



le barthélemy  
HOTEL & SPA

## ULTIMATE LONGEVITY

THE SIGNATURE PROGRAM FOR A COMPLETE BIOLOGICAL RESET.

*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