



HOUSE *of* GAIA
BATANGAS



INTRODUCTION TO LONGEVITY MEDICINE (14 NIGHTS)

700,000 per person + accommodation

A Longevity Program is designed to enhance the quality and length of life by focusing on novel and evidence-based approaches to maximizing lifespan and health span. The program typically includes the following components:

1. Health Assessments

Comprehensive evaluations to understand an individual's current health status, including:

- Medical History: Review of past and current health conditions.
- Biomarker Analysis: Blood tests and other diagnostics to identify biomarkers associated with aging and disease.

2. Personalized Health Plans

Tailored plans based on the individual's health assessments, focusing on:

- Nutrition: Customized dietary plans that promote cellular health and longevity.
- Exercise: Personalized fitness programs that enhance physical health and mobility.
- Supplements: Recommendations for vitamins, minerals, and other supplements that support longevity.
- Longitudinal Data Tracking and Analysis

3. Lifestyle Modifications

Guidance on lifestyle changes that can impact longevity, including:

- Stress Management: Techniques like meditation, yoga, and mindfulness to reduce stress.
- Sleep Hygiene: Strategies to improve sleep quality and duration.
- Social Engagement: Encouraging social connections and community involvement for mental health benefits.

4. Medical Interventions***

Advanced medical treatments and technologies aimed at extending lifespan, such as:

- Hormone Replacement Therapy: Balancing hormones to maintain vitality. (AS NEEDED)
- Regenerative Medicine: Treatments like stem cell therapy to repair and regenerate tissues.
- Anti-Aging Therapies: Innovative therapies targeting the biological mechanisms of aging. (SENOLYTICS/SENOMORPHICS, RAPALOUGS, ETC.)

5. Continuous Monitoring and Support

Ongoing support and monitoring to ensure adherence to the program and to make adjustments as needed:

- Regular Check-Ups: Frequent health assessments to track progress.
- Digital Health Tools: Wearables and apps to monitor health metrics in real-time.
- Health Coaching: Access to health coaches for motivation and guidance.



6. Educational Resources

Providing participants with knowledge and tools to make informed health decisions:

- Workshops and Seminars: Educational sessions on various aspects of health and longevity.
- Online Resources: Access to a library of articles, videos, and webinars on longevity topics.
- Community Forums: Platforms for participants to share experiences and support each other.

7. Research and Innovation

Incorporating the latest research and advancements in longevity science:

- Partnerships with Research Institutions: Collaborations with universities and research centers.
- Clinical Trials: Opportunities for participants to join clinical trials for new longevity treatments.
- Regular Updates: Keeping participants informed about new findings and innovations in the field of longevity.

Overall, a Longevity Program aims to extend the healthy, active years of an individual's life through a comprehensive and personalized approach to health and wellness.

Our program includes

- Comprehensive blood test
- Blood based biological aging clock
- Glycanage
- Liquid biopsy (cancer screening) *optional
- Physiologic headroom assessment
- Mindfulness evaluation
- Sleep analysis evaluation
- Nutrition and dietetics consultation
- Lifestyle consultation
- Installation of data tracking wearables
- Accommodation as per selection
- Round trip airport transfer (for overseas guest)
- Three longevity meals per day
- Complimentary healthy drinks, herbal tea and seasonal fruits in villa
- Complimentary daily fitness
- Complimentary use of hot / cold plunge facilities
- Complimentary use of function fitness gym

Treatments

- 14 Sessions photobiomodulation therapy
- 14 Sessions hyperoxic chamber
- 2 NAD IV infusion therapy
- 1 Month supplements
- 2 Gaia therapeutic massage
- 1 Acupressure massage
- 1 Bamboo massage
- 2 Foot therapy
- 2 Sound therapy
- 2 Turkish hammam bath
- 4 Mindfulness meditation session
- 2 Private yoga
- 1 Acupuncture
- 1 Empress facial / gentlemen's facial
- 1 Charcoal bath
- 1 Detoxifying clay body mask
- 1 Soothing chamomile and almond wrap