



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

ANDROS LONGEVITY PROGRAMME



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 **DURATION: FROM 7 NIGHTS**

The Andros Longevity Medical Treatments program is a comprehensive health evaluation tailored specifically to men, combining advanced diagnostics with personalized care to promote vitality and long-term well-being.

This program features specialized assessments, including an andrologic visit, abdominal ultrasound, PSA analysis, and a urologic visit, alongside a full-body analysis to detect imbalances and potential risks early.

A bespoke nutrition plan by three Michelin-starred chef Heinz Beck, developed in collaboration with Palazzo Fiuggi's Medical and Scientific Committee, complements targeted treatments that enhance cellular renewal, physical function, and balance. Each meal, crafted to the highest culinary standards, supports both body and mind.

At the end of your stay, a detailed report and expert recommendations ensure the benefits of the program extend well beyond your visit, equipping you with insights for sustained health and vitality.

GOALS

- Perform a full-body analysis with a focus on male-specific health.
- Conduct specialized andrologic and urologic assessments.
- Counteract the effects of aging with functional and aesthetic enhancements.
- Support cellular renewal and regenerative processes.
- Create a sustainable training plan tailored to your physiology.
- Promote long-term health and well-being.

MEDICAL TREATMENTS

First medical visit	7	10	14
Final medical visit	1	1	1
Health check-up	1	1	2
Basic blood tests (at admission and at discharge)	1	1	1
Longevity Blood test	1	1	1
Cardiovascular Panel	1	1	1
Immune and inflammation profile	1	1	1
Screening Of Metabolic Syndrome, Diabetes & Thyroid Disease	1	1	1
Genetic test: Microbiota plus	1	1	1
Genetic test: Antiaging	1	1	1
Screening Of Vitamins & Minerals	1	1	1
Electrocardiogram (ECG)	1	1	1
Bioelectrical impedance analysis (BIA)	1	2	2
DEXA - body scan composition	1	1	1
Carotid Doppler ultrasound	1	1	1
Abdominal ultrasound	1	1	1
Thyroid & Parathyroid Ultrasound	1	1	1
Immune intravenous infusion	1	1	1
Energy intravenous infusion	1	1	2
Detox intravenous infusion	-	1	1
Colon Hydrotherapy	1	1	1
Cryotherapy	1	2	3
Cardiology Visit	1	1	1
Metabolic Visit	1	1	1
Echocardiography	1	1	1
Aesthetic medicine consultation	1	1	1
Skin Analyzer	1	1	1
Sleep Bands Niraxx	1	1	1
Spirometry-pulmonary function testing	1	1	1
Bol D'Air	4	4	4

	7	10	14
1	1	1	1
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1	2	3	1
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1	1	1	1
1	1	1	1
4	4	4	4

ANDROS LONGEVITY MEDICAL TREATMENTS

Andrologic visit	7	10	14
Prostate ultrasound	1	1	1
PSA Analysis	1	1	1
Urologic visit	1	1	1

	7	10	14
1	1	1	1
1	1	1	1
1	1	1	1
1	1	1	1



WELLNESS TREATMENTS

Palazzo Fiuggi Ritual Hammam

3 steps hydrotherapy

Spa Wave - binaural sound therapy

Super Anti-Aging Facial - Barbara Sturm

Deep Tissue Massage

Lymphstimulating

Mind & body relax

Psammo Therapy – Short Ritual

Far infrared body detox

Thalassotherapy treatment

Access to the Roman Thermae:

- Kneipp Path
- Sauna and Steam Bath
- Himalayan pink Salt Room
- Infrared Sauna

Access to the indoor and outdoor pools

	7	10	14
Palazzo Fiuggi Ritual Hammam	1	1	1
3 steps hydrotherapy	2	3	4
Spa Wave - binaural sound therapy	1	2	3
Super Anti-Aging Facial - Barbara Sturm	1	1	1
Deep Tissue Massage	2	2	3
Lymphstimulating	1	2	3
Mind & body relax	2	2	3
Psammo Therapy – Short Ritual	1	1	1
Far infrared body detox	-	1	2
Thalassotherapy treatment	4	6	8

Access to the Roman Thermae:	✓	✓	✓
- Kneipp Path	✓	✓	✓
- Sauna and Steam Bath	✓	✓	✓
- Himalayan pink Salt Room	✓	✓	✓
- Infrared Sauna	✓	✓	✓
Access to the indoor and outdoor pools	✓	✓	✓



NUTRITION

Nutrition Consultation

Naturopathic consultation

Longevity Daily food line: breakfast, lunch, dinner and healthy snacks

Therapeutic consumption of Fiuggi water

Herbal infusions from Italy's oldest pharmacy

7 10 14

1	1	1
1	1	1
✓	✓	✓
✓	✓	✓
✓	✓	✓

MOVEMENT

HPM Longevity Andros Biomechanical monitoring assessment

- Postural assessment
- Baropodometric analysis
- Mobility assessment
- Reactivity test
- Gait and movement Analysis
- CORE assessment
- Strength and balance assessment
- Check spine functionality

HPM Training

HPM Final evaluation

Access to the Movement Lab

Access to group classes:

- Neuromuscular Training
- Aqua Training
- Muscle Pump
- Tabata Circuit
- Functional Movement
- Vinyasa Flow Yoga
- Hatha Yoga
- Pranayama Breathing
- Yoga Therapy
- Mindfulness Ritual

7 10 14

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✓	✓	✓

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PRICE

€10.500 €11.600 €13.400

