



THE LONGEVITY
SUITE
M I L A N O

LESS **STRESS**



MORE **ENERGY**



REVERSE **AGING**



UPGRADE YOUR HEALTH
LIVE MORE.



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.



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**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:

- Cryosuite Total Body 10 min
- Mind & Body Detox 30 min
- Deep Infinity Touch 50 min
- Longevity Assessment 30 min

ENERGY BOOST EXPERIENCE

2h

Reactivating tissues restores 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:

- Cryosuite Total Body 10 min
- Energize Massage 50 min
- Red Light 30 min
- Longevity Assessment 30 min

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 tensions and regain a peaceful, restorative sleep in balance with their biological clock by implementing a complete mental and physical detox.

Includes:

- Cryosuite Total Body 10 min
- Deep Blue 50 min
- Mind & Body Detox 30 min
- Longevity Assessment 30 min

YOUR PERFECT BODY EXPERIENCE

2h

Regain your body harmony and rediscover your fitness naturally, with body and facial treatments selected to stimulate tissue reactivation and oxygenation and ensure long-term benefits.

Includes:

- Cryosuite Total Body 10 min
- Cool Dren & Toning 50 min
- Cryo Eye Shine 30 min
- Longevity Assessment 30 min

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 program, 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.



**DIAGNOSTIC TESTS
& LONGEVITY CONSULTATIONS**



DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

LONGEVITY CHECK-UP

Personalized medical check-up.

DNA TEST - INFLAMMAGING

Evaluate your susceptibility to chronic inflammation and cellular damage. This test examines the body's repair and defense mechanisms, helping to create strategies to slow down aging and support a long, healthy life.

DNA TEST - NUTRITION

Genetic test designed to reveal how the body processes essential nutrients, providing insights on how to improve the metabolism of proteins, fats, and carbohydrates. It also identifies potential intolerances or vitamin deficiencies, offering guidance for personalizing a nutrition plan to maintain long-term balance and well-being.

DNA TEST - HORMONE BALANCE

A genetic test designed to support you during menopause, providing clear insights into bone health, hormone balance, and thyroid function. Learn how to prevent osteoporosis, better manage estrogen levels, and maintain quality of life during this period of change.

DNA TEST - PREVENTION

Genetic test ideal for those who want to take care of their health after age 50. It helps prevent cardiovascular problems, optimize the effectiveness of medications, and protect the nervous system from neurodegenerative diseases, offering a personalized approach to wellness as we age.

DNA TEST - SPORT

Indicates genetic predisposition to power or endurance sports, wear and tear on tendons, cartilage and ligaments related to sports, with a focus on foods that interfere with sports activity and performance.

DNA TEST - SKIN

Genetic testing that helps you understand your skin's unique needs. Find out how to prevent blemishes, reduce susceptibility to photo-aging, and maintain young, healthy skin with customized solutions that protect skin from pollutants and free radicals.

DIAGNOSTIC TESTS & LONGEVITY 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.

OXIDATIVE STRESS ANALYSIS

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

SLEEP QUALITY ASSESSMENT

Test in grado di rilevare i principali disturbi della respirazione legati al sonno (DRS), tra le cause più comuni di alterazioni e squilibri del riposo notturno, attraverso un piccolo e semplice dispositivo medico che viene comodamente indossato durante la notte.

BIOLOGICAL EPIGENETIC AGE

Valutazione dell'età epigenetica (biologica) in confronto alla età anagrafica. Rivela come lo stile di vita influisca sull'invecchiamento fornendo informazioni preziose per adottare strategie mirate ad invertire il proprio orologio biologico.

LONGEVITY MOLECULAR PROFILE

Test innovativo di ultima generazione che consente di delineare eventuali situazioni di squilibrio degli acidi grassi che compongono la membrana cellulare, permettendo di analizzare lo stato di salute dell'individuo attraverso 6 indicatori di stato molecolare: infiammaging, risposta metabolica, salute cardio-vascolare, protezione immunitaria, re-attività allo stress cellulare e indice di neuro-protezione.

I risultati permettono di individuare le migliori strategie personalizzate di riequilibrio, alla base dello stato di salute generale dell'intero organismo.

DIAGNOSTIC TESTS & LONGEVITY CONSULTATIONS

AESTHETIC AND SURGICAL MEDICINE EXAMINATION

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

NUTRITIONAL CONSULTATION

Nutritional Check-up with body composition analysis and personalized nutritional program with a Longevity Expert, functional to achieve the stated goals.

NUTRITIONAL FOLLOW-UP

Follow-up of the first nutrition visit to evaluate the goals achieved and set new ones through further refinement of the developed plan.

