



le barthélémy
HOTEL & SPA

SAINT-BARTH LONGEVITY®

WHEN SCIENCE SERVES LONGEVITY

Dr FRANCK BAUDINO



FOUNDER AND MEDICAL DIRECTOR
OF SAINT-BARTH LONGEVITY

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SAIN T-BARTH LONGEVITY®

Saint-Barth Longevity offers personalized longevity programs where precision medicine and holistic practices unfold in harmony with the island's natural environment.

Care is delivered directly within our partner hotels and private villas, in a fluid, discreet, and seamless continuity with your stay.

Here, the island becomes co-therapist: its light, climate, ocean, wind, and natural rhythm soothe, regulate, and support the body in its return to balance.

THE ALLIANCE OF THREE FOUNDING FORCES

Saint-Barth Longevity offers a rare and immersive experience designed for
lasting transformation.

BESPOKE LONGEVITY
PROTOCOLS

AN INTERNATIONAL TEAM OF
PHYSICIANS & EXPERTS

AN EXTRAORDINARY ISLAND &
THE FRENCH ART OF LIVING

THE SAINT-BARTH LONGEVITY METHOD

An integrative approach in which each program follows a structured pathway and is built around four fundamental pillars of longevity: Nutrition, Sleep, Mobility, and Regulation of the Autonomic Nervous System.

Our protocols combine targeted medical interventions, neuro-sensory therapies, regenerative bodywork, and personalized skin rituals.

This methodology acts simultaneously on metabolic regulation, neurovegetative balance, and physiological recovery — enabling profound, durable, and scientifically guided transformation.



THE LONGEVITY EXPERIENCE

Our Longevity Pathways unfold in three essential stages, ensuring a coherent, precise, and lasting therapeutic progression:

HEALTH & LONGEVITY EVALUATION

As the foundation of each program, this stage provides a refined and personalized analysis of your health status.

TREATMENTS

Based on the evaluation the coordinating physician develops a personalized protocol structured around the four core pillars of longevity :

- Nutrition — metabolic rebalancing, micronutrient optimization, and personalized menus created in collaboration with our partner Chefs.
- Sleep — restoration of circadian rhythms, enhancement of deep sleep, and neurophysiological recovery protocols.
- Mobility — postural alignment, joint amplitude, muscular tone, and functional movement fluidity.
- Autonomic Nervous System Regulation — guided breathwork, sound therapy, therapeutic yoga, cardiac coherence, and neuro-relaxation.

FOLLOW-UP

Because longevity is built over time, each program includes personalized follow-up care to extend the benefits of your stay and support sustainable, long-term well-being.



COMPREHENSIVE HEALTH & LONGEVITY EVALUATION

Our evaluations are adapted according to the selected program and the Signature or Premium approach. They guide the therapeutic priorities and determine the progression of treatments throughout the stay.

ASSESSMENTS INCLUDED IN ALL SIGNATURE PROGRAMS:

NUTRITION, SLEEP & MOBILITY ASSESSMENTS

ADDITIONAL ASSESSMENTS & PREMIUM SIGNATURE PROGRAMS:

BIOMARKER PANELS

Hematology, immunology, nutrition, vitamin, inflammation, tumor markers, virology, bacteriology, endocrinology, liver function, renal function, thyroid profile, hydrominéral balance, neurotransmitters,...

MEDICAL IMAGING

Cervico-thoraco-abdomino-pelvien CT scan (CTAP)

CARDIOVASCULAR EVALUATION

Consultation, calcium score, cardiac ultrasound, ECG (electrocardiogram), pulse wave velocity measurement

COMPREHENSIVE SKIN &

DERMATOLOGICAL ASSESSMENT

Assessment of skin quality, hydration, texture

ULTIMATE LONGEVITY

THE SIGNATURE PROGRAM FOR A COMPLETE BIOLOGICAL RESET. AN EXCEPTIONAL PROGRAM DESIGNED FOR THOSE WHO WANT TO TAKE CONTROL OF THEIR BIOLOGICAL AGE AND INVEST IN THEIR VITALITY, BOTH TODAY AND IN THE LONG TERM.

Combining predictive medicine, personalized regenerative therapies, and natural immersion, it restores the body's and mind's deep balances. Each protocol is fully tailored to your biomarkers, biological rhythms, and personal goals.

