



T L S

THE LONGEVITY
SUITE

M I L A N O



HOW MUCH SAND WOULD YOU LIKE

TO ADD TO YOUR HOURGLASS?





T L S

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The Longevity Suite® is an innovative anti-aging method, which integrates years of scientific research, the most modern technologies in the world of wellness and advanced cosmeceutical products, to generate simple programs that can improve external beauty, physical fitness and mental well-being. The reduction of inflammation and therefore of the aging processes through Cold and Detox is the heart of The Longevity Suite® Anti-Aging Programs.

CRYO, DETOX & REJUVENATE



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**WHOLE BODY
CRYOTHERAPY**



WHOLE BODY CRYOTHERAPY

Whole body cryotherapy treatment involves keeping the whole body in a cold room with temperatures ranging from -90 ° C to -100 ° 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 indicated for:

- ❖ Reducing muscle and joint pain and inflammation
- ❖ Increasing sports performance and reducing recovery times
- ❖ Facilitating weight loss and improving body composition
- ❖ Burning up to 600Kcal per single session and accelerating the basal metabolic rate
- ❖ Rejuvenating skin appearance driven by a greater collagen production
- ❖ Improving circulation and drainage of the lower limbs
- ❖ Detoxifying and reducing oxidative stress



SINGLE SESSION

single session	€	60
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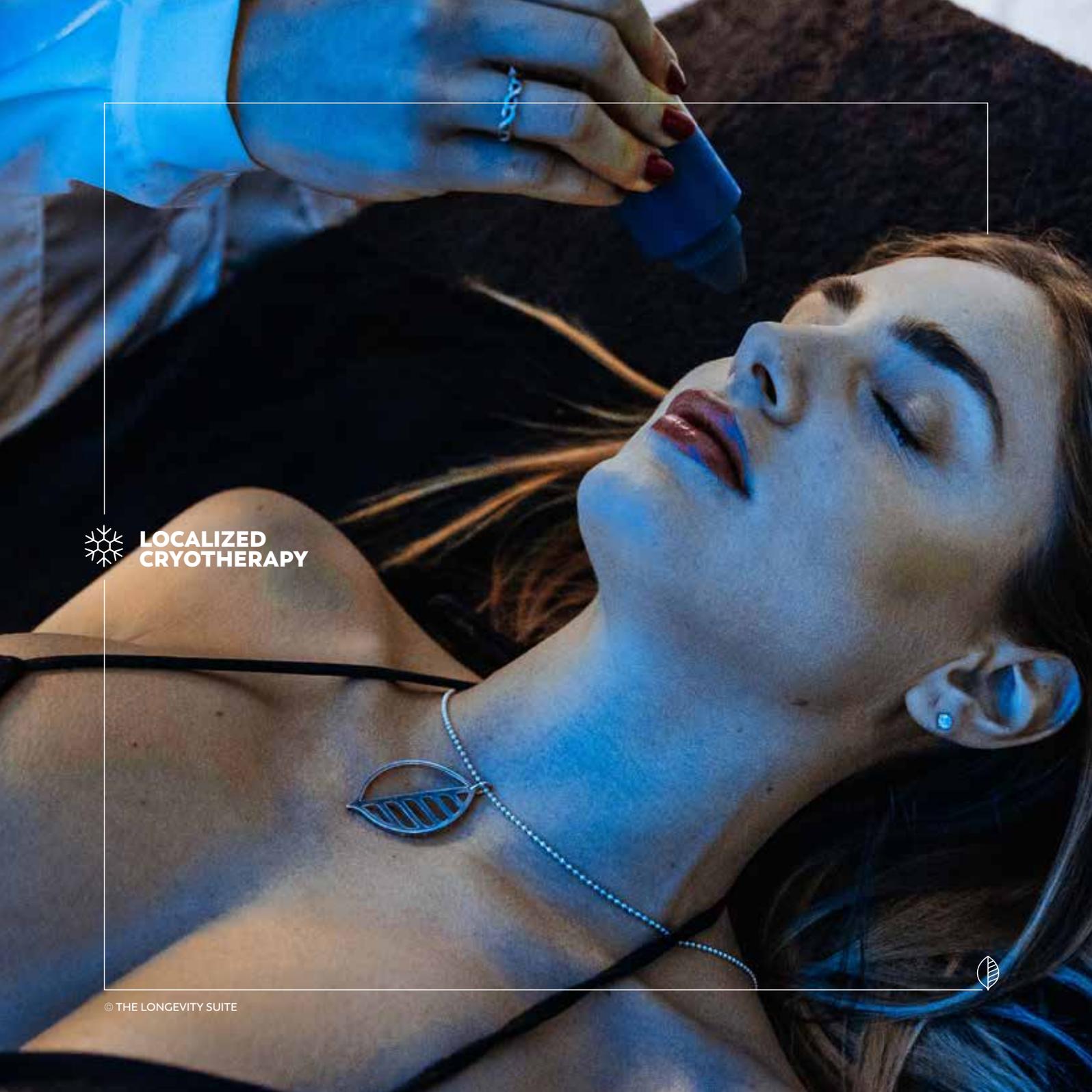
BUNDLE SESSIONS

