

Well Aging Program

Sirt Nutrition (3-7 days)

What is it?

The pursuit of youthfulness and the desire to defy the aging process have been intrinsic to human consciousness throughout history. In contemporary times, individuals with a heightened awareness often ponder questions such as, "Can life expectancy be extended? Is it possible to halt the aging process?" The key to addressing these inquiries lies in the implementation of robust well-being programs. The core philosophy of Well Aging, as meticulously developed by Vitalica Wellness in our program, revolves around ensuring that the phase known as 'aging' unfolds in a healthful, active, and joyful manner. In our Well Aging Program, we undertake a comprehensive approach, aiming to regulate the biological events that contribute to aging, mitigate mental challenges associated with aging, shield against age-related ailments, and ameliorate the bodily deformities resulting from this natural progression.



Within our Well Aging Program, in addition to our focus on inducing lifestyle changes, we integrate the methodologies of modern and complementary medicine, interval sports activities, mental therapies, wellness treatments, and beauty applications. Through this holistic and interdisciplinary approach, we not only facilitate your physical, mental, and spiritual rejuvenation but also share insights into the secrets of sustaining youthfulness.

In the serene, stress-free, and therapeutic ambiance of Vitalica Wellness, you can embark on the journey of revitalizing and renewing your body by moderating calorie intake and embracing a diet rich in health-beneficial SIRT proteins.



Benefits

The Well Aging Program amalgamates the techniques of modern and complementary medicine, sports activities, mental therapies, wellness treatments, and beauty applications in a multidisciplinary approach.

Among the initial benefits of the Well Aging Program are reinforced immunity, the attainment of a balanced lifestyle contributing to cardiovascular health, the establishment of hormonal equilibrium, effective weight management, and mitigation of the effects of aging on the body.

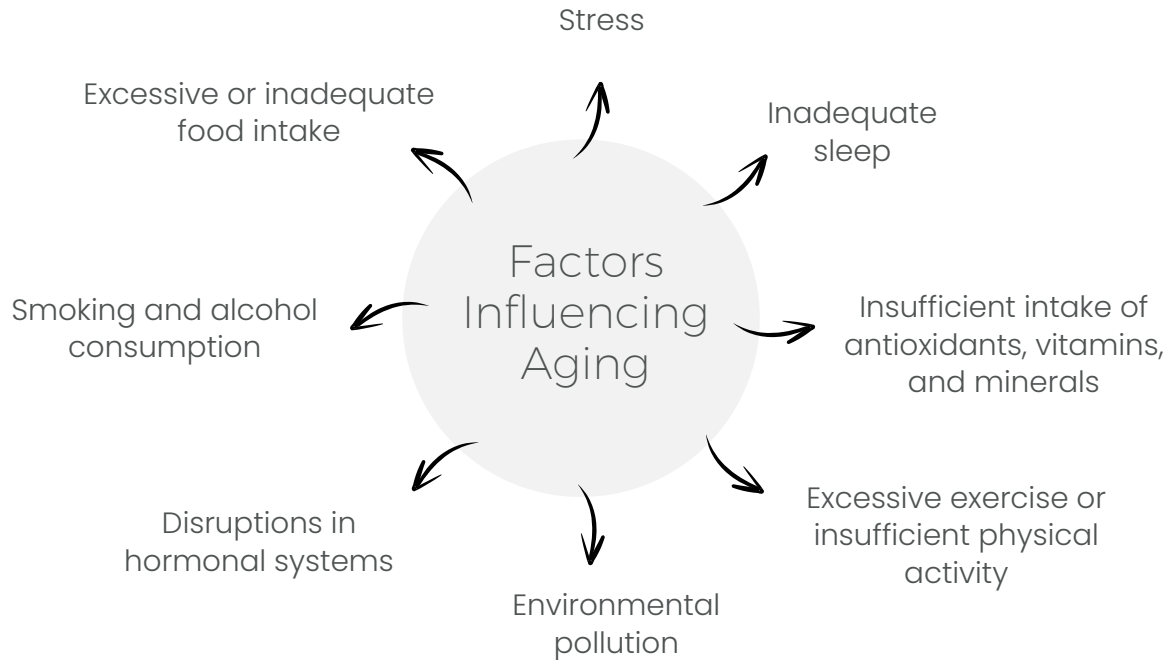
Suitability of Well Aging Program?

Vitalica Wellness offers a transformative journey where individuals can learn and discover the optimal version of aging.

The Well Aging Program is meticulously crafted for those individuals who seek to be prepared for the diverse impacts of advancing age, be it hormonal, mental, or physical. Acknowledging the non-uniform nature of aging in each individual, our individually tailored programs are apt for anyone over 50 desiring to mitigate or arrest the effects of aging. Furthermore, owing to the activation of the AMPK enzyme, the program can serve as a supportive therapy for conditions like diabetes, obesity, and cancer.

The system governing the equilibrium of our body is the hormonal system. From heart health to immune system fortification, from physical performance to anti-aging effects on the skin, hormones play a pivotal role in our well-being. Over time, scientific understanding has evolved, accepting the correlation between the decline in hormone production and levels in the blood with the aging process.





