

LONGEVITY CLUB



ACAYA

GOLF RESORT & SPA





Longevity Club welcomes you to an elegant environment where you can optimize your state of mental and physical well-being, release all tensions, and focus only on yourself.

Thanks to our scientific approach and selected technologies from our partner Rinnova, within the Longevity Club you can embark on proactive wellness pathways enhanced by integrated protocols tailored to your needs and goals.

“To walk the path of our Existence to our full potential, we must add Quality to the years of our life, and not merely add years to life. Those who will move away from the old concept of Lifespan to embrace the new one of Healthspan will have the motivation to commit to changing bad habits and observe rules of proper life hygiene.”

Dr. Vincenzo Primitivo

Scientific Director of Longevity Club

“Your Life, Better”

ACAYA
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Longevity Club Goals

Through our Longevity Club Method you will be able to achieve five goals, thanks to a dynamic approach based on a new wellness culture, accurate and constantly updated scientific research and strategies, that aim to prevent the onset of acute and chronic problems by stimulating health processes.

Longevity

Immune & Detox

Mind

Performance

Beauty

Protocols of varying lengths are provided for each goal, tailored to specific individual needs.



SHOT

SHOT protocols include experiences lasting between 20 and 50 minutes, ideal to take place on a weekly basis or in breaks during the day's activities.



BOOST

BOOST protocols include experiences lasting between 60 and 120 minutes, ideal for taking time for your own wellness and diseases' prevention.



WEEK

WEEK protocols consists of experiences spread over 4 or 7 days, ideal for providing intense regeneration and reactivating health potential.



MEMBERSHIP

MEMBERSHIP is the ideal formula for those who can visit the Longevity Club throughout the year. Our Longevity Experts will help you plan experiences and goals based on your needs.



Longevity

Longevity Goal

Give a new meaning to your Time

The Longevity goal will enable you to add quality to your life by optimizing health and well-being through experiences aimed at slowing osteo-articular aging and preventing neurodegenerative processes.

The Longevity goal is recommended for those seeking support in building a healthy future to add quality to a lengthening life.

Benefits:

- + **Slowing down the processes of aging and neurodegeneration.**
- + **Regulating asthenia and generalized weakness.**
- + **Increased cerebral and peripheral oxygen supply.**
- + **Regularization of joint aging processes.**
- + **Improvement of sleep rhythms.**



Longevity SHOT Protocol

The Longevity Shot protocol activates and accelerates the body's self-healing forces. It is the suitable protocol to rebalance biological age with chronological age and to reduce inflammatory load, with a comprehensive approach on the body.

Experiences included:

- + Intermittent Altitude Training
- + Bioregulation experience
- + Chromatic PBM

LONGEVITY SHOT PROTOCOL PRICE (50 min)

180 €

Longevity BOOST Protocol

The Longevity Boost protocol reduces inflammation and slows down the aging process. It is the suitable protocol for those who want to make their intellectual abilities sharper, their muscles more elastic and resilient, and their joints more flexible.

Experiences included:

- + Intermittent Altitude Training
- + Cryosauna Total Body
- + Dry Floating
- + Chromatic PBM

LONGEVITY BOOST PROTOCOL PRICE (90 min)

245 €

Longevity WEEK Protocol

The Longevity Week protocol is ideal for those who suffer from problems caused by the natural aging process and wish to incorporate knowledge, techniques and eating habits to slow it down. Throughout the Longevity Week protocol, the Longevity Coach will be supporting by video conference to interpret test data and evaluate improvements.

Experiences included:

- + Intermittent Altitude Training
- + Cryosauna Total Body
- + Dry Floating
- + Chromatic PBM
- + Finnish Sauna
- + Longevity Energy Massage

LONGEVITY WEEK 4-DAY PROTOCOL PRICE

850 €

Total value of experiences 1.110€

LONGEVITY WEEK 7-DAY PROTOCOL PRICE

1650 €

Total value of experiences 2.365€

Wellness test and interviews with Longevity Coach included

You can extend the protocol for €236 for each additional day

N.B. the WEEK protocol above is not inclusive of the stay.



