

THE LONGEVITY SUITE

MILANO

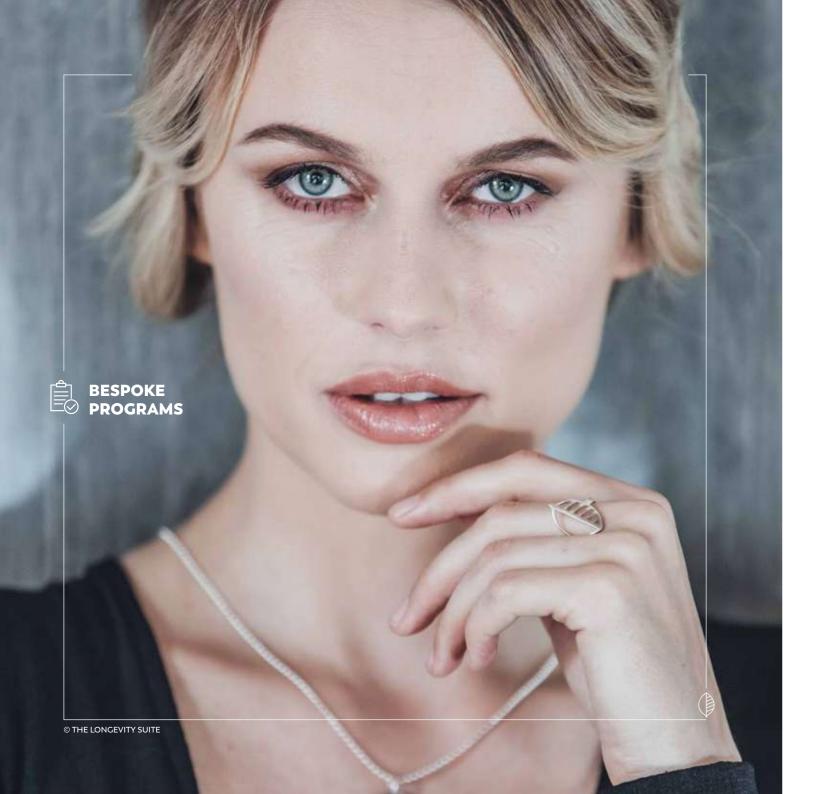
THE LONGEVITY SUITE MILANO

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.

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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 programs, 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.

6-12 WEEKS

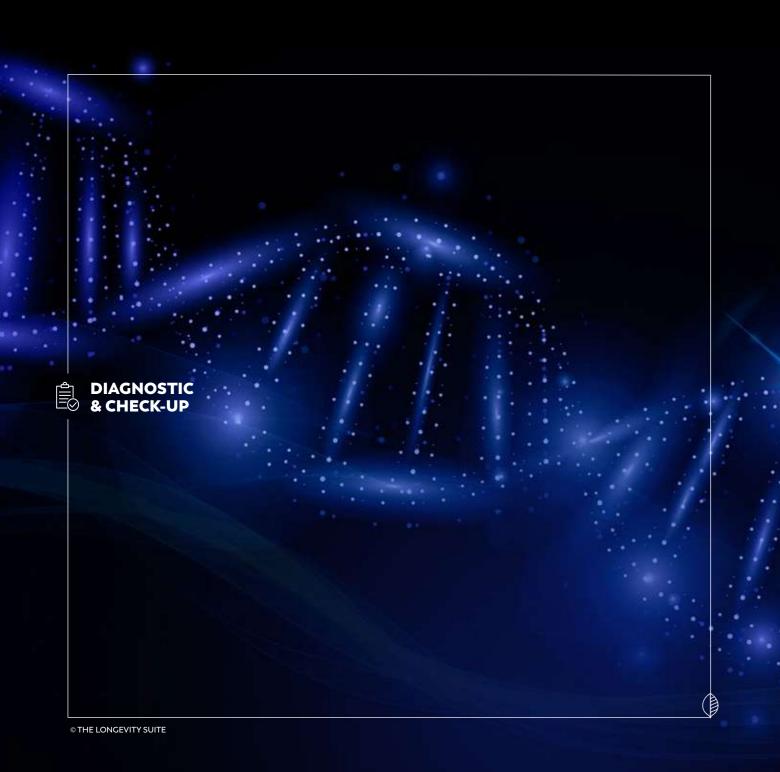
4-8 WFFKS

4-8 WEEKS

2-4 WEEKS

4-8 WEEKS

4-8 WFFKS



DIAGNOSTIC & CHECK-UP

LONGEVITY CHECK-UP

Personalized medical check-up.

