



**THE LONGEVITY
SPA**

M I L A N O



PORTRAIT
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 feel happier.

SIGNATURE RITUALS FROM THE BLUE ZONES

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 Signature Rituals from the Blue Zones are born.

Suggestive, 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

110 MIN | **350€**

Slow down, Loma Linda's Longevity secret

De-stress ritual created to relieve sleep disturbances caused by jet lag.

The ritual begins with a *Cryosuite Total Body* session that evenly reduces inflammation, stimulates melatonin production, and activates individual energy awakening mechanisms; the subsequent dry floating sensory deprivation session helps restore the balance of circadian rhythm and produces beneficial effects on sleep and its quality, instilling well-being and good mood. The ritual continues with a decontracting, enveloping back massage combined with head acupressure, followed by a multisensory treatment in which *LED Therapy*, binaural sounds, and inhalation aromatherapy induce deep relaxation of body and mind. A ritual dedicated to those who wish to regain a peaceful, restorative sleep in line with their biological clock, implementing a complete mental and physical detox.

PURA VIDA RITUAL

110 MIN | **310€**

Love, Nicoya's Longevity secret

Ritual designed to deeply detoxify the body, lighten the body and spirit and savor every present moment. It embraces the Costa Rican concept of "*Pura Vida*": a hymn to essential, genuine and generous living towards oneself and others.

A cloud of steam generated by a dance of warm cloths and olfactory symphonies predisposes the body and mind to surrender to a state of relaxation. Cocoa beans promote deep exfoliation, while volcanic mud and stimulation of reflex points at the feet ensure effective purification. During the experience, a facial and an enveloping massage in a harmonious choreography with bamboo canes instill a pure state of well-being and lead one to slow down, fall in love with oneself and open up to life.

AION RITUAL

110 MIN | **310€**

Reconnect, Ikaria's Longevity secret

Draining and oxygenating ritual designed to reconnect with the infinite dimension of limitless time. The power of cold, produced by the expert use of *Cryospheres*, combined with the warmth of warm aromatic butters, leg wraps with red vine extract and rhythmic massage, promote instant activation of microcirculation and drainage of excess fluids, producing an immediate feeling of lightness and new vitality. A lifting facial completes the experience. An oxygenating experience for the tissues and rebalancing for the mind that allows you to rediscover the pleasure of a life of healthy and positive biorhythms for the body.

AÉRAS RITUAL

110 MIN | **310€**

Move naturally, Sardinia's Longevity secret

Moisturizing and revitalizing ritual inspired by the ancient practices of thalassotherapy that transports us to the magical dimension of the Sardinian land; together 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 the aromas of the Mediterranean scrub gives a sense of relief to the legs. A precise blend of juniper, myrtle and Sardinian salt gently smooths the skin, which is nourished with a natural fluid with powerful soothing, moisturizing and illuminating properties. A massage performed with cork balls and a synergy of pressure and stretching help ease accumulated tension to promote a natural recovery of the body.

The ritual ends with a stimulating scalp treatment that drives away thoughts while intoxicating the mind with a blast of Sardinian seawater.

IKI-SABI RITUAL

110 MIN | **310€**

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 on legs 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.



T L S



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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 EXPERIENCE

2H | 380€

Healing the mind ensures new beauty for the body.

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 goal of initiating a lasting wellness process.

Includes:

- Cryosuite Total Body 10 min
- Multisensory LED 30 min
- Re-Balance Massage 50 min
- Face Detox 30 min

ENERGY BOOST EXPERIENCE

1H 30 MIN | 330€

Reactivating the tissues restores new vitality to the body.

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:

- Cryosuite Total Body 10 min
- The Ultimate Biohacking 30 min
- Energize Massage 50 min

All Longevity Experiences include access to the Wet Area for 60 minutes.

SKIN GLOW EXPERIENCE

2H 30 MIN | 380€

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
- Body Detox 60 min
- Face Treatment 60 min

LONGEVITY FITNESS EXPERIENCE

2H | 320€

Program designed to take care of yourself while enhancing fitness.

A *Cryosuite Total Body* session to enhance sports performance and reduce recovery time, combined with a deep and specific massage on muscle tension, will provide a stimulating and energizing experience to reprogram and improve one's overall state of well-being.