Immune & Detox

Immune & Detox Goal

Reactivate the regenerative capabilities of your body

The Immune & Detox goal detoxifies organic tissues from the accumulation of metabolic waste and external pollutants that prevent cell regeneration and thus the proper functioning of the body.

The Immune & Detox goal is ideal for those who need to take a break to restore the body, strengthen their immune system and reduce the chronic inflammatory load.

Benefits:

- + Detoxification and strengthening of the immune and metabolic system.
- + Reduction of inflammatory load.
- + Adjustment of allergic loads.
- + Drainage from toxic overloads.



Immune & Detox SHOT Protocol

The Immune & Detox Shot protocol aims to eliminate toxins, restore vitality to the body and strengthen the immune system.

Experiences included:

- + Cryosauna Total Body
- + PBM Total Body

IMMUNE & DETOX SHOT PROTOCOL PRICE (40 min)

120€

Immune & Detox BOOST Protocol

The Immune & Detox Boost protocol eliminates waste and toxins from the body, which will then regain its optimal state of well-being. It is ideal for getting rid of toxic factors and stimulating the excretory organs such as the kidneys, liver, intestines, lungs and skin.

Experiences included:

- + Cryosauna Total Body
- + PBM Total Body
- + Molecular Hydrogen
- + Chromatic PBM
- + Bioregulation experience

IMMUNE & DETOX BOOST PROTOCOL (70 min)

225€

Immune & Detox WEEK Protocol

The Immune & Detox Week protocol develops synergies of wellness and strengthens the immune system to restore vitality to the body. It's ideal for revitalising the body through a deep cleanse of waste and toxins that often accumulate due to improper lifestyle and diet. Throughout the Immune & Detox Week protocol, the Longevity Coach will be supporting via video conference to interpret test data and evaluate improvements.

Experiences included:

- + Cryosauna Total Body
- + PBM Total Body
- + Molecular Hydrogen
- + Chromatic PBM
- + Bioregulation experience
- + Finnish Sauna
- + Detoxifying massage

IMMUNE & DETOX WEEK 4-DAY PROTOCOL PRICE

850€

Total value of experiences 1.100€

IMMUNE & DETOX WEEK 7-DAY PROTOCOL PRICE

1.650€

Total value of experiences 2.290€

Wellness test and interviews with Longevity Coach included

You can extend the protocol for €236 for each additional day

N.B. the WEEK protocol above is not inclusive of the stay.



