



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

The first step in approaching a healthier lifestyle and securing 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.

BIOHACKING EXPERIENCE

2h

A unique healing and wellness experience. With tailored medical advice and innovative treatments, it regenerates body and mind, stimulating cellular recovery and optimizing mental and physical health and performance.

Includes:

- Longevity Expert Consultation + Starter Check-up 30 min
- Personalized IV Therapy 60 min
- The Ultimate Biohacking 30 min
- Cryosuite Total Body 10 min

HYPE EXPERIENCE

2h

Embark on a journey to boost your immune system and recover quickly from physical and mental stress. Reduce inflammation and reactivate energy levels, regaining balance and vitality.

Includes:

- Longevity Expert Consultation + Starter Check-up 30 min
- Ozone Therapy 45 min
- Mind & Body Detox 30 min
- Cryosuite Total Body 10 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:

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

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:

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

LONGEVITY EXPERIENCES

ENERGY BOOST EXPERIENCE

2h

Reactivating tissues restore 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 the vitality of our skin and metabolism and restore our energy balance.

Includes:

- Cryosuite Total Body 10 min
- Energize Massage 50 min
- Red Light 30 min
- Longevity Assessment 30 min

MIND & BODY DETOX EXPERIENCE

2h

Healing the mind ensures novel beauty for the body.

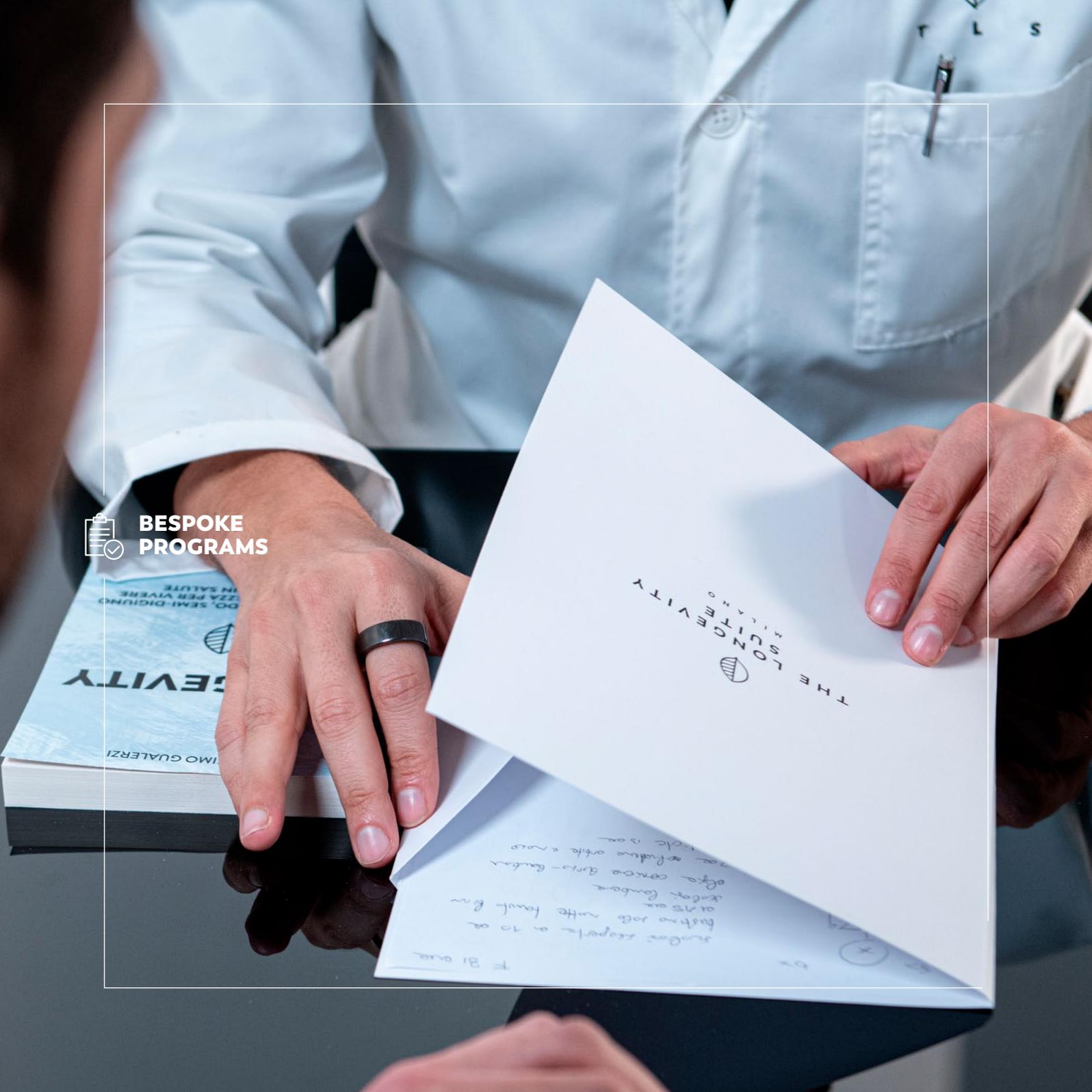
A careful selection of our de-stress protocols to deeply cleanse the body and eliminate toxins, ensure the body relaxes and the mind recharges, with the ultimate goal of initiating an effective process of lasting well-being.