5 sessions	€	275
10 sessions	€	500



UNLIMITED PASS

Unlimited Bronze	1 month	€	800
Unlimited Silver	3 months	€	1,600
Unlimited Platinum	12 months	€	3,000



**LOCALIZED
CRYOTHERAPY**



LOCALIZED CRYOTHERAPY

⌚ 10 MIN

Localized cryotherapy is a simple and painless 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: physical recovery, reduction of swelling, reduction of inflammatory processes, reduction of haematomas, rapid return to normal activities and reduction of post-trauma recovery time. It is ideal to combine localized cryotherapy with systemic total-body cryotherapy.

The treatment is indicated for:

- ❶ Reducing localized muscle and joint pain and inflammation
- ❷ Improving both microcirculation and oxygenation of a specific area
- ❸ Visibly reducing localized swellings



BUNDLE SESSIONS

single session	€	35
5 sessions	€	150
10 sessions	€	250
20 sessions	€	400

CRYO FAST RECOVERY

⌚ 45 MIN

The anti-inflammatory and analgesic effect of radiofrequencythe localized and systemic cryotherapy treatments are enhanced by a subsequent specific connective tissue massage. By exploiting the high amount of nerve endings present in the superficial fascia, it stimulates the mechanical and functional restoration of the musculoskeletal system ensuring a faster physical recovery.

