



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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## **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**

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

### **DETOX CHECK**

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Assessment of the general level of inflammation.

### **STRESS CHECK**

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

### **BODY CHECK**

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

### **SLEEP AWAKE CHECK**

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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**

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Evaluation of the individual's nutritional status.

### **AGE CHECK**

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Evaluation of the amount of Advanced Glycation End Products (AGE) as a measure of inflammatory state and cellular aging.

### **SKIN & UV CHECK**

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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

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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.

### 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.

## DIAGNOSTIC TESTS & CHECK-UP

### OXIDATIVE STRESS ANALYSIS

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

### SLEEP QUALITY ASSESSMENT TEST

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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

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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 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.

### HEMATOCHEMICAL EXAMINATIONS

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### BLOOD TESTS INTOLERANCES

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### ELECTROCARDIOGRAM

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## SPECIALISTIC CONSULTATIONS

### **AESTHETIC MEDICINE CONSULTATION**

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

### **CARDIOLOGICAL VISIT**

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Electrocardiogram, cardiac and supra-aortic trunks echocolodoppler.

**Cardiological check-up**

### **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.

**Periodic check and monitoring of the nutritional pathway**

### **ANNUAL FOOD PLAN**

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

### **DERMATOLOGICAL EXAMINATION**

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Specialist medical examination aimed at assessing the health status of the skin.

**Dermatological check-up**

### **MOLES MAPPING**

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Non-invasive computerized skin screening examination to detect clinical signs of degeneration into melanoma.

### **OSTEOPATHY**

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Manipulative treatment to identify and intervene on somatic dysfunctions by restoring proper mobility between body structures. Useful for improving the functioning of systems and apparatuses and supporting the individual's homeostasis by stimulating the body's ability to self-heal and the relationship between body, mind and spirit.







## 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.

Intravenous Systemic Ozone Therapy

Mesotherapy with Ozone Therapy (cellulite, acne, scalp, capillaries)

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.

## ETHERNAL YOUTH TMR®

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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.



**TMR®**

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single treatment



**MEDICAL FACE  
THERAPY**



## MEDICAL FACE THERAPY



### CHEMICAL PEELING

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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.



### BIO-STIMULATION

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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

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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.



### 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.



### FULL FACE AND NECK TREATMENT

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Advanced aesthetic treatment that combines infiltrative and regenerative techniques, delivering a synergistic outcome for comprehensive facial and neck rejuvenation.



### 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.

## MEDICAL FACE THERAPY



### SKIN RESURFACING

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The best treatment for acne scars and facial rejuvenation.

Also used for: enlarged pores, photodamage, skin laxity, melasma, cloasma, stretch marks, non-surgical facelift and treatments for eye bags and dark circles.



### LASER BLEPHAROPLASTY

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Minimally invasive procedure utilizing medical laser technology to correct periorcular imperfections.

**Upper** laser blepharoplasty

**Upper and lower** laser blepharoplasty



### SKIN HYPERCHROMIA TREATMENT

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



### EXOSOMES

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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



### BIOBOTULINUM

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A dermo-epidermal bioregeneration treatment that combines microinjections of botulinum toxin with biorevitalization, promoting the smoothing of fine lines and wrinkles while hydrating and toning the skin.

*The price of certain treatments depends on the intervention protocol agreed upon with the medical specialist*



**MEDICAL BODY  
REJUVENATION**

  
T L S





## MEDICAL BODY REJUVENATION



### **BOTULINUM TOXIN FOR HYPERHIDROSIS**

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



### **BODY, HANDS AND FEET PEELING**

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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.



### **BODY BIO-REMODELING**

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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**

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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**

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Injection of hyaluronic acid and biomimetic peptides for hair thickening.



### **EXOSOMES HAIR**

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The treatment with hair exosomes uses extracellular vesicles conveyed through the use of a specific electromedical device to stimulate the regeneration of hair follicles and counteract hair loss.



### **AESTHETIC MESOTHERAPY**

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



### **MESOTHERAPY WITH LIPOLYTICS**

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A medical micro-injection treatment for localized adiposity.

*The price of certain treatments depends on the intervention protocol agreed upon with the medical specialist*



**CITY CLINICS &  
LONGEVITY SPA**



## CITY CLINICS

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

### ITALY

#### ARZIGNANO

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## HOTEL SPA BY THE LONGEVITY SUITE

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Price list valid until 09/30/2025

\*Prices are quoted excluding VAT.



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