



THE LONGEVITY SUITE

MILANO

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.

BESPOKE PROTOCOLS pag **4-5 DIAGNOSTIC & CHECK-UP** pag 6-8 REGENERATIVE MEDICINE pag **9-11 CRYOSUITE** pag **12-13** LOCAL CRYO pag **14-15** MEDICAL FACE REJUVENATION pag **16-25** MEDICAL BODY SHAPING & CONTOURING

MANUAL THERAPIES

pag **26-30**

pag **31-33**

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BESPOKE PROTOCOLS

The Longevity programs are tailored protocols focused on the specific needs and goals of the customer. These help to balance physical fitness and mental well-being through the most advanced biohacking techniques. Each program begins with a Longevity check-up and an initial consultation. Therefore defining a personalized nutritional plan, the combination of the best functional prducts, a training, mindfulness and cold exposure protocol and professional face and body treatments.



NATURALLY SLIM

6/12 weeks

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

4/8 weeks

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

4/8 weeks

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

2/4 weeks

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

4/8 weeks

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

4/8 weeks

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.

DIAGNOS.... © THE LONGEVITY SUITE

DIAGNOSTIC & CHECK-UP

LONGEVITY CHECK-UP

CHF 500

Personalized medical check-up.

GUT MICROBIOTA TEST

CHF 480

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

CHF 600

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.

DNATEST - DIET

CHF 350

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 metabolization of lipids and carbohydrates and the requirements for certain vitamins.

DNA TEST - SKIN AGING

CHF 250

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

CHF 300

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

DIAGNOSTIC & CHECK-UP

OXIDATIVE STRESS ASSESSMENT

CHF 150

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

EPIGENETIC CELL PROFILE

CHF 450

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

VISIT AESTHETIC AND SURGICAL MEDICINE

CHF 200-300

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

NUTRITIONAL CONSULTATION

CHF 200

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

NUTRITIONAL CONTROL

CHF 100

Periodic follow-up visit and monitoring of the nutritional pathway.

ANTI-AGING METABOLIC VISIT

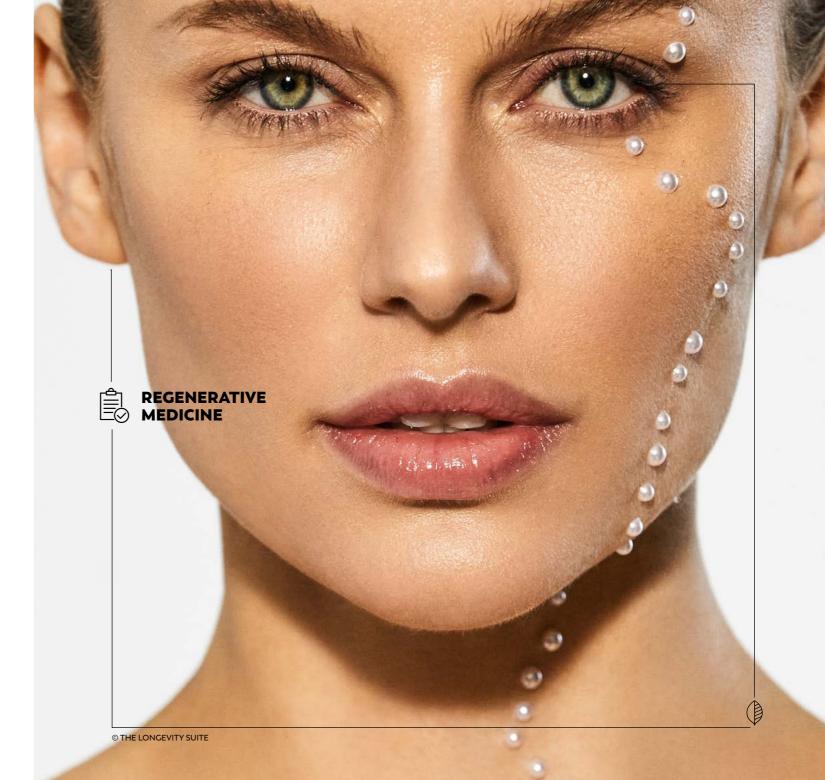
CHF 400

 ${\sf Cardio\ metabolic\ assessment\ for\ identification\ of\ the\ most\ functional\ antiage\ strategy}.$

ANNUAL NUTRITIONAL PLAN

CHF 1.000

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



REGENERATIVE MEDICINE

OXYGEN OZONE THERAPY

CHF 250

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

Immunomodulating Ozone Therapy with rectal insufflation

CHF 200

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.

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BIOHAIR CGF	CHF 600
BIOTIAIR COF	CHF 000



SKIN CGF CHF 700



SPORT CGF CHF 600

IV THERAPY (Intravenous Therapy)

CHF 250

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

CHF 500

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

I.M.I.V. Shots CHF 100

Single dose, repeatable, intramuscular/intravenous injections of vitamins such as VIT D; VIT B12; VIT C.

