



THE LONGEVITY
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THE LONGEVITY
SPA
MILANO

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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 approach defines 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 exploration of comprehensive well-being practices inspired by the 5 **longest-living locations** on Earth, in 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 and feel happier.





BLUE ZONES SIGNATURE RITUALS

BY THE LONGEVITY SPA®

Within a forward-thinking vision, focused on the here and now, where health, beauty, and vital energy take the center stage, the Blue Zones Signature Rituals are born.

Suggestives, manual techniques, music, and aromatic synergies are created for a journey beyond time and space, where the guest is transported to each of the world's longest-living destinations.

JET LAG BLESSING RITUAL

Slow down, Loma Linda Longevity secret

A de-stress ritual created to alleviate sleep disturbances caused by jet lag.

Cold therapy uniformly reduces inflammation, stimulates melatonin production and activates individual energy awakening mechanisms; a subsequent sensory deprivation session in flotation helps restore the circadian rhythm balance and has beneficial effects on sleep and its quality, instilling well-being and good mood. This is followed by a multisensory treatment where LED therapy, binaural sounds, and inhalation aromatherapy, along with relaxing and enveloping manual techniques on the back and acupressure on the head, induce deep relaxation of body and mind. A ritual dedicated to those who wish to regain serene, restorative sleep, in balance with their biological clock, achieving a complete mental and physical detox.

110 MIN | 350€

PURA VIDA RITUAL

Love, Nicoya's Longevity secret

A ritual designed to deeply detoxify the body, lighten both body and spirit, and savor every present moment. Embracing the Costa Rican concept of "Pura Vida": a hymn to essential, genuine, and generous life towards oneself and others.

A cloud of steam generated by a dance of warm cloths and olfactory symphonies prepares the body and mind to surrender to a state of relaxation. Cocoa beans promote toxin elimination while volcanic mud and reflex point stimulation on the feet ensure effective purification. During the experience, an enveloping massage in a harmonious choreography with bamboo canes and warm cloths instills a pure state of well-being and leads to slowing down, falling in love with oneself, and opening up to life.

110 MIN | 310€



AION RITUAL

Reconnect, Ikaria's Longevity secret

A draining and oxygenating ritual designed to reconnect with the infinite dimension of limitless time.

The power of cold produced by the skillful use of Cryospheres, combined with the warmth of aromatic hot butters, red vine extract wrapping, and rhythmic massage, promotes the instant activation of microcirculation and the drainage of excess fluids, producing an immediate sensation of lightness and a new vitality. An oxygenating experience for the tissues and a rebalancing one for the mind that allows rediscovering the pleasure of a life guided by healthy and positive biorhythms for the body.

110 MIN | 310€

AÉRAS RITUAL

Move naturally, Sardinia's Longevity secret

A moisturizing and revitalizing ritual inspired by ancient thalassotherapy practices that transports us to the magical dimension of Sardinian land; along with its scents, it invigorates the body, stimulates blood and lymphatic circulation, and reactivates the natural bioenergetic postural balance.

A foot ritual enriched with sea salt crystals and scented with Mediterranean scrub aromas gives a sense of relief to the legs. A precise blend of juniper, myrtle, and Sardinian salt gently smoothes the skin, nourished by a natural fluid with powerful soothing, moisturizing, and illuminating properties. A massage performed with cork spheres and a synergy of pressures and stretches help release accumulated tensions to promote natural body recovery. The ritual ends with a stimulating scalp treatment that dispels thoughts by enchanting the mind with a breeze of Sardinian sea water.

110 MIN | 310€

IKI-SABI RITUAL

Purpose, Okinawa's Longevity secret

A regenerating ritual which blends two ancient Japanese philosophies: Ikigai, the search for one's reason for being, and Wabi-Sabi, the spiritual and aesthetic acceptance of the imperfection of life. A treatment that harmonizes the body and spirit and gives new luminosity and elasticity to the face.

Seaweed leaves for a remineralizing effect with a fermented rice water and silk powder blend for an intensive care and beauty treatment. A gentle and sweet massage with olfactory symphonies that caresses the mind and silk cocoons that smooth and embellish the face lead to complete renewal. The ritual guides us to savor the value of what is truly important to ensure a healthy and long life.

110 MIN | 310€



LONGEVITY EXPERIENCES

Tailored experiential journeys designed for a quick recovery from daily stress. A blend of cutting-edge technologies and specific treatments, ideal for treating oneself to a unique and rejuvenating experience.

MIND & BODY DETOX

Caring for the mind ensures new beauty for the body.

A careful selection of our destress protocols to deeply purify the body, eliminate toxins, allow the body to relax and the mind to recharge, with the goal of initiating a lasting well-being process.

INCLUDES

• Whole Body Cryosuite	10	min
• Mind & Body Detox	30	min
• Deep Infinity Touch Massage	50	min
• Face Detox	30	min

2H | 420€

ENERGY BOOST

Designed to generate an immediate recovery from conditions of tiredness and fatigue and to stimulate physical and mental capabilities.

This unique journey begins with total body immersion in the Cryosuite, where extreme cold awakens the senses and activates inner energy. An intensive program to help restore energy balance and experience a significant and effective sensation of vitality.

INCLUDES

• Whole Body Cryosuite	10	min
• The Ultimate Biohacking	30	min
• Energize Massage	50	min

1H 30MIN | 330€

SKIN GLOW

Radiance is the keyword for this comprehensive skin treatment.

The experience begins with the Longevity Skin Check, which defines the characteristics of the tissue and allows customization of the journey based on 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 process.

