



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.



#### LONGEVITY EXPERIENCES

pag 4-6



#### BESPOKE PROGRAMS

pag 7-8



#### DIAGNOSTIC TESTS & CHECK-UP

pag 9-11



#### CRYOSUITE

pag 12-13



#### LOCAL CRYO

pag 14-15



#### BIOHACKING

pag 16-18



#### MEDICAL FACE THERAPIES

pag 19-22



#### FACE REJUVENATION

pag 23-27



#### MEDICAL BODY REJUVENATION

pag 28-29



#### BODY SCULPTING

pag 30-32



#### HOLISTIC TREATMENTS

pag 33-34



#### CITY CLINICS & LONGEVITY SPA

pag 35-38



## **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:*

- |                        |        |
|------------------------|--------|
| • Total Body Cryosuite | 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 skin vitality and metabolism, restoring energy balance.

*Includes:*

- |                        |        |
|------------------------|--------|
| • Total Body Cryosuite | 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:*

- Total Body Cryosuite 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:*

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



## BESPOKE PROGRAMS



## BESPOKE PROGRAMS

Custom-designed protocols based on the needs and goals of the client, allowing them to achieve the optimal balance between physical fitness and mental well-being through advanced biohacking techniques. Each program includes a Longevity Check-up through which the most functional products for the target are defined, a protocol of professional facial and body treatments and a cold exposure course.



### 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 & CHECK-UP



## DIAGNOSTIC TESTS & CHECK-UP

### LONGEVITY CHECK-UP

---

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

---

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.

### 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.

### 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.

### NUTRITIONAL CHECK-UP

---

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

### NUTRITIONAL CHECK-UP 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.

### ONLINE NUTRITIONAL PLAN

---

Nutritional Check-up and personalized nutritional program with a Longevity Expert in online mode, functional to achieve the stated goals.

## DIAGNOSTIC TESTS & 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.

### BLOOD TESTS

---





**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:***

- ❖ Improving microcirculation
- ❖ Increasing oxygenation of a specific area
- ❖ 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





## BIOHACKING



### 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

---

Ozone autohemotherapy involves extracting a small amount of blood, mixing it with ozone gas, and then re-injecting it into the body. This process helps improve the immune system, detoxify the body, and increase oxygen delivery to tissues.

#### LOCALIZED OZONE THERAPY

---

Localized ozone therapy is used to treat skin conditions, improve circulation, reduce inflammation, and promote tissue healing by increasing oxygen supply to the affected areas and stimulating the body's natural healing processes.

#### OZONE INSUFFLATION

---

Ozone insufflation involves introducing ozone gas into body cavities (such as the rectum, vagina, or ears) to promote healing, reduce inflammation, and improve oxygenation and detoxification.

### 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.





## MEDICAL FACE THERAPY





## MEDICAL FACE THERAPY



### **BOTOX**

---

Botox is a treatment that uses botulinum toxin to temporarily relax muscles, reducing wrinkles and fine lines. It is commonly used on the face to smooth out wrinkles and to treat medical conditions like chronic migraines and excessive sweating.

#### **Small Area Botox**



### **HYALURONIC ACID LIP FILLER**

---

Hyaluronic acid for lips is a cosmetic treatment that adds volume, definition, and hydration to the lips, giving them a fuller and more youthful appearance.



### **HYALURONIC ACID UNDER EYE FILLER**

---

Under-eye fillers are cosmetic treatments that use substances like hyaluronic acid to smooth out wrinkles, reduce dark circles, and diminish puffiness under the eyes, creating a more refreshed and youthful look.



### **HYALURONIC ACID FACE FILLER**

---

Hyaluronic acid filler is a cosmetic treatment injected into the skin to fill wrinkles, expression lines, and restore volume to the face. It works by hydrating the skin from within and provides a more youthful, rejuvenated effect.



### **NON-SURGICAL RHINOPLASTY**

---

A procedure using injectable fillers to shape and refine the nose without surgery. It's temporary and helps smooth bumps or improve symmetry.



