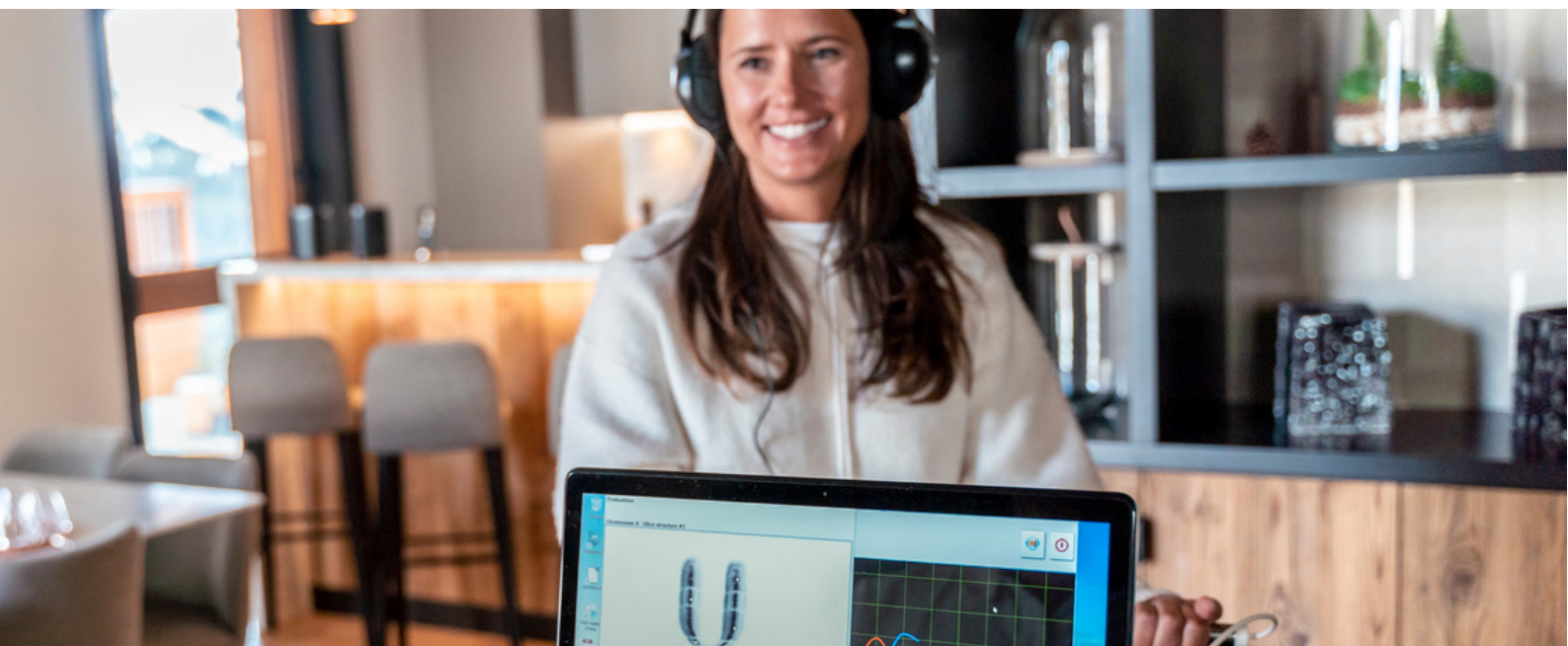




Longevity
Cure
Elevated Wellness



Longevity Cure Overview

We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Our pure longevity programme consists of three distinct phases, using real data to create a program unique to you.

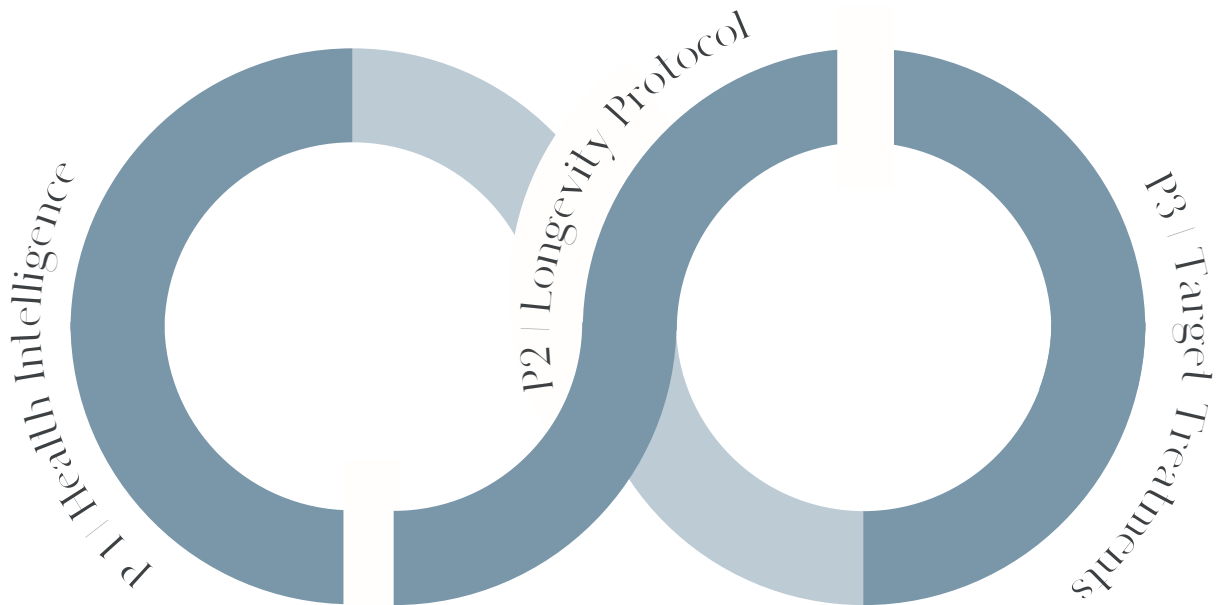
Through a comprehensive assessment of your present well-being, followed by our renewing longevity protocol, we will set the foundations for understanding and resetting the body.

