



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

FEMINA LONGEVITY PROGRAMME



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 **DURATION: FROM 7 NIGHTS**

The Femina Longevity Medical Treatments program is a tailored health evaluation designed exclusively for women, addressing specific health needs with advanced diagnostics and personalized care to foster vitality and long-term well-being.

This program includes specialized assessments such as a gynecologic visit and pelvic ultrasound, senologic visit, Pap test, HPV-DNA test, breast ultrasound, and a comprehensive hormonal blood test, complemented by targeted treatments like gynecology supplements, cognitive behavioral therapy, and a rejuvenating collagen facial. Together, these elements provide a full-spectrum approach to women's health and wellness. A bespoke nutrition plan curated by three Michelin-starred chef Heinz Beck, in collaboration with Palazzo Fiuggi's Medical and Scientific Committee, works in harmony with treatments designed to enhance cellular renewal, hormonal balance, and physical well-being. Each meal, prepared to haute cuisine standards, nourishes both body and mind. At the end of your stay, a detailed report and expert recommendations ensure the benefits continue long after your visit, empowering you with insights for sustained health and vitality.

GOALS

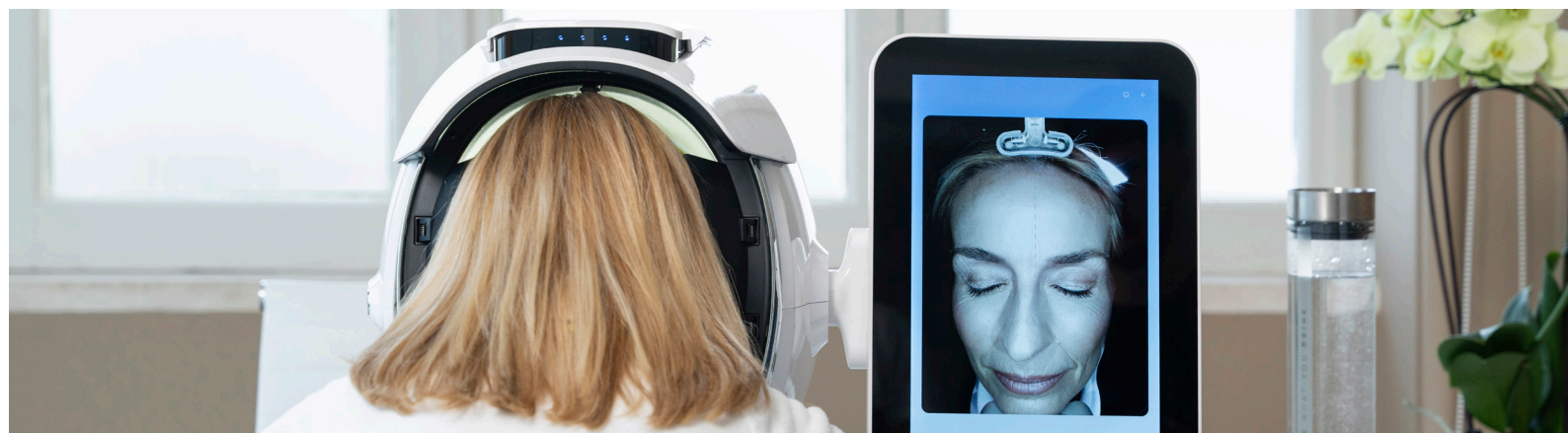
- Perform a full-body analysis with a focus on women's health.
- Conduct specialized gynecologic and senologic assessments.
- Support hormonal balance and cellular regeneration.
- Counteract the effects of aging with targeted aesthetic and functional treatments.
- Create a personalized plan for long-term health and well-being.
- Promote overall physical and mental vitality.

MEDICAL TREATMENTS

	7	10	14
First medical visit	1	1	1
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	1
Beauty intravenous infusion	-	1	1
Detox intravenous infusion	-	-	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

FEMINA LONGEVITY MEDICAL TREATMENTS

	7	10	14
Gynecologic visit	1	1	1
Breast visit	1	1	1
Test (Pap)	1	1	1
Test (HPV-DNA)	1	1	1
Pelvic ultrasound	1	1	1
Breast ultrasound	1	1	1
Cognitive behavioural therapy	1	1	1
Hormonal blood test	1	1	1