## MEDICAL FACE THERAPY



### FACIAL CONTOURING (MASCULINIZATION)

---

Masculinization is the process of giving the face or body more masculine features, like a defined jawline or stronger chin.



### PRP

---

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.

**Face** Treatment

**Face & Neck** Treatment

**Hair** Treatment



### EXOSOMES FACE TREATMENT

---

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** exosomes



### VITAMIN MESOTHERAPY

---

Vitamin mesotherapy involves injecting vitamins and nutrients into the skin to nourish and rejuvenate it.

*\*The price of some therapies depends on the treatment protocol agreed with the medical specialist.*

## MEDICAL FACE THERAPY



### MICRONEEDLING

---

Microneedling is a treatment that uses tiny needles to stimulate collagen production, improving skin texture, and reducing wrinkles, scars, and stretch marks.



### SCULPTRA BIOSTIMULANT

---

Sculptra is a biostimulant treatment that stimulates collagen production in the skin. It uses poly-L-lactic acid injections to restore facial volume, reduce wrinkles, and improve skin texture over time.



### POLYNUCLEOTIDE BIOSTIMULANT

---

Polynucleotide biostimulant is a treatment that uses polynucleotides to stimulate collagen production, improve skin hydration, and enhance skin elasticity and texture.



### HYALURONIDASE

---

Hyaluronidase is an enzyme used to break down hyaluronic acid, often used in cosmetic treatments to dissolve excess filler and correct unwanted results.



### EYEBROW DERMOPIGMENTATION

---

A semi-permanent makeup technique where pigment is applied to the skin to shape and define the eyebrows.

Retouch



### LIP DERMOPIGMENTATION

---

A cosmetic procedure that enhances lip color and shape by implanting pigment into the lips.

Retouch





## FACE REJUVENATION





## FACE REJUVENATION



### LUXURY CRYOLIFT

50 MIN

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

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

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

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.



### HYDRA COLLAGEN BOOST

50 MIN

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.

## FACE REJUVENATION



### ACNE REPAIR

50 MIN

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.



### LONGEVITY SILK EXPERIENCE

50 MIN

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

50 MIN

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.



### RITUAL 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 ritual that guarantees a unique and complete, relaxing and regenerating experience which activates all the senses.

*Add-on facial treatments for specific areas available on request.*

## INSTANT SKIN SOLUTIONS

### 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

30MIN

## THE GENTLEMAN'S FACIAL



### CRYO ENERGY & LIFT FACIAL

50 MIN

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

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

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



## MEDICAL BODY TREATMENTS





## MEDICAL BODY REJUVENATION



### CARBOXYTHERAPY

---

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



### GLUTEAL AUGMENTATION

---

Aesthetic medicine procedure aimed at enhancing the size and contour of the buttocks, typically using non-surgical methods with injectable fillers, to create a fuller, more shapely appearance without the need for implants.



### PENILE ENLARGEMENT

---

A non-surgical procedure to enhance the size and appearance of the penis, often using injectable fillers to increase girth and sometimes length.



### MESOTHERAPY

---

Aesthetic mesotherapy is a treatment where small amounts of substances (vitamins, hyaluronic acid, medications) are injected under the skin, directly into the areas to be treated. It's used to improve skin quality, fight cellulite, y reduce localized fat



### INTRALIPOTHERAPY

---

Intralipotherapy is a non-surgical treatment that involves injecting substances into localized fat areas to break down and reduce fat. It's commonly used for body contouring and fat removal.



### BOTOX FOR HYPERHIDROSIS

---

Botox is used to treat hyperhidrosis (excessive sweating) by blocking the signals that trigger sweat glands, reducing sweating in areas like the armpits, hands, or feet.



### HANDS' BOTOX

---

Botox for hands is used to treat excessive sweating (hyperhidrosis) by blocking the signals that trigger sweat production, reducing sweating in the palms.