INCLUDES

- | | | |
|---------------------------|----|-----|
| • Longevity Skin Check | 30 | min |
| • Deep Rejuvenating Detox | 80 | min |
| • Face Treatment | 50 | min |

2H 30MIN | **380€**



LONGEVITY BIOHACKING

A series of strategies to positively hack our biological system, control inflammation, and slow down chronological aging by making healthy lifestyle modifications to build maximum physical and mental potential. The four pillars of The Longevity Suite's Biohacking are controlled cold exposure, photobiomodulation, intermittent fasting and mindfulness.

CRYOSUITE

The treatment involves the whole body's exposure to a cold chamber with a temperature ranging from -85°C to -100°C for a period of 3 to 5 minutes. Short-term cooling promotes numerous positive reactions due to increased circulatory response of blood and lymphatic flow.

The treatment is a valuable support for:

- Increasing athletic performance and reducing recovery times
- Controlling weight and improving body composition
- Burning calories and accelerating basal metabolism
- Improving circulation and drainage of the lower limbs
- Rejuvenating the appearance of the skin through increased collagen production
- Detoxifying and reducing oxidative stress
- Enhancing mood and mental well-being

SINGLE SESSION **70€**

BUNDLE PACK 5 | 10 | 20 SESSIONS | **300€** | **500€** | **900€**

UNLIMITED PASS 1 | 3 | 6 | 12 MONTHS | **600€** | **1200€** | **1800€** | **3000€**

LOCAL CRYO

It is a treatment that involves the use of dry cold air at -32°C on specific areas of the body. The low temperatures bring numerous benefits to the body by improving microcirculation and better oxygenation of the treated area. It is ideal to combine localized treatment with the Whole Body Cryosuite treatment.

The treatment is useful for:

- Improving microcirculation
- Increasing oxygenation of the treated area
- Enhancing the tone and elasticity of the skin

10 MIN | 50€

CRYO FAST RECOVERY

The benefits of localized and systemic cold are enhanced by a subsequent specific connective tissue massage which, leveraging the high density of nerve endings in the superficial fascia, stimulates mechanical and functional recovery of the body, becoming valuable support for a faster physical recovery. It is possible to further intensify the effectiveness by completing the treatment with radiofrequency.

50 MIN | 160€ - 80 MIN | 210€

MIND & BODY BIOHACKING

A treatment based on Dry Float Therapy that harnesses the benefits of sensory deprivation floating without the need to get wet, allowing the body and mind to easily recover energy in a versatile and suitable manner for everyone.

An innovative technology which offers the benefits of reduced gravity for regenerative well-being, improving circulation, relieving muscle and joint pain, and producing positive effects on sleep, concentration, and psycho-physical recovery. Combined with Near Infra-Red (NIR) Total Body technology that stimulates the body's natural regenerative processes, it is a relaxing treatment using red light and non-ionizing electromagnetic radiation, improving circulation and alleviating muscle and joint pain.

30 MIN | 130€

THE ULTIMATE BIOHACKING

The benefits of Dry Floating and NIR (Near Infra-Red) therapy are combined with Hydrogen-Oxygen Therapy for an effective treatment against fatigue and sleep disorders.

Extremely suitable for strengthening the immune system, stimulating the growth of new collagen, and improving skin elasticity, supporting cellular longevity.

30 MIN | 170€

HYDROGEN-OXYGEN THERAPY

The alternating inhalation of molecular hydrogen and oxygen helps alleviate fatigue, improve mental clarity, combat inflammation, strengthen the immune defenses, and exert a powerful anti-aging action.

30 MIN | 80€

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.

TMR + MASSAGE 50 MIN | 180€

IV THERAPY

Cutting-edge personalized therapy for the well-being and health of the body, consisting of intravenous infusions of nutraceuticals (vitamins, minerals, and other biological compounds) that physiologically form part of the main vital cellular processes of our body. Through this infusion therapy, it is possible to quickly and effectively replenish vitamins and nutrients lost due to stress, lifestyle, and incorrect nutrition. Mainly requested to strengthen the immune system, reduce signs of aging or clear the blood of toxins. Particularly indicated in cases of chronic fatigue, energy drops, sleep disturbances, jet lag syndrome.

Available options:

Energy, Immunity, Performance, Detox, Fat Burning, Antiage.

ROOM SERVICE | 350€



MULTISENSORY LED

An innovative technology for highly effective photobiomodulation treatments on the entire surface of the face and neck, thanks to the perfect synergy of 130 LED lights.

The protocols combine Multisensory LED light with manual treatments and specific cosmeceutical products, using photon beams emitted by a high-power and intensity LED system, WiFi acoustics for listening to binaural musical frequencies that promote neuronal interconnections, and inhalation aromatherapy with blends of organic essential oils.

MIND & BODY DETOX

Relaxing and de-stressing multisensory treatment.

The benefits of LED Therapy and inhalation aromatherapy are amplified by involving the sense of “touch” through specific manual techniques by experienced therapists, helping to restore balance and providing a deep sense of well-being.

30 MIN | 150€

COLLAGEN BOOST

Indicated to promote the metabolic activation of fibroblasts compromised by chrono-aging. By stimulating the neoformation of collagen and elastin, it promotes tissue redensification and improves skin tone.

50 MIN | 180€

ACNE REPAIR

Specifically for acne-prone or problematic skin.

It helps control bacterial proliferation and excess sebum.