Mind

Mind Goal

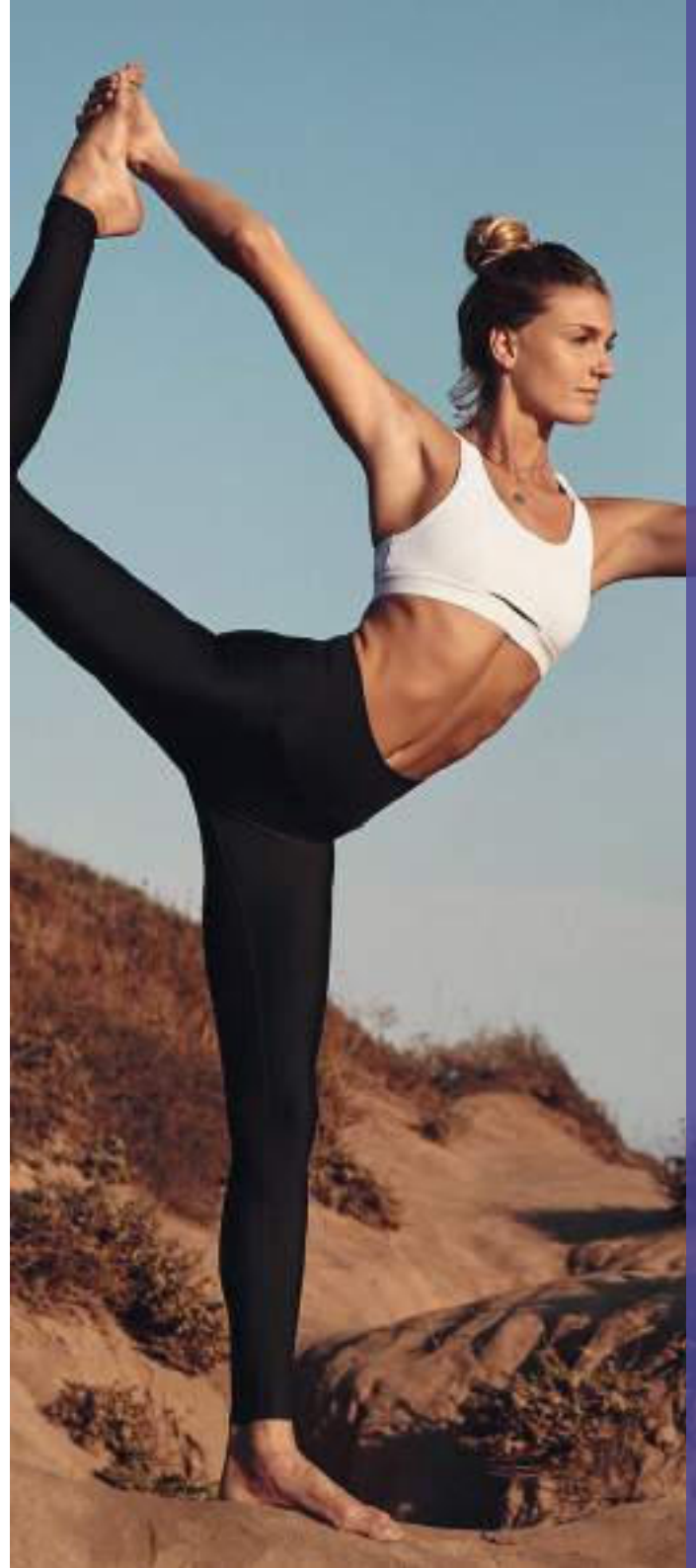
Relax your Mind,
Rebalance your Spirit

The Mind goal improves stress management and aims at deep emotional rebalancing. The body and mind regain their natural balance through balancing the central and autonomic nervous systems.

It is ideal for those who want to keep the stress of daily life under control, manage their emotions and recalibrate their focus on their goals.

Benefits:

- + Decreased levels of generalized anxiety and stress.
- + Reduction in mental fatigue.
- + Increased ability to concentrate and focus.
- + Stimulation of positive thinking.
- + Optimization of brain rhythms.



Mind SHOT Protocol

The Mind Shot protocol gives the opportunity to take a break to lower the pressure of everyday life and thus increase clarity of thought and productivity. The Mind Shot protocol is ideal for building up energy reserves for optimal mental stress management.

Experiences included:

- + Dry Floating
- + Molecular Hydrogen
- + Bioregulation experience

MIND SHOT PROTOCOL PRICE (50 min)

175 €

Mind BOOST Protocol

The Mind Boost protocol revitalizes the body and mind by restoring strength, balance and harmony. It is ideal for taking care of one's emotional states, relaxing the body and mind while stimulating one's senses.

Experiences included:

- + Dry Floating
- + Bioregulation experience
- + Finnish sauna
- + Chromatic PBM
- + Molecular Hydrogen

MIND BOOST PROTOCOL PRICE (90 min)

210 €

Mind WEEK Protocol

The Mind Week protocol is ideal for those seeking balance of energy flows and who suffer, due to an unregulated pace of life, from mental fatigue, insomnia, and difficulty concentrating. It is ideal for restoring inner harmony by enhancing energy, vitality and mind's clarity. Throughout the Mind Week protocol, the Longevity Coach will be supporting by video conference to interpret test data and evaluate improvements.

Experiences included:

- + Dry Floating
- + Bioregulation experience
- + Finnish sauna
- + Chromatic PBM
- + Molecular Hydrogen
- + Cryo Mask
- + PBM Mask
- + Finnish sauna
- + Anti-stress energy massage

MIND WEEK 4-DAY PROTOCOL PRICE

850 €

Total value of experiences 1.200€

MIND WEEK 7-DAY PROTOCOL PRICE

1.650 €

Total value of experiences 2.500€

Wellness test and interviews with Longevity Coach included

You can extend the protocol for €236 for each additional day

N.B. the WEEK protocol above is not inclusive of the stay.