WELLNESS TREATMENTS

Palazzo Fiuggi Ritual Hammam

3 steps hydrotherapy

Spa Wave - binaural sound therapy

Super Anti-Aging Facial - Barbara Sturm

Sturm glow facial - Barbara Sturm

Deep Tissue Massage

Lymphstimulating

Mind & body relax

Psammo Therapy – Short Ritual

Thalassotherapy treatment

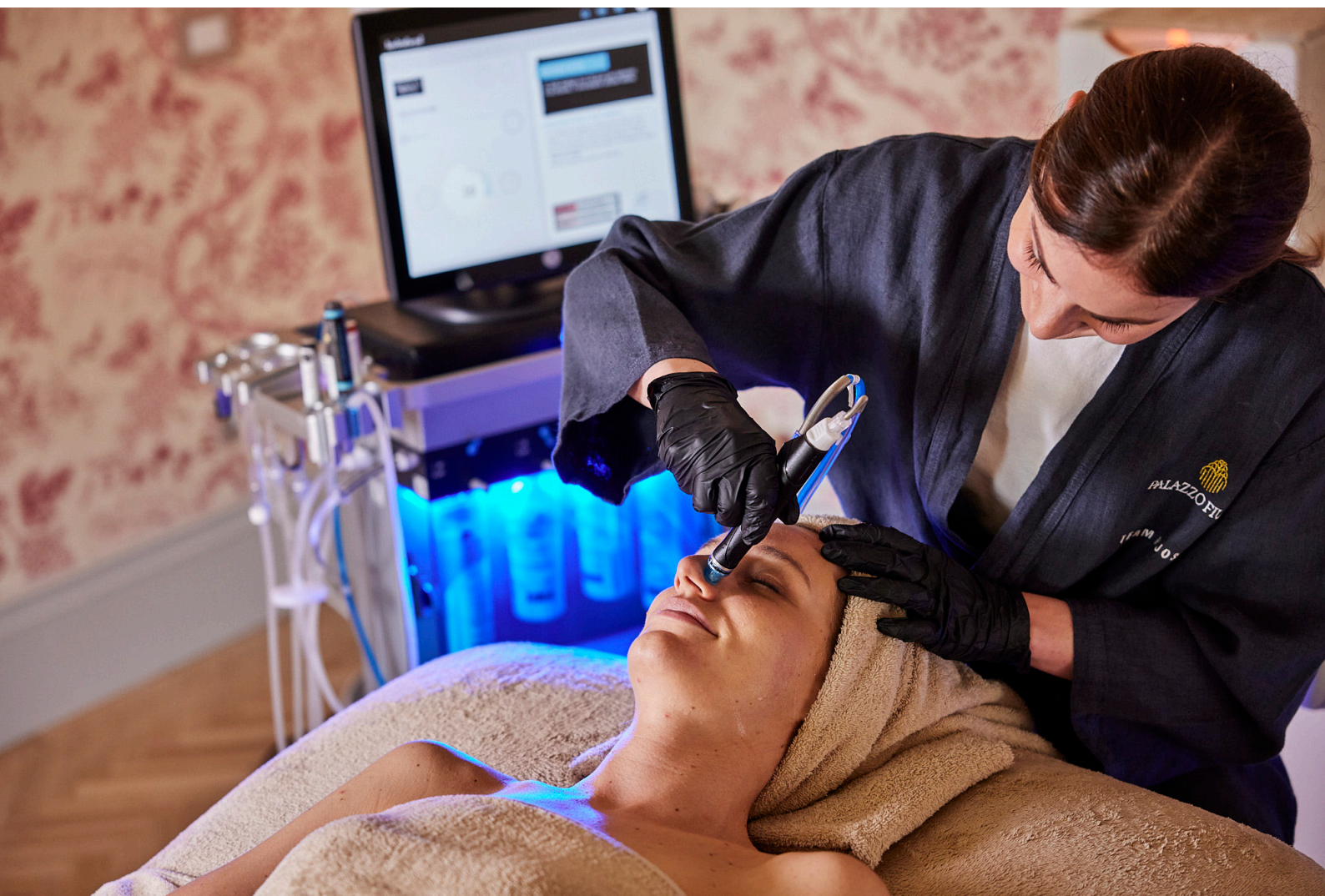
Far infrared body detox

Access to the Roman Thermae:

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

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✓	✓	✓



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

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MOVEMENT

HPM Longevity Femina 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 the group classes:

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

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PRICE

€11.650 €13.100 €14.800

