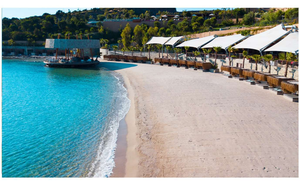
VITALICA WELLNESS – A NEW STANDARD IN HUMAN OPTIMIZATION BEGINS HERE

Set along the pristine Bodrum coastline, Vitalica Wellness stands as Europe's leading wellbeing destination an environment where nature, medical science, and human care converge to support true and lasting transformation.

Surrounded by Aegean sea fresh air, natural light, Vitalica Wellness is set along a 650-meter private coastline and surrounded by 84,000 m² of lush green landscape.

With over a decade of experience in the field of holistic & medical wellness, Vitalica Wellness has earned the trust of guests from more than 30 countries.



Every wellness program at our resort is delivered with precision, professionalism, and a deep commitment to ethical care values that define the Vitalica philosophy.

OUR AWARDS

LONGEVITY
Program

The Longevity Program is an advanced, physician-led preventive health and longevity protocol designed to optimize biological age, slow cellular aging, and preserve long-term physical, cognitive, and emotional performance.

This program moves beyond conventional wellness and anti-aging concepts. It is built on precision diagnostics, preventive medicine, regenerative science, metabolic optimization, and nervous system regulation, reflecting the clinical rigor of the world's leading medical wellness institutions.

Longevity is addressed not as lifespan extension alone, but as the preservation of vitality, independence, mental clarity, and functional strength across decades.

CORE PHILOSOPHY OF THE LONGEVITY DETOX PROGRAM

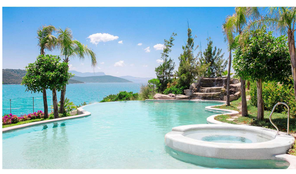
The Longevity Program is guided by three core medical principles:

1. *Prevention before pathology – addressing risks before disease manifests*
2. *Biological age over chronological age – targeting cellular and metabolic aging mechanisms*
3. *Sustainable health architecture – building systems the body can maintain long term*

All protocols are physician-designed, data-guided, and continuously adapted based on individual biological response.

The Longevity Program aims to:

- *Reduce biological age markers and slow aging pathways*
- *Optimize metabolic, hormonal, and immune function*
- *Enhance mitochondrial energy production and cellular repair*
- *Preserve muscle mass, bone density, and mobility*
- *Support cognitive performance and emotional resilience*
- *Reduce chronic inflammation and oxidative stress*
- *Establish a long-term foundation for healthspan and vitality*



NUTRITION & LONGEVITY
Supplementation

Nutrition in the Longevity Program follows a grain-free, anti-inflammatory, low-glycemic philosophy designed to enhance metabolic intelligence, reduce chronic inflammation, and support healthy aging at a cellular level. Structured time-restricted eating and cyclic longevity nutrition activate autophagy, improve insulin sensitivity, and promote mitochondrial renewal.

Personalized longevity supplementation protocols support cellular repair, hormonal balance, and immune resilience. Targeted micronutrients, adaptogens, and evidence-based nutraceuticals enhance energy production, cognitive clarity, stress adaptation, and biological age optimization.

This integrated nutrition and supplementation approach forms the foundation for sustainable longevity, vitality, and metabolic balance.

Holistic | Longevity-Focused

LONGEVITY DETOX PROGRAM

DAILY THERAPEUTIC SCHEDULE

08:00 – Morning Detox Ritual & Oral Purification & Supplement
08:15 – 09:00 Guided Morning Nature Walk
09:00 – Herbal Tea & Supplement
09:10 – 10:00 Therapeutic Yoga Session
10:00 – 10:45 Breakfast & Supplement
10:45 Onwards – Doctor Consultation & Health Review
10:45 – 12:30 Individualized Therapeutic Treatment
12:30 – Detox & Functional Wellness Drinks & Supplement
13:00 – 13:45 Functional Fitness Session
14:00 – Therapeutic Lunch & Supplement
15:00 – 17:00 Individualized Therapeutic Treatment
17:00 – Evening Wellness Drink & Supplement
17:15 – 18:00 Breathwork & Meditation
18:30 – Early Therapeutic Dinner & Supplement
19:30 – 20:30 Mental Wellness & Group Integration Session

ON REQUEST PRECISION DIAGNOSTICS & MEDICAL ASSESSMENT

Each guest undergoes a comprehensive medical and functional evaluation prior to program initiation. This establishes a clear biological baseline and guides precise protocol design.

On Request Assessment Available:

- Advanced blood and metabolic biomarkers
- Inflammation and oxidative stress profiling
- Cardiovascular and vascular age assessment
- Body composition and musculoskeletal analysis
- Lifestyle, stress, and sleep pattern analysis
- Biological age and longevity risk mapping
- Continuous glucose monitoring with expert interpretation

WHAT IS INCLUDED – LONGEVITY PROGRAM INCLUSIONS

Advanced Longevity Therapies & Precision Interventions – Daily 90 minutes of therapies are prescribed after the doctor consultation from the menu below

- Hyperbaric Oxygen Therapy (HBOT)
- Photobiomodulation (Red & Near-Infrared Light Therapy)
- Molecular Hydrogen Inhalation Therapy
- Ozone Therapy for immune modulation and metabolic enhancement
- Growth-factor and peptide-based longevity support protocols
- Anti-inflammatory and regenerative intravenous therapies
- IV micronutrient repletion and NAD⁺ optimization programs
- Bone density preservation and joint resilience physiotherapy
- Fascia release and postural optimization therapy
- Precision movement training and recovery-focused physiotherapy
- Liver detoxification and metabolic reset IV protocols
- Circadian rhythm realignment and chronobiology support
- Sleep architecture assessment and optimization
- Breathwork-based autonomic nervous system regulation
- Infrared and ozone sauna therapy
- Lymphatic drainage and circulation enhancement massage

ELIGIBILITY & MEDICAL CONSIDERATIONS

Suitable for:
•Adults 18 years and above
•Individuals with early metabolic or hormonal imbalance
•High-stress lifestyles or toxin exposure
•Desire for preventive, data-driven health optimization

Not suitable for:
•Pregnancy or breastfeeding
•Advanced uncontrolled cardiac, renal, or hepatic disease
•Severe untreated psychiatric conditions

FOR OPTIMAL RESULTS, THE RECOMMENDED DURATION

- *Longevity Reset: 5 days*
- *Advanced Longevity Optimization: 7–10 days*