We will then start targeted, result-driven treatments chosen to reflect your individual goals and objectives derived from our four treatment pillars.



Pure Longevity

Cure Phases



Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake to determine your specific wellness needs.

Phase 2 offers a combination of pioneering biohacking treatments designed to regenerate the body at a cellular level. This phase is the essence of the cure, aimed at healing and supercharging the body. Our academy helps you implement efficient daily rituals at home that lay the foundation for new long-lasting wellness habits.

Phase 3 is dedicated to tailoring your wellness goals to your specific needs. Choose from one of our four pillars and experience the transformative benefit of targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.



Phase 1

Health Intelligence

Your Health

Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake. You will receive a comprehensive digital snapshot of how your cells, mitochondria, and microbiome are functioning. This will help you better understand the effects of your diet and lifestyle on your immunity, mitochondrial and cellular health, internal biological age, and gut microbiome. We will also look at mobility, pain management, sleep and stress factors to give a full overview of your current wellbeing.

Nutrition

We work against the tide of fad diets that cause extreme weight loss and traumatise the body and mind. Our innovative functional approach takes into account your personal objectives, preferences, health requirements, and emotional well-being. With information collected from our health tests, we can then design tailored and achievable programs that work in harmony with your body, creating a profound effect on various diet-related issues while ensuring an enjoyable journey.

Our core aim is to re-educate you on how to eat in harmony with your body and create lasting improvements to your well-being that transcend your time with us.



Phase 2

Longevity Protocol

Overview

Our 'Pure Longevity Protocol' includes a selection of pioneering biohacking treatments combined into a specific protocol that are designed to regenerate the body at a cellular level. Based on the 3 elements that sustain life and make all living things thrive, the basis of life, Magnetism, oxygen and light.

Optimising these elements in the right order with using the most advanced technology have shown to slow the aging process, accelerate healing, increase cellular energy, and maintain alkalinity. It can reverse the buildup of oxidative stress and optimise ATP (energy) production.

During our longevity programme a personalised combination will be created for you adapted to your specific needs.

Longevity Academy

At Pure Antares, sustainable outcomes are just as important to us as immediate results. We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Embarking on the Pure Longevity Cure is the beginning of your wellbeing journey. Keeping a consistent mindset is key, and through our wellness Academy workshops, we will help you lay the foundations for a healthier, more conscious life.

To facilitate long-lasting wellness habits, we have developed efficient daily rituals that can be easily added to your daily routine to extend your experience after you have returned home.



Cure Content

Phase 1 & 2

Longevity Cure

Our Pure Longevity cure is designed to be flexible to your needs whilst honoring the cornerstones of our longevity concept to ensure results. For this reason phase 1 and 2 are included in every cure. whilst phase 3s targeted treatments can be personalised to your specific needs.

Phase 1 | Health intelligence

- 1x So Check
- 1x Cardicheck
- 1x Osteopath Consultation
- 1x Pure Active Assessment
- 1x BMI Body Mass
- 1x Skin Instant

Nutrition

- 1x Consultation Nutrition
- 1x Personalised Health Plan
- 1x Follow-up Consultation
- Plan 1/2 Board - Breakfast and Dinner

Phase 2 | Longevity Protocol

- Pemf
- Oxygen Therapy
- Infrared Sauna
- Cryosuite
- Vibro-acoustic therapy

Longevity Academy

- Sound Therapy
- Wim Hof Workshop
- Pure Longevity Home Protocol

Total Price 2.550 C

*Does not include target treatments in Phase 3
or accommodation



Phase 3

Targeted Treatments



Our Pure Longevity cure is designed to be flexible to your needs whilst honouring the cornerstones of our longevity concept to ensure results. For this reason Phase 1 and 2 are included in every cure, whilst Phase 3's targeted treatments can be personalised to your specific needs.

During Phase 3 you can choose from one of our four pillars and experience the transformative benefits of our targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.