AVAILABLE IN 5, 7, OR 14 DAYS

Starting from €24,900



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Environmental exposure & exposome profile assessment
- + In-depth Longevity Consultation with full physiological parameters
- + Targeted blood panel
- + Basic urine analysis
- + Targeted radiological assessment (CT scan – CTAP)
- + Cardiovascular evaluation (including ECG)

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 2 Nutrition consultations
- + Full nutritional assessment & analysis of dietary patterns
- + Nutrition protocols adapted to the environment of the stay
- + Menus co-designed with the Chef, tailored to your objectives

SLEEP OPTIMIZATION & REGENERATION

- + 1 Sleep specialist consultation
- + Multi-parameter sleep evaluation (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized deep sleep protocol
- + Design of a nocturnal routine plan (light therapy, breathwork, sleep supplements)
- + 2 Sound therapy sessions

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical assessment (body composition & posture)
- + Development of a functional mobility protocol
- + Daily morning mobility sessions
- + 2 Regenerative massages

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial treatment
- + 1 Myomassage
- + 1 HydraFacial (or equivalent)
- + Personalized professional daily skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily sessions: morning or evening yoga

LONGEVITY FOLLOW-UP — 3 MONTHS

- + 1 Longevity physician teleconsultation
- + 1 Nutrition follow-up consultation
- + Delivery of a complete personalized NSM plan (nutrition, sleep, mobility)
- + Ongoing adjustment of protocols

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **LONGEVITY FOLLOW-UP — 6 MONTHS**

DEEP DETOX

RESET OF INFLAMMATORY SYSTEMS AND CHRONIC STRESS.

DESIGNED TO DEEPLY REBALANCE THE AUTONOMIC NERVOUS SYSTEM AND REDUCE INFLAMMATION, THIS PROGRAM COMBINES NEUROVEGETATIVE THERAPIES, TARGETED INFUSIONS, AND THERAPEUTIC RITUALS WITHIN A SETTING THAT PROMOTES CELLULAR CALM.

It is intended for both overworked individuals and those seeking to deeply detoxify, purify the body, strengthen the immune system, slow the effects of aging, reduce heavy metals, and promote long-term physiological balance.

AVAILABLE IN 5, 7 DAYS

Starting from €19.500



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Targeted blood panel
- + 24-hour urine analysis
- + Cardiovascular evaluation (including ECG)

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 1 Nutrition consultation
- + Full nutritional assessment
- + Personalized nutritional plan with metabolic monitoring
- + Menu personalization in collaboration with the Chef, according to your objectives

SLEEP OPTIMIZATION & REGENERATION

- + 1 Sleep specialist consultation
- + Multi-parameter sleep evaluation (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized deep sleep protocol
- + Design of a night routine plan (light therapy, breathwork, sleep supplements)
- + 2 Sound therapy sessions

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical assessment (body composition & posture)
- + Development of a functional mobility protocol
- + Daily morning mobility sessions
- + 2 Regenerative massages

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial
- + 1 Myomassage
- + 1 HydraFacial (or equivalent)
- + Personalized professional daily skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Digital disconnection guidance
- + Daily yoga sessions — morning or evening

LONGEVITY FOLLOW-UP — 3 MONTHS

- + 1 Longevity physician teleconsultation
- + 1 Nutrition follow-up consultation
- + Delivery of a complete personalized NSM plan (nutrition, sleep, mobility)
- + Ongoing adjustment of protocols

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **DERMATOLOGY CONSULTATION**
- + **LONGEVITY FOLLOW-UP — 6 MONTHS**

METABOLIC RESET

REGAIN CONTROL OF YOUR WEIGHT AND REBALANCE YOUR CORE METABOLISM. THIS PROGRAM IS DESIGNED FOR THOSE SEEKING TO RESTORE ENERGY, LIGHTNESS, AND PHYSICAL PERFORMANCE. IT COMBINES FUNCTIONAL ASSESSMENTS, NUTRITIONAL AND HORMONAL EVALUATIONS, DRAINING TREATMENTS, TARGETED SUPPLEMENTATION, AND A PERSONALIZED NUTRITIONAL PROGRAM.

A long-lasting reset built around an effective routine to sustain both physical and mental vitality.