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



## **BODY SCULPTING**



## BODY SCULPTING



### ULTRASHAPE

single treatment 1 area/2 areas 50/80MIN

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

30MIN

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



### CRYODRAINING

50MIN

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.

## BODY SCULPTING



### COOL DREN & TONING

50MIN

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.



### ADVANCED TONE & CELLULITE

50MIN

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.



### MIND & BODY DETOX

30MIN

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.





# **HOLISTIC BODY TREATMENTS**





## HOLISTIC TREATMENTS

### 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

By applying vigorous, quick and decisive movements over the entire body, it allows the silhouette to be modelled and gives a more defined contour to the body.

### 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.



### 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.

### SPAIN

#### IBIZA

Passeig Joan Carles I, 37, 07800 Eivissa, Illes Balears, (ES)  
**T** +34 971 193 319 **M** +34 689 936 888  
ibiza@thelongevitysuite.com

### ITALY

#### ARZIGNANO

Via Segà, 1, 36071 Arzignano (VI)  
**T** +39 044 41581140 **M** +39 375 831 3393  
arzignano@thelongevitysuite.com

#### BERGAMO

Via Piave, 13, 24066 Pedrengo (BG)  
**T** +39 035 590 8719 **M** +39 328 236 8014  
bergamo@thelongevitysuite.com

#### BOLOGNA

Via Luigi Carlo Farini, 11/F, 40124 Bologna (BO)  
**T** +39 051 1961 2725 **M** +39 349 537 6648  
bologna@thelongevitysuite.com

#### BRESCIA

Corso Magenta 27E, 25121 Brescia (BS)  
**T** + 39 030 0977 858 **M** +39 345 6316814  
brescia@thelongevitysuite.com

#### CIVITANOVA MARCHE

Via Santa Chiara, 2, 62012 Civitanova Marche (MC)  
**T** +39 0733 771 086 **M** +39 338 439 2569  
civitanova@thelongevitysuite.com

#### COMO

Via Giuseppe Garibaldi, 15, 22100 Como (CO)  
**T** +39 031 412 9275 **M** +39 347 644 7070  
como@thelongevitysuite.com

#### CONEGLIANO

Via San Giuseppe, 38/1, 31015 Conegliano (TV)  
**T** +39 0438 412 449 **M** +39 335 37 2229  
conegliano@thelongevitysuite.com

#### FIRENZE

Viale Alessandro Volta, 46, 50131 Firenze (FI)  
**T** +39 0550 493 892 **M** +39 340 4258415  
firenze@thelongevitysuite.com

#### FORTE DEI MARMI

Via Duca d'Aosta, 10b, 55042 Forte dei Marmi (LU)  
**T** +39 0584 194 7459 **M** +39 366 82 564 96  
fortedeimarmi@thelongevitysuite.com

#### MILANO BRERA

Via Cusani, 18, 20121 Milano (MI)  
**T** +39 02 49419104 **M** +39 3488528930  
milanobrera@thelongevitysuite.com

#### MILANO PORTA NUOVA

Via Bordonì, 8, 20124 Milano (MI)  
**T** +39 02 4651 3270 **M** +39 349 76 300 60  
milanoflagship@thelongevitysuite.com

#### MILANO SCALA - MEDICAL SUITE

Via del Lauro, 1, 20121, Milano (MI)  
**T** +39 02 89367121 **M** +39 342 071 9472  
milanoscala@thelongevitysuite.com

#### MILANO SEMPIONE

Via F. Melzi d'Eril, 34, 20154 Milano (MI)  
**T** +39 02 9713 4009 **M** +39 350 145 4624  
milanosempione@thelongevitysuite.com

#### MODENA

Via Vignolese, 70, 41124 Modena (MO)  
**T** +39 059 961 3845 **M** +39 370 11 186 52  
modena@thelongevitysuite.com



## CITY CLINICS

### MONZA

Piazza Achille Grandi, 3a, 20900 Monza (MB)  
**T** +39 0399 052 494 **M** +39 351 62 890 80  
monza@thelongevitysuite.com

