



esplanade tergesteo
luxury retreat

Esplanade Tergesteo – Luxury Retreat

LONGEVITY RETREAT

2025

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01 Longevity Retreat





01-Longevity Retreat

M I S S I O N

*Esplanade Tergesteo is committed to promoting a **healthier, longer, and more balanced lifestyle.***

Live better today, live more tomorrow

Services and Expertise

At the heart of the hotel's Longevity programs is a distinguished **Longevity Expert**. With her guidance, guests embark on personalized wellness journeys aimed at improving their lifestyle and restoring balance.

Key offerings include:

1. **Consultations and nutritional plans:** comprehensive evaluations and customized plans to enhance nutrition, habits, and overall health.
2. **Advanced precision medicine tests:** cutting-edge diagnostics for anti-aging, cardiovascular prevention, gastrointestinal well-being, stress and sleep quality, slimming and weight loss
3. **Personalized Longevity programs:** scientifically designed plans that integrate health, beauty, and mental energy for lasting results.



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02

Precision
medicine tests



02-Precision medicine tests

- Anti-aging
- Cardiovascular prevention
- Gastrointestinal well-being
- Stress and sleep quality
- Oxidative Stress Test
- HRV Stress Test
- Slimming and weight loss
- Bioimpedance analysis (BIA, Bioelectrical Impedance Analysis)
- Sport & Training Prevention Test
- DNA Haircare Genetic and Cellular Damage Assessment
- DNA Sport & Performance Test



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03 Longevity Programs



Anti-aging Retreat

A relaxing and planned programm to discover the little secrets of longevity.

I choose this path because:

- I want to feel and look **younger**
- I want to **evaluate** my health and **prevent** aging
- I would like to tone up my muscles, **reduce wrinkles** and improve **skin elasticity**

I would like to achieve these results:

- An **appreciable** physical shape with **toned muscles** and more elastic skin.
- Feel **rejuvenated** and full of energy.
- Prevention of **chronic diseases**

Weight loss Retreat

Slimming program. The Weight Loss program is a personalized path that helps you achieve effective and lasting weight loss, by optimizing metabolic efficiency without slowing down, to maintain a healthy body in the long term.

I choose this path because:

- I want to lose weight and **get back in shape**
- I can't lose weight; despite following an apparently correct diet and I want to improve the health of my skin.
- I want to recover a healthy lifestyle and learn to combine foods in a balanced way.

I would like to achieve these results:

- Achieve optimal physical shape naturally, without drugs or deprivation.
- Understand **how to eat properly** to gradually lose weight and improve my skin as well as reduce water retention.



Detox & Clean Retreat

Detoxifying program

I choose this programme because:

- I want to detox and follow a detoxifying program
- I live in a city filled with **pollution**, I eat in a disorderly way and I drink **alcohol**
- I have a **sedentary lifestyle**, I don't sleep well and my skin is unhealthy.
- I feel bloated, tired and stressed and I have difficulty concentrating at work.

I would like to achieve these results:

- Feel healthier and have a balanced diet
- Have softer and smoother skin and "cleaner" gut
- Do proper physical activity and return to work with **energy** and **enthusiasm**





Relax & Sleep Retreat

Relaxation and sleep quality improvement programme.

I choose this programme because:

- I am **stressed** and want to relax
- I feel tired and I **don't sleep** well
- I have a **busy lifestyle** and difficulty sleeping properly

I would like to achieve these results:

- **Face problems** calmly and serenely
- Wake up **rested** and more energetic
- **Reduce** the need for coffee and energy drinks



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Thank you
for your attention