Performance

Performance Goal

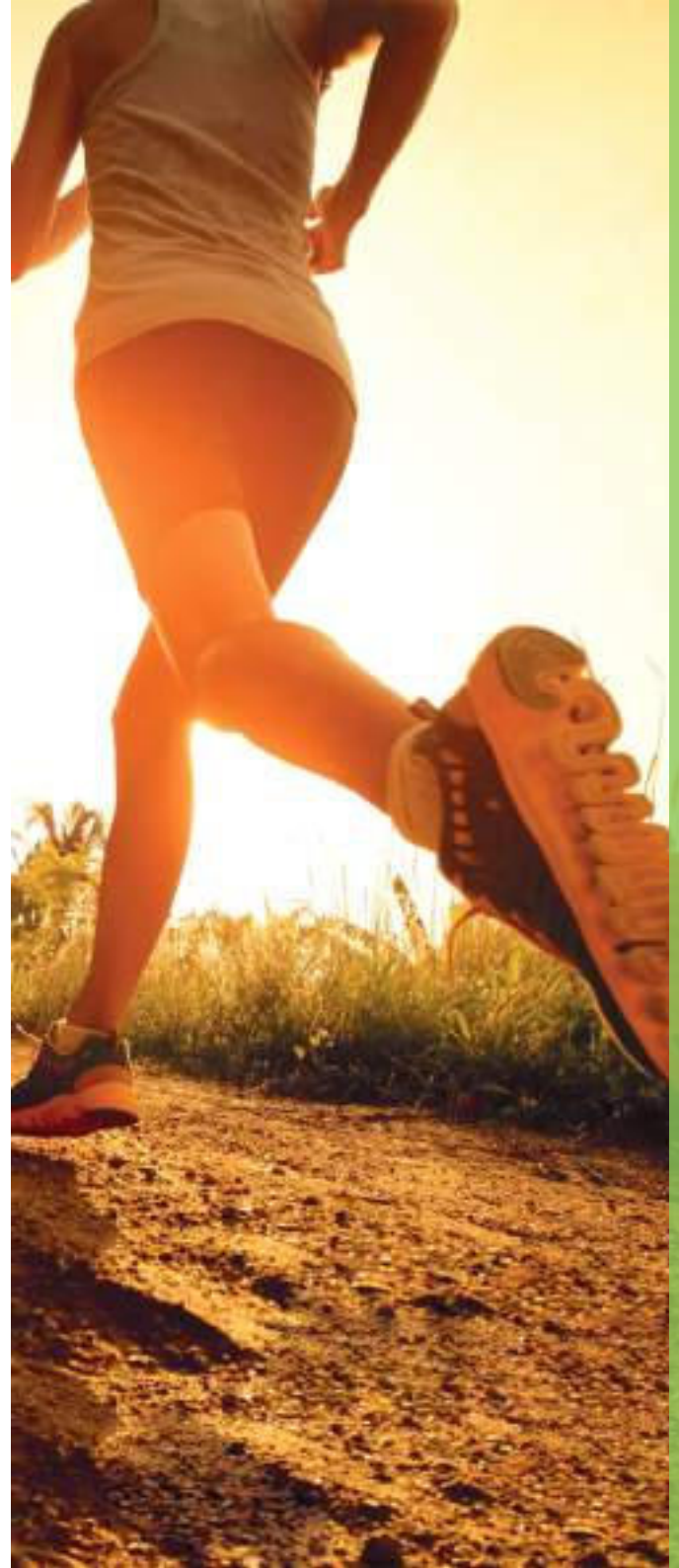
Stimulate Vitality and Energy,
enhance your Performance!

The Performance goal increases the body's reactive capacity, accelerate brain's recovery time and stimulates energy and overall vitality through stimulation of mitochondrial activity and anti-oxidation mechanisms.