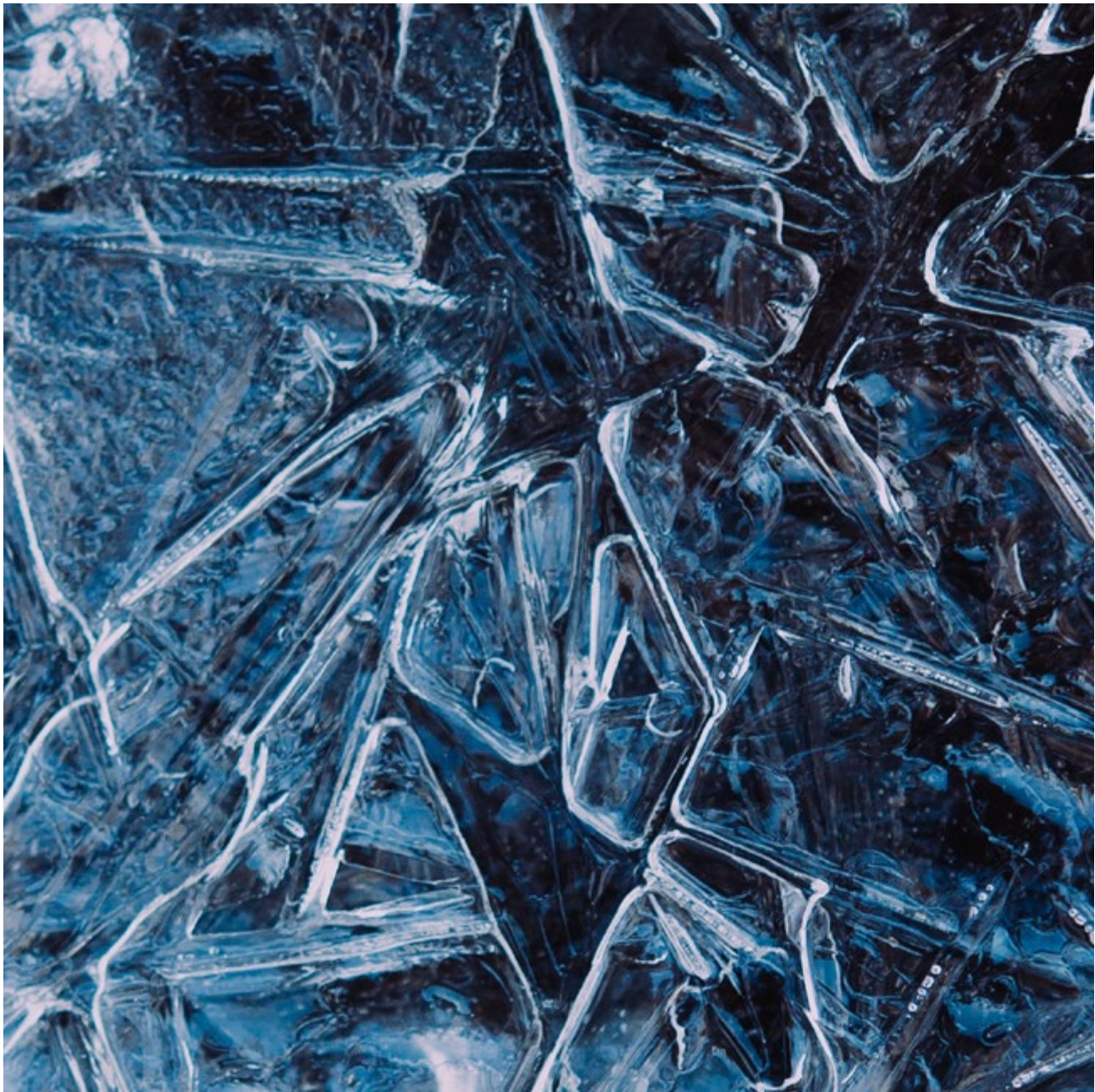
50 MIN | 180€

SKIN RECOVERY

Dedicated to sensitive or sensitized skin from external factors,

It reduces redness and restores softness and elasticity to the skin.

50 MIN | 180€



FACE TREATMENTS

A blend of highly effective active ingredients, advanced technologies, and specific manual techniques designed by The Longevity SPA® to help enhance one's harmony and beauty.

FACE DETOX

A facial treatment designed to purify, counteract the attack of free radicals and restore the natural balance of the skin.

Through the combination of antioxidant serums and oxygenating, soothing and purifying masks, the skin is regenerated and regains new brightness and vitality. Microstimulation produced by a specific facial reflexology contributes to reactivating the skin's energy, improving its health and elasticity.

30/50 MIN | 110€/180€

RITUAL PHYTO DETOX

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.

80 MIN | 230€

CRYOFACIAL HYDRASHINE

An 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.

30/50 MIN | 110/180€

LUXURY CRYOLIFT

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.

30/50 MIN | 110/180€

REJUVENATING POWER

Volumizing and redensifying anti-aging facial treatment.

It involves the delivery of an ultra-booster anti-aging vial with an epigenetic formula and the simultaneous use of radiofrequency with a connective tissue massage.

50 MIN | 180€

FACESHAPE 3D

An innovative facial protocol to reshape the face's contour, drain toxins and produce significant cellular renewal.

The multifunctional Ultrashape technology combines 3 technologies in 1, amplifying the effect of the 3 patented ultra-antioxidant actives in AOX3 CUBE Ultra Active Serum. Specific for reshaping the face's contour, draining toxins, and producing cellular renewal.

50 MIN | 180€

ADD ON FACIAL

Customizable facial treatment bookable in addition to another treatment.

30 MIN | 90€



DR. BARBARA
STURM



MOLECULAR
COSMETICS

HYALURONIC
SERUM

MADE IN GERMANY

BRIGHTENING FACIAL (Dr. Barbara Sturm)

A facial treatment that reduces hyperpigmentation and gently brightens the skin using natural lightening formulas while simultaneously combating oxidative stress that causes premature aging and dark spots.

Sprout extract, rich in vitamins, enzymes and trace elements, visibly and instantly brightens the face and reduces the appearance of dark and yellowish spots. Ginseng extract supports tissue protection against free radicals and environmental stress, while hyaluronic acid provides instant hydration. The skin becomes smoother, brighter, and radiant.

