



HOUSE *of* GAIA  
BATANGAS



# VITALITY RESET

2 DAYS (1 NIGHT) - 42,000 per person + accommodation

## Day 1:

### Check -In

- Guests are welcomed and provided with all necessary information about their stay. A brief introduction to the day's schedule and the resort's facility given.

### Introduction to Longevity Medicine

- A 15–30 minute discussion on the fundamentals of longevity medicine, including strategies to enhance lifespan and healthspan through evidence-based practices. Topics may include nutrition, exercise, stress management, and advanced therapies available at the resort.
- Benefits: Guests gain a deeper understanding of proactive health management and the latest advancements in longevity-focused care.

### Optional Resort Tour

- A guided walk through the resort, showcasing key facilities such as the spa, wellness center, fitness areas, and relaxation spaces.

### Functional Assessment

- A comprehensive evaluation of mobility, strength, balance, and flexibility using state-of-the-art tools and personalized guidance from wellness experts.
- Benefits: Identifies areas for improvement, provides a baseline for fitness levels, and customizes recommendations for exercises or therapies to enhance physical function.

### Hyperoxic / Hypoxia Chamber and photobiomodulation Therapy

#### Hyperoxic/Hypoxia Chamber:

- Alternates between oxygen-rich and low-oxygen environments to stimulate cellular repair and enhance physical performance.
- Benefits: Improves oxygen utilization, boosts energy, enhances recovery, and supports overall metabolic health.

#### Photobiomodulation Therapy (PBMT):

- A non-invasive therapy using specific wavelengths of light to penetrate the skin and stimulate cellular processes.
- Benefits: Reduces inflammation, relieves pain, promotes tissue repair, and enhances skin health.

### Dinner

- A wholesome, nutrient-rich meal crafted with longevity in mind, featuring ingredients known to support overall health.
- Benefits: Fuels the body with balanced nutrients to support recovery and optimize wellness.

### Sound Therapy

- A relaxing session using sound frequencies, gongs, or singing bowls to promote deep relaxation and mental clarity.
- Benefits: Reduces stress, improves sleep quality, and promotes emotional balance by harmonizing mind and body.



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### Day 2:

#### **3D Fitness Body Scan and Analysis**

- A state-of-the-art body scan conducted on an empty stomach to assess body composition, posture, and other fitness metrics.
- Benefits: Provides a precise analysis of fat, muscle, and bone distribution, helping to guide personalized fitness and health recommendations.

#### **Breakfast**

- A nutritious breakfast tailored to support energy and metabolism for the rest of the day's activities.
- Benefits: Provides essential nutrients to energize the body while maintaining digestive health.

#### **Turkish Hammam Bath with Body Massage**

- A traditional Turkish bath experience followed by a rejuvenating full-body massage. The bath includes a cleansing steam session, exfoliation, and soap massage.
- Benefits: Enhances circulation, removes toxins, deeply relaxes muscles, and leaves the skin glowing and refreshed.

#### **Check - Out**

- Guests conclude their stay, feeling rejuvenated and equipped with insights and strategies to maintain their health and wellness journey.