



LONGEVITY AGELESS WELLNESS PROGRAM

Longevity anti-aging wellness program encompass a wide range of approaches aimed at slowing down the effects of aging and promoting overall well-being. These program often integrate various elements, including.

Nutrition

- Focus on a balanced diet rich in antioxidants, vitamins, and minerals.
- Include personalized dietary plans and recommendations.
- Includes specific supplements for longevity.

Exercise

- Regular physical activity to maintain muscle mass, bone density, and cardiovascular health.
- Include personalized exercise programs.

Stress Management

- Techniques such as meditation, yoga, and deep breathing exercises to reduce stress levels.
- Stress reduction is very important, as stress has a large impact on aging.

Hormone Therapy

- In some cases, hormone replacement therapy may be considered to address age-related hormonal changes.

Skincare

- Topical treatments and procedures to improve skin elasticity and reduce wrinkles.
- Include things like, facials, and other dermatological procedures.

Lifestyle Modifications

- Recommendations for healthy sleep habits, avoiding smoking, and limiting alcohol consumption.

Nutrition

- Include IV vitamin therapy.

PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching (Mindful eating- Emotional Eating – Food Choices)
- Assesment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterreanean- Flexitarian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Facial Anti Aging Therapy	2	3	4
Photo Bio Modulation Therapy	3	5	7
Infrared Ozone Therapy	6	7	9
Individualised Iv Infusion	1	2	3
Andumedic Therapy	3	5	7
TCM Acupuncture Therapy	3	5	7
Body Scrub&Foam Therapy	1	1	1
Lymphatic Circulation Therapy	3	4	5
Ultimate Caci Facial Therapy	3	5	7
Anti Stress Frequency Therapy	4	6	8
Body&Mind Sessions	4	6	8
Parafine Care Therapy	1	2	3
Oxygen Therapy	6	9	12

Special Privileges For Medworld Guests

- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga & Exercise Sessions





+90 536 774 71 07

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