



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

### 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:*

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

### YOUR PERFECT BODY EXPERIENCE

2h

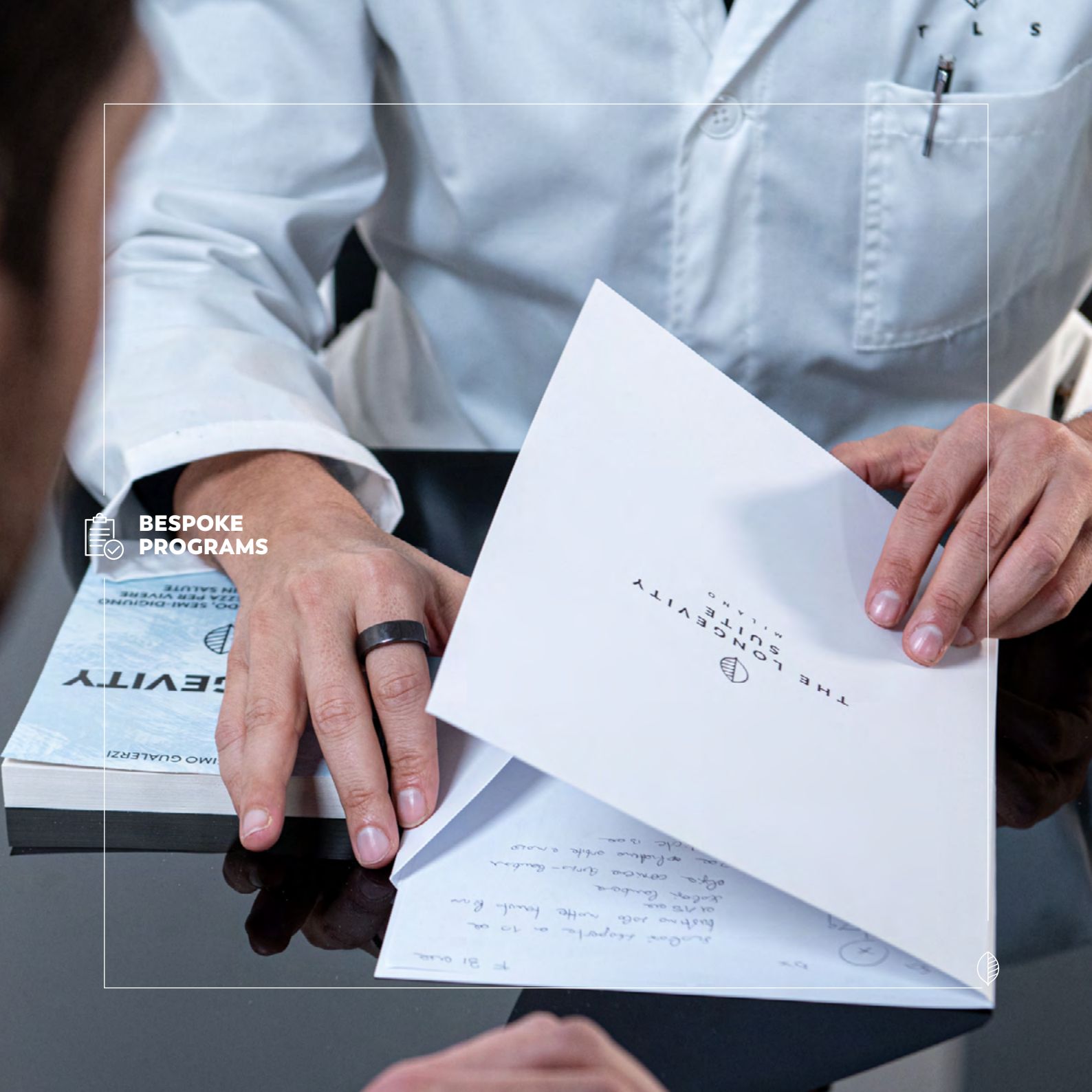
Regain your body harmony and rediscover your fitness naturally, with body and facial treatments selected to stimulate tissue reactivation and oxygenation and ensure long-term benefits.

*Includes:*

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



## BESPOKE PROGRAMS



THE LONGEVITY  
MILANO

Handwritten notes on the envelope flap, including a date and a list of items:

18/01/2024

- 1. ...
- 2. ...
- 3. ...
- 4. ...
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- 6. ...
- 7. ...
- 8. ...
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- 10. ...

