

HELIX LONGEVITY YACHTS

Private Medicine • Performance • Better Ageing



Delivered through structure,
not assumption.

By Invitation Only
www.helixwellness.health

HOW THE 7 DAY PROGRAMME WORKS



BEFORE YOU BOARD

Diagnostics

DNA

Biomarkers

Medical consultation

Pre-IVF Optimisation Programmes (if required)

Personalised Plan

ON BOARD

Treatments

Recovery

Performance

Aesthetics

Vitality

AFTER YOU RETURN

Retesting

Helix app monitoring

Supplement refills

Future programmes



WHAT HELIX INCLUDES

- Physician-led diagnostics
- Recovery therapies
- Performance optimisation
- Aesthetics
- Sacred vitality
- Post-program continuity

COMPLETE ONBOARD TREATMENT PROTOCOLS

PRIVATE MEDICINE • PERFORMANCE • BETTER AGEING

A fully integrated private programme combining recovery, performance, aesthetics & better ageing within an exceptional yacht environment.



Recovery & Cellular

HBOT • NAD+ IV • Nutrient IV • Red / Near Infrared Light • Compression Recovery • PEMF

Performance & Vitality

Sleep Protocols • Hormonal Review • Cognitive Recovery • Stress Reset • Energy Support

Aesthetic & Wellness

Skin Rejuvenation • Hair Support • Body Contour • Private Wellness Planning



Structured like medicine. Delivered like luxury.

THE HELIX JOURNEY

From First Contact to Long-Term
Optimisation

INITIAL ENGAGEMENT

Private consultation to define your health objectives & priorities.

PRE-ARRIVAL DIAGNOSTICS

Advanced biomarker testing,
DNA profiling & imaging.

PROGRAMME DESIGN

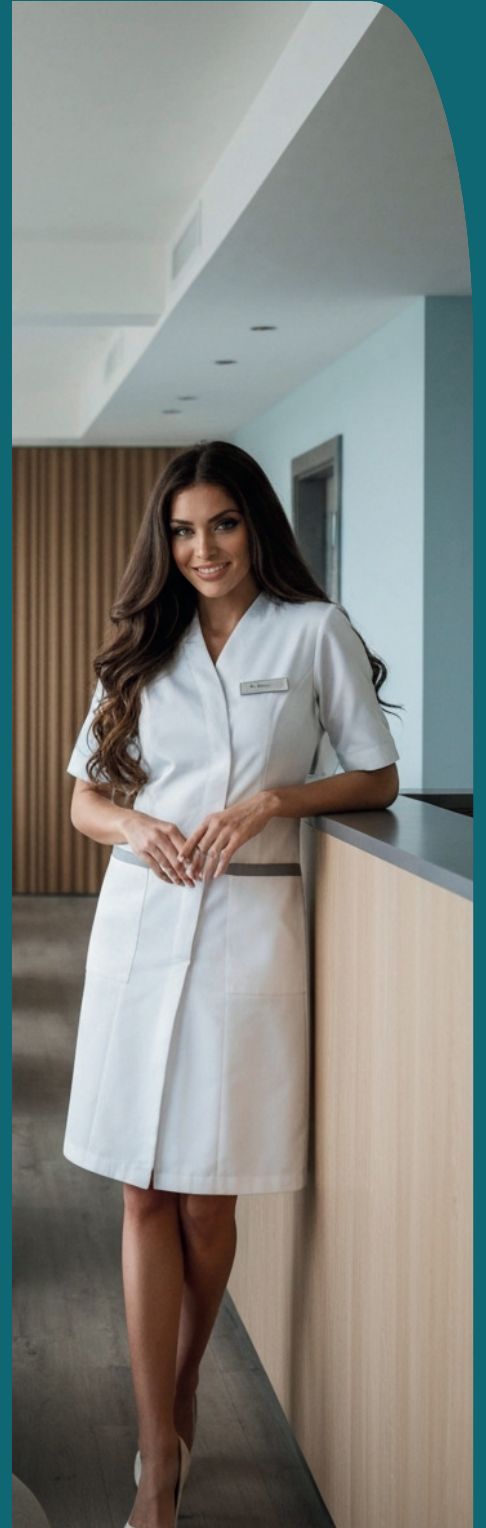
A fully personalised protocol structured before arrival.