AVAILABLE IN 5, 7 DAYS

Starting from €21,500



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Targeted blood panel Basic urine analysis
- + Targeted radiological assessment (CTAP scan)
- + Cardiovascular evaluation (including ECG)

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 2 Nutrition consultations
- + Full nutritional assessment & analysis of eating patterns
- + Nutrition protocols tailored to the environment of the stay
- + Metabolic monitoring & glucose regulation follow-up
- + Menu development co-designed with the Chef

SLEEP OPTIMIZATION & REGENERATION

- + 1 Sleep specialist consultation
- + Multi-parameter sleep assessment (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized deep sleep protocol
- + Design of a night routine plan (light therapy, breathwork, sleep supplements)
- + 2 Sound therapy sessions

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical evaluation (body composition & posture)
- + Development of a functional mobility protocol
- + Daily morning mobility sessions
- + 2 Regenerative massages

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial
- + 1 Myomassage
- + Personalized professional daily skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily sessions: morning or evening yoga

LONGEVITY FOLLOW-UP — 3 MONTHS

- + 1 Teleconsultation with the Longevity Physician
- + 1 Nutrition follow-up consultation
- + Delivery of a complete personalized NSM plan (nutrition, sleep, mobility)
- + Ongoing protocol refinement and adjustments

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **LONGEVITY FOLLOW-UP — 6 MONTHS**

BRAIN RECOVERY

RECONNECT WITH RESTORATIVE SLEEP AND MENTAL CLARITY. THIS PROGRAM TARGETS SLEEP DISORDERS, COGNITIVE FATIGUE, ATTENTION DIFFICULTIES, AND MENTAL FOG IN HIGHLY DEMANDING INDIVIDUALS.

It combines advanced neuro-sleep assessments with regenerative protocols, neurotherapies, and targeted nutrition to restore brain performance within a calming natural environment.

AVAILABLE IN 5 OR 7 DAYS

Starting from €24,000



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Environmental exposure & exposome profile assessment
- + In-depth Longevity Consultation with full physiological parameters
- + Targeted blood panel
- + Basic urine analysis
- + Cardiovascular evaluation (including ECG)

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

SLEEP OPTIMIZATION & REGENERATION

- + 2 Sleep specialist consultation
- + 2 Multi-parameter sleep evaluation (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized deep sleep protocol
- + Design of a nocturnal routine plan (light therapy, breathwork, sleep supplements)
- + 3 Sound therapy sessions

CELLULAR NUTRITION & LONGEVITY SLEEP OPTIMIZATION & REGENERATION

- + 2 Nutrition consultations
- + Full nutritional assessment & analysis of dietary patterns
- + Nutrition protocols adapted to the environment of the stay
- + Menus co-designed with the Chef, tailored to your objectives

ONE LIFE SESSION WITH A THERAPIST TRAINED IN NEURO-RELAXATION

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical assessment (body composition & posture)
- + Development of a functional mobility protocol
- + Daily morning mobility sessions
- + 2 Regenerative massages

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial treatment
- + 1 Myomassage
- + Personalized professional daily skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily sessions: morning or evening yoga

LONGEVITY FOLLOW-UP — 3 MONTHS

- + 1 Longevity physician teleconsultation
- + 1 Nutrition follow-up consultation
- + Delivery of a complete personalized NSM plan (nutrition, sleep, mobility)
- + Ongoing adjustment of protocols

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + COMPLETE BIOLOGICAL ASSESSMENT
- + RADIOLOGICAL ASSESSMENT
- + 24 HOURS URINE ANALYSIS
- + CARDIOVASCULAR CONSULTATION
- + LONGEVITY FOLLOW-UP — 6 MONTHS

HARMONY

THIS PROGRAM IS BASED ON OUR NUTRITION – SLEEP – MOBILITY METHODOLOGY.

IT IS DESIGNED FOR THOSE WHO WISH TO REGAIN ENERGY AND RESTORE A NATURAL SENSE OF FLUIDITY IN BOTH BODY AND MIND, WITHOUT INVASIVE MEDICAL EXAMINATIONS.

This program offers a simple, elegant and lasting realignment – to feel better immediately, and to leave with routines that continue to support everyday wellbeing.