THE LONGEVITY  
MILANO  
IMMO GUARIZI



## 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

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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

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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

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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

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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

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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

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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 TESTS & LONGEVITY CONSULTATIONS**





## DIAGNOSTIC TESTS & CHECK-UP

### LONGEVITY CHECK-UP

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Preliminary check-up with specific diagnostic tests performed by our experts to accurately assess the general state of health and understand the individual's potential, in order to design the most suitable personalised program of prevention and treatment.

### MICROBIOTA ANALYSIS

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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.

### BIOLOGICAL EPIGENETIC AGE

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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.

### LONGEVITY MOLECULAR PROFILE

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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.

## DIAGNOSTIC TESTS & CHECK-UP

### **DNA TEST - INFLAMMAGING**

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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**

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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**

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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**

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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**

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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**

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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.

## **SPECIALISTIC CONSULTATIONS**

### **MEDICAL AESTHETIC CONSULTATION**

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

### **ANTI-AGING METABOLIC VISIT**

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Comprehensive psychophysical status and lifestyle analysis, personalized check up and laboratory tests, personalized therapeutic programs, supplementation and nutraceutical.

### **NUTRITIONAL VISIT**

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Nutritional check-up with body composition analysis and personalized nutritional program.  
**follow up**



# BIOHACKING



## PERSONALIZED OZONE THERAPY

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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  
Immunomodulating Ozone therapy with rectal insufflation

## IV THERAPY (Intravenous Infusion Therapy)

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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*

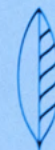
## NAD+

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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.



**CRYOSUITE**



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## 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**

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single session



### **BUNDLE PACK**

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10 sessions

20 sessions



### **UNLIMITED PASS**

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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**

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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**

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

single session



### **INTENSIVE CRYO FAST RECOVERY**

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

single session



**MEDICAL FACE  
THERAPY**



## MEDICAL FACE THERAPY



### **BOTULINUM TOXIN**

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Injection treatment that smoothes wrinkles and prevents their new formation by receptor blockage of the muscles responsible for facial expression.



### **FILLER WITH HYALURONIC ACID**

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A medical technique that restores volume to the lips, cheekbones, jaw and chin using a substance naturally produced by our body, the hyaluronic acid.



### **BIOREVITALIZATION**

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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.



### **FULL FACE AND NECK TREATMENT**

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Combination of integrated medical treatments (fillers, botulinum toxin, biorevitalization).



### **ANTALGIC MESOTHERAPY**

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Micro-injective medical treatment for muscle and joint pain.



### **AESTHETIC MESOTHERAPY**

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

## MEDICAL FACE THERAPY



### HAIR FILLER

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



### NON-SURGICAL BLEPHAROPLASTY

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Non-surgical eye rejuvenation technique.

**Upper** non-surgical blepharoplasty

**Upper and lower** non-surgical blepharoplasty



### PRP

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PRP (Platelet Rich Plasma) is a treatment used to regenerate skin cells, fight aging and renew tissue, as well as help fight baldness and promote hair regrowth.



**ADVANCED AESTHETICS  
FACE THERAPY**



## ADVANCED AESTHETICS FACE THERAPY



### LUXURY CRYOLIFT (50 min)

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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*.



### REJUVENATING POWER (50 min)

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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 (50 min)

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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 (50 min)

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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 (50 min)

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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.

## ADVANCED AESTHETICS FACE THERAPY



### HYDRATOUCH (50 min)

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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 min

50 min

50 min + booster

80 min



### FACE DETOX (50 min)

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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)

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Treatment that provides 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, synergises the main organs for better detoxification, thus giving immediate well-being and infusing energy to mind and body. A ritual that provides a unique and complete experience that is relaxing and rejuvenating, activating all the senses.

## ADVANCED AESTHETICS FACE THERAPY



### URBAN FACE DETOX (30 min)

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To deeply purify 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 (30 min)

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Facial treatment to deeply stimulate all facial muscles by toning tissues, smooth wrinkles by reproducing the effect of an immediate natural facelift through manual massage *Longevity Sculpting Lift* and serums stimulating collagen and elastin production. It is recommended before an event and especially as a routine workout to keep the face young.



