

PRE STAY		DURING STAY					POST STAY
QUESTIONNAIRE & HEALTH INFORMATION GATHERING		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				<ul style="list-style-type: none">- Physical performance tracking- Follow-up on supplementation<ul style="list-style-type: none">- Longevity Cs- Supply of tailored supplements and personalized treatments- Neuro relaxation follow-up
	BREAKFAST	Tailor-Made Ultimate Longevity & supplementation adapted to assessment / goals					
	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					MONTH 1 > MONTH 3
	AFTERNOON	Cs longévité	Skin radiance Treat.	Massage or cryoT (60')	Massage or cryoT (60')	Skin radiance Treat.	MONTH 3 > MONTH 6
	DINNER	Tailor-Made Ultimate Longevity & supplementation adapted to assessment / goals					<ul style="list-style-type: none">- Dermato follow-up- Longevity Cs- Sleep Cs
	EVENING		Soundtherapy		Soundtherapy		
	BEDTIME	Sleep assesment	Dedicated sleep protocol				
	*Optional **In coordination with attending physicians and depending on place of residence (not included)						