Includes:

- Personal training session 60 min
- Cryosuite Total Body 10 min
- Intensive Recovery Massage 50 min

All Longevity Experiences include access to the Wet Area for 60 minutes.



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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 TOTAL BODY

The treatment involves the whole body's exposure to a cold chamber with a temperature ranging from -85°C to -95°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 **70€**

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

PASS UNLIMITED 1 | 3 | 6 | 12 MONTHS | **660€ | 1320€ | 1980€ | 3300€**

LOCAL CRYO

10 MIN | **50€**

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 *Cryosuite Total Body* treatment.

The treatment is useful for:

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

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.

Cryo Fast Recovery

50 MIN | 180€

Local Cryo + Cryosuite + Connective Massage

Intensive Cryo Fast Recovery

80 MIN | 250€

Local Cryo + Cryosuite + Connective Massage + Radiofrequency

THE ULTIMATE BIOHACKING

30 MIN | 170€

Treatment based on Dry Float Therapy, a technological innovation that harnesses the benefits of floating in sensory deprivation to produce positive effects on sleep, concentration and mental and physical recovery. *Near Infra-Red (NIR) Total Body* technology stimulates the body's natural processes using red light and non-ionizing electromagnetic radiation, improving circulation and relieving muscle and joint pain. The benefits of *Dry Floating* and NIR combine with Hydrogen-Oxygen Therapy to reduce oxidative stress and inflammation. The treatment allows the body and mind to regain energy, strengthen the immune system, stimulate new collagen growth and improve skin elasticity, hence supporting cellular longevity.

IV THERAPY

ROOM SERVICE | 350€ - IV THERAPY + NAD | 400€

State-of-the-art personalized therapy for the well-being and health of the body that consists of intravenous infusions of nutraceuticals (vitamins, minerals and other biological compounds) that are physiologically part of our body's major vital cellular processes.

Through this infusion therapy, vitamins and nutrients lost due to stress, lifestyle, and improper diet can be quickly and effectively replenished. Primarily required to strengthen the immune system, to reduce signs of aging or to eliminate toxins from the blood. Especially indicated in cases of chronic fatigue, drops in energy, sleep disorders, and jet lag syndrome.

Available options:

Energy, Strong immuno, Mind, Detox, Fat Burn, Muscle, Skin Hair, Nad.

LED THERAPY

An innovative technology to perform high-performance photobiomodulation treatments on 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, WiFi acoustics for listening to binaural musical frequencies that promote neuronal interconnections, and inhalation aromatherapy with organic essential oil blends.

Multisensory LED

30 MIN | 150€

Multisensory relaxing and de-stressing treatment. The benefits of LED Therapy and inhalation aromatherapy are amplified by involving the sense of “touch” through specific manual techniques that help restore balance, in synergy with TMR (therapeutic magnetic resonance imaging) for strengthening circulation in blood vessels.

Hydra Collagen Boost

60 MIN | 180€

Indicated to promote metabolic activation of fibroblasts compromised by chrono-aging. By stimulating collagen and elastin neof ormation through red light, it promotes tissue redensification and improves skin tone.

Acne Repair

60 MIN | 180€

Specific for acne-prone or problematic skin. Helps control bacterial overgrowth and excess sebum.

Skin Recovery

60 MIN | 180€

Dedicated to skin that is sensitive or sensitized by external factors. Relieves redness and restores skin's softness and elasticity.

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

60 MIN | 180€

A detoxifying 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 technology contributes to reactivating the skin's energy, improving its health and elasticity.

RITUAL PHYTO DETOX

90 MIN | 230€

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.

CRYOFACIAL HYDRASHINE

60 MIN | 180€

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.

LUXURY CRYOLIFT

60 MIN | 180€

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

60 MIN | 180€

Volumizing and redensifying anti-aging facial treatment. It involves the delivery of an innovative serum with micro-hyaluronic acid of biotechnological origin and the use of radiofrequency at the same time as a connective tissue massage. It helps improve hydration to make the facial oval more relaxed and defined.

FACESHAPE 3D

60 MIN | 180€

Innovative facial protocol to reshape the facial oval, drain toxins and produce significant cell renewal. Multifunctional Ultrashape technology combines 3 technologies in 1 by amplifying the effect of the 3 patented ultra-antioxidant actives of AOX3 CUBE Ultra Active Serum. Specific to firm tissues, drain toxins and produce cell renewal.

