



THE LONGEVITY  
SUITE

M I L A N O





# 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 PROTOCOLS**

pag 7



**DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS**

pag 11



**BIOHACKING**

pag 18



**MEDICAL FACE THERAPY**

pag 28



**ADVANCED AESTHETICS FACE THERAPY**

pag 32



**BODY REJUVENATION**

pag 38



**MEDICAL BODY REJUVENATION**

pag 41



**MANUAL THERAPIES**

pag 45



**LONGEVITY  
EXPERIENCES**



## LONGEVITY EXPERIENCES

*Take your first step towards a healthier lifestyle, ensuring a 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.*

### MIND & BODY DETOX EXPERIENCE

2h

Healing the mind ensures novel beauty for the body.

A careful selection of our de-stress protocols to deeply cleanse the body and eliminate toxins, ensure the body relaxes and the mind recharges, with the ultimate goal of initiating an effective process of lasting well-being.

*Includes:*

- Whole Body Cryosuite
- Mind & Body Detox
- Deep Infinity Touch
- Longevity Assessment

### ENERGY BOOST EXPERIENCE

2h

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:*

- Whole Body Cryosuite
- Energize Massage
- Red Light
- Longevity Assessment

## SKIN GLOW EXPERIENCE

2h

Shine is the watchword for this comprehensive skin treatment.

The experience begins with the Longevity Skin 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 EXPERIENCE

2h

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:*

• Whole Body Cryosuite	10	min
• Deep Blue	50	min
• Mind & Body Detox	30	min
• Longevity Assessment	30	min

## YOUR PERFECT BODY EXPERIENCE

2h

Regaining the harmony of one's body naturally guides us toward conscious and lasting beauty. Selected body and facial treatments to stimulate tissue reactivation and oxygenation and ensure long-term benefits.

*Includes:*

• Whole Body Cryosuite	10	min
• Cool Dren & Toning	50	min
• Cryo Eye Shine	30	min
• Longevity Assessment	30	min



**BESPOKE  
PROGRAMS**



## 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.



## DIAGNOSTIC & 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-UP

1 day

- ❖ **Base Check-up:** Body Composition, Visceral Fat Assessment, Detox Check, Stress Check, Morphotype Analysis, Postural Assessment, Advanced Glycation End Products, Skin & UV Check, Cognitive Test, Physical Training Assessment
- ❖ **Deep Diagnostic:** DNA Complete (nutritional, skin, sports), Oxidative Stress, Microbiota Analysis, Epigenetic Biological Age Test, Longevity Molecular Profile, Sleep Quality Assessment Test
- ❖ **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
- ❖ **Anti-aging cardiometabolic examination** with echocardiography and TSA Doppler
- ❖ **Nutritional examination** with personalized diet plan
- ❖ **Personalized prevention and treatment** strategy elaboration

### MEMBERSHIP PREVENTION

1 year

- ❖ **Basic Quarterly Check-up:** Body Composition, Visceral Fat Assessment, Detox Check, Stress Check, Morphotype Analysis, Postural Assessment, Advanced Glycation End Products, Skin & UV Check, Cognitive Test, Physical Training Assessment
- ❖ **Semi-annual Deep Diagnostic:** DNA Complete (nutritional, skin, sports), Oxidative Stress, Gut Microbiota, Epigenetic Biological Age, Longevity Molecular Profile, Sleep Quality Assessment
- ❖ **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
- ❖ **Anti-aging cardiometabolic examination** with echocardiography and TSA Doppler
- ❖ **Nutritional examination** with personalized diet plan + follow-up
- ❖ **Personalized prevention** and treatment strategy elaboration
- ❖ **Clinical case management** by Scientific Director
- ❖ **Bi-monthly meetings** with the Longevity Expert
- ❖ **Full Medical Concierge Service**

## DIAGNOSTIC & CHECK-UP MEMBERSHIP

### MEMBERSHIP PREVENTION & CARE

1 year

- ❖ **Basic Quarterly Check-up:** Body Composition, Visceral Fat Assessment, Detox Check, Stress Check, Morphotype Analysis, Postural Assessment, Advanced Glycation End Products, Skin & UV Check, Cognitive Test, Physical Training Assessment
- ❖ **Semi-annual Deep Diagnostic:** DNA Complete (nutritional, skin, sports), Oxidative Stress, Microbiota Analysis, Epigenetic Biological Age Test, Longevity Molecular Profile, Sleep Quality Assessment Test
- ❖ **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
- ❖ **Anti-aging cardiometabolic examination** with echocardiography and TSA doppler
- ❖ **Nutritional examination** with personalized diet plan + quarterly follow-ups
- ❖ **Personalized prevention** and treatment strategy elaboration
- ❖ **Clinical case** management by scientific director
- ❖ **Monthly meetings** with the Longevity Expert
- ❖ **24 IV Therapy, Ozone Therapy** and personalized Regenerative Therapies treatments
- ❖ **10 Osteopathy\*** sessions
- ❖ **30 Body Shaping and Face Rejuvenation** treatments\*
- ❖ **20 Biohacking** treatments
- ❖ **Cryotherapy Total Body Unlimited\***
- ❖ Monthly **Longevity products** (supplements/cosmetics/detox)
- ❖ **Full Medical Concierge** Service