YACHT PROGRAM

Medically guided optimisation delivered in a controlled, private environment.

CONTINUITY

Ongoing monitoring, optimisation & integration into the Helix system.



01 02 03 04 05



Consult → Diagnose → Design → Optimise → Continue

THE HELIX YACHT PROGRAMME



- Private physician led longevity and wellness programmes
- Advanced diagnostics, biological testing & personalised treatment planning before arrival.
- Structured therapies focused on recovery, performance, vitality & long term health optimisation.
- Continuous monitoring & personalised protocols tailored to individual physiology.
- A new category combining luxury hospitality, advanced medicine & longevity at sea.

HOW A VISIT WORKS:

- Pre diagnostic analysis & medical preparation.
- Structured optimisation within the yacht environment.
- Ongoing monitoring & long term optimisation.

Every element is designed to work together ensuring outcomes are not assumed, but measured & optimised throughout the programme.

A private environment where longevity is approached with precision, structure & medical oversight.

WHERE THE PROGRAMME BEGINS

Pre-Diagnostic & Medical Preparation

Your Personalised Plan:

- Structured pre-arrival diagnostics before boarding.
- Assesses biological, metabolic & physiological health.
- Programmes built on measurable data & medical insight, not assumptions.



Initial Assessment

Participants go through a personalised intake process, which may include:

- Advanced biomarker testing (400 - 600+ markers).
- DNA & Genetic analysis
- Baseline tracking using wearable devices.
- Medical history & lifestyle evaluation.

All testing is conducted through certified laboratories & licensed medical providers.

Medical Review

Results are analysed to establish:

- Current health status & biological indicators.
- Inflammatory & metabolic profile.
- Energy, recovery & stress patterns.
- Areas requiring optimisation.



The programme does not begin without assessing & preparing the body.



PRE-ARRIVAL BIOLOGICAL PROFILING

Advanced Physiological Scanning

Initial screening designed to assess external & functional indicators:

- AI-driven full-body visual scan.
- Skin & vascular mapping (pigmentation, circulation & anomalies).
- Cardiovascular screening (ECG based indicators).
- Body composition & analysis.

Early Risk Detection

Focused analysis across:

- Cardiovascular health.
- Metabolic disorders.
- Neurological indicators.
- Early stage disease risk, including cancer pathways.
- Physician consultation.
- Review of test results.
- Treatment scheduling.
- Nutrition & supplement planning.

By the time you arrive, every intervention has been defined, structured & calibrated.





PRE ARRIVAL BIOLOGICAL PROFILING & INSIGHT

Building on the initial assessment, each participant undergoes advanced biological profiling to establish a clear understanding of internal health, performance & ageing markers.

Advanced Blood Analysis

CORE ANALYSIS

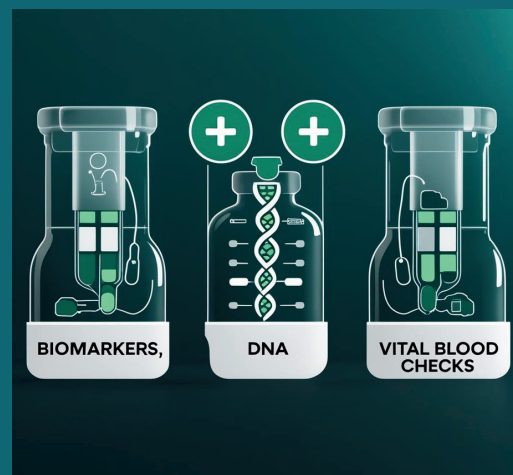
- Advanced Biomarkers - including liver, kidney, cardiovascular, metabolic, hormonal & inflammatory markers.
- Genetic & DNA Profiling - pre-dispositions related to ageing, recovery & performance.
- Wearable Data Integration - sleep patterns, heart rate variability (HRV), stress & recovery.

