

QUESTIONNAIRE & HEALTH INFORMATION GATHERING	PRE STAY		DURING STAY					POST STAY		
			DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 7 > 1 MONTH		
	WAKE UP	Biological assesment	Adapted yoga & guided neuro-relaxation sessions before breakfast							
	BREAKFAST	Tailor-Made Ultimate Longevity & supplementation adapted to assessment / goals							- Physical performance tracking - Follow-up on supplementation - Longevity Cs - Supply of tailored supplements and personalized treatments - Neuro relaxation follow-up	
	MORNING	Bilans & Cs dermato	Personalized activities (guided sea therapies, walking, ice bath)		& co-therapist island experience					
	LUNCH	- Tailor-Made Ultimate Longevity & supplementation adapted to assessment / goals		- Custom SBH Longevity supplementation						
	AFTERNOON	Cs longévité	Skin radiance Treat.	Massage or cryoT (60')	Massage or cryoT (60')	Skin radiance Treat.				
	DINNER	Tailor-Made Ultimate Longevity & supplementation adapted to assessment / goals							- Biological assesment* - Longevity Cs - Sleep Cs	
	EVENING			Soundtherapy						
	BEDTIME	Sleep assesment	Dedicated sleep protocol							