Includes:

- Cryosuite Total Body 10 min
- Mind & Body Detox 30 min
- Deep Infinity Touch 50 min
- Longevity Assessment 30 min



BESPOKE PROGRAMS



THE LONGEVITY
MILANO

studenti scoperte in 10 ore
business job with health bar
10/15 ore
Korea: London
Africa: Canada - London
1000 ore
1000 ore
1000 ore

THE LONGEVITY
TIMO GUALERZI

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 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

OXIDATIVE STRESS ANALYSIS

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

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.

CORTISOL BIORHYTHM TEST

Epigenetic analysis of circadian rhythms and inflammatory status, based on cortisol and melatonin levels, aimed at restoring balance and improving daily well-being.

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.

AESTHETIC MEDICINE CONSULTATION

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

DIAGNOSTIC TESTS & CHECK-UP

CARDIOLOGICAL VISIT + ECHOCARDIOGRAPHY + ECG

Elettrocardiogram, cardiac 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 CONSULTATION

Nutritional Check-up with body composition analysis and personalized nutritional program.

Periodic check and monitoring of the nutritional pathway

ECOGRAPHIES

ENDOCRINOLOGY CONSULTATION



BIOHACKING



OZONOTERAPIA PERSONALIZZATA

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.

Systemic Intravenous Ozone Therapy

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.



CRYOSUITE



T L S

THE LONGEVITY
SUITE

MILANO



CRYOSUITE TOTAL BODY

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



PASS UNLIMITED

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.



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).



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.

**The price of certain therapies depends on the treatment protocol agreed upon with the medical specialist.*

MEDICAL FACE THERAPY



SKIN HYPERCHROMIA REMOVAL

Treatment of removal of changes in normal skin tone (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

A technique that uses controlled micro-channeling to stimulate collagen production and promote greater skin firmness, elasticity, and radiance.

**The price of certain therapies depends on the treatment protocol agreed upon with the medical specialist.*



**ADVANCED AESTHETICS
FACE THERAPY**



ADVANCED AESTHETICS FACE THERAPY



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.

ADVANCED AESTHETICS FACE THERAPY



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

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

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.



FACE DREN SCULPT

50 MIN

A draining and sculpting treatment that redefines the cheekbones, jawline, and eye contour. It combines lymphatic drainage massage and the *Knuckle* technique with an occlusive molding mask, finishing with a white quartz *Gua-Sha* to reactivate microcirculation, promote fluid drainage, and enhance skin elasticity and radiance, delivering a natural lifting effect from the very first session.

INSTANT SKIN SOLUTIONS



URBAN FACE DETOX

30 MIN

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

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

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

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



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
REJUVENATION**



MEDICAL BODY REJUVENATION



BOTULINUM TOXIN FOR HYPERHIDROSIS

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



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.



HAIR FILLER

Injection of hyaluronic acid and biomimetic peptides for hair thickening.



ANTALGIC MESOTHERAPY

Micro-injective medical treatment for muscle and joint pain.



OZONE MESOTHERAPY

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



AESTHETIC MESOTHERAPY

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



LIPOLYTIC INJECTIVES

Micro-injective medical treatment for localized adiposity.

**Il prezzo di alcune terapie è in funzione del protocollo di intervento condiviso con il medico specialista.*



**ADVANCED AESTHETICS
BODY REJUVENATION**



ADVANCED AESTHETICS BODY REJUVENATION



ADVANCED TONE & CELLULITE

50 MIN

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.



CRYODRAINING

50 MIN

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.



COOL DREN & TONING

50 MIN

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

50/80 MIN

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.

1 zone

2 zones



THERMODREN SCULPT

90/110 MIN

A cryothermo modeling treatment that combines the thermal action of a mineral cast with a deep massage for a draining, reducing, and toning effect. Thanks to the concentration of essential oils and phytoextracts, it helps eliminate toxins and excess fluids, promoting immediate redefinition of the body's contours. An intensive experience that gives you a more sculpted silhouette from the very first session.

1 zone

2 zones



**MANUAL
THERAPIES**



MANUAL THERAPIES

INTENSIVE RECOVERY

Deep and specific work on muscle tension. Dedicated to those who desire a personalized massage based on their needs.

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.

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 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.

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.

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.

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.

PERSONALIZED MANUAL THERAPY

Personalized manual treatment based on the treatment protocol provided.



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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CITY CLINICS

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

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COMO - MEDICAL SUITE

DIRETTORE SANITARIO

Dott. Giovanni Russo

iscritto all'Ordine Professionale dei Medici Chirurghi di
COMO dal 14/06/2021 al numero 6861

*Price list valid until 30/09/2026

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