It is ideal for those who want to maintain maximum action capacity at all times, prevent chronic fatigue states and recover energy from intense sports activity.

Benefits:

- + Increased energy and vitality and contrast to chronic fatigue syndrome.
- + Reduction of joint inflammation and prevention of muscle fatigue.
- + Recovery improvement from sports performance and injuries.
- + Increased mitochondrial activity and energy production-ATP.
- + Stimulation of brain recovery time.



Performance SHOT Protocol

The Performance Shot protocol is an injection of energy to take your physical performance to the next level.

Experiences included:

- + PBM Total body
- + EMT Body Contouring

PERFORMANCE SHOT PROTOCOL PRICE (60 min)

169 €

Performance BOOST Protocol

The Performance Boost protocol regenerates body and mind and is ideal for stimulating cellular energy and strengthening the muscular system.

Experiences included:

- + Intermittent Altitude Training
- + PBM Total body
- + EMT Body Contouring
- + Finnish Sauna

PERFORMANCE BOOST PROTOCOL PRICE (140 min)

310 €

Performance WEEK Protocol

The Performance Week protocol will dramatically change your body's energy level with a perceived increase in vitality and focus for high-level physical and mental performance. Throughout the Mind Week protocol, the Longevity Coach will be supporting you via video conference to interpret test data and evaluate improvements.

Experiences included:

- + Intermittent Altitude Training
- + Cryosauna Total body
- + PBM Total body
- + EMT Body Contouring
- + Finnish sauna
- + Energizing Performance Massage

PERFORMANCE WEEK 4-DAY PROTOCOL PRICE

850 €

Total value of experiences 1.100€

PERFORMANCE WEEK 7-DAY PROTOCOL PRICE

1.650 €

Total value of experiences 2.320€

Wellness test and interviews with Longevity Coach included

You can extend the protocol for €236 for each additional day

N.B. the WEEK protocol above is not inclusive of the stay.



Beauty

Beauty Goal

Your most shining self

The Beauty goal is ideal for giving brightness and youthfulness to the face, treating skin imperfections and restoring energy and vitality to the body.

It is recommended for those who want to build lasting and healthy beauty that generates from the activation of the body's natural mechanisms.

Benefits:

- + Stimulation of collagen production
- + Improvement of lymphatic circulation
- + Reduction of cellulite and localized adiposity
- + Reduction of joint inflammation.
- + Stimulation of metabolism.



Beauty SHOT Protocol

The Beauty Shot protocol activates and accelerates collagen production, stretches skin and gives new brightness to the face.

Experiences included:

- + Chromatic PBM
- + Cryo Mask
- + PBM Mask

BEAUTY SHOT PROTOCOL PRICE (60 min)

105 €

Beauty BOOST Protocol

The Beauty Boost protocol fights localized adiposity, stimulates microcirculation, the lymphatic system and muscle mass building.

Experiences included:

- + Chromatic PBM
- + Cryo Mask
- + PBM Mask
- + EMT Body Contouring
- + Finnish sauna
- + Compression boots

BEAUTY BOOST PROTOCOL PRICE (150 min)

285 €



Single Experiences

Cold Experience - Cryosauna

Among the many benefits of cold, the main ones are the anti-aging effects of improving skin tone, reducing cellulite and fat, and stimulating metabolism. Cold also facilitates muscle recovery by removing lactic acid, and fights fatigue by providing energy nutrients and oxygen to tissues. In addition to having an analgesic, anti-inflammatory, and muscle-relaxing effect, Cold helps fight stress and rebalance sleep activity.

Cryo total body (3min)

Single Experience	65 €
10 Experiences	520 €
20 Experiences	910 €

Cryo Local & Cryo Mask (3-5min)

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Light Experience - Photobiomodulation (PBM)

Photobiomodulation or PBM is an experience that modulates biological systems through the wavelength of light. At cellular level, the visible energy of red and near-infrared (NIR) light is absorbed by mitochondria, which has the function of producing cellular energy called "ATP"

The main benefits of PBM are in the cosmetic field for skin rejuvenation as it can increase collagen production and help tone the body and reduce body fat. It also finds pain-relieving and anti-inflammatory use by improving joint and muscle health, and is particularly effective for athletes because it has beneficial effects on increasing muscle mass and lowering inflammation and oxidative stress in muscles. Another major benefit of PBM is sleep support, which plays a key role in athletic recovery, sports performance, and for brain functions such as memory, strategic planning, emotional processing, and motor behavior.

