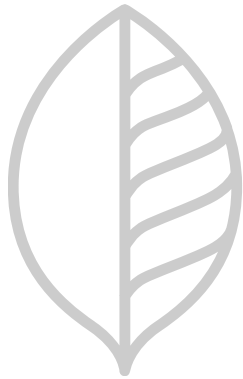




**THE LONGEVITY
SUITE**

M I L A N O

METT
SINGAPORE





METT



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At the heart of Fort Canning Park, The Longevity Suite® brings a holistic approach combining medical expertise with treatments that go beyond the ordinary.

Our showroom at METT Singapore offers advanced biohacking technologies and curated wellness rituals, expertly crafted by merging paths inspired by tradition with the most advanced rebalancing and rejuvenation treatments.

Set against the calm elegance of the hotel and the lush greenery that surrounds it, The Longevity Suite offers a refined journey where science, technology, and method meet high-touch care. Here, every detail is designed to restore balance, elevate mental energy, and guide you towards your most vital, aligned self—calm, conscious, and quietly transformative.



T L S

LONGEVITY BIOHACKING

A series of strategies to positively hack our biological system, control inflammation, and slow down biological ageing by making healthy lifestyle modifications to build maximum physical and mental potential.

The four pillars of The Longevity Suite's Biohacking are controlled cold exposure, photobiomodulation, intermittent fasting, and mindfulness.

Each technology has been selected for its proven ability to work at the cellular level—reducing inflammation, accelerating recovery, and restoring balance to body and mind.



CRYOSUITE TOTAL BODY

3 MIN | **150\$**

Experience extreme cold exposure (-85°C to -95°C) in our advanced Cryosuite. This brief but intense therapy triggers powerful physiological responses including reduced inflammation, enhanced circulation, metabolic activation, collagen production, and natural mood elevation through endorphin release.

Benefits:

Rapid recovery, fat burning (up to 800 calories), immune boost, skin rejuvenation, pain relief

LOCAL CRYO

10 MIN | **130\$**

Targeted cold therapy (-32°C) applied to specific areas for precision treatment of localized inflammation, pain, or aesthetic concerns. Improves microcirculation, enhances oxygen delivery, and promotes skin tone and firmness in treated areas.

Benefits:

Localized pain relief, reduced swelling, improved skin texture, muscle recovery, joint support

DRY FLOAT THERAPY

30 MIN | **180\$**

This advanced flotation system creating weightlessness without water immersion. Built upon principles from Watsu (water shiatsu) and aquatic bodywork therapy, the experience triggers profound parasympathetic activation, allowing complete muscular release and deep neurological relaxation as your body floats free from gravitational stress.

Benefits:

Spinal decompression, stress reduction (up to 30% cortisol decrease), improved sleep quality, pain relief, mental clarity

Enhanced Ultimate Biohacking Protocol

+80\$

Add simultaneous Hydrogen-Oxygen Inhalation Therapy and Near Infra-Red (NIR) Total Body Photobiomodulation. This powerful synergy reduces oxidative stress and inflammation while the body and mind regain energy, strengthen the immune system, stimulate new collagen growth and improve skin elasticity—supporting cellular longevity and comprehensive rejuvenation.





THE LONGEVITY SUITE



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THE LONGEVITY SUITE

MILANO



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HYPERBARIC OXYGEN THERAPY

60 MIN | **220\$**

Mild hyperbaric therapy using ambient air pressurized to 1.35 ATA enhances plasma oxygen availability by up to 35%, improving mitochondrial energy production and circulation. This elevated oxygen environment supports cellular healing, cognitive function, immune balance, and recovery processes throughout the body.

Benefits:

Enhanced tissue oxygenation, accelerated healing, mental clarity, reduced inflammation, immune support, anti-aging

Enhanced Neuroacoustic Protocol

+40\$

Add NuCalm® technology—a clinically-proven system combining proprietary frequency patterns and gentle cranial microcurrent stimulation. This integration guides your brain into deep relaxation while maintaining consciousness, amplifying the healing effects through profound parasympathetic activation, stress reduction, and nervous system recalibration.

WELLNESS RITUALS

*Tailored journeys designed to address specific wellness challenges
faced by modern travellers and urban dwellers.*

*These carefully sequenced experiences combine our advanced
biohacking technologies with mindful practices, nourishing
elements, and expert guidance. Whether you seek to reset your
circadian rhythm, release accumulated stress, or embark on a
comprehensive longevity protocol, our rituals provide a sanctuary
where science meets serenity.*



T L S

SLEEP & JET LAG RESET

120 MIN | 490\$

A restorative journey to recalibrate your body's natural rhythms. This ritual helps restore your sleep-wake cycle, reduce jet lag symptoms, and enhance daytime clarity and energy.

Primary Challenge:

Disrupted circadian rhythms, sleep deprivation, mental fog

Includes:

- Cryosuite Total Body 10 min
- Ultimate Biohacking 30 min
- Hyperbaric Oxygen 60 min
- Sleep Strategy Consultation 30 min
- Grounding Herbal Tea 10 min
- In-Room Night Kit

Optional Add-Ons:

Sleep Better | The Longevity Suite Supplement

STRESS & BURNOUT RELIEF

130 MIN | 550\$

A comprehensive nervous system reset, releasing accumulated tension and restoring emotional balance. Experience significant stress reduction, improved heart rate variability, and restored mental clarity.

