



HOUSE *of* GAIA

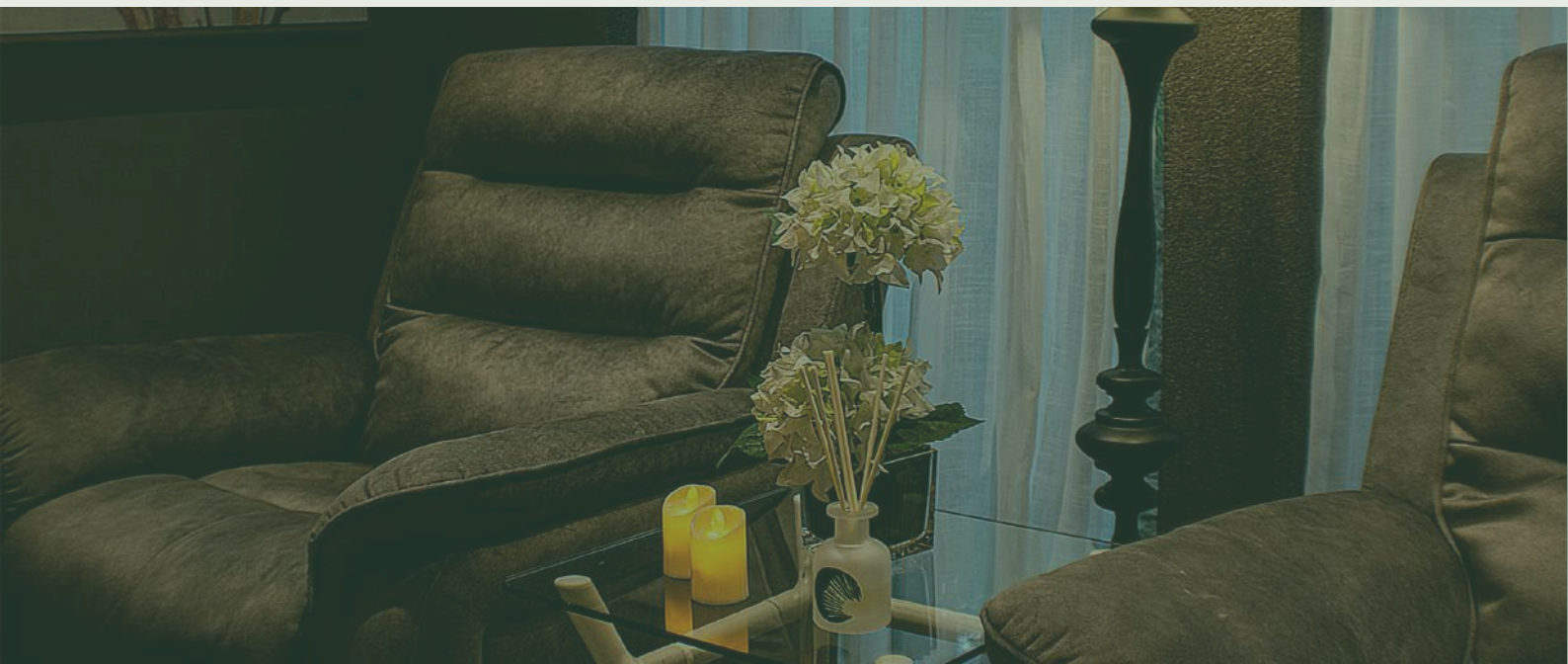
B A T A N G A S

GAIA LONGEVITY HEALTH SCREENING



PHP 76,480++ per person

The Gaia Longevity Health Screening is a comprehensive, science-based program designed to evaluate key markers of health, biological age, and long-term wellness. Guests will undergo advanced assessments supported by leading-edge technology, combined with restorative therapies for a complete mind-and-body reset.