GUT MICROBIOTA TEST

Innovative test that, through next-generation DNA sequ of the bacteria in the gut to help significantly improve

DNA TEST - COMPLETE

Complete test that analyzes more than 130 genes. It project proposed individually: Diet, Skin Aging, Sport.

DNA TEST - DIET

Test that analyzes variants of genes responsible for eac certain food substances. It provides information related metabolization of lipids and carbohydrates and the req

DNA TEST - SKIN AGING

Analyzes certain genes whose variants are responsible It provides information related to the quality of collage our tissues.

DNA TEST - SPORT

Test that analyzes certain polymorphisms in order to endurance sports.

	€	80
	€	300
uencing (NGS) techniques, can provide the quality of life.	a true	picture
	€	480
contains all areas of analysis of The Lc	ongevit	y Suite
	€	300
ch person's individual response to the ir d to tolerance to different foods, assim quirements for certain vitamins.		
	€	200
for genetic predisposition to premature en fibers that make up the supporting f		
	€	240
o discover your genetic predisposition	to po	wer or

DIAGNOSTIC & CHECK-UP

NUTRITIONAL CONSULTATION	€	150
Nutritional check-up with body composition analysis and personalized nutritional program.		
NUTRITIONAL CONTROL	€.	80
Periodic follow-up visit and monitoring of the nutritional pathway.		
ONLINE NUTRITIONAL PLAN	€	80

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



CRYOSUITE

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

The treatment is helpful for:

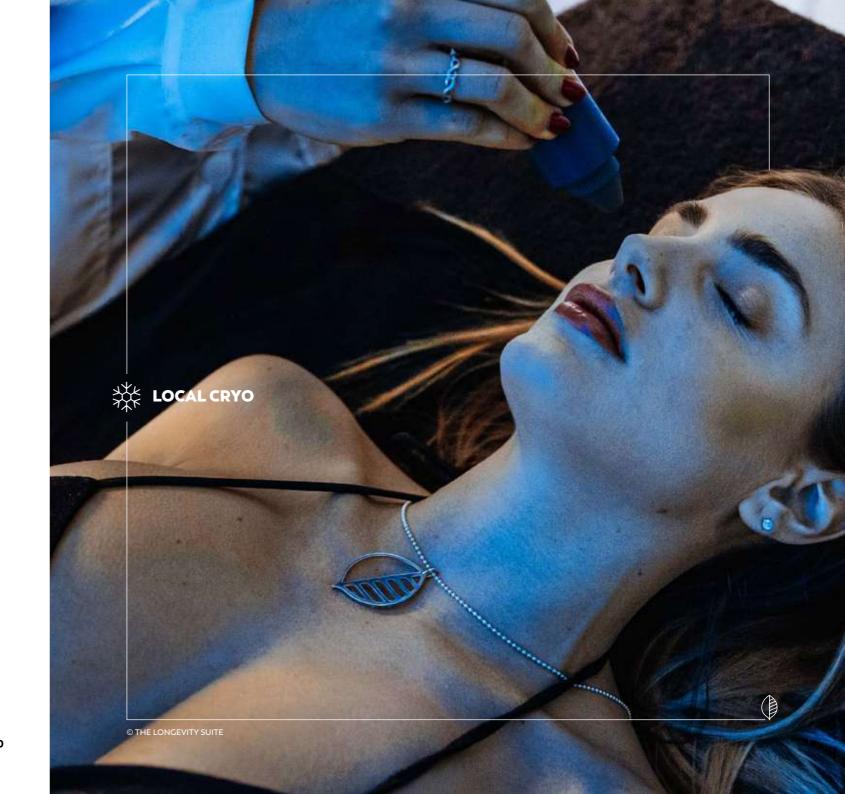
- Increasing sports performance and reducing recovery time
- Facilitating weight loss and improving body composition
- Burning up calories and accelerating the basal metabolic rate
- Rejuvenating skin appearance driven by a greater collagen production
- Improving circulation and drainage of the lower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