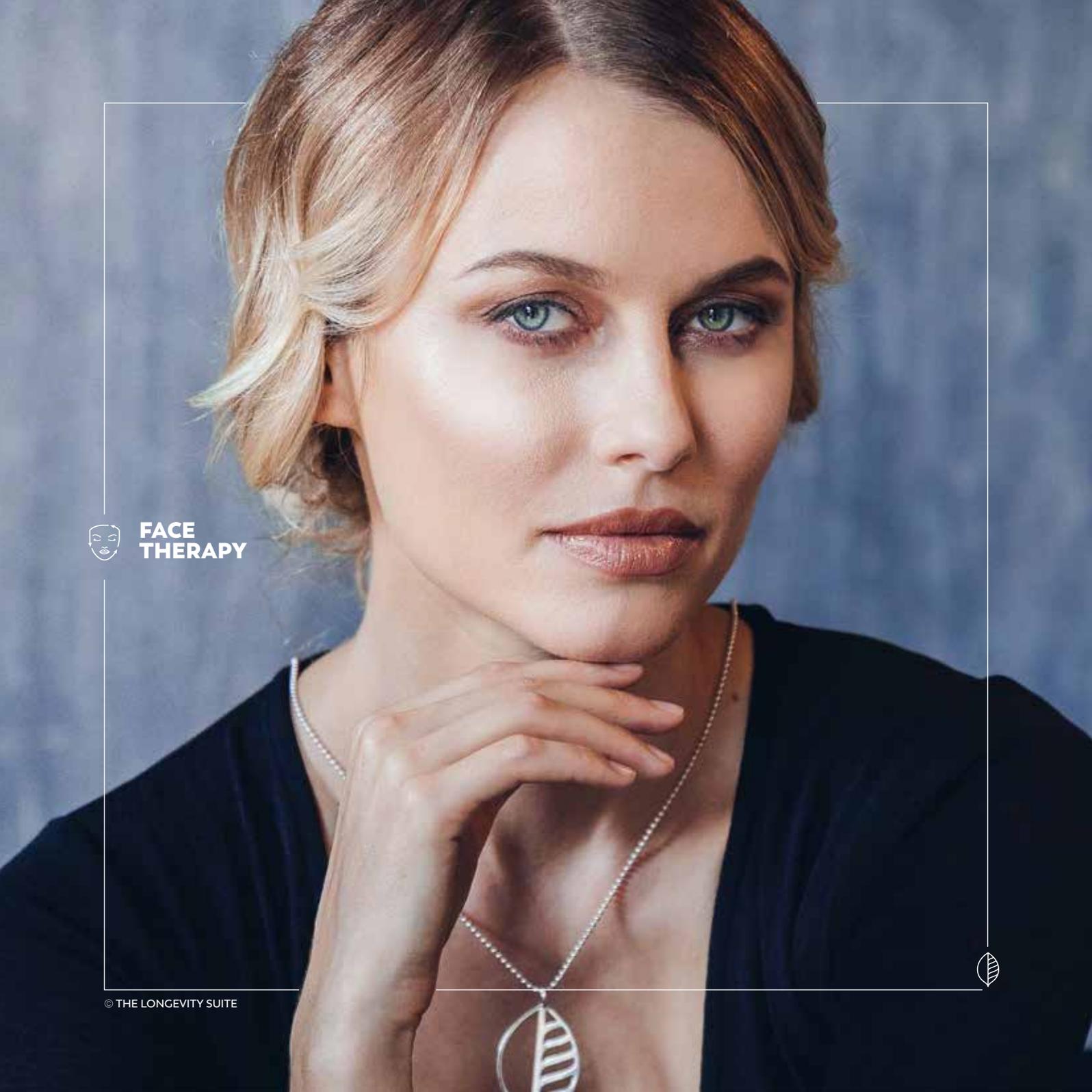


FAST RECOVERY

Connective Tissue Massage + Radiofrequency

single treatment	€	140
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* Fast Recovery is carried out at your facility.



**FACE
THERAPY**



EXPRESS CRYOFACIAL

Objective: to nourish, moisturize and give the face skin brightness and new vitality.

How: localized cryotherapy + connective tissue massage.

Treatment: antioxidant and moisturizing serums + redensifying mask.

When: in case of dull and dehydrated skin and in alternation with anti-aging treatments for a more complete stimulation of the connective tissue.

Frequency: 2 times a week for 5 weeks.

URBAN FACE DETOX

Objective: to deeply purify and counteract the attack of free radicals.

How: lymphatic drainage massage.

Treatment: mix of antioxidant serums and oxygenating, soothing and purifying masks.

When: in case of impure skin and dull complexion.

Frequency: periodically to reinforce the defenses against the harmful effects of pollution and stress.

REJUVENATING POWER

Objective: visibly reduce the signs of chronoaging..

How: radiofrequency.

Treatment: ultra booster anti-aging vial with epigenetic formula.

When: to reshape and give volume, redefining the oval of the face.

Frequency: 2 times a week.

FACE LIFT

Objective: to deeply stimulate all facial muscles by toning the tissues and reducing wrinkles by reproducing the effect of a natural face lift.

How: Longevity Sculpting Lift manual massage.

Treatment: serums stimulating the production of collagen and elastin + regenerating mask activated by a Chrono Lift Antiage solution.

When: before an event and especially as a training routine to keep the face young.

Frequency: no more than 2 times a week.

EXPRESS SILK

Objective: to smooth, strengthen and stimulate tissue regeneration.

How: with the ancient Japanese beauty ritual "Kobido".

Treatment: serums + Luxury Silk Mask capable of releasing a peptide cascade on the skin to strengthen it and reduce the signs of expression lines.

When: to stimulate skin renewal.

Frequency: once a week for 6 weeks.



EXPRESS FACE TREATMENTS

single treatment	€	65
5 treatments	€	290
10 treatments	€	550



Feel comfortable in your inner space.

HOLISTIC BODY TREATMENTS

FULL BODY RELAX

Designed to achieve a state of deep relaxation and harmony.

DEEP TISSUE

Dedicated to those who want a deep and specific work on muscle tension.

ENERGIZE

Recharge your tissues and skin with energy, leaving it supple and toned. It is a pleasantly energetic treatment, which helps to reactivate the muscle tissue and restore the natural tone.

BACK AND NECK

The relaxation of the dorsal area generates a chain of well-being, through the spinal nerves, which involves the entire system.

SPORT MASSAGE

A massage with the aim of loosening muscle contractures and reaching the deeper layers of the connective tissue.

DREN

Treatment that activates blood circulation and drains fluids through firm pressure and exclusive maneuvers for a less swollen and defined body.

REMODELING

Thanks to the application of vigorous, rapid and decisive movements all over the body, it allows you to shape the silhouette and give a more defined contour to the body.

LIGHT LEGS

Dynamic and reactivating, it reduces swelling and frees the legs from tiredness, heaviness and muscular tension. Gives elasticity, improves blood and lymphatic circulation.

REFLEXOLOGY

Through the analysis of the alterations of the sole of the foot, the reflexologist proposes personalized operative paths and indicates behaviours useful for restoring health.



HOLISTIC BODY TREATMENTS

50 minutes	€	110
80 minutes	€	150

* The treatments are carried out at your facility.





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