50 MIN | 250€

MEN'S FACIAL (Dr. Barbara Sturm)

A man's skin is dermatologically different from a woman's.

This exfoliating, soothing, and nourishing anti-aging treatment is designed to revitalize men's skin, taking these differences into account. Hyaluronic acid molecules are combined with powerful antioxidants that nourish damaged skin and support the skin barrier function.

The skin is deeply cleansed, softer, and more luminous.

50 MIN | 250€

SUPER ANTI-AGING FACIAL (Dr. Barbara Sturm)

Combining the effects of the peptide-rich anti-aging serum and a unique, reshaping and anti-gravity massage, this cosmetic treatment reaches the deepest layers of the skin, reducing the appearance of fine lines and wrinkles. The result is younger-looking and hydrated skin. The delivered actives help repair damaged skin and support regeneration. The treatment provides a natural lifting effect and visibly reduces signs of aging.

80 MIN | 340€



BODY THERAPIES

Meticulous research and the combination of body technologies and highly effective actives for self-care and visible results in a short time.

ULTRASHAPE

Specific treatment for reshaping localized areas of the body using infrared light that heats adipocytes deeply, radiofrequency that stimulates a toning action, and vacuum that improves lymphatic drainage.

50/80 MIN | **180€/240€**

ULTRATONE & MUSCLE

Treatment utilizing Ultra Focused Electromagnetic Field technology to activate deep muscles in specific areas such as the abdomen, buttocks and legs, with superior effectiveness to voluntary physical exercise.

30 MIN | **180€**

CRYODRAINING

Unique protocol to reduce venous and lymphatic stasis in the lower limbs, minimize edematous cellulite and reshape the silhouette.

With a pool of functional actives, cryo-wrapping system, pressotherapy and specific manual techniques, it ensures an immediate reactivation of microcirculation, increasing general circulation and tissue nourishment.

50 MIN | **160€**

COOL DREN & TONING

Draining and toning body treatment combining Local Cryo with Skin Icing Massage to activate an intense regeneration process.

Improved microcirculation and tissue oxygenation reduce swelling in the lower limbs, promote toxin elimination, stimulate collagen production and give tone and vigor to legs and buttocks.

50 MIN | 160€

CRYO EXTREME ELIXIR

Treatment designed to promote the elimination of excess fluids, tone, and nourish connective tissue, providing extreme lightness to the legs.

It includes a session of Whole Body Cryosuite enhanced by a subsequent specific connective tissue massage combined with draining maneuvers, producing a significant blood flow recall effect on the lower limbs through the stimulation of the neurovegetative system.

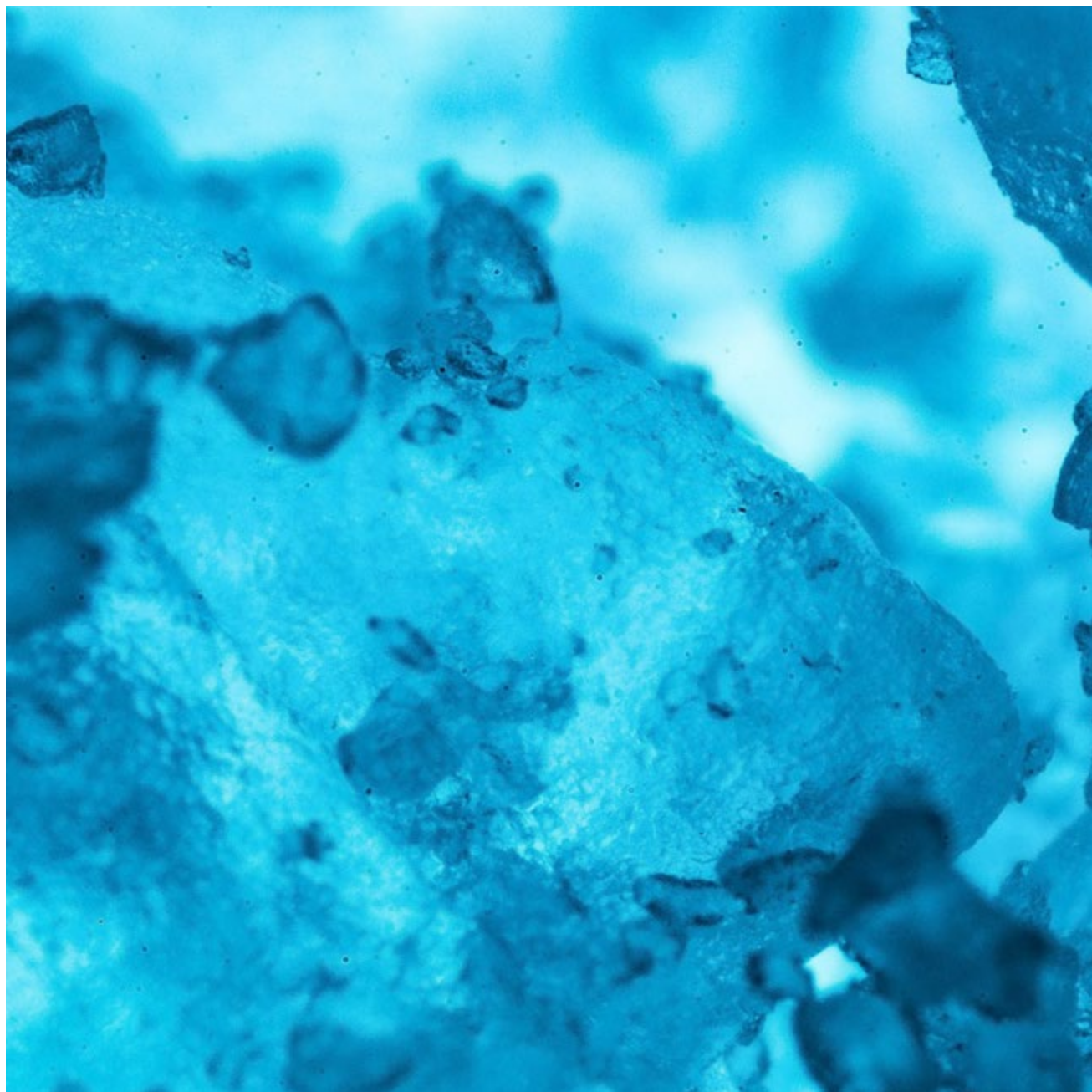
60 MIN | 185€

ADVANCED TONE & CELLULITE

Useful treatment in managing and improving cellulite thanks to Radiofrequency: cutting-edge technology which uses high-frequency radio waves to gently penetrate the skin surface, stimulating collagen and elastin.