### OLBIA

Corso Umberto I, 175, 07026 Olbia (SS)  
**T** +39 0789 1676 993 **M** +39 347 819 2078  
olbia@thelongevitysuite.com

### PADOVA

P.za dell'Insurrezione, 20, 35137 Padova (PD)  
**T** +39 049 9641 470 **M** +39 375 775 0125  
padova@thelongevitysuite.com

### PARMA - MEDICAL SUITE

Via dell'Arpa, 8, 43121 Parma (PR)  
**T** +39 0521 678519 **M** +39 345 89 307 53  
parma@thelongevitysuite.com

### PORTO CERVO

Località Li Liccioli, 61, 07021 Abbiadori (SS)  
**T** +39 340 602 3246  
portocervo@thelongevitysuite.com

### PORTO ROTONDO

Via Porto Rotondo, 88, 07026 Porto Rotondo (SS)  
**T** +39 0789 167 1208 **M** +39 345 35 621 11  
portorotondo@thelongevitysuite.com

### PRATO

Viale Repubblica, 294, 59100 Prato (PO)  
**T** +39 0574 074 667 **M** +39 375 68 617 53  
prato@thelongevitysuite.com

### RICCIONE

Viale Dante, 247, 47838 Riccione (RN)  
**T** +39 0541 1526 552 **M** +39 340 665 4681  
riccione@thelongevitysuite.com

### ROMA EUR

Via Gustavo Giovannoni, 51, 00128 Roma (RM)  
**T** +39 06 8308 8132 **M** +39 327 77 179 53  
romaeur@thelongevitysuite.com

### ROMA PARIOLI

Via Guidubaldo del Monte, 13, 00197 Roma (RM)  
**T** +39 06 69315265 **M** +39 376 208 5033  
romaparioli@thelongevitysuite.com

### TORINO

Via San Francesco da Paola, 36, 10123 Torino (TO)  
**T** +39 011 897 6231 **M** +39 351 52 616 36  
torino@thelongevitysuite.com

### TREVISO

Piazza Pola, 5, 31100 Treviso (TV)  
**T** +39 02 4651 3270 **M** +39 333 18 035 69  
treviso@thelongevitysuite.com

### VARESE

Via Griffi 6, 21100 Varese (VA)  
**T** +39 340 3837897  
varese@thelongevitysuite.com

### VERONA

Stradone Porta Palio, 11, 37122 Verona (VR)  
**T** +39 045 1117 0350 **M** +39 388 6450 188  
verona@thelongevitysuite.com

## CITY CLINICS

### SWITZERLAND

#### LUGANO - MEDICAL SUITE

Riva Paradiso, 2, 6900 Paradiso – Lugano (CH)

**T** +41 912 104 091 **M** +41 768 053 117

lugano@thelongevitysuite.com

### TURKEY

#### ISTANBUL

Süleyman Seba Street, n.90 Akaretler, Istanbul 34357 (TR)

**T** +90 0212 2276811 **M** +90 0542 140 54 26

istanbul@thelongevitysuite.com.tr

## LONGEVITY SPA

#### HOTEL PORTAIT MILANO

Via Sant'Andrea 10, 20121 Milano (MI)

**T** +39 02 500 76 580 **M** +39 348 8660196

milanoportrait@thelongevitysuite.com

#### SAN CLEMENTE PALACE VENEZIA

Isola di San Clemente, 1 Venezia

**T** +39 041 4750 490 **M** +39 327 1823 126

sanclementepalace@thelongevitysuite.com

## HOTEL SPA BY THE LONGEVITY SUITE

#### LAQUA by THE LAKE

Via Legro, 33, 28028 Pettenasco (NO) Lago d'Orta

**T** +39 032 32 121 21

laquaspa@thelongevitysuite.com

#### EXCELSIOR SPA PESARO

Lungomare Nazario Sauro, 30/34, 61121 Pesaro (PU)

**T** +39 0721 630015

spa.excelsior@lbhs.it





THE LONGEVITY  
SUITE

M I L A N O

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