

HELIX MEN

Executive Longevity Yacht Intensive™



Helix Longevity Yacht Experience



Private Seven Day Performance & Regenerative Journey

A private invitation only experience
combining advanced diagnostics,
executive recovery science,
hormonal optimisation,
regenerative strategy
& discreet ultra
luxury at sea.



USD \$55,000 Per Guest.



The Signs Most Men Ignore

Performance decline rarely happens overnight.
It often appears quietly through energy, focus,
physique and confidence.



Signs Many Men Notice

- Waking tired & feeling unrested, despite having a full night's sleep.
- Reliant on stimulants i.e. caffeine to perform.
- Reduced drive or motivation & a noticeable drop in ambition.
- Stubborn abdominal weight gain. Slower progress at the gym.
- Mental fatigue when under pressure.
- Visible ageing outpacing how you feel inside.

Why Come To Helix?

For early thoughtful & private intervention including:

- Diagnostics before arrival.
- Private yacht immersion.
- Daily performance protocols.
- Hormonal & vitality support.
- Regenerative strategy access.
- Post programme roadmap.

Bottom Line: Small declines ignored today become major limitations later.



THE HELIX YACHT PROGRAM

Three Phases & One Strategic Outcome.



- **PHASE I: PRE ARRIVAL PRECISION**

Leveraging advanced biomarker testing, hormonal mapping, consultations, imaging options & personal objective setting to prepare for the program.

- **PHASE II: ONBOARD INTENSIVE**

Focused on daily recovery protocols, vitality optimisation, executive reset & regenerative strategy within a private luxury environment.

- **PHASE III : CONTINUITY ADVANTAGE**

Establishing a 90-day roadmap with follow-up consultations, retesting guidance & optional next-stage pathways for sustained results.

Most programmes focus on seven days. Helix focuses on what those seven days can unlock.
Bottom Line: Prepared intelligently. Delivered intensely. Continued strategically.

HOW THE HELIX EXPERIENCE IS STRUCTURED

Every Helix journey is designed around the individual not a fixed schedule.

Pre-arrival insight & onboard calibration allow the experience to be structured with clarity, ensuring each element is delivered with purpose across the seven day yacht journey.

A Structured Delivery Model

- Diagnostics prepared before embarkation.
- Tailored therapies sequenced across the week.
- Recovery intensity calibrated throughout.
- Nutrition & vitality aligned to individual priorities.
- Physique & performance pathways integrated.
- Continuity planned beyond departure.

A private environment where time, delivery & sequencing are carefully controlled allowing multiple disciplines to operate as one coordinated system.



A structured, precision led experience designed to deliver more than a standard wellness programme.

A man in a grey suit and tie is holding a tablet. The tablet screen displays a medical application interface. At the top, there's a header with 'CARE' and 'Patient Name'. Below that, a large graph shows a heart rate or ECG waveform. Under the graph, there's a list of medical conditions or symptoms, each with a checkbox and a description. The man is looking directly at the camera with a slight smile.

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Exceptional outcomes often begin before departure.

Proprietary Pre Boarding Assessments

Helix Alpha Male Blueprint

A proprietary pre-boarding precision program combining advanced androgen mapping, metabolic efficiency markers, stress chemistry & body composition analytics to create a personalised male performance strategy before embarkation.

Helix Prime Age Reversal Index

An exclusive pre-boarding longevity assessment combining biological age markers, cardiovascular risk intelligence, visceral fat analysis & recovery resilience metrics to identify underlying factors driving mid life decline.

Helix Executive Power Reserve

A signature pre-boarding review measuring energy capacity, hormonal reserve, insulin response, sleep strain & recovery readiness to optimise executive output before the yacht journey.

Helix Testosterone Advantage Scan

A Helix trademark protocol assessing total/free testosterone balance, cortisol interaction, inflammatory load & physique markers to build a high performance vitality roadmap.

Helix Midlife Reset Intelligence

An exclusive male diagnostic system combining waistline risk mapping, metabolic age, stress burden & hormonal trajectory analysis for men seeking a stronger & more resilient second half of life.



Prepared With Precision. Treated With Purpose.



EXECUTIVE DIAGNOSTICS

Precision Before Performance

- **600+ Biomarker Performance Panel**

Understand key health, hormonal & recovery variables in advance:

- Full blood count
- Liver & kidney function
- Glucose / HbA1c
- Fasting insulin
- Advanced lipid profile
- Inflammation markers
- Vitamin & mineral status
- Thyroid panel
- Cortisol overview

Delivery Format:

- Home or partner clinic sample collection.
- Results uploaded to Helix file.
- Reviewed before embarkation.