The dermis surface becomes compact, toned and smooth, with long-lasting, painless and side-effect-free results.

50 MIN | 180€



MASSAGE THERAPIES

An exclusive selection of massages, designed to offer a unique and unforgettable experience. Each treatment has been carefully crafted to provide maximum comfort and the best benefit for both body and mind.

BODY DETOX

Detoxifying treatment that gives the body new vitality through fundamental elements: blue salt scrub for the elimination of excess fluids and thermal mud with anti-inflammatory and purifying effects. A final draining and relaxing massage promotes complete purification, preparing the body for subsequent treatments.

50 MIN | 160€

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.

80 MIN | 210€

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.

50/80 MIN | 150€/210€

INTENSIVE RECOVERY

Deep and specific work on muscle tension.

Dedicated to those who desire a personalized massage based on their needs.

30/50/80 MIN | 110€/170€/230€

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.

50/80 MIN | 150€/210€

DREN

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

50/80 MIN | 150€/210€

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. 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.

30/50/80 MIN | 90€/150€/210€

DEEP INFINITY TOUCH

Eternal youth resides in infinite care for the balance of the mind and body. A treatment born from the combination of a precious blend of pure organic oils with the enveloping techniques of Deep Infinity Touch, an exclusive massotherapy technique designed by Longevity. The result is the activation of detoxifying and rebalancing processes to achieve a complete state of relaxation.

50 MIN | 160€

DEEP BLUE

The quality of sleep influences on our physical well-being and mood. An holistic experience that combines back-decontracting and relaxing techniques with functional digitopressure on the head. A journey into a state of deep relaxation for those who need to release the tensions of daily stress, regain restorative sleep and combat disorders caused by Jet Lag, restoring the natural circadian rhythm.

50/80 MIN | 150€/210€

OSTEOPATHIC REHAB

Manipulative treatment to identify and intervene on somatic dysfunction by restoring correct mobility between body structures.

Useful for improving the functioning of systems and supporting the homeostasis of the individual by stimulating the body's self-healing capacity and the relationship between body, mind and spirit.

50/80 MIN | 160€/210€

ADD ON MASSAGE

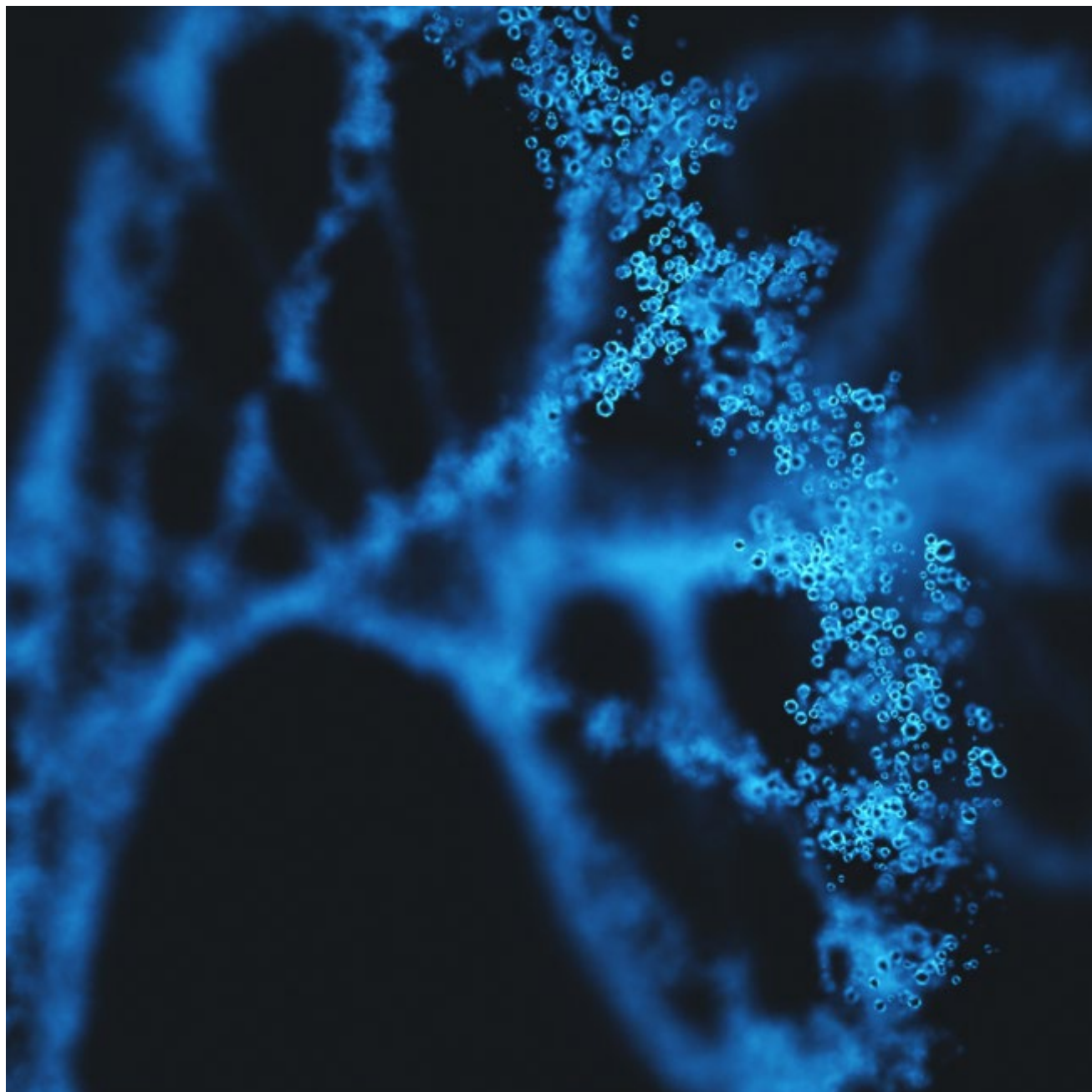
Customizable massage bookable in addition to another treatment.

