



LONGEVITY VITALITY DETOX AND WELLNESS PROGRAM

These program focus on a holistic approach to aging, combining various strategies to optimize physical and mental well-being.

Key Components

Comprehensive Assessments

- These often suggested advanced diagnostics like genetic testing, whole-body MRI scans, and detailed bloodwork to identify individual risk factors and areas for improvement.
- Hormonal assessments are also very common.

Personalized Plans

- Based on the assessments, programs create tailored plans that include
 - **Nutritional Guidance:** Customized diets focusing on anti-inflammatory foods, antioxidants, and optimal macronutrient a<balance.
 - **Fitness Programs:** Exercise routines designed to improve strength, cardiovascular health, and flexibility.
 - **Stress Management:** Techniques like meditation, yoga, and mindfulness to reduce the negative impact of chronic stress.
 - **Sleep Optimization:** Strategies to improve sleep quality and duration, crucial for cellular repair and regeneration.

Nutrition Options

- Juice Fasting (5 detox smoothies and herbal teas in a day)
- Plant based vegan meal plan (Breakfast-

Smoothie for lunch- Dinner)

- Flexitarian Meal Plan (Moderate Protein and lactose free-casein free meal plan Breakfast- Smoothie for lunch- Dinner)

Advanced Therapies

- Program offer cutting-edge treatments such as:
 - **Regenerative Medicine:** Stem cell therapy, PRP therapy, and other techniques to promote tissue repair and rejuvenation.
 - **Hormone Replacement Therapy:** To address age-related hormonal imbalances.
 - **Detoxification Programs:** To cleanse the body of toxins and improve overall function.

Lifestyle Modifications

- Emphasis on adopting healthy habits, including:
 - **Regular physical activity.**
 - **Balanced diet.**
 - **Adequate sleep.**
 - **Stress reduction.**
 - **Social engagement.**

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



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 Detox 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
Dental Check Up	1	1	1
Dermo Aesthetic Consultation	1	1	1
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Red Light Therapy	3	5	7
Detoxifying Thermal Body Wrap	2	4	5
Detox Iv Infusions	1	2	3
Robolex Slimming Therapy	3	5	7
Alkaline Nebulisation Therapy	2	4	6
Ozone Sauna Therapy	3	5	7
Oxygen Therapy	3	6	8
Detox Hammam Therapy	1	2	3
TCM Acupuncture Therapy	3	5	7
Lymphatic Circulation Therapy	3	5	7
Anti Stress Frequency Therapy	2	4	6
Individual Colon Cleansing	2	3	4
Chi Nei Tsang Massage	2	3	4
Pyhsical Awareness Exercise	1	3	5





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