WHAT THIS REVEALS

- Biological age & organ-level health indicators.
- Energy production & recovery capacity.
- Inflammatory & metabolic imbalances.
- Stress response & resilience.

WHY IT MATTERS

This level of insight enables a shift from general wellness to precision-based optimisation. Every protocol is aligned to how the body is functioning.



Data driven insight replaces assumption.



Understanding how your body performs in real time. Beyond biological markers, functional diagnostics assess how the body is operating in real time across neurological, cardiovascular & physical systems.

CORE ASSESSMENTS

- Neurological Analysis (QEEG Brain Mapping) - brainwave activity, stress response, cognitive function, & recovery patterns.
- Cardiovascular Assessment - heart function, circulation efficiency & endurance indicators.
- Body Composition & Muscular Analysis, muscle mass, visceral fat, hydration levels & structural balance.

WHAT THIS REVEALS

- Biological age & organ-level health indicators.
- Energy production & recovery capacity.
- Inflammatory & metabolic imbalances.
- Stress response & resilience.

WHY IT MATTERS

By understanding how the body is functioning, protocols can be tailored not only to biology, but also to real-world performance & recovery capacity.



From data to real world performance.

WHERE DIAGNOSTICS BECOME PERSONALISED PROTOCOLS

FROM ANALYSIS TO PRECISION

All diagnostic data is consolidated & interpreted to design a personalised programme tailored to each individual. This stage transforms biological insight & functional assessment into a structured, medically guided protocol.



ADVANCED DIAGNOSTICS

Where required, additional assessments may include:

- Imaging & scanning through partner medical facilities.
- Expanded laboratory analysis.
- Specialist clinical evaluations.



PROGRAMME DESIGN

Based on results, a personalised protocol is defined, including:

- Targeted therapies & treatment.
- Recovery & optimisation strategy.
- Nutritional & supplementation alignment.
- Performance & longevity objectives

Where science meets personalised longevity



MEDICAL PREPARATION

PREPARING THE BODY

Where required, additional medical preparation is completed prior to boarding through trusted partner facilities.

This ensures the body is in an optimal state to respond effectively to the yacht programme.

PREPARATION MAY INCLUDE

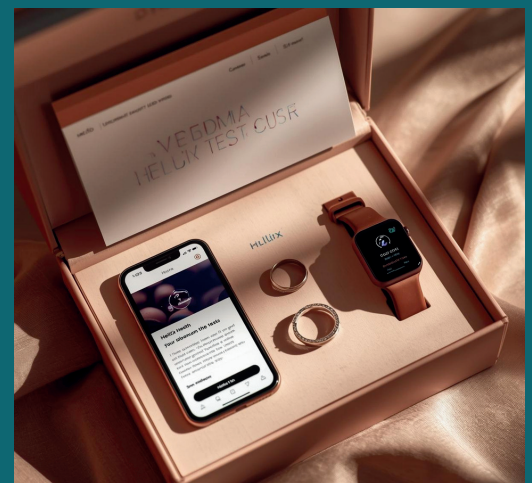
- Nutritional & metabolic optimisation.
- Targeted supplementation protocols.
- Recovery & lifestyle adjustments.
- Advanced therapies prescribed where appropriate.

ADVANCED PROCEDURES (WHERE REQUIRED)

Certain specialised treatments including regenerative & blood-based therapies are conducted exclusively within licensed clinical environments prior to the programme.

WHERE IT MATTERS

Preparing the body in advance allows the yacht phase to focus on optimisation, recovery & performance, rather than initial correction.



Prepared before arrival. Optimised on board.



ADVANCED BLOOD BASED THERAPIES

BLOOD PURIFICATION (MEDICAL PREP)

As part of the Helix medical preparation phase, selected protocols may include advanced blood-based therapies conducted within licensed clinical environments.

Designed to support:

- Reduction in systemic inflammation.
- Optimisation of blood composition.
- Enhanced cellular response.

WHY THIS MATTERS

Preparing the body at a biological level allows subsequent therapies to perform more effectively.

CLINICAL APPROACH

Delivered exclusively through certified medical partners prior to the programme.



