



HOUSE *of* GAIA

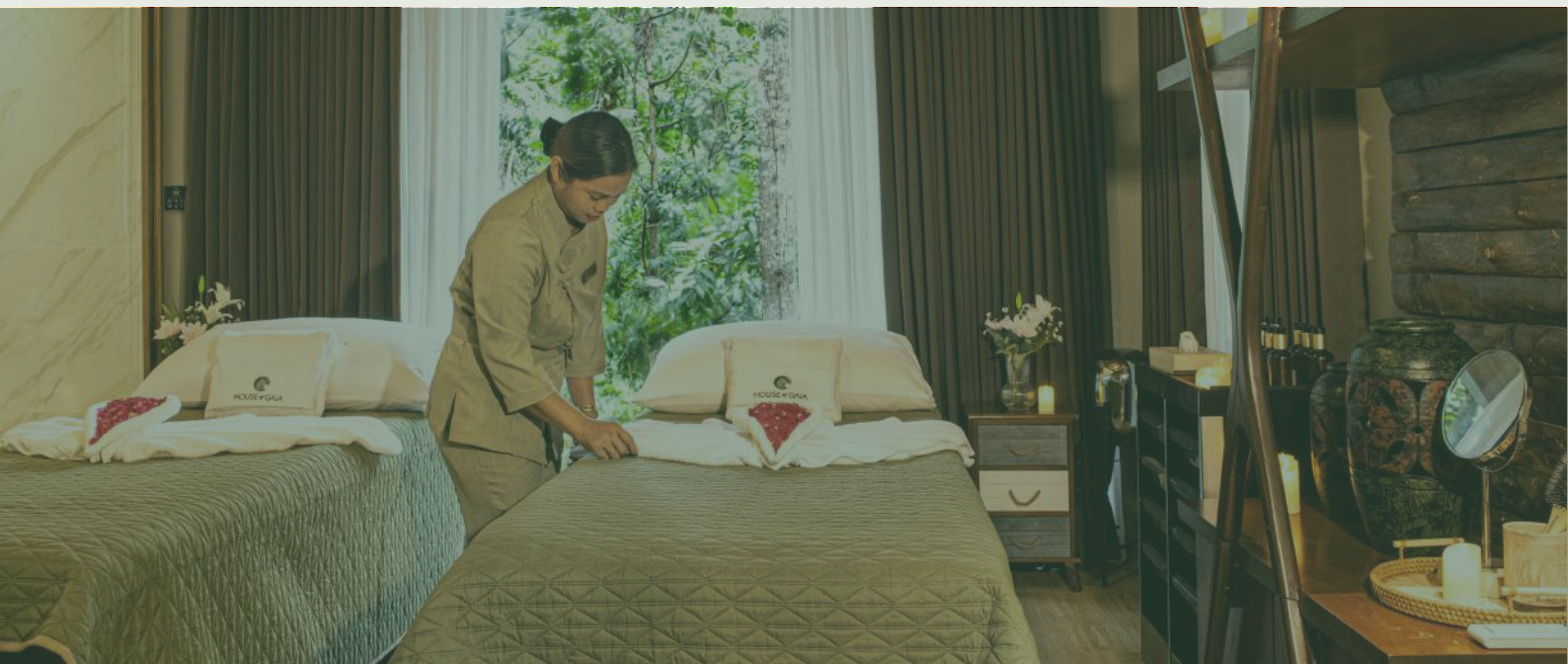
B A T A N G A S

Intro to Longevity



The Intro to Longevity Program is a 5-night immersive journey that introduces guests to the science of healthy aging. Designed for those seeking to optimize performance and well-being, this program blends advanced diagnostic testing, targeted regenerative therapies, and restorative wellness rituals into a comprehensive experience.

Each guest receives a complete health assessment, rejuvenating therapies for body and mind, and a personalized longevity roadmap to continue progress beyond the stay. By addressing the pillars of longevity—cellular repair, metabolic health, functional strength, and stress resilience—this program empowers guests to feel recharged, renewed, and equipped with strategies to extend peak vitality.



The Result

The result is not just relaxation, but a science-driven reset that builds the foundation for stronger health, sharper clarity, and a longer, more vibrant life.



Program Inclusions

Comprehensive Assessments

- Complete blood chemistry panel
 - Blood-based biological aging clock
 - Sleep analysis evaluation
 - Functional Test (VO2 max, grip strength, gait speed, hand-eye coordination, etc.)
 - Nutrition & dietetics consultation
 - Lifestyle consultation
 - Body Composition Analysis (skeletal muscle mass, visceral fat, muscle mass)
 - 10-Year Heart Disease Risk Analysis
 - Medical Assessment (Longevity Score)
 - Installation of data tracking wearables
-

Wellness Benefits

- Round trip airport transfer (for overseas guests)
- Complimentary healthy drinks, herbal tea, and seasonal fruits in villa
- Complimentary use of sauna
- Complimentary use of functional fitness gym

Treatments

Restorative Treatments

- 5× Hyperoxic Chamber Sessions
- 5× Photobiomodulation Therapy (PBMT)
- 5× PMST Sessions
- 1× NAD IV Therapy
- 1× Exosome Therapy
- 1× Ultimate Turkish Bath (with Therapeutic Massage)



- 1× Foot Therapy
- 1× Bamboo or Sports Massage
- 2× Contrast Therapy Sessions
- 1× Empress Facial
- 1× Sound Therapy
- 1× Deep Relief Combo Therapy
- 2× Private Yoga Sessions
- 2× Personal Training Sessions

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 prevailing rates.



Meals

Three longevity-focused meals per day are included in the package, designed to support metabolic health and enhance overall vitality.



The Result



Guests leave the Intro to Longevity Program with a clear, science-based understanding of their current health profile, supported by advanced therapies and a personalized roadmap to extend vitality and healthy years.



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