PBM total body (20min)

Single Experience	55 €
10 Experiences	440 €
20 Experiences	770 €

Chromatic PBM & PBM Mask (20min)

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Relax Experience - Dry Floating (20min)

Dry Floating is an experience that takes place in a sensory-isolated tank with 400 liters of warm water at a basal temperature of 36°, to minimize perceived physical sensations. The body remains suspended without gravitational weight and this results in a lightening of the spine, alleviation of inflammatory states and pain, general muscle decontraction and improved peripheral circulation. The breathing rhythm and blood pressure are normalized and swelling in the lower limbs is reduced.

Floating also isolates the central nervous system from all external stimuli until relaxation, well-being and inner introspection are achieved.

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Air Experience - Molecular Hydrogen (20min)

The Molecular Hydrogen Experience is an inhalation technique of molecular hydrogen. Hydrogen is a molecule smaller than oxygen and penetrates easily into cells, with great antioxidant effect. Hydrogen selectively attacks free radicals, which are metabolically excreted, so it is a powerful stress reliever, which helps rebalance the central nervous system. The Molecular Hydrogen experience is ideal for eliminating “Brain Fog” i.e., mental fatigue, increasing concentration and focus. It also improves sleep quality and mitochondrial activity to prevent neurodegenerative diseases.

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Energy Experience - Bioregulation (20-40min)

Through the Bioregulation experience, the brain is brought back to vibrate in its natural rhythm thus adjusting back to the beta-alpha-theta delta frequencies causing a deep state of calm and relaxation. In fact, our brain vibrates with four different basic rhythms: one rhythm for deep sleep, one for light sleep, one for relaxation, and finally one for when we are awake. But because of daily stress, over time our brain unlearns to adapt to external stimulation with the result that our inner rhythm no longer matches our outer rhythm. Bioregulation is therefore crucial in providing a regulatory input that determines harmonization of brain rhythms.

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Body Contouring Experience - EMT (30min)

The Body Contouring Experience reshapes the body by burning fat and building muscle mass through a device that uses subdermal microvibration electromagnetic field technology. The device generates focused electromagnetic pulses that can selectively contract muscles (abdomen, buttocks, thighs, arms and calves) with an average of about 20,000 pulses in a 30-minute experiences. In addition, the induced contraction is higher than through voluntary movement because on average an individual can only contract muscles at a maximum capacity of 30-35%.

The benefits of the EMT Experience are not only aesthetic, but also in terms of sports performance and longevity, because sarcopenia, the loss of muscle tissue, and conspicuous adipose tissue, are the two main indicators of organic aging.

Single Experience	110 €
10 Experiences	880 €
20 Experiences	1.540 €

Altitude Experience - High Altitude Training (40min)

Intermittent Altitude Training is an innovative experience that simulates training at high altitude, with a wide range of benefits both from a physical, as it helps to melt body fat, as from a cerebral point of view: heart and brain, when brought to work in oxygen deprivation (hypoxic conditioning), significantly improve metabolism in the body, increasing the efficiency of the systems responsible for oxygen transport and utilization at all levels and consequently producing numerous beneficial responses such as improved endurance, strength and performance levels.

The experience of Intermittent Training at altitude improves aerobic capacity, peripheral circulation and red blood cell production, modulates blood pressure, optimizes the circulation of the heart and brain allowing better performance in case of chronic fatigue and difficulty in concentration.

Single Experience	110 €
10 Experiences	880 €
20 Experiences	1.540 €

Compression Experience - Compression Boots (30min)

The Experience Compression Boots is successfully used after workout to accelerate muscle recovery, increasing blood circulation and facilitating lymphatic drainage. Through the leggings, controlled compression is generated in the legs with a flow of air that intermittently and sequentially performs a massage with unique benefits. In addition to sports-level recovery, the Experience Compression Boots is ideal for reducing cellulite, edema, and water retention..