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In consideration of all these factors, Vitalica Wellness has developed a Well Aging Program comprising seven essential pillars:



Consultation with our doctors at the beginning and throughout the program

Sustainable solutions to understand yourself better and achieve physical, mental, and emotional balance to preserve and enhance your health.



Body Measurements

- Full-body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with oximeter
- Pulse measurement



Vitalica Wellness Talk



Post-detox nutrition and healthy living prescriptions



Detox Drinks



Unlimited detox soup, herbal tea, pH10 water

Anti-Aging Supplements



Personalized SIRT Nutrition Plan



Cell Renewal Drinks



Unlimited Alkaline Water



Healthy Eating Group Classes in the Chef's Studio



Detox Kit

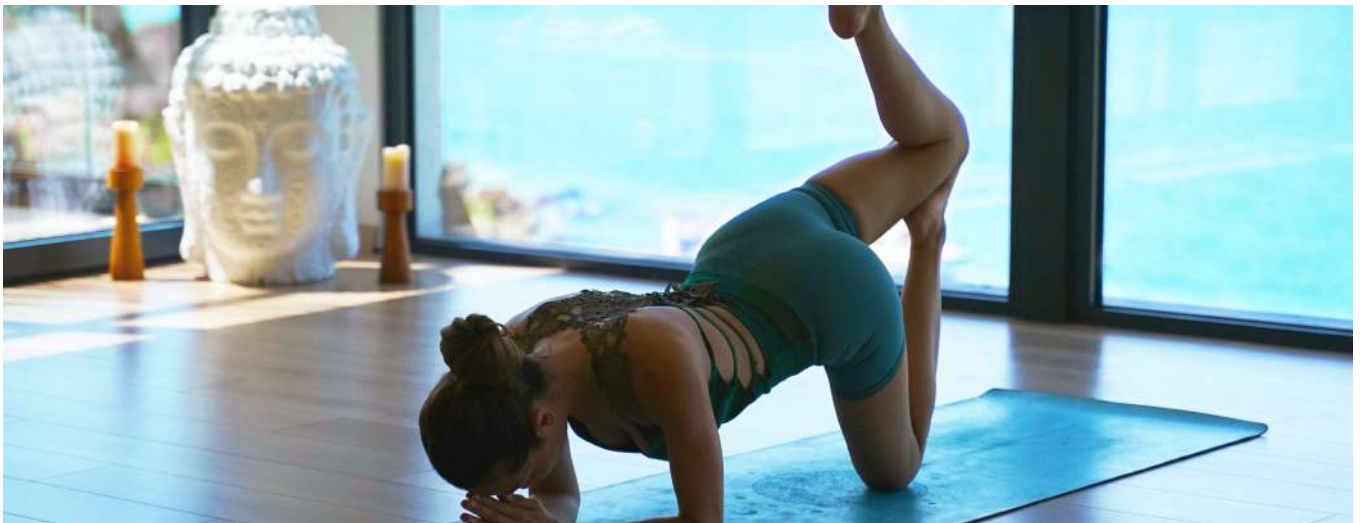


Wellness Movie Night



Group Activities

Breathing Exercises, Morning Walk, Fitness, Yoga



Anti-Aging Mud Wrap

We fuse the detoxifying properties of seaweeds, a potent antioxidant, and anti-aging formula for clay therapy, with the moisturizing and exfoliating benefits of clay. Rich in potassium, magnesium, sodium, bromine, calcium, and various minerals, our Anti-Aging Mud Wrap incorporates essential oils such as vitamin E, grape seed, bladderwrack, Irish moss, and sage for optimal effect. This treatment purifies the body from toxins, softens the skin, and induces a radiant glow. Additionally, the Anti-Aging Mud Wrap addresses concerns like cellulite, excess weight, joint pain, and stiffness, thereby enhancing physical activities



Angel Of Water + 20 min Abdominal Massage

The Angel of Water, a FDA-approved medical system, offers the safest, simplest, and most effective colon cleansing method. Recognized as Class 1 medical equipment for colon cleansing, the Angel of Water stimulates the digestive system, safely eliminating toxins. By introducing water into the colon, it gently enhances natural muscle contractions, facilitating the removal of accumulated waste. With its exclusive use of sterile warm water, this procedure has no adverse effects on beneficial bacteria in the intestines.



Infrared Sauna

When near-infrared light is applied to the skin, fibroblast cells absorb light activity, leading to increased collagen and elastin production. It has been proven to raise body temperature by three degrees, making infrared heating technology provide a high level of detoxification experience. Beneficial sweating occurs through pores during the process of eliminating toxins. This sweating promotes skin rejuvenation, cell health, and tissue growth.



Steam Room

Steam rooms are recommended for daily use as they help eliminate toxins trapped under the skin, improve circulation, and regulate the cardiovascular system. The moisture and heat in the steam room expand capillaries, allowing blood to flow more freely. This leads to more efficient oxygen delivery to tissues. The release of the stress hormone cortisol is reduced with this application. In addition, the heat in the steam room opens sinus passages, allowing for easier and deeper breathing.



Tuz Odası

Recommended for improving respiration, salt room therapy is created based on the principle of inhaling air containing microscopic salt particles. It is used to treat respiratory tract disorders such as asthma, bronchitis, dry cough, lung diseases, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin disorders, pharyngitis, and respiratory tract disorders caused by smoking.