ANTI-AGING METABOLIC VISIT

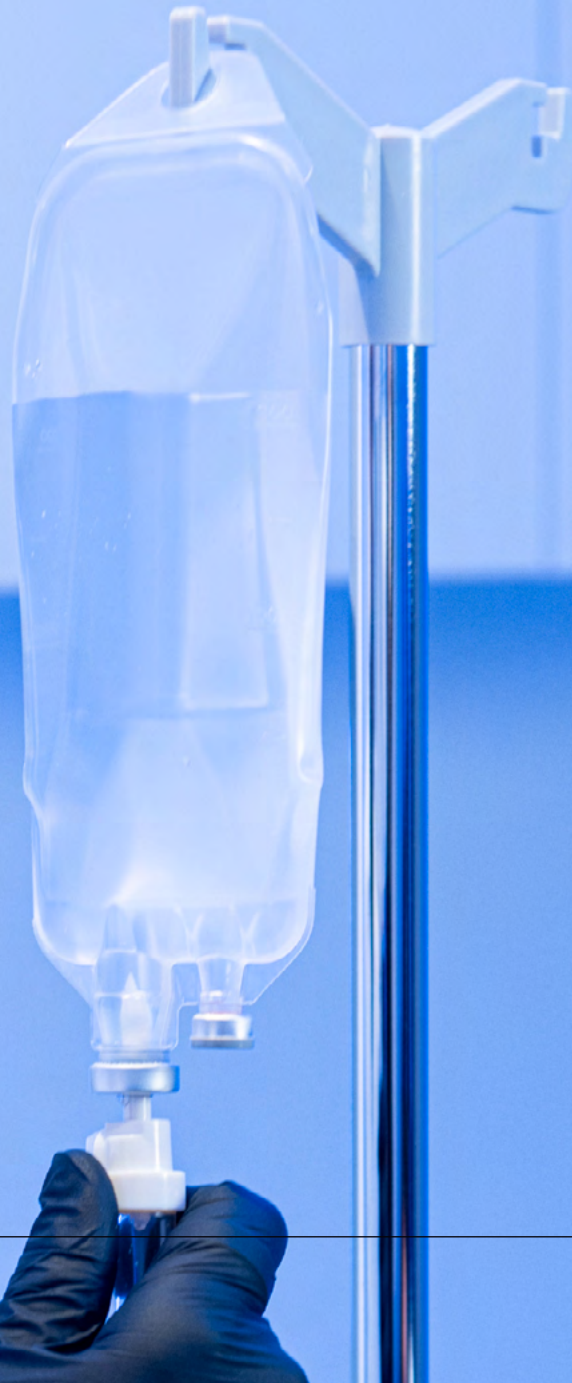
Cardio metabolic assessment for identification of the most functional antiage strategy.

ANNUAL NUTRITIONAL PLAN

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



**REGENERATIVE
MEDICINE**



REGENERATIVE MEDICINE

OXYGEN OZONE THERAPY

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.



Immunomodulating Ozone Therapy with *rectal insufflation*

CGF (Concentrated Growth Factors)

reatment 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.



BIOHAIR CGF



SKIN CGF



SPORT CGF



OZONE MESOTHERAPY VISO DÉCOLLETÉ

Micro-injective medical treatment for cellulite, skin laxity, lymphoedema, localised adiposity.

IV THERAPY (Intravenous Therapy)

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.

Energy, Strong Immuno, Mind, Detox, Fat Burn, Muscle, Skin Hair.

REGENERATIVE MEDICINE

BHRT Bioidentical Hormone Replacement Therapy

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

I.M.I.V. SHOTS

Single-dose repeatable intramuscular booster injections of vitamins such as VIT D; VIT B12; VIT C.

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.

MIND & BODY DETOX (30 min)

Relaxing and de-stressing multisensory treatment. The benefits of LED Lights, inhalation aromatherapy and binaural music are amplified by the involvement of the "sense of touch", through specific manual body treatments that help restore balance, giving a profound feeling of well-being.



CRYOSUITE



T L S

THE LONGEVITY
SUITE

MILANO



TOTAL BODY CRYOSUITE

Total 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



BUNDLE PACK

10 sessions
20 sessions



UNLIMITED PASS

Unlimited 1 month
Unlimited 3 months
Unlimited 12 months



LOCAL CRYO



LOCAL CRYO

⌘ 10 MIN

Local Cryo is a procedure which 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 *Local Cryo* with *Total Body Cryosuite*.