### MEDICAL CONCIERGE

1 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**



## LONGEVITY CHECK-UP

Longevity Check-up is the analysis of your general health, through targeted tests, to build, together with Longevity Expert and doctors, the path of well-being that best suits your needs and goals. During the Longevity consultation, you can perform the following tests:

### **BODY COMPOSITION CHECK**

---

Body composition evaluation with the analysis of different masses, hydration, visceral and subcutaneous fat via bioimpedance platform (BIA).

### **DETOX CHECK**

---

Assessment of the level of general inflammation and intoxication of the organism.

### **STRESS CHECK**

---

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

### **PHYSICAL TRAINING ASSESSMENT**

---

Assessment of the level of activity and physical capacity.

### **NUTRI CHECK**

---

Assessment of dietary habits and nutritional status of the individual.

### **COGNITIVE TEST**

---

Assessment of an individual's cognitive abilities including memory, attention, reasoning, language, problem-solving skills and other mental abilities.

### **AGE CHECK**

---

Evaluation of the amount of Advanced Glycation End Products (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.

### **POSTURAL ASSESSMENT**

---

Test used to analyze body posture, balance and formulate a treatment plan. It includes first osteopathic treatment.

## DIAGNOSTIC & SPECIALISTIC CONSULTATIONS

### **MICROBIOTA ANALYSIS**

---

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**

---

Complete test that analyzes more than 130 genes. It contains all areas of The Longevity Suite DNA Tests: Diet, Skin aging and Sport.

### **DNA TEST - DIET**

---

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**

---

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**

---

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

## DIAGNOSTIC & SPECIALISTIC CONSULTATIONS

### OXIDATIVE STRESS ASSESSMENT

---

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

### SLEEP QUALITY ASSESSMENT TEST

---

Tests that can detect major sleep-related breathing disorders, among the most common causes of alterations and imbalances in sleep rest, through a small and simple medical device that is conveniently worn during the night.

### BIOLOGICAL EPIGENETIC AGE TEST

---

Assessment of the client's epigenetic (biological) age by evaluation of key hormonal and inflammatory markers.

### LONGEVITY MOLECULAR PROFILE

---

Innovative state-of-the-art test to delineate possible situations of imbalance of the fatty acids that make up the cell membrane, allowing to analyze the health status of the individual through 6 molecular status indicators: inflammaging, metabolic response, cardio-vascular health, immune protection, cellular stress reactivity, and neuroprotection index.

The results make it possible to identify the best personalized rebalancing strategies that underlie the overall health status of the whole organism.

### 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 & SPECIALISTIC CONSULTATIONS

### 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

---

### MANAGEMENT STRESS

---

### 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)

---

Personalized state-of-the-art therapy for the well-being and health of the body that consists of intravenous infusions of nutraceuticals (vitamins, minerals, and other biological compounds) that are physiologically part of the body's major vital cellular processes. Through this infusion therapy, vitamins and nutrients lost due to stress, lifestyle, and improper diet can be quickly and effectively replenished.

Primarily required to strengthen the immune system, to reduce signs of aging or to rid the blood of toxins. Especially indicated in cases of chronic fatigue, drops in energy, sleep disorders, and jet lag syndrome.

Options available:

***NAD, Energy, Immunity, Performance, Detox, Fat Burning, Antiage, Hair Tonic.***

## TECAR THERAPY

---

Electromedical treatment aimed at enabling faster recovery from trauma and inflammatory conditions of the musculoskeletal system.

## **ETHERNAL YOUTH TMR®**

---

Therapeutic Magnetic Resonance Imaging 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.



