



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® è il più evoluto Network Europeo di Biohacking & Antiage City Clinic: realizziamo protocolli integrati, altamente performanti e ad elevato contenuto tecnologico, per guidarti verso la miglior versione di te stesso grazie ad un perfetto equilibrio tra salute, bellezza consapevole ed energia mentale.

Promuoviamo ogni giorno uno stile di vita lungimirante e focalizzato sul qui e ora, una bellezza consapevole e autentica, un approccio al tempo in cui la salute è al centro delle nostre scelte, sempre al massimo del nostro potenziale.

LIVE MORE.



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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

- ❖ **Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ❖ **Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic Age, Longevity Molecular Profile, Sleep Quality Assessment.
- ❖ **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.
- ❖ **Postural Assessment**

MEMBERSHIP PREVENTION

1 year

- ❖ **Quarterly Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ❖ **Semi-annual Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic 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.**
- ❖ **Postural Assessment**

DIAGNOSTIC & CHECK-UP MEMBERSHIP

MEMBERSHIP PREVENTION & CARE

1 year

- ◊ **Quarterly Starter Check-Up:** Body composition check, Body check, Skin & UV Check, Detox Check, Stress Check, Sleep Awake Check, Nutri Check.
- ◊ **Semi-annual Deep Diagnostic:** DNA Test, Oxidative Stress, Microbiota Analysis, Biological Epigenetic Age, Longevity Molecular Profile, Sleep Quality Assessment.
- ◊ **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.**
- ◊ **Total Body Cryosuite Unlimited*.**
- ◊ **Monthly Longevity products** (supplements/cosmetics/detox).
- ◊ **Full Medical Concierge Service.**
- ◊ **Postural Assessment**

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



DIAGNOSTIC TESTS & CHECK-UP

Preliminary check-up with specific diagnostic tests performed by our experts to accurately assess overall health and understand the individual's potential, in order to design the most appropriate personalized prevention and treatment plan.

BODY COMPOSITION CHECK

Assessment of body composition with analysis of different masses, hydration, visceral and subcutaneous fat using bioimpedance analysis (BIA) platform.

DETOX CHECK

Assessment of the general level of inflammation.

STRESS CHECK

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

BODY CHECK

Assessment of overall body well-being status, referring to three domains: anthropometric measurements, sedentary lifestyle, physical activity, and postural quality.

SLEEP AWAKE CHECK

Qualitative questionnaires with the aim of assessing the quality of the sleep-wake cycle and the degree of daytime sleepiness using the Epworth scale. It is a valid tool as a first assessment of sleep disorders.

NUTRI CHECK

Evaluation of the individual's nutritional status.

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.

DIAGNOSTIC TESTS & CHECK-UP

MICROBIOTA ANALYSIS

Innovative test that, through next-generation DNA sequencing techniques, provides a map of the microbial diversity present in the gastrointestinal tract. It is designed to assess the balance of the gut microbiota, prevent digestive disorders and diseases, and optimize overall health.

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 & CHECK-UP

SLEEP QUALITY ASSESSMENT TEST

Test that can detect major Sleep-Related Breathing Disorders (SRBD), among the most common causes of alterations and imbalances in sleep rest through a small and simple medical device that is conveniently worn throughout the night.

BIOLOGICAL EPIGENETIC AGE

Assessment of epigenetic (biological) age in comparison to registry age. It reveals how lifestyle affects aging by providing valuable information to adopt strategies aimed at reversing one's biological clock. It reveals how lifestyle affects aging by providing valuable information to adopt strategies aimed at reversing one's biological clock.

POSTURAL ASSESSMENT

A test used to analyze body posture, balance, and to formulate a treatment plan. Includes the first osteopathic treatment.

LONGEVITY MOLECULAR PROFILE

Innovative next-generation test that outlines potential imbalances of fatty acids in the cell membrane, allowing analysis of the individual's health through 6 molecular state indicators: inflammaging, metabolic response, cardiovascular health, immune protection, cellular stress reactivity and neuroprotection index. The results allow the identification of personalized rebalancing strategies underlying the overall health of the entire body.