AVAILABLE IN 3, 5, OR 7 DAYS

Starting from €9,900



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Cardiovascular evaluation (including ECG)

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 1 In-depth nutrition consultation
- + Full nutritional assessment & analysis of eating patterns
- + Nutrition protocols tailored to the environment of the stay
- + Menus co-designed with the Chef

SLEEP OPTIMIZATION & REGENERATION

- + 1 Sleep specialist consultation
- + Multi-parameter sleep assessment (WatchPAT or equivalent + circadian analysis)
- + Personalized sleep protocol
- + 2 Sound therapy session

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical evaluation (body composition & posture)
- + Development of a functional mobility protocol
- + Morning mobility sessions
- + 3 Regenerative massages

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial
- + 1 Myomassage
- + 1 HydraFacial (or equivalent)
- + Personal daily professional skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily sessions: morning or evening yoga

LONGEVITY FOLLOW-UP — 3 MONTHS

- + 1 Longevity physician teleconsultation
- + 1 Nutrition follow-up consultation
- + Delivery of a complete personalized NSM plan
- + Ongoing adjustment of protocols

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

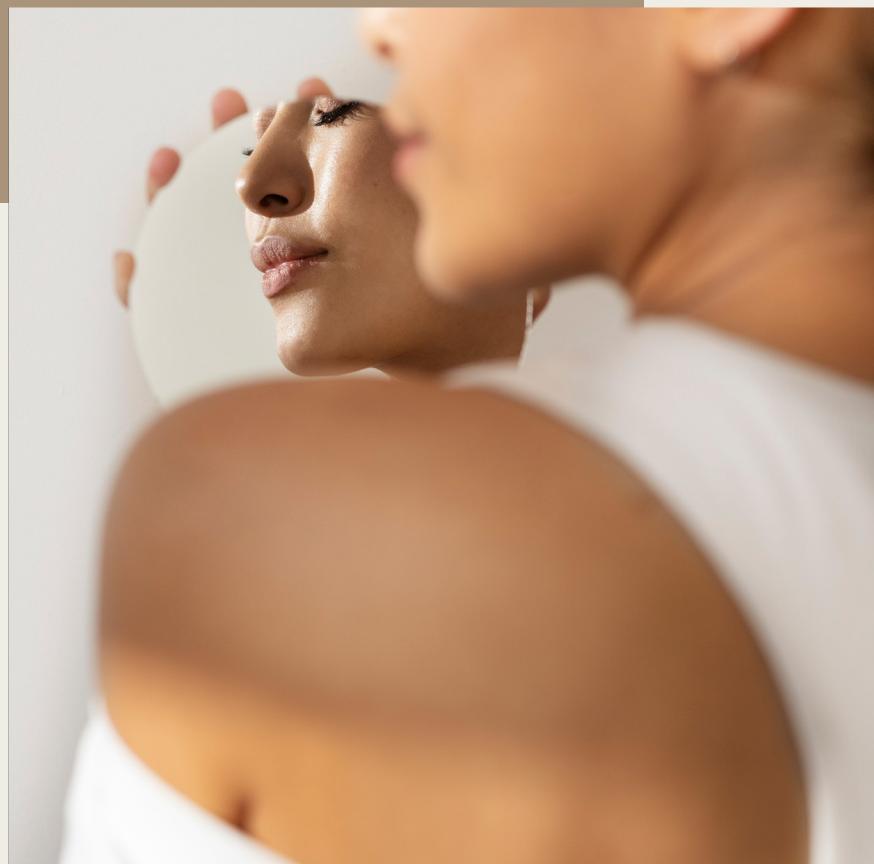
- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **DERMATOLOGY CONSULTATION**
- + **LONGEVITY FOLLOW-UP - 6 MONTHS**

SKIN RADIANCE

SKIN RADIANCE IS A FULLY PERSONALIZED AESTHETIC AND METABOLIC PROTOCOL DESIGNED TO RESTORE SKIN VITALITY, STIMULATE MICRO CIRCULATION, AND CORRECT DEFICIENCIES RESPONSIBLE FOR DULL COMPLEXION.

Within just a few days, this express cellular regeneration program reactivates the skin's natural glow for visible results in as little as 72 hours, enhanced by a personalized beauty follow-up.

AVAILABLE IN 3 DAYS
Starting from €9,400



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Targeted blood panel

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

OUTSIDE / SKIN RADIANCE CARE

- + Signature facial & Myomassage
- + Personalized professional daily skin routine protocol
- + 2 targeted treatments (selected according to your profile: facial photobiostimulation or gentle peeling)
- + Personalized radiance-enhancing cosmetic supplementation

CELLULAR NUTRITION & LONGEVITY

- + 1 Nutrition consultation
- + Full nutritional assessment
- + Personalized nutritional plan with metabolic monitoring
- + Menu personalization in collaboration with the Chef, according to your goals

SLEEP OPTIMIZATION & REGENERATION

- + Multi-parameter sleep assessment (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized sleep protocol
- + 1 Sound therapy session

