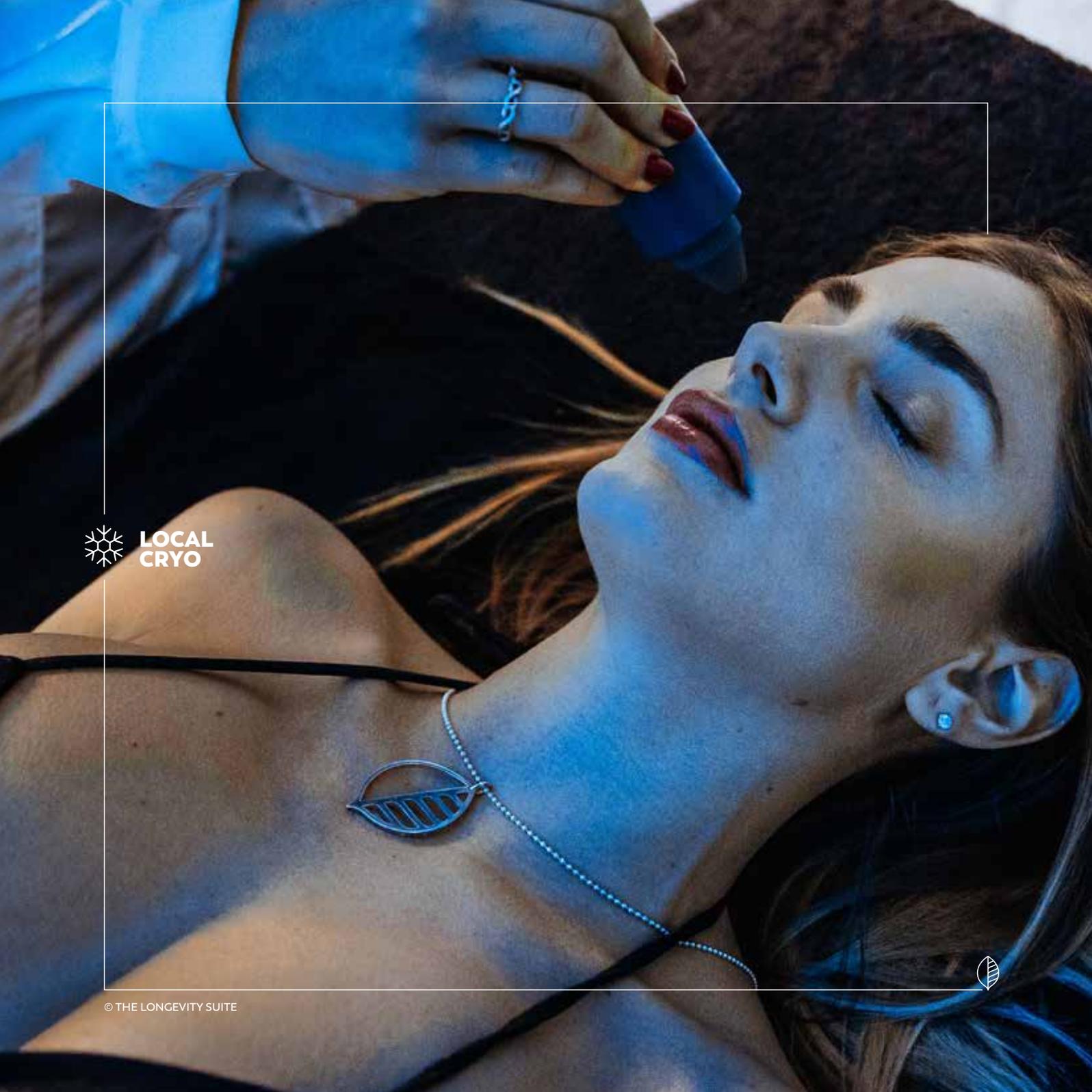
5 sessions	€	350
10 sessions	€	600



### **UNLIMITED PASS**

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Unlimited Bronze	<b>1</b> month	€	800
Unlimited Silver	<b>3</b> months	€	1.600
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:*