### INSTANT SILK (30 min)

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To smooth, strengthen and stimulate tissue regeneration with the ancient Japanese technique “*Kobido*”. The combination of natural serums and the *Luxury Silk Mask* can release a peptide cascade onto the skin to strengthen it, reduce expression lines and stimulate skin renewal.



### CRYOFACIAL GLOW (30 min)

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To nourish, hydrate and give facial skin radiance and new vitality using *Local Cryo* with connective tissue massage. Antioxidant and moisturizing serums + redensifying mask are used during the treatment. Recommended for dull and dehydrated skin.





**THE GENTLEMEN'S  
FACIALS**



## THE GENTLEMEN'S FACIALS



### **CRYO ENERGY & LIFT FACIAL (50 min)**

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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 (50 min)**

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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 (50 min)**

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



**ADVANCED AESTHETICS  
BODY REJUVENATION**



## ADVANCE AESTHETICS BODY REJUVENATION



### **ADVANCED TONE & CELLULITE (50 min)**

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Useful treatment in the management and improvement of cellulite using Radiofrequency: cutting-edge technology that uses low-frequency radio waves to gently penetrate the surface of the skin by stimulating collagen and elastin. The surface of the dermis is firmed, toned and smooth, without pain or side effects, with long-lasting results.



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

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Unique protocol to reduce venous and lymphatic stasis in the lower limbs, minimize edematous cellulite and reshape the silhouette. The combination of osmotic bandages, pressotherapy and specific manual techniques provides immediate reactivation of microcirculation, increasing overall circulation and improving skin blemishes.



### **COOL DREN & TONING (50 min)**

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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.



### **ULTRASHAPE (50 min)**

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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.



### **ULTRATONE & MUSCLE (50 min)**

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



**MANUAL  
THERAPIES**



## MANUAL THERAPIES

### BODY DETOX

Detoxifying treatment that gives the body new vitality through fundamental elements: blue salt scrub for a deep exfoliation and thermal mud with anti-inflammatory and purifying effects.

### DEEP REJUVENATING DETOX

Deep relaxation treatment which, through the synergy of *Infinity Luxury Care Oil*, multisensory stimulation of *Deep Infinity Touch* and deep peeling with micronized pumice stone, guarantees exfoliation, drainage and detoxification of the body. Completely renews the skin surface, making the tissue elastic and extraordinarily velvety.

### RE-BALANCE

Rebalancing massage performed with long and enveloping movements. Ideal for those who want to free the mind and achieve a deep state of psychophysical relaxation.

### DEEP TISSUE

Dedicated to those who want a deep and specific work on muscle tensions.

### ENERGIZE

An effective massage which oxygenates and nourishes the tissues, activates the circulatory and lymphatic system while promoting toxin elimination, thanks to the power of *Body Brushing*. Perfect for rebalancing energy flow and achieving smoother, more elastic and toned skin.

### BACK AND NECK (30min)

The relaxation of the dorsal area generates a chain of well-being, through the spinal nerves, which involves the entire system.

### SPORT MASSAGE

A massage with the aim of loosening muscle contractures and reaching the deeper layers of the connective tissue.

### DREN

Specific massage to drain tissues and reduce lymphatic stasis, freeing the legs from fatigue, heaviness and swelling.

### REMODELING

An elegantly sculpted body provides a healthy harmony. Skillful remodeling techniques allow for the redesign of body lines, and with exclusive, vigorous, and decisive maneuvers, this massage reactivates blood circulation and stimulates effective drainage of excess fluids. In the long version, the experience is completed with an application of the innovative Re-define formula, an ultra-lifting body cream mask which improves skin health, making it younger and smoother.

### LIGHT LEGS (30min)

Dynamic and reactivating, it reduces swelling and frees the legs from tiredness, heaviness and muscular tension. Gives elasticity, improves blood and lymphatic circulation.

### DEEP BLUE

A holistic experience combining decontracting and relaxing back techniques with functional head acupressure. A journey into a state of deep relaxation for those who need to release the tensions of everyday stress, regain a restful sleep and restore their natural circadian rhythm.

### DEEP INFINITY TOUCH

Treatment born from the combination of a precious blend of pure organic oils with the enveloping manual dexterity of *Deep Infinity Touch*, an exclusive massage therapy technique by Longevity. The result is the activation of detoxifying and rebalancing processes to achieve a complete state of relaxation.



### MANUAL THERAPIES

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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