₩ SINGLE SESSION

	single session	€	65
檾	BUNDLE SESSIONS		
	10 sessions 20 sessions	€ €	500 900

₩ UNLIMITED PASS

Unlimited Bronze	1	month	€ 660
Unlimited Silver	3	months	€ 1.320
Unlimited Gold	6	months	€ 1.980
Unlimited Platinum	12	months	€ 3.300



LOCAL CRYO

E' un trattamento che prevede l'utilizzo di aria fredda secca a -32 °C su aree circoscritte del corpo. Le basse temperature apportano numerosi benefici al corpo grazie al miglioramento del microcircolo ed una migliore ossigenazione della zona trattata. E' ideale combinare il trattamento localizzato con il trattamento Cryosuite Total Body.

ll trattamento è utile per:

- Migliorare il microcircolo
- Aumentare l'ossigenazione della zona trattata
- Incrementare il tono e l'elasticità della pelle

₩ LOCAL CRYO

sessione singola

40

CRYO FAST RECOVERY

X 50/80 MIN

€

🛛 10 MIN

I benefici del freddo localizzato e di quello sistemico vengono potenziati da un successivo massaggio connettivale specifico che, sfruttando l'alta quantità di terminazioni nervose presenti nella fascia superficiale, stimola il ripristino meccanico e funzionale del corpo diventando un valido supporto ad un recupero fisico più rapido. E' possibile intensificare ulteriormente l'efficacia completando il trattamento con la radiofrequenza.

☆ CRYO FAST RECOVERY Local Cryo + Cryosuite + Massaggio Connettivale sessione singola € ☆ INTENSIVE CRYO FAST RECOVERY Local Cryo + Cryosuite + Massaggio Connettivale + Radiofrequenza

sessione singola € 220

FACE REJUVENATION

© THE LONGEVITY SUITE

THE LONGEVITY SUITE * CRYO

12



LUXURY CRYOLIFT

🛛 50 MIN

€

X 50 MIN

€

🛛 50 MIN

130

130

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



LUXURY CRYOLIFT

single treatment

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.

REJUVENATING POWER

single treatment

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.

CRYOFACIAL HYDRASHINE



FACESHAPE 3D 🛛 50 MIN

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



FACESHAPE 3D

single treatment

€ 130

LONGEVITY SILK EXPERIENCE

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

LONGEVITY SILK EXPERIENCE

single treatment

FACE D

Facial treatment designed to deeply purify the skin, restore radicals. Thanks to the combination of antioxidant serums is regenerated and regains new radiance and vitality. The helps to reactivate the skin's energy, improving its state of