REGENERATIVE MEDICINE

ETHERNAL YOUTH TMR®

Therapeutic Magnetic Resonance Imagina 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

CHF 100 single treatment



INTENSIVE RECOVERY (50 min)

Decontracting massage combined with Ethernal Youth TMR® CHF 130

INTENSIVE STRONG IMMUNO

X 4 WEEKS

Intensive protocol for strengthening and boosting the immune system.

TMR® 8 sessions

Red Light LED Therapy 8 sessions Oxygen Ozone Therapy 4 treatments

4 treatments IV Therapy 12 sessions Cryosuite

2 Strong Immuno, 1 Stress Relief, 1 Longevity+, 1 Detox, 4 Detox Smoothie Kit, 2 Detox Tea Products

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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

The treatment is helpful for:

- Increasing sports performance and reducing recovery time
- Facilitating weight loss and improving body composition
- **1** 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

CHF 80 single session

BUNDLE SESSIONS

5 sessions	CHF 27	'5
10 sessions	CHF 50	0
20 sessions	CHF 90	0

UNLIMITED PASS

Unlimited Silver	3	months	CHF	1.200
Unlimited Gold	6	months	CHF	1.800
Unlimited Platinum	12	months	CHF	3.000

OCAL 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

CHF 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 the radiofrequency.

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CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage

Single treatment

CHF 140

NITENSIVE CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage + Radiofrequency

Single treatment

CHF 160

FACE REJUVENATION © THE LONGEVITY SUITE

FACE REJUVENATION

CHEMICAL PEELING

CHF 300

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 BIOREVITALIZATION

CHF 250

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

CHF 600

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

CHF 900

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

BOTULINUM TOXIN

CHF 600

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

from CHF 1200

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

FACE REJUVENATION

LUXURY CRYOLIFT

CHF 150

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

CHF 150

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.

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

FACE REJUVENATION

∑ 50 MIN

CRYOFACIAL HYDRASHINE

CHF 150

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

CHF 150

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.

LONGEVITY SILK EXPERIENCE

CHF 150

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

CHF 100

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.

PHYTO DETOX - (80 min)

CHF 150

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.

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FACE TREATMENTS

CRYOFACIAL GLOW

CHF 75

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

CHF 75

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

CHF 75

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

CHF 75

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.

INSTANT SILK

CHF 75

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

THE GENTLEMEN'S FACIALS

∑ 50 MIN



CHF 150

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

CHF 150

Repairing and moisturizing facial treatment that combines Local Cryo, 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 radiance to the face.

MEN'S FACE DETOX

CHF 100

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

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:

- **O** Photonic beams emitted by a high power and light intensity **LED** system.
- WiFi Acoustics for bineural 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.

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

CHF 150



MIND & BODY DETOX

CHF 100

Multisensory relaxing and de-stressing treatment. The benefits of LED light, inhalation 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) to strengthening blood vessels circulation.

BODY SHAPING © THE LONGEVITY SUITE

BODY SHAPING & CONTOURING



CRYO-ADIPOLIPOLYSIS

On the zone - CHF 500

Cryolipolysis is a latest generation 5-handle technology which uses the action of cold to melt fat selectively. Excess fat cells will be freezed 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

on request

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



OZONEMESOTHERAPY FACE DECOLLETE

On the zone - CHF 300

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



WAVE COOLWAVES

On the zone - CHF 200

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



ULTRATONE & MUSCLE

CHF 180

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 adopocytes in depth, the radiofrequency that stimulates a toning action and the vacuum that improves lymphatic drainage.



TOTAL SCULPT PROGRAM 6 WEEKS

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 - (40 min)

CHF 160

CHF 180

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)

CHF 130

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 cryobandage 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.

BODY SHAPING & CONTOURING



CRYO EXTREME ELIXIR - (60 min)

CHF 140

To promote the elimination of excess liquids and to 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.

\$.4

BOTULINUM TOXIN FOR HYPERHIDROSIS

CHF 800

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

\$.4

REMOVAL OF SKIN NEOFORMATIONS

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

\$.4

FRACTIONAL CO2 LASER

Fractional CO2 laser is used to improve skin texture, visibly reduce surface wrinkles and treat all types of scars. Promotes tissue regenerative processes, with production of new collagen, with overall improvement of the appearance of treated skin.

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 $^{^*}$ The price of some therapies is a function of the intervention protocol shared with the medical specialist.

BODY SHAPING & CONTOURING



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

CHF 1000

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.



MANUAL THERAPIES



RECOVERY

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

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

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



DREN

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



REMODELING

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

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 (50 MINUTES)

Detoxifying treatment that gives the body new vitality through fundamental elements: the multi-acid scrub useful for the elimination of excess fluids and the multi-acid thermal anti-inflammatory and depurative effect.



MANUAL THERAPIES

30 minutes	CHF	7
50 minutes	CHF	10
80 minutes	CHF	14





T L S



THE LONGEVITY SUITE

M I L A N O

LUGANO

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