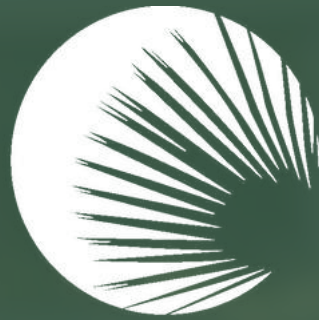




HOUSE *of* GAIA

B A T A N G A S

Gaia Longevity Immersion



The Gaia Longevity Immersion is a transformative 14-night retreat designed to enhance vitality, extend health span, and optimize well-being. More than a wellness escape, this program is a science-based journey into longevity medicine, blending advanced medical interventions, personalized health assessments, and holistic therapies into one immersive experience.

Guests undergo comprehensive diagnostics to establish their unique health profile, followed by a tailored regimen of cutting-edge treatments such as NAD+ infusions, exosome therapy, peptide therapy, and regenerative modalities. These advanced therapies are complemented by restorative spa rituals, mindfulness practices, functional fitness, and nutrition programs crafted to nourish the body at a cellular level.

By targeting the root causes of aging—cellular decline, mitochondrial dysfunction, and metabolic imbalance—this program provides measurable improvements in energy, recovery, mental clarity, and resilience. At the same time, guests experience the healing power of nature, movement, and mindful living, ensuring both body and mind are renewed.

At the end of the immersion, each guest leaves with:

- A personalized longevity roadmap for sustainable health.
- A clear understanding of their biological age, resilience, and health risks.
- Practical lifestyle strategies and continuous support to extend vitality and healthy years.

The Result



The result is not only rejuvenation and balance during the stay, but a long-term shift toward living stronger, healthier, and longer.



Comprehensive Assessments

Your journey begins with a complete picture of your current health status:

- **Complete Blood Chemistry Panel**
Detailed lab work to evaluate essential biomarkers.
- **Blood-Based Biological Aging Clock**
Assesses biological vs. chronological age.
- **Sleep Analysis Evaluation**
Identifies sleep patterns that affect recovery and longevity.
- **Functional Test**
VO₂ max, grip strength, gait speed, and hand-eye coordination to measure physical resilience.
- **Nutrition & Dietetics Consultation**
Personalized dietary recommendations to optimize cellular health.
- **Lifestyle Consultation**
Tailored guidance on stress, routines, and overall lifestyle habits.
- **Body Composition Analysis**
Evaluates skeletal muscle mass, visceral fat, muscle mass index, and postural balance.
- **10-Year Heart Disease Risk Analysis**
Predictive risk profile for cardiovascular health.
- **Medical Assessment (Longevity Score)**
A comprehensive evaluation from our longevity physician.
- **Installation of Data Tracking Wearables**
Continuous monitoring of sleep, activity, and recovery metrics.



Advanced Medical Therapies

Scientific treatments designed to target cellular health, regeneration, and vitality:

- **4 NAD+ IV Infusion Therapies**

Cellular rejuvenation and mitochondrial support for improved energy and focus.

- **1 Exosome Therapy**

Advanced regenerative treatment to support tissue repair and cellular communication.

- **Peptide Therapy**

Specialized longevity peptides designed to:

- Support telomere health, slowing cellular aging and improving immune function.
- Enhance mitochondrial performance, boosting energy metabolism, fat utilization, and insulin sensitivity.
- Promote circadian balance, deeper sleep, and overall vitality.

- **Stem Cell Therapy**
(Optional, Extra Charge)

Cutting-edge regenerative therapy for advanced cellular repair and rejuvenation, available upon physician recommendation.



Regenerative & Recovery Therapies

Focused sessions to accelerate healing, optimize circulation, and restore physical function:

- **14 Photobiomodulation Therapy Sessions**
Red light therapy that promotes cellular repair, reduces inflammation, and boosts energy production.
- **14 Hyperoxic Chamber Sessions**
Oxygen-rich environment to enhance mitochondrial health and detoxification.
- **14 PMST Sessions**
Pulsed Magnetic Stimulation Therapy to improve circulation, nerve function, and recovery.
- **4 Contrast Therapy Sessions**
Alternating hot and cold immersion to accelerate recovery, reduce inflammation, and strengthen circulation.
- **1 Deep Relief Combo**
Therapeutic massage designed to relieve chronic muscle tension and restore flexibility.
- **5 Personal Training Sessions**
Guided fitness sessions focused on strength, mobility, and metabolic conditioning.



Mind-Body & Wellness Rituals

Holistic therapies to balance body, mind, and spirit:

- **Rejuvenate & Nourish Ritual**

A deeply hydrating and anti-aging body ritual with a bath soak, body scrub, and body mask. Restores elasticity, enhances softness, and leaves the skin glowing and supple.

- **Ventosa Massage**

Traditional cupping therapy that improves circulation, relieves muscle tightness, and detoxifies the body.

- **2 Gaia Therapeutic Massages**

Full-body massage tailored to release tension and restore balance.

- **1 Acupressure Massage**

Pressure-point therapy for energy flow and pain relief.

- **1 Bamboo Massage**

Deep massage technique using warm bamboo sticks for circulation and muscle recovery.

- **2 Foot Therapy Sessions**

Reflexology-based treatment for relaxation and improved organ function.

- **2 Sound Therapy Sessions**

Healing frequencies that support relaxation and emotional well-being.

- **2 Turkish Hammam Baths**

Traditional steam and cleansing ritual for detoxification and skin renewal.

- **1 Empress Facial / Gentlemen's Facial**

Luxurious facial customized for skin rejuvenation.

- **2 Mindfulness Sessions**

Breathing and awareness practices for stress management and mental clarity.



Ongoing Support

- **1 Month Continuous Support**

Post-program virtual support with lifestyle, nutrition, and health coaching.

Wellness Benefits

- Round Trip Airport Transfer (for overseas guests).
- Complimentary Healthy Drinks, Herbal Tea, and Seasonal Fruits in villa.
- Complimentary Use of Sauna for detoxification and relaxation.
- Complimentary Use of Functional Fitness Gym for daily workouts.



Accommodation & Dining

Villa Stay

- Guests may stay in a Canopy Villa or Deluxe Villa.
- Upgrades 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.
- Each meal is designed to support metabolic health, improve digestion, and enhance overall vitality.



The Result



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



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