



THE LONGEVITY
SPA
MILANO

MEMBERSHIP

2025



PORTRAIT
MILANO



T L S

THE LONGEVITY SPA

AT PORTRAIT MILANO

The *Longevity SPA*® offers a holistic approach and a multidisciplinary perspective which combine medical expertise in the anti-aging sector with treatments that go beyond the ordinary, expertly crafted by merging paths inspired by tradition with a selection of the most advanced beauty, rebalancing and rejuvenation treatments.

Guests will live a unique experience through the combination of science, technology and method, where our high-tech and high-touch approaches define the optimal path to guide them towards the best version of themselves through a perfect balance of harmony, conscious beauty and mental energy.

The SPA experience allows the exploration of comprehensive well-being practices inspired by the 5 longest-living locations on Earth, in special places where not only we do find the highest life expectancy compared to the global average, but where people, thanks to their lifestyle, age better and feel happier.

Portrait
MILANO



T L S

THE LONGEVITY SPA

FACILITIES

- The Longevity Fitness area with innovative Technogym Biocircuit
- Swimming Pool, Sauna, Turkish Bath, Relaxation Area
- Total Body Cryosuite
- Blue Zones Rituals
- Longevity Programs & Experiences
- Face Rejuvenation
- Body Sculpting
- Holistic & Mindfulness
- Biohacking Treatments





T L S

THE LONGEVITY FITNESS

A stimulating and innovative environment in which to enhance physical and mental performance. The revolution in strength training through the exclusive Biostrength circuit that adapts to the person's needs and, thanks to patented technology, guarantees 30% more results in the same amount of time.

A digital experience, connected to specific training programs, that allows you to customize your session based on your goals.

- **PERSONAL TRAINING**
- **YOGA**
- **PILATES**
- **MINDFULNESS**

TLS WELCOME KIT

- **Weekend Bag** limited edition My Style Bag x The Longevity Suite
- **TLS Sport Water Bottle**
- **TLS Eau de Parfum**



MEMBERSHIP 2025

GOLD

12 months membership

LONG TERM GOLD

36 months membership



ACCESS TO SPA / GYM

Unlimited



TLS BENEFIT

- **-10%** on the entire service/product catalog*
- **-15%** on The Longevity Kitchen (purchase on line and at Bistrot)
- **3** personal Cryosuite sessions
- **3** Cryosuite sessions for guests
- **3** Free Guest Pass
- **1** Personal Trainer session
- **1** nutrition consultation with Nutrition Biologist
- **1** TLS Welcome Kit (TLS bag, water bottle, eau de parfum)



PORTRAIT BENEFIT

- Special Price **-10%** off room rate
- Automatic room upgrade based on availability
- Invitation to reserved events
- Special conditions for stays at Portrait Rome and Florence
- Special **-10%** off on 10_11 menu

PLATINUM

12 months membership



ACCESS TO SPA / GYM

Unlimited



TLS BENEFIT

- **-15%** on the entire service/product catalog*
- **-15%** on The Longevity Kitchen (purchase on line and at Bistrot)
- **10** personal Cryosuite sessions
- **6** Cryosuite sessions for guests
- **6** Free Guest Pass
- **10** treatments of 50 or 60 minutes from The Longevity Spa catalog
- **5** Personal Trainer sessions
- **1** nutrition consultation with Nutrition Biologist
- **1** TLS Welcome Kit (TLS bag, water bottle, eau de parfum)



PORTRAIT BENEFIT

- Special Price **-10%** off room rate
- Automatic room upgrade based on availability
- Invitation to reserved events
- Special conditions for stays at Portrait Rome and Florence
- Special **-10%** off on 10_11 menu
- Priority List for Portrait Milan Restaurant and Bar
- Special Price **-50%** off the Day Use rate
- Use of Business lounges upon reservation
- Special conditions reserved for Business Rooms and Event Rooms upon availability

DIAMOND

12 months membership



ACCESS TO SPA / GYM

Unlimited



TLS BENEFIT

- **-20%** on the entire service/product catalog*
- **-15%** on The Longevity Kitchen (purchase on line and at Bistrot)
- **Unlimited** annual Cryosuite Worldwide
- **10** Cryosuite sessions for guests
- **10** Free Guest Pass
- **25** treatments of 50 or 60 minutes from The Longevity Spa catalog
- **10** Personal Trainer sessions
- **1** anti-aging cardiometabolic examination with Dr. Massimo Gualerzi, Cardiologist & Antiage Doctor
- **1** TLS Welcome Kit (TLS bag, water bottle, eau de parfum)



PORTRAIT BENEFIT

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**THE LONGEVITY
SPA**

M I L A N O

**THE LONGEVITY SPA
at HOTEL PORTRAIT MILANO**

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