



THE LONGEVITY
SPA
M I L A N O

MEMBERSHIP

2026



PORTRAIT
M I L A N O

THE LONGEVITY SPA

AT PORTRAIT MILANO

The *Longevity SPA*® offers a holistic approach and a multidisciplinary perspective which combine medical expertise in the anti-aging sector with treatments that go beyond the ordinary, expertly crafted by merging paths inspired by tradition with a selection of the most advanced beauty, rebalancing and rejuvenation treatments.

Guests will live a unique experience through the combination of science, technology and method, where our high-tech and high-touch approaches define the optimal path to guide them towards the best version of themselves through a perfect balance of harmony, conscious beauty and mental energy.

The SPA experience allows the exploration of comprehensive well-being practices inspired by the five longest-living locations on Earth - the *Blue Zones* - special places where not only we do find the highest life expectancy compared to the global average, but where people, thanks to their lifestyle, age better and feel happier.



THE LONGEVITY SPA

FACILITIES

- Swimming Pool, Sauna, Turkish Bath, Relaxation Area
- Total Body Cryosuite
- Blue Zones Rituals
- Longevity Programs & Experiences
- Face Rejuvenation
- Body Sculpting
- Holistic & Mindfulness
- Biohacking Treatments
- The Longevity Fitness area with innovative Technogym Biocircuit™



THE LONGEVITY FITNESS

A stimulating and innovative environment in which to enhance physical and mental performance. The revolution in strength training through the exclusive Biostrength™ circuit that adapts to the person's needs and, thanks to patented technology, guarantees 30% more results in the same amount of time.

A digital experience, connected to specific training programs, that allows you to customize your session based on your goals.

- **PERSONAL TRAINING**
- **YOGA**
- **PILATES**
- **MINDFULNESS**



MEMBERSHIP 2026

GOLD

12 months membership

SINGLE

COUPLE

TLS BENEFIT

- **Unlimited** access to SPA / Gym
- **-10%** On the entire service/product catalog*
- **-10%** On The Longevity Kitchen (in SPA and on-line purchase)
- **1** Personal Cryosuite Total Body session
- **1** Cryosuite Total Body sessions for guests
- **1** Free Guest Pass
- **1** Personal Trainer session
- **1** Longevity consultation
- **1** Postural Physical Assessment
- **1** TLS Welcome Kit

PORTRAIT BENEFIT

- Special Price **-10%** off room rate
- Automatic room upgrade based on availability
- Invitation to reserved events
- Special conditions for stays at Portrait Rome and Florence
- Special **-10%** off on 10_11 menu

PLATINUM

12 months membership

SINGLE

COUPLE

TLS BENEFIT

- **Unlimited** access to SPA / Gym
- **-15%** On the entire service/product catalog*
- **-10%** On The Longevity Kitchen (in SPA and on-line purchase)
- **10** Personal Cryosuite Total Body sessions
- **6** Cryosuite Total Body sessions for guests
- **6** Free Guest Pass
- **10** Treatments of 50 or 60 minutes from The Longevity SPA catalog
- **5** Personal Trainer sessions
- **1** Longevity consultation
- **1** Postural Physical Assessment
- **1** TLS Welcome Kit

PORTRAIT BENEFIT

- Special Price **-10%** off room rate
- Automatic room upgrade based on availability
- Invitation to reserved events
- Special conditions for stays at Portrait Rome and Florence
- Special **-10%** off on 10_11 menu
- Priority List for Portrait Milan Restaurant and Bar
- Special Price **-50%** off the Day Use rate
- Use of Business lounges upon reservation
- Special conditions reserved for Business Rooms and Event Rooms upon availability

DIAMOND

12 months membership

SINGLE

COUPLE

TLS BENEFIT

- **Unlimited** access to SPA / Gym
- **-20%** On the entire service/product catalog*
- **-10%** On The Longevity Kitchen (in SPA and on-line purchase)
- **Unlimited** annual Cryosuite Total Body Worldwide
- **10** Cryosuite Total Body sessions for guests
- **10** Free Guest Pass
- **25** Treatments of 50 or 60 minutes from The Longevity SPA catalog
- **10** Personal Trainer sessions
- **1** Anti-aging cardiometabolic examination
- **1** Postural Physical Assessment
- **1** TLS Welcome Kit

PORTRAIT BENEFIT

- Special Price **-10%** off room rate
- Automatic room upgrade based on availability
- Invitation to reserved events
- Special conditions for stays at Portrait Rome and Florence
- Special **-10%** off on 10_11 menu
- Priority List for Portrait Milan Restaurant and Bar
- Special Price **-50%** off the Day Use rate
- Use of Business lounges upon reservation
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**THE LONGEVITY
SPA**

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**THE LONGEVITY SPA
at HOTEL PORTRAIT MILANO**

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