30 MIN | 70€

ADD ON SCRUB

Stimulating and revitalizing exfoliation with brown sugar and pure almond and jojoba oil, combined with the toning and anti-inflammatory power of peppermint and lemongrass essential oils. It stimulates the body and mind, leaving the skin smooth and radiant.

30 MIN | 80€



LONGEVITY CHECK-UP

Specific diagnostic tests designed to accurately assess the overall health and understand the individual's potential in order to design the most suitable personalized prevention and care program.

BODY COMPOSITION

Evaluation of body composition through BIA and assessment of visceral and subcutaneous fat.

MORPHOTYPE & BODY

Assessment of the morphology and physiology of the individual.

DETOX CHECK

Assessment of the general level of inflammation.

A.G.E. CHECK

Evaluation of the degree of metabolic/cellular aging through AGEs (Advanced Glycated Endproducts).

PHYSICAL TRAINING ASSESSMENT

Assessment of activity level and physical capacity.

POSTURAL ASSESSMENT

Assessment of body posture and individual balance.

NUTRI CHECK

Evaluation of the individual's nutritional status.

SKIN AND UV CHECK

Complete analysis of the skin to identify the best strategy to keep it luminous, toned, elastic and healthy.



EPIGENETIC BIOLOGICAL AGE

Assessment of the client's epigenetic (biological) age through the evaluation of key hormonal and inflammatory markers.

250€

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.

400€

MICROBIOTA ASSESSMENT

Innovative test that, through state-of-the-art DNA sequencing techniques, provides a map of the microbial diversity in the gastrointestinal tract. It is recommended for assessing the balance of intestinal microbiota, preventing digestive disorders and pathologies and optimizing overall health.

300€

SLEEP QUALITY ASSESSMENT

Test to assess and monitor the quality of nightly rest. It is performed with a certified medical device which provides non-invasive real-time measurements of respiratory parameters during sleep.

150€

The Longevity DNA Tests investigate the presence of small variations in individual genes, known as polymorphisms, providing a comprehensive understanding of unique genetic characteristics and enabling the customization of well-being and prevention strategies in various areas of analysis.

DNA COMPLETE

This comprehensive test combines all DNA Test analyses (Diet, Skin Aging and Sport) into a single evaluation.

It analyzes over 130 genes, providing additional information in the fields of nutrition, metabolism, prevention and anti-aging.

480€

DNA DIET

Analyzes genetic predispositions to intolerances and sensitivities related to nutrition, predispositions to major cardio-metabolic pathologies and alterations in lipid and carbohydrate metabolism.

300€

DNA SKIN AGING

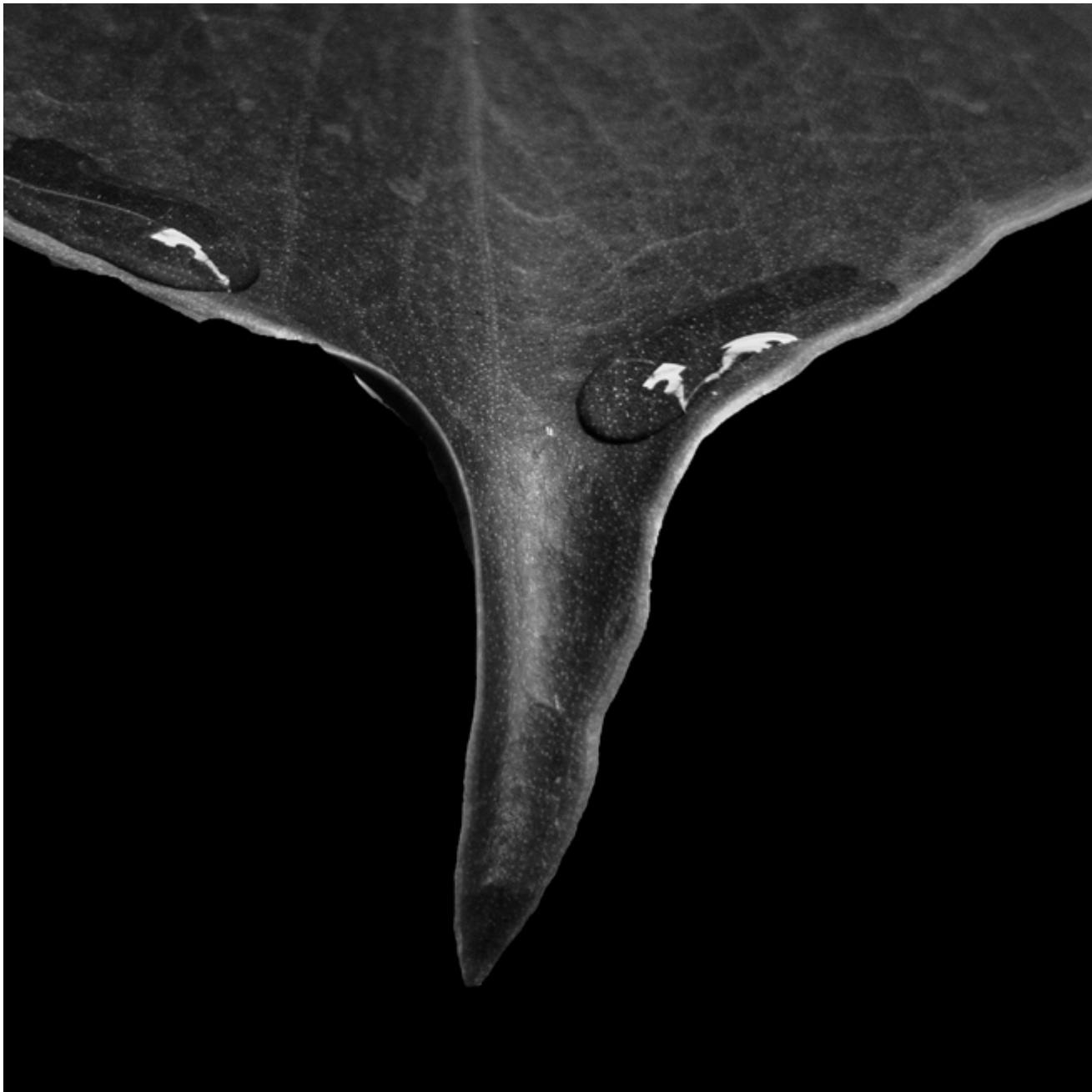
Investigates the skin's health status and genetic predisposition to early skin aging.