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



### LOCAL CRYO

single session

€ 45

## 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

€ 140



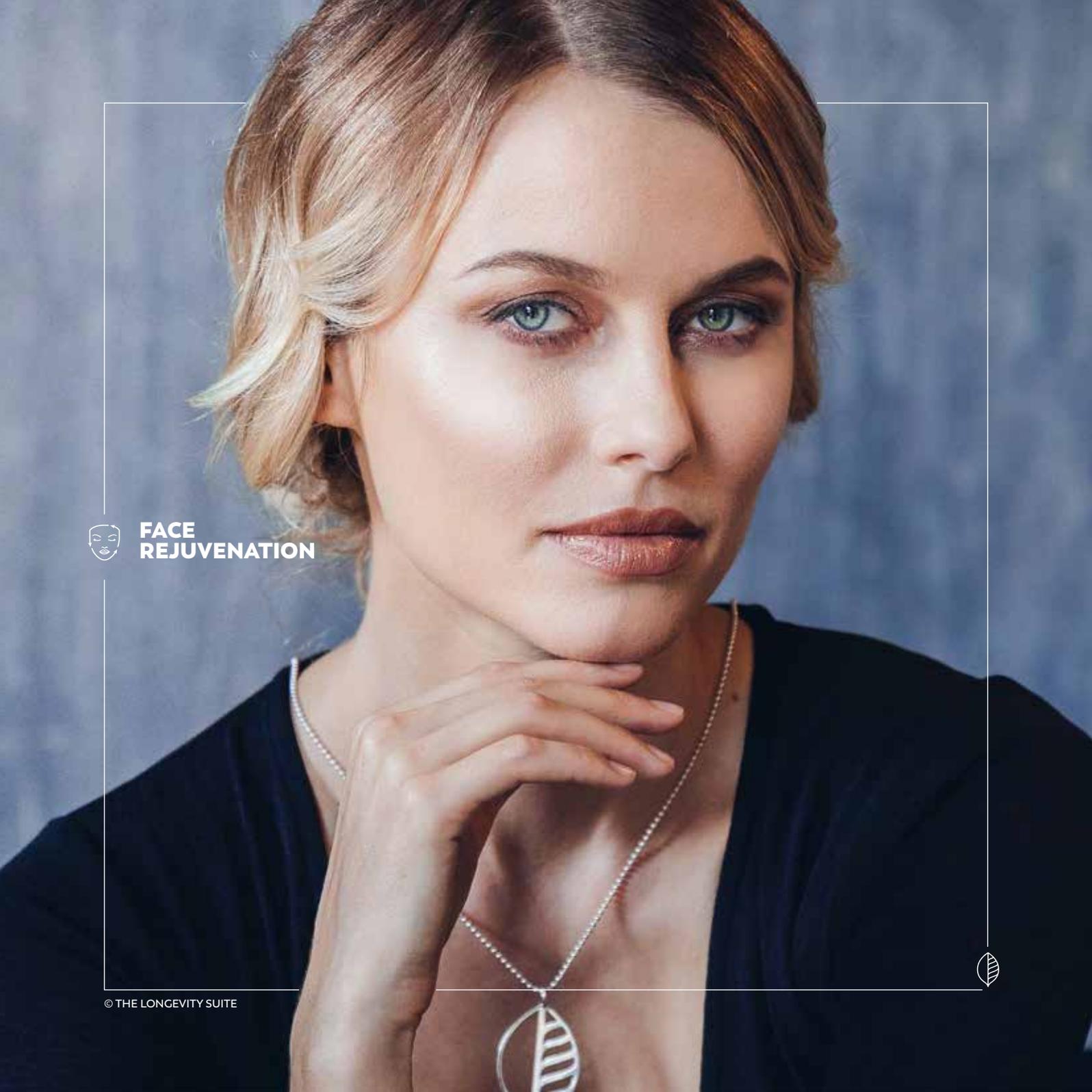
### INTENSIVE CRYO FAST RECOVERY

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

single treatment

€ 160

\* Fast Recovery is carried out at the customer's home.



**FACE  
REJUVENATION**



**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.

**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 treatments

€ 80



## THE GENTLEMEN'S FACIAL



## CRYO ENERGY & LIFT FACIAL

⌚ 30 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

€ 80

## CRYO REPARATIVE FACIAL

⌚ 30 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

€ 80

## MEN'S FACE DETOX

⌚ 30 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

€ 80



**IN HOUSE  
TREATMENTS**



## IN HOUSE 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.

### DEEP INFINITY TOUCH

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



### IN HOUSE TREATMENTS

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50 minutes

€ 150

80 minutes

€ 200

\* The treatments are carried out at the customer's home.







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