Our Pure Longevity cure programme includes a 20% discount on all treatments.



Phase 3

Targeted Treatments

Detox Supporting the body's natural detoxification process

Our Detox pillar focuses on optimising the function of your lymphatic system, by providing the necessary support to enhance its efficiency in eliminating accumulated toxins.

Signature Spa

2x Signature Massage - Detox

Biologique Recherche

1x Light Legs

1x Seaweed slimming treatment

Pure Active

1x Outdoor Explorer

1x Yin Yoga

High Tech

4 x Cryo 21

4 x X Wave

1 x Hydrafacial

Total Cure Phase 1 | 2 | 3
With Detox pillar 4.179C
(29 treatments)

*Does not include accommodation.

De stress Restorative treatments to cultivate recovery and regeneration.

At Pure Antarès, we understand the need for a reset button, a way to disconnect from the chaos and reconnect with ourselves and nature. Our Destress pillar serves as that reset button.

Signature Spa

2x Signature Massage - Destress

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

Natural Therapies

1x Wim Hof Workshop & Sound Healing

Pure Active

1x Outdoor Explorer

2x Yin Yoga

Total Cure Phase 1 | 2 | 3
With Destress 3.756C
(27 treatments)

*Does not include accommodation.



Phase 3

Targeted Treatments

Reform Fortifying your physical, mental and spiritual health

Our Reform treatments are centred around the passion for enjoying outdoor sports, Using an array of high-tech and holistic therapies to help you kickstart your metabolism to feel lighter and better in your body.

Signature Spa

2x Signature Massage - Reform

Biologique Recherche

1x Signature Facial

1x Booster Mincer

Pure Active

3x Private Coaching

1x Outdoor Explorer

High Tech

2x Em Sculpt - Muscle Toning

2x X Wave - Cellulite Treatment

2x Radiofrequency & Ultrasound

Skin Tightening

2x Cryo 21 Sculpting

**Total Cure Phase 1 | 2 | 3
With Reform 4.575€**

*Does not include accommodation.

Revive Boost your vitality and inner energy

Treatments targeted towards those who often feel tired and like they're not living life to the fullest. Including active ageing treatments to help the body and mind to thrive.

Signature Spa

2x Signature Massage - Revive

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

1x Lift Corps

Pure Active

1x Private Coaching - Mobility

1x Outdoor Explorer

High Tech

1x Cryo 21 - Drain

1x Hydra-Facial

4x Exilis Elite - Body / Face

2x Em Sculpt - Body Sculpt

**Total Cure Phase 1 | 2 | 3
With Revive pillar 4.770€
(32 treatments)**

*Does not include accommodation.





Accommodation

Our Cure Stays



Love the mountains but not the slopes? You can choose from any of the Antares apartments during your stay and enjoy family time. Whilst they ski, you can take time for yourself with a tailor-made wellness programme. The following apartments are specialised for those who come for our cure programme:

MIRA 001 (3 bedroom, Max 6 guests)

This apartment offers breathtaking views of the mountains, forest, and slopeside. Nestled in an elegant and cosy setting, the space has been meticulously crafted for comfort. Enjoy ensuite bedrooms and a stunning sunset-facing terrace that's perfect for winding down.

STELLA 001 (2 bedroom, Max 4 guests)

Situated on the ground floor, this apartment boasts panoramic vistas of the majestic mountains. For guests seeking the utmost privacy, this is an ideal choice. The apartment features a sleeping area with two bedrooms, one with a shower room and another with a bathroom. On the other side, an open-plan kitchen merges with the living area, leading out to a vast terrace.



Accommodation

Our Cure Stays



URSA 001 (2 bedroom & 2 cabins, Max 8 guests)

Tucked away in a serene spot overlooking the forest, this sophisticated apartment comfortably houses up to 8 guests. Each bedroom comes with an ensuite, and the combination of two double beds and two bunk beds makes it an excellent pick for families looking for both style and functionality.

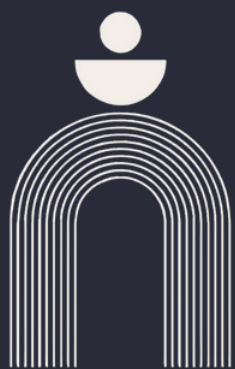
URSA 401 (2 bedroom, Max 4 guests but can house up to 8)

This stunning apartment, suitable for up to 8 guests, provides an open-plan living area perfect for cherished family moments. The expansive sunny terrace offers picturesque views of the forest and surrounding nature. With three double rooms and a dedicated mountain corner, it stands out as an excellent choice for families.

NAOS 302 (2 bedroom & cabin, Max 6 guests)

Situated right on the slopes, this elegantly designed chalet oozes charm and luxury. Its open-plan living area, complete with a bar and fireplace, seamlessly opens up to a spacious terrace. The two ensuite bedrooms guarantee comfort for every guest. A mountain corner featuring bunk beds stands ready to delight children.





Pure
Wellness

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