200€

DNA 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.

240€



LONGEVITY PROGRAMS

Custom-designed protocols based on the needs and goals of the guest, 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 and an initial consultation, during which the most functional products, a training and mindfulness program, a protocol for cold exposure and professional face and body treatments are defined.

NATURALLY SLIM

This program, utilizing the best techniques and the latest clinical studies, offers a multidisciplinary approach for effective and lasting weight loss.

Starting with a shared diagnosis of the causes of weight problems, a tailor-made program is developed that leads to the goal, while orienting towards a strategy for maintaining a healthier, fitter body in the long term.

Includes:

- Consultation with a Longevity Expert
- Whole Body Cryosuite 3/6 sessions
- Body Shaping Technologies 3/6 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

3/6 DAYS | 1150€ / 2100€

Upon request, it is possible to create customized programs of longer duration.

SLEEP BETTER

The perfect day begins after a perfect night of sleep. Many people have a complicated relationship with sleep, but its quality determines health and mental readiness, not just for the next morning but for the time to come.

This program is designed to rediscover restful sleep, essential for recovering lost energy, reducing negative states resulting from prolonged insomnia and generating immediate and long-term well-being.

Includes:

- Consultation with a Longevity Expert
- Whole Body Cryosuite 3/6 sessions
- The Ultimate Biohacking 3/6 treatments
- Deep Blue Treatment 1/2 treatments
- Re-balance Treatment 1/2 treatments
- Deep Infinity Touch Treatment 1/2 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

3/6 DAYS | 1400€/2600€

Upon request, it is possible to create customized programs of longer duration.

INTENSIVE MIND & BODY DETOX

A special journey to restore the balance between mind and body, eliminate toxins and kickstart a healthier lifestyle.

In addition to a general sense of well-being, it provides new awareness of how such a state of health can naturally accompany us in life through small daily care measures. The program is not only intended as passive physical purification but aims to deepen the connection with one's inner self.

Includes:

- Consultation with a Longevity Expert
- Whole Body Cryosuite 3/6 sessions
- Ritual Phyto Detox 1/2 treatments
- Mind & Body Detox 2/4 treatments
- Deep Rejuvenating Detox 1/2 treatments
- Mind & Body Biohacking 1/2 treatments
- Detoxifying IV Infusion 1/2 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Mindfulness 1/2 treatments

3/6 DAYS | **1400€ / 2600€**

Upon request, it is possible to create customized programs of longer duration.

ADVANCED REJUVENATION

This program is created to bring about a visible and lasting transformation over time, combining advanced anti-aging aesthetic technologies with targeted nutraceutical and cosmeceutical counseling.

By reducing free radicals through the intake of high-quality natural products with strong antioxidant properties and using products and supplements that enhance the effects of beauty and care treatments, it allows for a brighter and firmer skin on the face and body, significantly slowing down normal skin aging.

Includes:

- Longevity Skin Check
- Whole Body Cryosuite 3/6 sessions
- Face Treatments 3/6 treatments
- IV Glutathione Infusion 1/2 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Anti-aging & Beauty Kit

3/6 DAYS | **1000€ / 1800€**

Upon request, it is possible to create customized programs of longer duration.

STRONG IMMUNO

This protocol aims to enhance the immune system. Developed to improve our overall health and strengthen the body's natural defense capabilities in response to oxidative stress and external aggressors, thus discovering a new sense of youthfulness and vitality.

Includes:

- Consultation with a Longevity Expert
- Whole Body Cryosuite 3/6 sessions
- The Ultimate Biohacking 3/6 treatments
- IV Immuno Infusion 1/2 treatments
- TMR + Re-balance Massage 3/6 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Mindfulness 1/2 sessions
- Longevity Fitness Program (meeting with personal training) 2/4 sessions

3/6 DAYS | **1600€ / 3000€**

Upon request, it is possible to create customized programs of longer duration.

ENERGIZE

This program aims to generate rapid recovery in case of fatigue and physical and mental exhaustion, rediscovering the possibilities of a life at its fullest.