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.

DIAGNOSTIC TESTS & CHECK-UP

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.

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.

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.

Moles mapping follow-up

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.

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)

A cutting-edge personalized therapy designed to enhance overall well-being and health through intravenous infusions of nutraceuticals, including vitamins, minerals, and other biological compounds essential to the body's vital cellular processes. This infusion therapy rapidly and effectively replenishes nutrients lost due to stress, lifestyle factors, or poor diet. It is primarily used to boost the immune system, reduce signs of aging, and detoxify the bloodstream. It is especially beneficial for addressing chronic fatigue, low energy levels, sleep disturbances, and jet lag.

Available options:

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

Glutathione in addition on request

NAD+

Intravenous infusions of NAD+, which is a fundamental coenzyme found in every cell in our body that regulates cellular functioning and maximizes energy and metabolic processes.

ETHERNAL YOUTH TMR®

Treatment involving the use of low-frequency and low-intensity pulsed magnetic fields for a specific stimulation of biological tissues. The technology recreates the body's natural balance and plays an important role in the cellular regeneration processes with a powerful action in activating metabolism. The treatment is useful for facilitating the reduction of oxidative stress and free radicals, improving microcirculation functionality, facilitating cellular regeneration processes and helping improve sports performance.



ETHERNAL YOUTH TMR® + MASSAGE (50 min)

single treatment



LONGEVITY MULTISENSORY LED + ETHERNAL YOUTH TMR®

single treatment



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:

- ❶ Increasing sports performance and reducing recovery time
- ❷ Facilitating weight loss and improving body composition
- ❸ Burning up calories and accelerating the basal metabolic rate
- ❹ Rejuvenating skin appearance driven by a greater collagen production
- ❺ Improving circulation and drainage of the lower limbs
- ❻ Detoxifying and reducing oxidative stress
- ❼ 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:

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



LOCAL CRYO

single session
5 sessions
10 sessions

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.



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).

MEDICAL FACE THERAPY



NON-SURGICAL MINILIFTING WITH TRACTION WIRES

Reshaping and repositioning of facial volumes using resorbable PDO traction wires.



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.

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

MEDICAL FACE THERAPY



SKIN HYPERCHROMIA REMOVAL

Treatment of removal of changes in normal skin tone (laser, chemical peel).



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 + neck + décolleté exosomes



MICRONEEDLING WITH RADIOFREQUENCY

Microneedling device combined with medical radiofrequency, useful for achieving tightening and improvement of skin texture, improving scars and stretch marks.

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**MEDICAL BODY
REJUVENATION**


T L S



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.



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.

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MEDICAL BODY REJUVENATION



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.



HANDS BIOSTIMULATION

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 for hair thickening.



EXOSOMES HAIR

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



CARBOXYTHERAPY

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

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MEDICAL BODY REJUVENATION



ANTALGIC MESOTHERAPY

Micro-injective medical treatment for muscle and joint pain.



AESTHETIC MESOTHERAPY

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



ADVANCE ULTRATONE & 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.



LOWER LIMB SCLEROTHERAPY

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



REMOVAL OF MOLES

With laser and surgery.

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

MEDICAL BODY REJUVENATION



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.



HYDROCOLON THERAPY

Hydrocolon therapy is a simple, gentle and effective treatment to purify the intestines and stimulate peristalsis so that the bacterial flora can be rebuilt and recreated, returning our colon to normal functioning conditions.



MEDICAL CRYOADIPOLYSIS

Non-surgical mini-liposuction that through vacuum freezing of adipocytes allows the permanent reduction of localized adiposity.



**CITY CLINICS &
LONGEVITY SPA**



CITY CLINICS

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

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Price list valid until 09/30/2025

*Prices are quoted excluding VAT.



THE LONGEVITY
SUITE
M I L A N O

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