

SAMPLE ITINERARY

LONGEVITY FOR LIFE

7 NIGHTS

Day 1 | Arrival & Assessment

- 14:00 – 15:00 Medical Consultation
- 15:15 – 16:15 Nutritionist Consultation
- 16:30 – 16:45 Continuous Glucose Monitor (CGM) fitting
Sensor worn throughout your stay

Day 2 | Baseline Diagnostics

- 07:30 – 07:45 Blood Test — Sample Collection
Longevity PLUS — fasting required; please avoid food from midnight
- 09:30 – 10:00 Moti Dynamic Postural Analysis
- 10:15 – 10:45 3D Full Body Scanner
- 11:00 – 11:15 Cell Wellbeing Nutritional Assessment
- 11:30 – 12:30 Fitness Assessment with VO₂ Max
- 14:00 – 14:15 Sleep Test: Belun Ring fitting
Worn overnight — please keep on until morning
- 14:30 – 15:00 Psycho-Emotional Assessment with Bio-Well Energy Measurement
- 15:15 – 15:45 Body Composition Analysis (InBody) & Hand Grip Strength

Day 3 | Recovery & Repair

- 10:00 – 11:00 Amino Recovery Boost IV Infusion
- 14:30 – 15:30 Biohacking Consultation (peptides, supplements & wearables)
- 17:00 – 18:10 Hyperbaric Oxygen Therapy — session 1
- 18:25 – 18:40 Biomodulator Red Light Therapy (whole body)

Day 4 | Deep Release

- 08:30 – 09:00 Blood Test Results Interpretation with Doctor
Longevity PLUS — approximately 36–48 hours after blood draw
- 10:00 – 11:00 Mitochondria Boost IV Infusion
- 14:30 – 15:30 Holistic Treatment
- 17:00 – 17:15 Cryotherapy — session 1
- 17:30 – 18:15 Group class: Mat Pilates

Day 5 | Radiance & Renewal

- 10:00 – 11:00 Neuro Focus Support IV Infusion
- 11:15 – 12:30 Hydrafacial Platinum Facial
Apply sunscreen after treatment
- 17:00 – 17:15 Cryotherapy — session 2

Day 6 | Movement & Strength

- 10:00 – 11:00 Personal Training
- 14:30 – 15:30 Super Stretching
- 17:00 – 18:10 Hyperbaric Oxygen Therapy — session 2

Day 7 | Strength & Recovery

- 10:00 – 11:00 Colonic Hydrotherapy
- 11:15 – 11:45 Re-Functional Training
- 14:30 – 15:30 Pain Management
- 17:00 – 18:00 Pilates Plus

Day 8 | Review & Departure

- 09:30 – 09:50 Departure Consultation
Results discussion & personalised longevity roadmap