Primary Challenge:

Chronic stress, nervous system dysregulation, anxiety, mental exhaustion

Includes:

- Grounding Practice & Nature Walk 20 min
- Stress Assessment 10 min
- Local Cryo (Neck & Trapezius) 10 min
- Hyperbaric Oxygen + NuCalm 30 min
- Dry Float Therapy 30 min
- Mind Detox Tibetan Sound Healing 30 min

Optional Add-Ons:

Stress Relief | The Longevity Suite Supplement

IMMUNITY & ENERGY BOOST

130 MIN | 490\$

An energizing protocol to strengthen your body's natural defenses and revitalize depleted energy reserves. Strengthen immune function, increase vitality, and improve metabolic health.

Primary Challenge:

Compromised immunity, low energy, chronic fatigue, reduced vitality

Includes:

- Breath Activation Protocol 10 min
- Cryosuite Total Body 10 min
- Hyperbaric Oxygen + NuCalm 60 min
- Biofeedback Assessment 20 min
- Personalised Training 30 min
- Immune-Boost Elixir

Optional Add-Ons:

Immuno Strong | The Longevity Suite Supplement

BODY TENSION RELEASE & DETOX

110 MIN | 470\$

A comprehensive protocol to dissolve chronic tension patterns and support natural detoxification. Experience significant release of muscle tension, improved mobility, enhanced lymphatic flow, and postural realignment.

Primary Challenge:

Chronic muscle tension, postural imbalances, accumulated toxins, lymphatic congestion

Includes:

- Postural Assessment 20 min
- Personalised Movement & Stretching 30 min
- Cryosuite Total Body 10 min
- Magnesium Foot Ritual + CryoGel 10 min
- Local Cryo (Legs / Back) 10 min
- Dry Float Therapy 30 min

Optional Add-Ons:

Dren & Detox | The Longevity Suite Supplement

Detox Smoothie Kit | The Longevity Suite Detox Bar – 1 day cleanse



GROUNDING & RECONNECTION

150 MIN | 550\$

A sacred journey to reconnect with yourself, nature, and the present moment. Cultivate deep presence, restore energy balance, and experience spiritual renewal and emotional clarity.

Primary Challenge:

Disconnection from self, spiritual depletion, energy imbalance, lack of presence

Includes:

- Fort Canning Earthing Walk 20 min
- Pranayama (Breathwork) 20 min
- Gentle Yoga Session 30 min
- Dry Float Therapy 30 min
- Chakra Balancing Ritual 30 min
- Guided Reflection & Journaling 20 min
- Take-Home Grounding Kit

Optional Add-Ons:

Usui Reiki Energy Alignment Session

LONGEVITY & ANTI-AGING

180 MIN | 650\$

A comprehensive assessment and optimization protocol to slow biological aging and enhance vitality. Support cellular rejuvenation, improve health biomarkers, enhance skin quality, and receive your personalized longevity roadmap.

Primary Challenge:

Accelerated aging, cellular decline, desire for comprehensive optimization and longevity

Includes:

- Comprehensive Baseline Assessment 40 min
- Longevity Expert Consultation 20 min
- Cryosuite Total Body + CryoGel 10 min
- Hyperbaric Oxygen + NuCalm 60 min
- Ultimate Biohacking 30 min
- Local Cryo Facial + AOX Face Mask 20 min
- Digital Report and Protocol

Optional Add-Ons:

Longevity + | The Longevity Suite Supplement

Longevity Mask | The Longevity Suite Skincare





BOOKING INFORMATION

To ensure a relaxing and enjoyable experience for all guests please observe the following guidelines.

OPENING HOURS

Daily: 10:00 AM - 6:00 PM

BOOKING

For inquiries or reservations, please contact the METT hotel front desk or The Longevity Suite Concierge:

Email: concierge@thelongevitysuite.asia

Phone/WhatsApp: [+65 8977 9805](tel:+6589779805)

Advanced booking is recommended to ensure availability of the desired day and time.

PAYMENTS

All guests are requested to complete payment in full at The Longevity Suite Reception after their treatment. Accepted payment methods include major credit and debit cards, NETS, PayNow, and other approved cashless payment options. The Longevity Suite operates as a cashless facility.

CHECK-IN

We kindly ask that you arrive 15 minutes before your treatment. Upon arrival, our team will invite you to complete a brief form to help us tailor a more personalised Biohacking Experience or Wellness Ritual. If applicable, you may also be requested to sign a waiver.

WHAT TO BRING

Please bring comfortable, loose-fitting clothing and swimwear or underwear for Cryosuite Total Body & Ultimate Biohacking experiences (available for purchase if needed). We may request your current medications list and relevant health information, as medical clearance may be required for certain therapies.

CONTRAINDICATIONS & SAFETY

Please notify our team if you have any relevant medical conditions, including: pregnancy, cardiovascular conditions, claustrophobia, cold sensitivity disorders, recent surgery, active infections, or implanted medical devices such as pacemakers. A health screening will be conducted prior to your first visit.







T L S

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