The treatment is indicated for:

- ❖ Improving microcirculation
- ❖ Increasing oxygenation of a specific area
- ❖ Visibly upgrade skin tone and appearance



LOCAL CRYO

sessione singola

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 radiofrequency.



CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage

single session



INTENSIVE CRYO FAST RECOVERY

Local Cryo + Cryosuite + Connective Tissue Massage + Radiofrequency

single session



**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.



EXOSOMES

Intradermal therapy with synthetic regenerative substances which stimulate collagen production.

- Face
- Face + neck
- Face + neck + décolleté



SKIN BIOREVITALIZATION

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.

MEDICAL FACE THERAPY



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).

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



FACE THERAPY





LUXURY CRYOLIFT

A facial treatment to counteract the signs of chronological aging, visibly improve skin tone and achieve an immediate lifting effect. Protocol combined with the *Cryo Sphere Cool Sculpting Device*, an ultra-tensor effect mask, and the *Longevity Sculpting Lift* massage.



REVJUVENATING POWER

Volumising and redensifying anti-ageing facial treatment. It involves the delivery of an innovative booster serum and the use of radiofrequency at the same time as a connective tissue massage. It helps improve hydration for a face that appears more relaxed and defined.



CRYOFACIAL HYDRASHINE

A hydrating and illuminating facial treatment. Thanks to the synergy of *Local Cryo* and the active ingredients delivered through an oxygenating and re-densifying mask, it effectively stimulates the production of elastin and collagen, improving skin tone.



FACESHAPE 3D

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.



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.

**FACE DETOX**

Detoxifying facial treatment designed to purify, counteract the attack of free radicals and restore the skin's natural balance. 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 ultrasound technology helps to reactivate the skin's energy, improving its health and skin elasticity.

**PHYTO DETOX (80 min)**

A treatment which ensures intense detoxification and deep cleansing of the skin. The *Phyto Massage*, a triple facial visceral, and plantar massage, with the support of a blend of pure precious oils, synergizes the main organs for better detoxification, providing immediate well being and infusing energy to the mind and body. A treatment that guarantees a unique and complete, relaxing and regenerating experience which activates all the senses.

**HYDRA COLLAGEN BOOST**

Indicated for promoting the metabolic activation of fibroblasts compromised by chrono-aging. Through an innovative serum with micro hyaluronic acid of biotechnological origin, it stimulates the neo-formation of collagen and elastin, promotes redensification and deep hydration of the tissues and improves skin tone.

**ACNE REPAIR**

A treatment designed specifically for acne-prone or problematic skin. Thanks to the use of an innovative LED, photobiomodulation helps control bacterial proliferation and excess sebum.

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.

Frequency: 2 times a week for 5 weeks.

RED LIGHT THERAPY

Objective: to visibly reduce the signs of chronoaging through photobiomodulation.

How: Longevity LED Technology.

Treatment: Epigenetic Antiage Mask.

Frequency: 2 times a week for 4 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.

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.

Frequency: no more than 2 times a week.

SKIN RECOVERY

Objective: to strengthen, elasticise and soothe sensitive or sensitised skin.

How: Longevity LED Technology.

Frequency: 2 times a week for 4 weeks.

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.

Frequency: once a week for 6 weeks.



FACE TREATMENTS

single treatment



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 multifunctional 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 SHAPING
& CONTOURING**



BODY SHAPING & CONTOURING



CRYO-ADIPOLIPOLYSIS

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

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



WAVE COOLWAVES

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



ULTRATONE & MUSCLE

Treatment which activates the deep muscles of the abdominals, glutes and legs, with effectiveness superior to voluntary physical work.

BODY SHAPING & CONTOURING



ULTRASHAPE - (50/80 min)

Specific treatment for reshaping the body using infrared light that heats the adipocytes in depth, radiofrequency that stimulates a toning action and vacuum that improves lymphatic drainage on specific areas such as the abdomen, buttocks, legs and arms.



ADVANCED TONE & CELLULITE - (50 min)

It is used in the management and improvement of cellulites. It uses radiofrequency Tone & Cellulite, 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.

BODY SHAPING & CONTOURING



BOTULINUM TOXIN FOR HYPERHIDROSIS

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



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.



FRACTIONAL CO₂ LASER

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



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

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.*



**HOLISTIC
TREATMENTS**



HOLISTIC BODY TREATMENTS



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

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



HOLISTIC BODY TREATMENTS

30 minutes
50 minutes
80 minutes



**CITY CLINICS &
LONGEVITY SPA**



CITY CLINICS

Check the availability of each treatment at your nearest City Clinic.

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