Optimisation, recovery & performance



HELIX ON BOARD THERAPIES



ONBOARD LONGEVITY & THERAPY PROGRAMME

ARRIVAL ON YACHT

- Private airport transfer
- Welcome consultation
- Baseline testing
- Begin recovery protocols

Time, structure & environment are aligned to allow the body to respond more effectively to treatment.



CORE LONGEVITY TREATMENTS:

- PORTABLE HBOT
- NAD+ IV
- Red light therapy
- PEMF
- Compression therapy
- Physiotherapy
- Aesthetics (Limited to Jurisdiction)



An environment designed to support recovery and optimisation



THE YACHT EXPERIENCE

HOW THE PROGRAMME IS DELIVERED

Each participant follows a personalised protocol defined prior to arrival & delivered through a structured sequence of therapies.

PROGRAMME STRUCTURE:

- Daily therapy scheduling.
- Individual treatment rotation.
- Continuous monitoring through wearables.
- Ongoing adjustment based on response.

DELIVERY MODEL

- Treatments are not performed in groups.
- Each session is scheduled individually.
- Protocols are adjusted in real time.

WHAT THIS ENSURES

- Precision in delivery.
- Efficient use of treatment time.
- Consistent physiological response.
- A private & uninterrupted experience.
- Continuous clinical monitoring through biomarkers, diagnostics & wearable data.



Delivered through structure, not assumption.

ON BOARD SERVICES



Cellular & Metabolic Support

- NAD+ therapy.
- Nutrient & hydration IV protocols.
- Supplementations



Vitality & Performance

- Pelvic floor therapy.
- Circulatory & performance optimisation.
- Energy & resilience support.



Cognitive & Neurological Optimisation

- Brain mapping (QEEG).
- Stress & recovery profiling.
- Sleep & nervous system



Aesthetic & Regenerative Support

- PRP (Platelet-Rich Plasma).
- Hyaluronic acid treatments.
- Botox (micro-dose precision).
- Skin revitalisation.



Continuous Monitoring

Smart wearable integration provides ongoing insight into:

- Sleep quality.
- Heart rate variability (HRV).
- Stress levels & recovery patterns.



Oxygenation & Recovery

- Hyperbaric Oxygen Therapy
- Red light therapy.
- PEMF therapy.
- Compression therapy.



“Helix integrates advanced diagnostics, clinical monitoring, metabolic optimisation, cognitive performance & regenerative protocols within a single, structured system.”

PHYSIOTHERAPY

Movement, Recovery & Performance

Restore Movement. Enhance Recovery. Perform at Your Best.



Whether you're recovering from surgery, managing persistent pain, improving mobility or simply looking to maintain an active lifestyle, Helix brings personalised physiotherapy and movement medicine directly to your private yacht.

Every programme begins with a comprehensive movement assessment, allowing our physiotherapist to understand your posture, mobility, strength, flexibility and functional movement patterns before creating a programme tailored specifically to your needs.

Throughout your voyage, your physiotherapist works closely with your physician and wider healthcare team, integrating hands-on treatment, movement therapy and advanced recovery technologies into a coordinated programme designed to support your recovery, improve performance and help you move with greater confidence.

✓ Physiotherapy for All Ages

✓ Neurological Rehabilitation

✓ Comprehensive physiotherapy assessment

✓ Strength & Mobility Training

✓ Chronic Pain Management

✓ Recovery using Hyperbaric Oxygen Therapy, Red Light Therapy, Compression Therapy

✓ Functional movement and mobility screening

✓ Sports injury assessment and recovery



IV THERAPY & NAD+

CELLULAR ENERGY & SYSTEMIC SUPPORT

IV therapy delivers nutrients directly into the bloodstream, supporting hydration, recovery & overall physiological function.

NAD+ THERAPY

(Nicotinamide Adenine Di-nucleotide)

NAD+ coenzyme essential for cellular energy production & repair.

TECHNOLOGY

- Controlled IV infusion
- Delivered at therapeutic levels

SESSION STRUCTURE

- 1–3 hours per session
- 2–4 sessions across the programme

NUTRIENT & HYDRATION IV's

- Typically 3–5 sessions.
- Supports hydration & electrolyte balance.
- Supports immune function.