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM+

Daily yoga sessions — morning or evening

LONGEVITY FOLLOW-UP — 1 MONTH

- + 1 Teleconsultation with the Longevity Physician
- + Delivery of a complete personalized NSM plan (Nutrition, Sleep, Mobility)

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND, BASED ON YOUR GOALS, WE CAN OFFER THE FOLLOWING TREATMENTS :

- + DERMATOLOGY CONSULTATION
- + LUMININFUSION + MULTIVITAMIN PEELING + RED LED
- + DERMAPEN DP4 + MEDICAL MESOTHERAPY
- + DERMAPLANING
- + PROBRIGHT TREATMENT (VITAMIN C + SUPERFICIAL PEELING)
- + HYDRAFACIAL

HOME READY

THIS EXPRESS END-OF-STAY PROGRAM IS DESIGNED TO REBALANCE THE BODY, REHYDRATE CELLS, SOOTHE THE NERVOUS SYSTEM, AND RESTORE CORE FUNCTIONS BEFORE RETURNING TO DAILY LIFE.

An ultra-targeted wellness reset, delivered within a calming natural environment, with no extensive assessments or waiting time.

AVAILABLE IN 3 DAYS
Starting from €8,200



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Targeted blood panel

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 1 Nutrition consultation
- + Full nutritional assessment
- + Personalized nutrition plan with metabolic monitoring

SLEEP OPTIMIZATION & REGENERATION

- + Multi-parameter sleep assessment (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized sleep protocol
- + Design of a night routine plan (light therapy, breathwork, sleep supplements)
- + 1 Sound therapy session

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical evaluation (body composition & posture)
- + Development of a functional mobility protocol
- + 1 Regenerative massage

OUTSIDE / SKIN RADIANCE CARE

- + 1 Signature facial treatment
- + 1 Myomassage
- + Personalized professional daily skin routine protocol

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily yoga sessions — morning or evening

LONGEVITY FOLLOW-UP — 1 MONTH

- + 1 Teleconsultation with the Longevity Physician
- + Delivery of a complete personalized NSM plan (Nutrition, Sleep, Mobility)
- + Ongoing protocol refinement and adjustments

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **LONGEVITY FOLLOW-UP - 6 MONTHS**

JETLAG RECOVERY

DESIGNED FOR FREQUENT TRAVELERS, THIS ULTRA-TARGETED PROGRAM WORKS QUICKLY TO ALLEVIATE THE EFFECTS OF JET LAG.

It combines regenerative treatments, chrono-nutrition, light therapy, and circadian resynchronization techniques within a calming environment to restore your internal clock and energy in just 72 hours.

AVAILABLE IN 3 DAYS
Starting from €6,000



SIGNATURE

GLOBAL ASSESSMENT

- + Comprehensive questionnaire
- + Longevity consultation with full physiological parameters
- + Targeted blood panel

PERSONALIZED CARE PLAN

- + Development of an individualized treatment plan

CELLULAR NUTRITION & LONGEVITY

- + 1 Nutrition consultation
- + Full nutritional assessment
- + Post-Jet Lag anti-fatigue supplementation
- + Gentle nootropics and adaptogenic support

SLEEP OPTIMIZATION & REGENERATION

- + Multi-parameter sleep assessment (WatchPAT or equivalent + circadian rhythm analysis)
- + Personalized Jet Lag sleep protocol
- + Design of a night routine plan (sound therapy, breathwork, sleep supplements)
- + 1 Sound therapy session

MOBILITY & PERFORMANCE

- + 1 Mobility consultation
- + Physical assessment (body composition & posture)
- + Development of a functional mobility protocol
- + Gentle morning mobility routine

IMMERSION IN A NATURAL THERAPEUTIC ECOSYSTEM

- + Daily yoga sessions — morning or evening

LONGEVITY FOLLOW-UP — 1 MONTH

- + 1 Teleconsultation with the Longevity Physician
- + Delivery of a complete personalized NSM plan (Nutrition, Sleep, Mobility)

PREMIUM

OUR PREMIUM PROGRAM INCLUDES THE FULL SIGNATURE PROGRAM, AND :

- + **COMPREHENSIVE BIOLOGICAL ASSESSMENT**
- + **RADIOLOGICAL ASSESSMENT**
- + **CARDIOVASCULAR CONSULTATION**
- + **LONGEVITY FOLLOW-UP - 6 MONTHS**



S A I N T - B A R T H
L O N G E V I T Y ®

www.saintbarthlongevity.com