

THE LONGEVITY SUITE

MILANO



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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.

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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.

DIAGNOSTIC & CHECK-UP

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.

DNATEST - 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 350

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

VISIT AESTHETIC MEDICINE

ON REQUEST

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

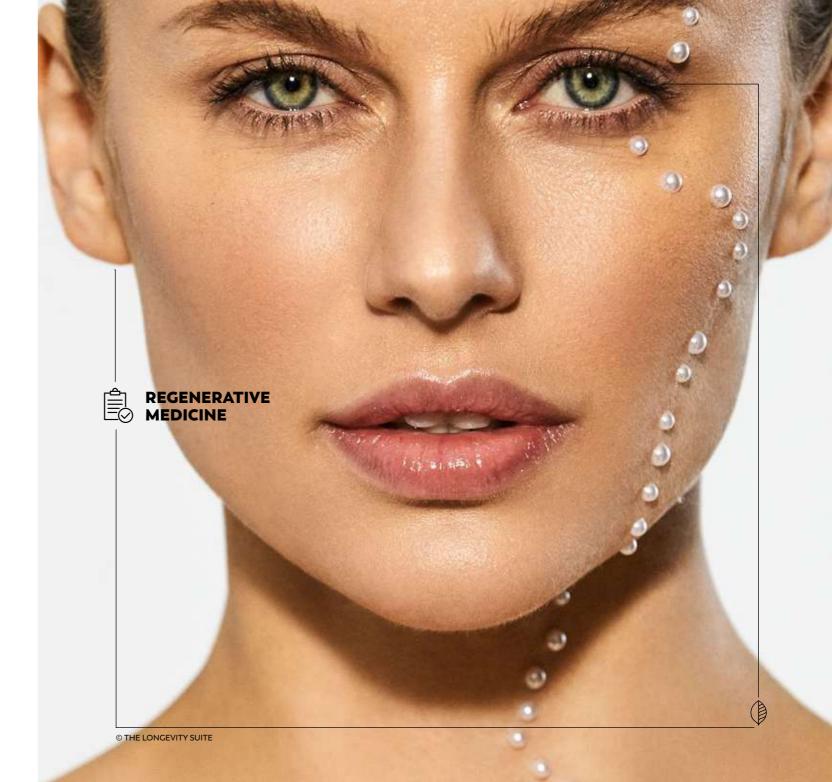
CHF 400

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 350

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.

Ozone Mesotherapy combined with connective tissue massage (15 min)

CHF 200

Immunomodulating Ozone Therapy with rectal insufflation

CHF 150

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.



BIOFILLER CGF

price per area CHF 700

It is the first 100% natural biological face, neck and body filler, obtained from a simple blood draw that harnesses the regenerative power of stem cells (CD34+) and blood growth factors.



BIOHAIR CGF

CHF 500

The only regenerative hair and scalp treatment that harnesses the regenerative power of your own stem cells (CD34+) and blood growth factors.

IV THERAPY (Intravenous Therapy)

CHF 350

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.

REGENERATIVE MEDICINE

ETHERNAL YOUTH TMR®

Therapeutic Magnetic Resonance Imaging TMR^{\otimes} 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

CHF 100



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.

8 sessions TMR®

8 sessions Red Light LED Therapy 4 treatments Oxygen Ozone Therapy

4 treatments IV Therapy
12 sessions Cryosuite

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

CELLULAR MATRIX

Regenerative Medicine treatment which combines two types of treatments in one procedure: Platelet-Rich Plasma (PRP) provides a reserve of autologous growth factors by stimulating collagen, improving skin elasticity, tone and Hyaluronic Acid production, the most involved molecule in maintaining skin hydration.

RIGENERA HAIR/FACIAL

Micro-surgical tissue regeneration protocol based on the use of an innovative technology for the preparation of micro-grafts of tissue of the same patient, which maintains the regeneration capacity of skin, cartilage, muscles and bones.

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REGENERATIVE

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REGENERATIVE

CRYOSUITE

CRYOSUITE

Whole Body Cryosuite treatment involves keeping the whole body in a cold room with temperatures ranging from -85 $^{\circ}$ C to -95 $^{\circ}$ 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
- **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

single session CH	F	85
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BUNDLE SESSIONS

10 sessions	CHF 650
20 sessions	CHF 1.150

WALLIMITED PASS

Unlimited Bronze	1	mese	CHF	660
Unlimited Silver	3	mesi	CHF	1.320
Unlimited Gold	6	mesi	CHF	1.980
Unlimited Platinum	12	mesi	CHF	3.300

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.

CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage

Single treatment

CHF 180

INTENSIVE CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage + Radiofrequency

Single treatment

CHF 250

FACE REJUVENATION © THE LONGEVITY SUITE

FACE REJUVENATION

CHEMICAL PEELING

CHF 250

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 300

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 550

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 350-500

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.

FACE REJUVENATION

BIO-STIMULATION

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.

BIOFILLER CGF price per area CHF 700

Biofiller is the result of a combination of pure hyaluronic acid and stem cells. This new facial, neck or body treatment combines both the characteristics of classic fillers, the ability to give tone and volume, and the properties of stem cells to regenerate and rejuvenate tissues. Hyaluronic acid prepares the skin for the regenerating action of stem cells.

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.

SKIN HYPERCHROMIA REMOVAL

Treatment of removal of changes in normal skin tone (laser, E.A.S.T.H, chemical peel).

SKIN REGENERATION WITH PLASMA TECHNOLOGY from CHF 1500

Face or body therapy with lifting effect by micro radio scalpel with dermal arc sublimation.

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.

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

FACE REJUVENATION

∑ 50 MIN

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.

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 120

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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TREATMENTS

FACE TREATMENTS

CRYOFACIAL GLOW

CHF 85

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 85

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 85

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 85

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 85

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 120

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:

- 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

CHF 700

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

CHF 140

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

ANTALGIC MESOTHERAPY

CHF 100

Micro-injective medical treatment for muscle and joint pain.

AESTHETIC MESOTHERAPY

CHF 100

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



WAVE COOLWAVES

CHF 250

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

CHF 180

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.

Sign of the second

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*

\$.4

ADVANCED TONE & CELLULITE - (50 min)

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 180

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.



COOL DREN & TONING - (50 min)

CHF 180

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

\$.4

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.

\$.4

BOTULINUM TOXIN FOR HYPERHIDROSIS

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

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.

\$.4

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.

THE LONGEVITY SUITE BODY 28

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

BODY SHAPING & CONTOURING



SKIN BIOREVITALIZATION

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



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.



HAIR FILLER + CO,

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

LOWER LIMB SCLEROTHERAPY

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



GLUTEAL RESHAPING WITH HYALURONIC ACID

Macromolecular hyaluronic acid injection to harmoniously increase the volume of the buttocks with long-lasting and immediately visible results.



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.

*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.



MANUAL THERAPIES

30 minutes	CHF	95
50 minutes	CHF	130
80 minutes	CHF	180





T L S Valid until 31/10/2024



THE LONGEVITY SUITE

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LUGANO

Riva Paradiso 2, 6900 Paradiso, Lugano (CH) tel +41 912104091 mobile +41 768053117 (WhatsApp) lugano@thelongevitysuite.com

www.thelongevitysuite.com