Program Inclusions

Sleep Analysis

- A detailed evaluation of sleep quality and patterns using advanced tracking methods.
 - Benefits: Provides insight into rest cycles, identifies disturbances, and offers recommendations to improve restorative sleep.
-

Blood Chemistry Analysis (Organ Health Markers)

- A laboratory test analyzing vital organ function and metabolic health.
 - Benefits: Detects potential imbalances, establishes a baseline for overall health, and guides nutritional and lifestyle adjustments.
-

Senoclock (Biological Age Test)

- A cutting-edge biomarker test comparing biological age with chronological age.
- Benefits: Reveals how fast or slow the body is aging, empowering guests with actionable insights to reverse or slow aging factors.



Program Inclusions

Body Composition Analysis (Metabolic Age)

- Measures fat, muscle, water distribution, and metabolic efficiency.
 - Benefits: Highlights areas for improvement and tailors personalized exercise or nutrition plans.
-

Functional Assessment (Physiologic Age)

- Comprehensive evaluation of mobility, balance, flexibility, and overall physical function.
 - Benefits: Provides a foundation for customized therapies to enhance daily performance and long-term vitality.
-

10-Year Heart Disease Risk Analysis (Heart Age)

- A specialized test estimating cardiovascular health and future heart disease risk.
- Benefits: Offers preventive guidance to strengthen heart health and reduce risk factors.



Program Inclusions

ECG (Electrocardiogram)

- A non-invasive test that records the heart's electrical activity to detect abnormalities.
 - Benefits: Identifies irregular rhythms, silent heart conditions, and supports early intervention for cardiovascular health.
-

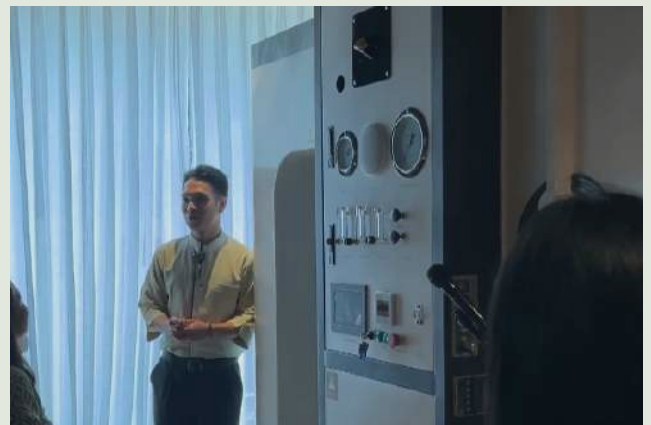
Medical Assessment (Longevity Score)

- A physician-led consultation integrating all test results into a holistic "longevity score."
- Benefits: Gives a clear picture of current health status, risks, and personalized recommendations for a longer, healthier life.

Therapies

Hyperoxic Chamber Session

- Alternating oxygen-rich environments to stimulate cellular repair.
- Benefits: Enhances energy, improves circulation, and supports recovery.



Photobiomodulation (PBMT) Session

- Non-invasive light therapy to stimulate cellular rejuvenation.
- Benefits: Reduces inflammation, promotes tissue healing, and supports vitality.



PMST (Pulsed Magnetic Stimulation Therapy)

- Advanced pulsed magnetic field therapy.
- Benefits: Improves circulation, relieves pain, aids recovery, and enhances cellular health.



Accommodation & Dining

Villa Stay

- Guests may stay in a Canopy Villa or Deluxe Villa.
- Upgrades are available to Premium Glass Villas or 2-Storey Villas (3 bedrooms), depending on the prevailing rates.



Breakfast (Included)

- A wholesome, nutrient-rich breakfast designed to energize the body and complement the health screening program.
- Note: Only breakfast is included in the package.



The Result



Guests leave the Gaia Longevity Health Screening with a deeper understanding of their unique health profile, empowered with science-based insights and a personalized roadmap for longevity.



HOUSE *of* GAIA

B A T A N G A S



www.houseofgaia.ph



houseofgaiaph



Purok 2, Sitio Timbugan,
Brgy. Sto. Toribio, Lipa City,
Philippines



houseofgaiaph