- **2 Private Consultations.**

Discuss your results and plan with experts.

- **Includes assessments to establish baseline metrics:**

- Total & free testosterone
- SHBG & DHEA-S hormones
- Oestradiol balance
- LH / FSH (fertility)
- Prolactin
- PSA
- Advanced metabolic markers

- **Helix Wellness Index**

- Helix Male Vitality Index
- Helix Executive Age & Risk Scan
- Cardiovascular risk indicators & recovery metrics to identify hidden mid life decline factors.

- **Personal Nutritional Advice**

Comprehensive Assessments & Personalised Planning

The better the data, the stronger the outcome.

PRE ARRIVAL DIAGNOSTIC : II

Precision Imaging & Executive Review

- Full body MRI pathway
- Cardiac CT calcium score
- Executive ultrasound package
- Visceral fat / body composition scan
- Vascular screening options

Advanced Male Hormone Mapping

Advanced male hormone mapping provides a precise view of testosterone, metabolic & vitality markers to personalise performance optimisation.

Hair Loss / Ageing Concerns Review

Addressing concerns related to hair loss & aging.
Enhancing confidence related to hair.

Lifestyle Overview

Evaluation of sleep, stress, nutrition, activity & daily habits to align your yacht programme with your current routine & priorities.

Biological Age review

Assess your biological age against your chronological age.

Energy Profile

Evaluate your body's stress & recovery level.

Stress & Recovery Analysis

Review to assess sleep quality & stress load.



Final Deliverable

Personal Helix Executive Blueprint™ ready before boarding

ADVANCED PRECISION PATHWAYS

For guests who prefer deeper diagnostics, additional precision pathways may be arranged before arrival or integrated selectively during the journey.

Available Pathways:

- **Advanced Cardiovascular Intelligence**
Cardiac CT, vascular screening, executive cardiac review.
- **Full Body Imaging Pathway**
MRI, ultrasound & advanced internal screening options.
- **Genetic Longevity Mapping**
DNA longevity review & inherited risk analysis.
- **Advanced Hormonal Intelligence**
Expanded endocrine analysis & deeper male performance review.
- **Accelerated Recovery Intensives**
Additional NAD+, HBOT & recovery sequencing where appropriate.
- **Future Regenerative Planning**
Pre-qualification for advanced Helix cruise-based regenerative pathways



For those who prefer deeper visibility before making bigger health decisions.

A DAY ONBOARD HELIX

What Seven Days Actually Feels Like



Each day is structured around private recovery, performance optimisation & uninterrupted time.

A typical day may include:

- **Morning:**
Sunrise mobility, diagnostics review, nutrition led breakfast, performance consultation.
- **Midday:**
HBOT, IV therapy, body composition work, private lunch.
- **Afternoon**
Cryotherapy, red light therapy, hormone protocols, personal downtime.
- **Evening**
Recovery dinner, sleep optimisation, yacht leisure, private itinerary experiences.

What Makes It Different?

- No clinic waiting rooms
- No public retreat schedules
- No crowded wellness resorts
- Just private execution.

Diagnostics guide your day. Recovery powers it. Privacy defines it.

THE ONBOARD INTENSIVE

Not a menu of spa services or isolated clinic appointments but a private seven day immersion combining recovery science, regenerative strategy, executive optimisation & discreet ultra luxury at sea.



Sophisticated execution where others offer standalone treatments.

EXECUTIVE PHYSIQUE & BODY COMPOSITION

Included Onboard & Programme Delivery



- **Body Composition Precision**
2 x Advanced Body Composition Reviews (20 mins each).
Lean mass, body fat & visceral fat analysis
Progress comparisons during programme.
- **Nutrition & Metabolic Strategy**
2 x Performance Nutrition Consultations (30 mins each).
Meal timing, recovery nutrition & physique guidance.
- **Testosterone & Waistline Reset Sessions**
3 x exclusive protocol combining targeted mid-section conditioning, metabolic activation focused on physique strategy for stronger silhouette.(30 mins each).
- **Movement & Strength Support**
4 x Guided Mobility / Conditioning Sessions (30 mins each).
Posture, movement quality & training readiness focus.
- **Recovery Led Physique Support**
Integrated with compression, cryotherapy & recovery protocols already included.
- **Executive Physique Consultations**
Two x 30-minute sessions focused on visceral fat strategy, muscle retention priorities, metabolic slowdown & sustainable body composition planning.
- **Continuity Planning**
1 x 90 -Day Physique Blueprint Session (30 mins).