### **ETHERNAL YOUTH TMR®**

---

single treatment



### **ETHERNAL YOUTH TMR + MASSAGE (50 min)**

---

Decontracting massage combined with Eternal Youth TMR®

## **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.



**CRYOSUITE**



T L S

THE LONGEVITY  
SUITE

MILANO



## 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**

---

single session



### **BUNDLE SESSIONS**

---

10 sessions  
20 sessions



### **UNLIMITED PASS**

---

Unlimited Bronze	<b>1</b>	month
Unlimited Silver	<b>3</b>	months
Unlimited Gold	<b>6</b>	months
Unlimited Platinum	<b>12</b>	months





**LOCAL CRYO**



## LOCAL CRYO

⌚ 10 MIN

Localized cold treatment is a procedure which involves the use of localized dry cold air at  $-32^{\circ}\text{C}$  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:*

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



### LOCAL CRYO

---

single session

## 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



### INTENSIVE CRYO FAST RECOVERY

---

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

Single treatment



## 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.



### SINGLE SESSION

---

30 min

## TOTAL BODY 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.



### SINGLE SESSION

---

30 min

## MIND & BODY DETOX

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.



### SINGLE SESSION

---

30 min



**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 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.

### **INTENSIVE ACNE REPAIR**

---

Specific for acne-prone skin or related issues. Aids the control of bacterial proliferation and excessive sebum production.

### **INTENSIVE SKIN RECOVERY**

---

Dedicated to sensitive skin or skin sensitized by external factors, it reduces redness and restores softness and elasticity.

### **INTENSIVE SKIN REJUVENATION**

---

Gentle, effective treatment that uses fluorescent light energy to stimulate the skin's natural rejuvenation process. Scientifically proven and recommended by dermatologists, this treatment improves overall skin texture by stimulating by 400% collagen production.



**MEDICAL FACE  
THERAPY**



## 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

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

## MEDICAL FACE THERAPY



### 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

---

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



### 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** exosomes

**Face + neck + décolleté** exosomes





**ADVANCED AESTHETICS  
FACE THERAPY**





**LUXURY CRYOLIFT**

---

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.

**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.

**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.

**FACESHAPE 3D**

---

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**

---

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.

**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

80 minutes

**FACE DETOX**

---

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)**

---

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.

## ADVANCED AESTHETICS FACE THERAPY



### RED LIGHT THERAPY

---

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

---

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

---

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

---

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 lines of expression 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 a redensifying mask are used during the treatment. Recommended for dull and dehydrated skin.



**THE GENTLEMEN'S  
FACIALS**





### **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 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**

---

Detoxifying protocol, specifically designed for men's skin problems, which leaves the skin free of impurities through a relaxing and rejuvenating experience.



**BODY  
REJUVENATION**



## BODY REJUVENATION



### **CARBOXYTHERAPY**

---

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



### **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.



### **ULTRASHAPE**

---

Specific treatment for the remodeling of localized areas of the body thanks to the infrared light that heats the adipocytes in depth, the radiofrequency that stimulates a toning action and the vacuum that improves lymphatic drainage.

## BODY REJUVENATION



### **ADVANCED TONE & CELLULITE**

---

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.



### **CRYODRAINING** (50 min)

---

Unique protocol to reduce venous and lymphatic stasis in the lower limbs, minimise oedematous cellulite and reshape the silhouette. The combination of osmotic bandages, pressure therapy and specific manual techniques guarantees an immediate reactivation of the microcirculation, increasing the general circulation and improving skin imperfections.



### **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.





**MEDICAL BODY  
REJUVENATION**



## 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.



### **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.

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

## MEDICAL BODY REJUVENATION



### 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

---

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



### EXOSOMES HAIR

---

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



### MMP

---

Medicinal micro-injections into the superficial area of the scalp in order to stimulate hair regrowth, reduce inflammation, and treat specific medical conditions.



### 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.



### TRICHOLOGICAL MESOTHERAPY

---

Injection treatment to nourish hair follicles, improve blood circulation and stimulate hair growth.



### HAIR LASER

---

Non-invasive laser treatment to nourish hair follicles, improve blood circulation and stimulate hair growth.

## MEDICAL BODY REJUVENATION



### **LOWER LIMB SCLEROTHERAPY**

---

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



### **THERAPEUTIC INFILTRATION**

---

Infiltrative therapy used in orthopedics to relieve pain.



### **ULTRASOUND-GUIDED HYALURONIC ACID**

---

Intra-articular infiltration with ultrasound in different joint districts.



### **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.



**MANUAL  
THERAPIES**



## MANUAL THERAPIES



### **INTENSIVE 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.



### **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.



### **PERSONALIZED MANUAL THERAPY**

---

Personalized manual treatment based on the treatment protocol provided.



### **MANUAL THERAPIES**

---

30 minutes  
50 minutes  
80 minutes

Valid until 31/10/2024



**THE LONGEVITY  
SUITE**  
M I L A N O

**MILANO SCALA**

Via del Lauro 1, 20121 Milano  
Phone +39 02 89367 121  
Mobile +39 3420719472 (WhatsApp)  
[milanoscala@thelongevitysuite.com](mailto:milanoscala@thelongevitysuite.com)

[thelongevitysuite.com](http://thelongevitysuite.com)