Single Experience	35 €
10 Experiences	280 €
20 Experiences	490 €

Pressure Experience - Oxygen Capsule (50min)

With this experience, oxygen is transported to the peripheries of the whole body, supporting the body's natural ability to repair itself. This experience greatly improves the body's ability to reduce swelling and inflammation, speed up recovery time and facilitate the elimination of toxins.

Single Experience	110 €
10 Experiences	880 €
20 Experiences	1.540 €



Test and Evaluations

Longevity Test

The Wellness Test assesses the overall health level of the body, identifies the risk associated with the analysed parameters, and estimates the capacity of the body's natural defence against the effects of daily stress. The Wellness Test is carried out using non-invasive methodologies, and the analysis of the measured parameters is provided during the interview with the Longevity Coach.

Some of the parameters measured are:

- + Bioavailability of vitamins and minerals
- + Heavy metal poisoning and detox index
- + Oxidative stress balance
- + General metabolic balance
- + Pulmonary respiratory index
- + Index of cardiac variability and coherence
- + Index of flexibility and resistance of blood vessels
- + Index of the ability to adapt to stress
- + Ageing index and diabetes risk analysis
- + Kidney function and cardiovascular damage
- + Body composition
- + Fat/lean/muscle mass
- + BMI
- + Metabolic age
- + Organic electromagnetic field evaluation

LONGEVITY TEST (30 min)

180 €

The Test does not include the consultation with the Longevity Coach for data interpretation.

Consultations with Longevity Coach (25-45min)

Longevity Coaches are wellness professionals who will suggest proper lifestyle hygiene and healthy habits (nutrition, exercise, mindfulness) for you to take conscious action and create more appropriate lifestyle habits to optimize your health and vitality potential.

FIRST CONSULTATION (45 min)

140 €

FOLLOW UP (25 min)

80 €



Longevity Club Infusions

Vitamin and nutrients infusions

Longevity Club Infusions assist hydration, recovery from physical and mental exertion, and restoration of vitamin and nutrient levels to revitalize your appearance and well-being. Longevity Club Infusions are done in a short time (about 45min) and allow 100% assimilation for immediate and lasting effects.

Longevity Club offers four types of infusions:

LONGEVITY	220 €
IMMUNE & DETOX	190 €
MIND	190 €
PERFORMANCE	190 €

Prior to the IV infusion, Longevity Club's team of experts and physician will provide you with an overview of all available therapies and collect the necessary data to safely proceed with the experience.



Membership

Membership

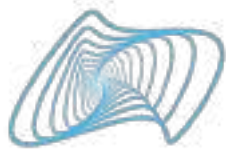
Longevity Club membership provides access to all experiences in an easy and convenient way. With this formula you will have the opportunity to gain incredible benefits through consistent Club attendance.

We have created 3 memberships to suit your lifestyle and needs.

INTRO <i>8 credits per month</i>	299 €
STANDARD <i>15 credits per month</i>	499 €
PRO <i>31 credits per month</i>	699 €

What the membership provides:

- + 20% discount on Vitamin Infusion (IV) experiences, interviews and tests.
- + 1 credit per experience with device, 2 credits for Altitude training, Oxygen Capsule and Body Contouring.
- + Three-month term automatically renewable.
- + Credits calculated on a monthly basis not cumulative or transferable.



LONGEVITY CLUB

We strongly believe that the secret to a completely satisfying life is to add health and well-being to life itself, and that is why we created Longevity Club:

To give everyone the tools and awareness
to participate proactively in optimizing his own health.

The human body is an impeccable self-healing machine,
naturally endowed with innate regenerative capabilities.

The most important thing we can do
is to put our body in the best possible state to heal itself and avoid
the distractions given to it by excessive stress, poor
nutrition and sedentariness.

Through mindfulness, right habits and now thanks to the technology
of Longevity Club, you too have the opportunity to optimize your health.

Your Life, Better.