



le barthélémy
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
- + RADILOGICAL ASSESSMENT
- + CARDIOVASCULAR CONSULTATION
- + LONGEVITY FOLLOW-UP — 6 MONTHS