DR. BARBARA STURM

BRIGHTENING FACIAL (Dr. Barbara Sturm)

60 MIN | 250€

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.

MEN'S FACIAL (Dr. Barbara Sturm)

60 MIN | 250€

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.

SUPER ANTI-AGING FACIAL (Dr. Barbara Sturm)

90 MIN | 340€

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.



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BODY TREATMENTS

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

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ULTRASHAPE

60/90 MIN | **180€/240€**

Specific treatment for body reshaping using infrared light that heats adipocytes in depth, radiofrequency that stimulates a toning action, and vacuum which improves lymphatic drainage on specific areas such as the abdomen, buttocks, legs and arms.

ULTRATONE & MUSCLE

30/60 MIN | **180€/240€**

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

CRYODRAINING

60 MIN | **180€**

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.

COOL DREN & TONING

60 MIN | **180€**

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.

ADVANCED TONE & CELLULITE

60 MIN | **180€**

Useful treatment in managing and improving cellulite thanks to Radiofrequency: cutting-edge technology which uses low-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.

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

60 MIN | 160€

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

90 MIN | 210€

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

50/80 MIN | 150€/210€

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.

INTENSIVE RECOVERY

50/80 MIN | 170€/230€

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

ENERGIZE

50/80 MIN | 150€/210€

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.

DREN

50/80 MIN | **150€/210€**

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

REMODELING

50/80 MIN | **150€/210€**

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.

In the long version, 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.

DEEP BLUE

50/80 MIN | **150€/210€**

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.

OSTEOPATHIC REHAB

50/80 MIN | **160€/210€**

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.

ADD ON TREATMENTS

Customizable treatments bookable in addition to another treatment.

Add On Massage

30 MIN | 70€

Customizable body massage bookable in addition to another treatment.

Add On Body Scrub

30 MIN | 80€

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.

Add On Facial

30 MIN | 90€

Customizable facial treatment bookable in addition to another treatment.

Hydrogen-Oxygen Therapy

30 MIN | 80€

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.

Eternal Youth TMR®

50€

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, enhancing microcirculation functionality, promoting cellular regeneration processes and helping to improve sports performance.

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.

COMPLETE LONGEVITY CHECK-UP

60 MIN | 100€

Set of diagnostic tests performed by Longevity & Nutrition Experts, Personal Trainers and Osteopaths to be done in one go during a single day.

Includes:

Diagnostic tests carried out by Longevity & Nutrition Experts:

- BODY COMPOSITION - Assessment of body composition with analysis of different masses, hydration, visceral and subcutaneous fat using bioimpedance analysis (BIA) platform.
- MORPHOTYPE & BODY - Assessment of the morphology and physiology of the individual.
- DETOX CHECK - Assessment of the general level of inflammation.
- NUTRI CHECK - Evaluation of the individual's nutritional status.

Diagnostic tests carried out by Personal Trainers or Osteopaths:

- PHYSICAL TRAINING ASSESSMENT - Assessment of activity level and physical capacity.
- POSTURAL ASSESSMENT - Assessment of body posture and individual balance.

OXIDATIVE STRESS ANALYSIS

100€

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

DNA COMPLETE

480€

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.

DNA DIET

300€

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

DNA SKIN AGING

200€

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

DNA SPORT

240€

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.

The following diagnostic tests are available by appointment at The Longevity Suite Milano Scala Medical Center:

BIOLOGICAL EPIGENETIC AGE

350 €

Assessment of epigenetic (biological) age in comparison to registry age. Reveals how lifestyle affects aging by providing valuable information to adopt strategies aimed at reversing one's biological clock.

LONGEVITY MOLECULAR PROFILE

400 €

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.

MICROBIOTA ANALYSIS

300 €

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.

SLEEP QUALITY ASSESSMENT

150 €

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.



