



HOUSE *of* GAIA
BATANGAS



DISCOVER GAIA

Php 120,000 + accommodations

The Discover Gaia package offers an immersive introduction to the world of Longevity Medicine, designed for non-members who wish to explore evidence-based approaches to living healthier, longer lives. In just three days and two nights, you'll experience a comprehensive and transformative journey that could potentially add 10 or more vibrant years to your life.

This exclusive program combines cutting-edge medical assessments, personalized treatments, and holistic wellness practices to give you a clear roadmap for achieving optimal health and longevity.

WHAT'S INCLUDED

1. Gourmet Longevity Dining

Full board: Enjoy gourmet meals (breakfast, lunch, and dinner) at Cibus, the first longevity-focused dining cuisine in the Philippines, specially curated to optimize nutrition and enhance vitality.

Benefit: Discover the role of nutrition in anti-aging and cellular health while indulging in delicious, nutrient-dense meals.

2. Comprehensive Longevity Health Assessment

A deep dive into your current health status and biological age, featuring state-of-the-art diagnostics:

- Complete Blood Work & Blood Age Analysis using SenoClock (UK).
- DNA Methylation Test from TruHealth Singapore, the gold standard for biological and organ age testing, and preliminary cancer screening.
- GlycanAge Test from Croatia for immune system-based biological age analysis.
- 360° Body Composition Analysis for detailed insights into your body's fat, muscle, and water distribution.
- Functional Analysis (VO2 Max, gait speed, strength testing).
- Sleep Analysis for evaluating sleep quality and patterns.

Benefit: Gain a personalized understanding of your health and learn actionable steps to reverse biological aging and improve overall wellness.

3. Educational Lectures

- Longevity Medicine 101 (Day 1): Learn the science of extending healthspan and lifespan.
- Functional Movement for Longevity (Day 2): Understand how movement influences aging and vitality.
- Longevity Nutrition 101 (Day 3): Explore how to optimize diet for long-term health.

Benefit: Equip yourself with the knowledge to make lifestyle changes that support longevity and vitality.

4. Transformative Treatments

1. Hyperoxic/Hypoxic Chamber Treatment: Stimulates cellular repair and regeneration through oxygen level modulation.
2. Photobiomodulation Cocoon Session: Uses light therapy to improve cellular energy and reduce inflammation.
3. Fascia Manipulation Session (Optional): Relieve pain and improve mobility through targeted fascia release techniques.
4. NAD Therapy: Boost energy, cognitive function, and cellular repair with this advanced therapy.
5. Empress Facial: A rejuvenating facial designed to enhance skin health and appearance.
6. Personal Training Session: Personalized guidance on movement and strength for longevity.

Benefit: Experience innovative treatments that work at the cellular level to rejuvenate your body and mind.

5. Relaxation and Rejuvenation

- Hammam Bath: A traditional cleansing ritual to detoxify the body and improve circulation.
- Therapeutic Massage: A customized massage to alleviate tension and promote relaxation.
- Sound Therapy Session: Harness the power of sound vibrations to enhance mental clarity and emotional balance.

Benefit: Relax and recharge, balancing your body and mind for improved well-being.

6. WHO IS THIS FOR?

The Discover Gaia program is perfect for anyone seeking to:

- Understand their health at a deeper level using cutting-edge diagnostics.
- Take the first step toward reversing biological aging.
- Explore holistic approaches to optimizing their lifestyle for a longer, healthier life.
- Enjoy a luxurious and transformative wellness experience.