Total Focused Sessions Included: 9 private sessions + integrated recovery support
Bottom Line: A structured physique pathway aligned to high-performance lifestyles.

HORMONAL & MALE PERFORMANCE INTENSIVE

Included Onboard & Programme Delivery

- **Hormonal Strategy & Vitality**
2 x Private Hormonal Performance Consultations (30 mins each).
Review of advanced male hormone markers, testosterone optimisation strategy review, personal vitality roadmap.
- **Recovery & Output Support**
2 x Energy & Recovery Review Sessions (20 mins each).
Sleep / stress impact analysis, performance rhythm planning.
- **Physique & Strength Alignment**
2 x Body Composition Performance Reviews (20 mins each).
Strength, metabolic & body fat strategy guidance.
- **Total Focused Sessions Included:**
7 private strategy sessions + diagnostics integration.
Delivered Within The Wider Seven Day Intensive Program.
- **Helix Core Power Protocol**
2 x Pelvic Floor Electromagnetic Performance Sessions (30 mins each).
A yacht exclusive male vitality treatment designed to support pelvic strength, circulation and core activation
- **Continuity Planning**
1 x 90 Day Male Performance Strategy Session (30 mins).



A structured male performance pathway built around measurable priorities.

CELLULAR RECOVERY PROTOCOLS

Complete Onboard Treatment Access



- **Oxygen & Recovery**

- 3 x Cellular Oxygen Sessions (HBOT),
- 5 x Circulatory Compression Recovery Sessions,
- 4 x Guided Mobility Recovery Sessions,
- 2 x Infrared Detox Heat Sessions.

- **Metabolic & Vitality**

- 3 x Metabolic Cold Exposure Sessions (Cryotherapy),
- 2 x Precision NAD+ Restoration Sessions,
- 3 x Physician-Led Nutrient Infusion Sessions,
- Daily Hydration Optimisation Review.

- **Light & Cellular Support**

- 5 x Mitochondrial Light Therapy Sessions,
- 4 x Red & Near Infrared Recovery Sessions,
- 2 x Neuro Calm Frequency Sessions.

- **Executive Reset & Structural Recovery**

- 3 x Executive Breath work Reset Sessions,
- 2 x Spinal Alignment & Posture Sessions,
- 2 x Lymphatic Drainage Recovery Sessions,
- Nightly Sleep Optimisation Protocol.

- **Delivered As One Private Sequence**

- Multiple elite modalities rarely assembled in one place, privately scheduled into a seamless seven day yacht programme.

A rare concentration of premium recovery access in one private journey.

EXECUTIVE PRESENCE & CONFIDENCE

- Hair & Scalp

1 x Advanced Scalp Analysis (30 mins).
4 x LED Scalp Stimulation Sessions (20 mins each).
1 x Hair Vitality Consultation (30 mins).

- Skin & Visible Freshness

2 x Executive Skin Recovery Treatments (45 mins each).
5 x Red Light Rejuvenation Sessions (20 mins each).

- Grooming & Presence

1 x Personal Presentation Consultation (30 mins).

Total Private Sessions Included:

13 focused sessions



Structured visible edge delivery within your seven day journey.

COGNITIVE RESET & SLEEP PERFORMANCE

Included Onboard & Programme Delivery



- **Nervous System Reset**
3 x Cognitive Recovery Sessions (30 mins each) : Guided decompression & mental reset protocols.
- **Sleep Performance Support**
2 x Personal Sleep Reset Reviews (20 mins each) - Optimisation of sleep routine & recovery timing.
- **Evening Recovery Delivery**
5 x Nightly Wind-Down Protocols (15 mins each) : Breath work, light management & relaxation guidance.
- **Focus & Output Strategy**
2 x Executive Performance Reviews (20 mins each) : Stress load, schedule recovery & cognitive rhythm planning.

Total Focused Sessions Included:
12 structured sessions / nightly protocols. Integrated
Throughout The Seven Day Intensive.
Sharper thinking often begins with deeper recovery.



Helix Signature On Board Wellness Programs

Helix Alpha Recomposition Protocol

A yacht exclusive physique programme combining targeted abdominal reduction conditioning, metabolic activation & masculine body shaping delivery for mid life men.