Specifically designed to promote cell regeneration and counteract the negative effects of daily stress factors on skin vitality and metabolic health, allowing the body to reach high energy levels.

Includes:

- Consultation with a Longevity Expert
- Whole Body Cryosuite 3/6 sessions
- IV Energize Booster Infusion 1/2 treatments
- Cool Dren & Toning 2/4 treatments
- Energize Massage 3/6 treatments
- The Longevity Kitchen Menu at the Portrait Milano restaurant
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

3/6 DAYS | **1300€ / 2500€**

Upon request, it is possible to create customized programs of longer duration.



LONGEVITY FITNESS

A stimulating and innovative environment in which to enhance physical and mental performance. A revolution in strength training through Biostrength's exclusive circuit that adapts to the person's needs and which, thanks to patented technology, guarantees 30% more results in the same amount of time. A digital experience, linked to specific training programs, which allows you to customise your session according to your goals.

PERSONAL TRAINING

A comprehensive and tailored workout where strength, endurance and flexibility integrate in perfect balance.

60 MIN (INDIVIDUAL/COUPLE) | 120€/150€

PILATES

A physical training system which increases self-awareness and facilitates the connection between mind and body, enhancing control and fluidity of movements. Pilates combines muscle strengthening, breathing and posture, helping to reduce tension and fatigue and rediscover a perfect body balance and a state of overall well-being.

60 MIN (INDIVIDUAL/COUPLE) | 120€/150€

YOGA

A class dedicated to enthusiasts of the discipline and those in need of freeing themselves from the stress of daily life.

An extraordinary physical balance aligned with a sense of mental lightness to harmonize body and mind.

60 MIN (INDIVIDUAL/COUPLE) | 120€/150€

MINDFULNESS

A session to tune into the rhythm of your own breath, experience the benefits of a calm mind and regain balance with yourself.

Breathing techniques combined with guided meditation will lead to slowing down and focusing on the present moment.

30 MIN (INDIVIDUAL/COUPLE) | 90€/120€





BEAUTY

Conscious beauty is a journey to celebrate at each step. A complete range of beauty services where every shade of color and every detail becomes a work of art.

In Room services:

- Manicure & Pedicure
- Hair & Make-up
- Waxing



THE LONGEVITY
SPA
MILANO

SPA ETIQUETTE



SPA OPENING HOURS

Wet area and pool from 7:30 AM to 9:30 PM

Family Time from 12:00 PM to 3:00 PM

Treatments from 8:00 AM to 9:00 PM

Gym: 24/7

AGE REQUIREMENTS

For health and safety reasons, individuals under the age of 16 can use the SPA only in the presence of a parent or guardian during their designated hours. From 16 to 18 years old, a parent or guardian's signature is required for treatments.

SPA RESERVATIONS

For inquiries or reservations, please contact the SPA reception directly via email at milanoportrait@thelongevitysuite.com or by calling +39 348 866 0196.

Advance booking is recommended to ensure availability on the desired day and time.

PAYMENT

For hotel guests, services will be charged to the room and can be settled at the time of check-out or directly at the SPA reception. Non-resident guests are required to prepay 100% of the service cost within 24 hours. Failure to make the payment will result in the treatment not being confirmed.

THERAPISTS

The Longevity Suite SPA team includes both male and female therapists. Please communicate any preferences in advance, and the staff will make every effort to accommodate your requests.

DRESS CODE

Hotel guests are advised to reach the SPA directly in a bathrobe. During the treatment, wearing the disposable underwear provided is required.

CANCELLATION POLICY

Reservations can be canceled or modified up to 24 hours in advance to avoid penalties. In case of shorter notice or no-show, the full cost of the experience will be charged.

CHECK-IN

Please arrive 30 minutes before the treatment. Upon arrival, you will be asked to fill out a form to define specific needs and allow us to design a treatment experience or a more comprehensive and personalized SPA program. It is recommended to leave any valuables in the room or in the lockers provided in the changing rooms. The Longevity SPA is not responsible for theft or loss.

DELAYS

In case of delay, every effort will be made to ensure the full duration of the booked treatment. However, if not possible, the duration of the experience will be shortened, and the full price will be charged.

SPA FACILITIES

The wet area is the perfect place to relax, including an indoor heated pool, a relaxation area with healthy snacks and herbal teas, sauna and Turkish bath. Swimwear is required for access. It is advisable to use the SPA facilities before any treatment to stimulate the circulatory and lymphatic systems and enhance the benefits of the treatments.

LONGEVITY FITNESS POLICIES

For your personal safety, please wear sports shoes. Individuals under 16 years of age must be accompanied by an adult when using gym equipment. The gym is equipped with state-of-the-art Technogym equipment and offers the opportunity to train with highly qualified personal trainers who can create custom workouts.

SPA AREA

The Longevity SPA is a place of relaxation. Therefore, please respect the right to privacy and tranquility of other guests. Keep your voice low, refrain from smoking and silence your mobile phone. Taking photos and videos in the presence of other guests is prohibited.

SPA SHOP

To extend the benefits of the SPA experience at home, a variety of products are available for purchase at the reception or on The Longevity Suite website.



GIFT CARD

Both physical and digital gift cards are available for purchase. Gift cards are non-refundable, valid for six months from the date of issue and must be presented at the time of treatment.

IN ROOM TREATMENTS

Some treatments can be booked in-room for an additional €100.

MEMBERSHIP

Guests with a Membership are welcome to use the common areas, including the pool and gym, according to the terms of the chosen profile, by appointment. All discounts or privileges related to membership cannot be shared with third parties or used in conjunction with other promotions or discount offers.

NON-RESIDENT GUESTS

Non-hotel guests are allowed access to the wet area by booking experiences of equal or greater duration than 80 minutes. Gym access is reserved solely for hotel guests and SPA Membership holders.



T L S

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