LONGEVITY MASK

Rejuvenating Power Treatment

T L S

Rejuvenating Power Treatment

LONGEVITY MASK

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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

3/6 DAYS | 1000€/1800€

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 & Nutrition Expert
- Cryosuite Total Body 3/6 sessions
- Body Shaping Treatments 3/6 sessions
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

SLEEP BETTER PROGRAM

3/6 DAYS | 1250€/2300€

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 & Nutrition Expert
- Cryosuite Total Body 3/6 sessions
- The Ultimate Biohacking 3/6 treatments
- Deep Blue Massage 1/2 treatments
- Re-balance Massage 1/2 treatments
- Intensive Recovery Massage 1/2 treatments
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

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

INTENSIVE MIND & BODY DETOX PROGRAM

3/6 DAYS | 1250€/2300€

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 & Nutrition Expert
- Cryosuite Total Body 3/6 sessions
- Ritual Phyto Detox 1/2 treatments
- Multisensory LED 2/4 treatments
- Deep Rejuvenating Detox 1/2 treatments
- The Ultimate Biohacking 1/2 treatments
- IV Infusion Detox 1/2 treatments
- Mindfulness 1/2 sessions

ADVANCED REJUVENATION PROGRAM

3/6 DAYS | 850€/1500€

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
- Cryosuite Total Body 3/6 sessions
- Face treatments 3/6 treatments
- IV Glutathione Infusion 1/2 treatments
- Intensive Beauty Kit

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

STRONG IMMUNO PROGRAM

3/6 DAYS | 1450€/2700€

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 & Nutrition Expert
- Cryosuite Total Body 3/6 sessions
- The Ultimate Biohacking 3/6 treatments
- IV Infusion Immuno 1/2 treatments
- TMR + Re-balance Massage 3/6 treatments
- Mindfulness 1/2 sessions
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

ENERGIZE PROGRAM

3/6 DAYS | 1150€/2200€

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 & Nutrition Expert
- Cryosuite Total Body 3/6 sessions
- IV Infusion Energy Booster 1/2 treatments
- Cool Dren & Toning 2/4 treatments
- Energize Massage 3/6 treatments
- Longevity Fitness Program (meeting with personal training) 3/6 sessions

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 customize your session according to your goals.

PERSONAL TRAINING

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

60 MIN (SINGLE/COUPLE) | **120€/150€**

BUNDLE PACK 5 | 10 | 20 SESSIONS | 550€ | 1000€ | 1600€

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 (SINGLE/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 (SINGLE/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 (SINGLE/COUPLE) | **90€/120€**

SPA ETIQUETTE

*To ensure a relaxing and enjoyable experience for all guests
please observe the following guidelines.*

OPENING HOURS

Wet Area and swimming pool: 7.30 a.m. - 8.30 p.m.

Family Time: 12.00 a.m. - 3.00 p.m.

Gym (for SPA Guests): 7.30 a.m. - 8.30 p.m.

Gym (for Hotel Guests): 24/7

BOOKING

For inquiries or reservations, please contact the SPA front desk:

email: milanoportrait@thelongevitysuite.com

phone: +39 348 866 0196

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

PAYMENTS

For hotel guests, services will be charged to the room and can be settled at the time of checkout 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.

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 age, a parent or guardian's signature is required for treatments.

SPA THERAPISTS

Highly qualified and specialized male and female SPA therapists are part of *The Longevity Suite SPA* team. You are asked to indicate any preferences in advance; the staff will endeavor to accommodate 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 losses.

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

The gym is equipped with state-of-the-art *Technogym* equipment and offers the opportunity to workout by prior arrangement with highly skilled and professional personal trainers who can build tailor-made pathways. Please wear clean shoes and appropriate sportswear and sanitize equipment after use. Children under the age of 16 must be accompanied by an adult when using the gym equipment.

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 in-room treatments can be booked for an additional fee of € 100. Manicure, pedicure, haircare, make-up and waxing services are also available.

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 upon booking. All discounts or privileges related to memberships cannot be shared with third parties or used in conjunction with other promotions or discount offers.

NON-RESIDENT GUESTS

Non-resident guests are allowed access to the Wet Area by booking experiences lasting 80 minutes or more. Access to the gym is restricted to Hotel guests, SPA Membership holders or outside guests who have booked personal training sessions.

PORTRAIT

MILANO

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FOR THE ITALIAN VERSION

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T L S

THE LONGEVITY SPA presso HOTEL PORTRAIT MILANO

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