Helix Testosterone Reset At Sea

A proprietary onboard protocol using circadian light timing, recovery sequencing, sleep optimisation & vitality focused therapies to support male hormonal performance.

Helix Founder Burnout Recovery

A signature executive reset combining nervous system decompression, stress recovery, deep relaxation & cognitive restoration for high pressure lifestyles.

Helix Marine Cellular

An advanced recovery sequence integrating HBOT, NAD+, cryotherapy, red light & compression into one coordinated yacht based regenerative programme.

Helix Presence & Power Upgrade

A confidence focused transformation combining posture correction, body refinement, skin vitality, hair stimulation & executive presence enhancement.

Included in the Package

DAILY PERFORMANCE LAB

Your Programme Adjusts With You



Each Day May Include:

- Sleep & recovery review.
- Energy readiness check.
- Hydration & vitality status.
- Body metrics progress review.
 - Stress load assessment.
- Protocol adjustments for the day.

This May Influence:

- Treatment timing.
- Recovery intensity.
- Nutrient support.
- Movement focus.
- Restorative priorities.

Why It Feels Different

You are not placed into a rigid timetable. The programme evolves around your response.



Bottom Line: High-level optimisation requires daily calibration.

RESULTS & CONTINUITY

What is delivered onboard is designed to create momentum that continues long after departure.



Measured progress. Continued advantage.

POST PROGRAMME CONTINUITY DELIVERY

Included After Departure



- **Final Exit Review**
1 x Private Departure Consultation (45 mins).
Summary of progress, priorities and next steps.
- **90 Day Performance Roadmap**
Personal action plan covering recovery, physique, vitality and lifestyle execution
- **Follow Up Support**
1 x Private Follow Up Consultation (30 mins).
Review progress and refine priorities.
- **Total Included Aftercare**
2 private consultations + personalised roadmap.
- **Executive Skin Renewal Series :**
A post yacht regenerative programme designed to maintain skin vitality, enhance visible results and support long term rejuvenation.
- **Hair Restoration Pathway :**
Ongoing regenerative hair optimisation
- **Private Grooming / Image Intensive :**
Personal appearance refinement.
- **Hormone Optimisation Continuation:**
Ongoing hormonal balance and performance optimisation support.
- **Quarterly Helix Performance Reviews:**
Ongoing progress tracking and strategic health recalibration.

Total Included Aftercare: 2 private consultations + personalised roadmap
The journey ends onboard. The progress should not.



Complete Package

Complete Seven-Day Helix Men's Executive Vitality Journey

- Pre-Arrival Precision

- 600+ biomarker performance panel
- Advanced male hormone mapping
- Biological age / recovery review
- 2 x private consultations
- Personal Helix
- Executive Blueprint™

- Core Onboard Recovery Protocols

- 3 x HBOT sessions
- 3 x Cryotherapy sessions
- 2 xNAD+ restoration sessions
- 3 x Nutrient infusion sessions
- 5 x Red / near-infrared sessions
- 5 x Compression recovery sessions
- 4 x Mobility recovery sessions
- Nightly sleep optimisation protocol

Male Performance Pathways

- Hormonal & male performance intensive
- Executive physique & body composition pathway
- Hair, skin & executive presence pathway
- Cognitive reset & sleep performance pathway
- Pelvic floor / core power vitality sessions