single treatment

RITUAL PHYTO DETOX

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

RITUAL PHYTO DETOX

single treatment

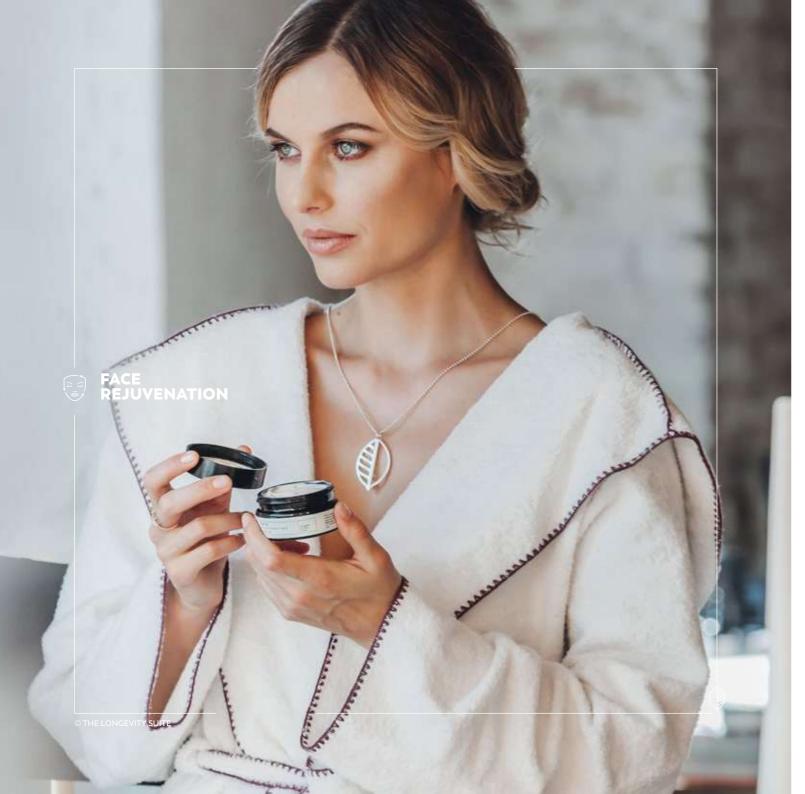
THE LONGEVITY SUITE

	€	(-	130
ΕΤΟΧ	X	50 I	MIN
re its natural balance and counteract the and oxygenating, soothing and purifying microstimulation produced by specific fa health and skin elasticity.	mas	ks, th	ne skir
	1	€	110

🛛 50 MIN

🛛 80 MIN





FACE TREATMENTS

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 that stimulate the production of collagen and elastin + regenerating alginate 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 + Seta 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.



single treatment



CRYO ENERGY & LIFT FACIAL

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

CRYO REPARATIVE FACIAL

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

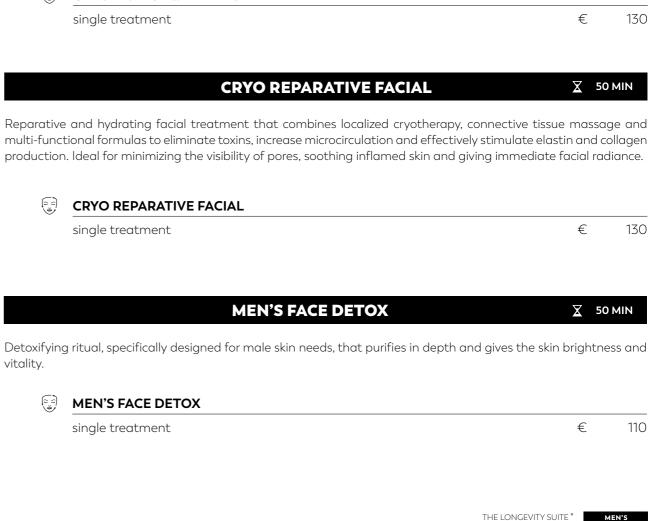
single treatment

MEN'S FACE DETOX

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



single treatment



🛛 50 MIN



ULTRATONE & MUSCLE

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

ULTRATONE & MUSCLE

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.

\$.e ULTRASHAPE

single treatment 1 area/ 2 areas

€ 120/150

🛛 50/80 MIN

€ 150/220

🛛 30/50 MIN



CRYODRAINING

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

single treatment

TONE & CE

It is used in the management and improvement of cellul of the dermis more compact, toned and smoother without any pain or side effects, with long-lasting results.

A. **TONE & CELLULITE**

single treatment

	€	150
LLULITE	X	40 MIN
lites. It uses radiofrequency, which ma	akes tł	ne surface

€ 120

🛛 50 MIN



HOLISTIC BODY TREATMENTS

RE-BALANCE

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

(30min)

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

SPORT MASSAGE

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

DREN

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

REMODELING

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

LIGHT LEGS

(30min)

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

HOT STONE RELAX

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

REFLEXOLOGY

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

BODY DETOX

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

DEEP INFINITY TOUCH

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

DEEP REJUVENATING DETOX

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

\$. HOLISTIC BODY TREATMENTS

30 minuti	€	75
50 minuti	€	110
80 minuti	€	150

(50min)

(30min)

(50min)

(80min)



Valid until 31/10/2024



MILANO

сомо

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