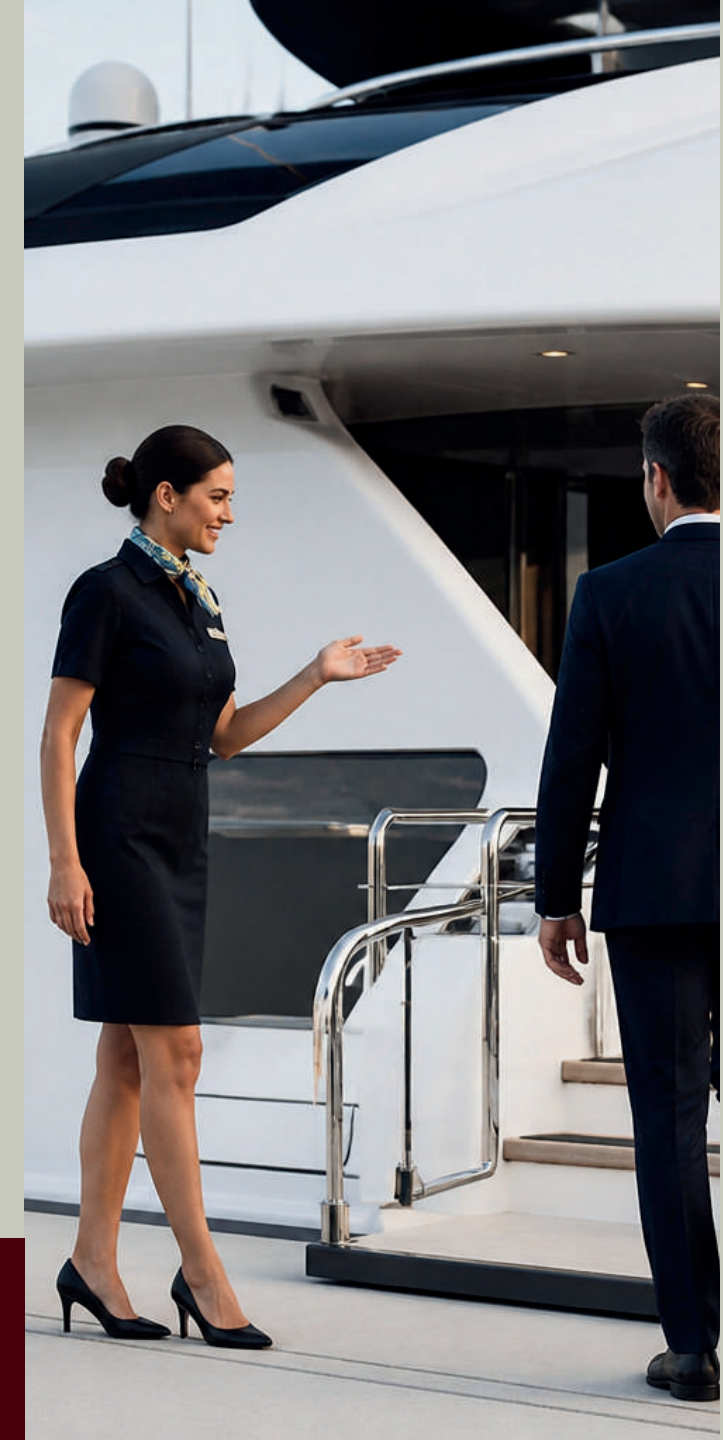
Post-Programme Continuity

- 1 x exit consultation
- 1 x follow-up consultation
- 90-day performance roadmap
- Retesting & next-stage guidance

Private Yacht Experience

- 7 nights luxury suite accommodation
- Concierge support & private transfers
- Premium dining programme
- Daily housekeeping
- Privacy-led
- Onboard scheduling

Bottom Line: A complete private yacht based performance, recovery and longevity journey structured before, during and after seven days.



PRIVATE ENQUIRIES & RESERVATIONS

By Invitation & Private Consultation



Every Helix Men journey begins with a confidential discussion to understand your priorities, preferred dates & suitability.

Programmes are intentionally limited & arranged around personalised scheduling rather than mass market departures.

The Reservation Process

- Private Introduction: Confidential initial conversation.
- Precision Planning: Goals, timing & programme fit reviewed.
- Proposal & Reservation: Private quotation & preferred dates offered.
- Concierge Preparation: Diagnostics, travel guidance & onboarding arranged.

Available Formats

- Individual Executive Intensive
- Couples Private Journey
- Full Private Yacht Charter
- Founder / Leadership Retreat Format

Exceptional journeys begin privately.

WHY HELIX MEN

A Different Category Of Performance Luxury



- **Performance + Recovery Together**

Energy, hormones, sleep, body composition and visible confidence are often connected. Helix addresses these factors as one integrated journey.

- **Measurable Delivery, Not Vague Wellness Claims**

Focuses on concrete results and tangible outcomes rather than general wellness claims.

- **Multiple Advanced Modalities In One Week**

Integrates various cutting-edge treatments and therapies within a single week long program.

- **Pre-arrival Diagnostics & Planning**

Includes thorough diagnostic assessments & personalised planning before the guest even arrives.

- **Post-programme Continuity Roadmap**

Provides a structured plan for maintaining progress and benefits after the program concludes.

- **Built For High-performing Men, Not Mass Market**

Tailored specifically for the needs and expectations of elite, high achieving men.

For men who do not need time off – they need their edge back.





Helix Men is offered through limited private allocation

Confidential enquiries & private introductions
welcomed.

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