PHYSIOLOGICAL EFFECTS

- Supports mitochondrial energy production.
- Enhances cellular repair.
- Improves cognitive clarity.

BENEFITS

- Increased energy and endurance
- Improved focus and mental performance





MEDICAL RED LIGHT THERAPY

CELLULAR ACTIVATION & REGENERATION

Medical-grade Red Light Therapy (Photobiomodulation) uses specific wavelengths of light to stimulate cellular activity and support repair, recovery & regeneration.

TECHNOLOGY

- Wavelength range: 630–660 nm (Red Light).
- Near Infrared: 810–880 nm.
- Full-body & targeted application.

PHYSIOLOGICAL EFFECTS

- Increases cellular energy production (ATP).
- Reduces inflammation.
- Improves circulation & oxygen utilisation.
- Stimulates collagen production.

SESSION STRUCTURE

- 10–20 minute sessions
- Delivered daily or twice daily
- Applied as full-body or targeted treatment

BENEFITS

- Faster recovery & reduced fatigue
- Improved skin tone & elasticity
- Enhanced muscle & tissue repair
- Support for both performance & aesthetic outcomes



A medical-grade light therapy supporting cellular regeneration & visible skin improvement.



COMPRESSION THERAPY

CIRCULATION & LYMPHATIC SUPPORT

Compression therapy uses controlled air pressure to enhance circulation, support lymphatic flow & improve recovery.

TECHNOLOGY & PARAMETERS

- Pneumatic compression system.
- Multi-chamber sequential pressure.
- Pressure range: 30–100 mmHg

SESSION

- 20–40 minutes per session
- Typically 1 session daily.

PHYSIOLOGICAL EFFECTS

- Improves blood flow back to the heart.
- Supports lymphatic drainage.
- Reduces fluid retention & swelling.
- Enhances oxygen & nutrient delivery.

BENEFITS

- Reduced muscle fatigue & soreness.
- Faster recovery between therapies.
- Improved circulation & comfort.
- Support for overall physical performance.

A circulation-based therapy designed to support recovery & optimise fluid movement within the body.

PHYSICAL RECOVERY & PERFORMANCE

STRENGTH, RECOVERY & FUNCTIONAL OPTIMISATION

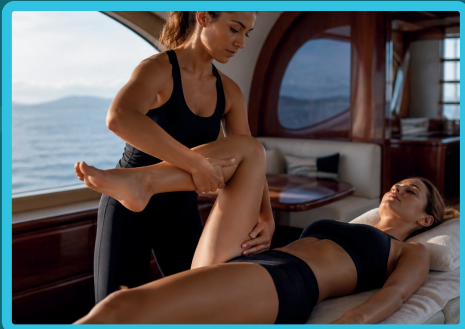
A structured component of the programme designed to support muscular recovery, circulation & overall physical performance.



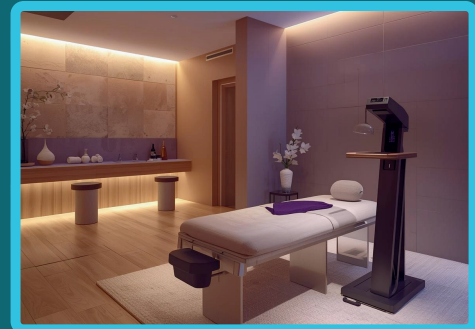
Circulation & Lymphatic Optimisation



Muscle Recovery & Fatigue Reduction



Neuromuscular Activation



Functional Movement Support

INTEGRATED SYSTEM

- Circulation & lymphatic optimisation.
- Muscle recovery & fatigue reduction.
- Neuromuscular activation.
- Functional movement support.

DELIVERED THROUGH

- Dynamic compression sequencing (Normatec-style).
- Cryotherapy
- Red light therapy
- PEMF & recovery systems.
- Targeted muscle activation (EMS-based support).

Supporting performance, not just recovery.

MENS SEXUAL HEALTH PELVIC & FUNCTIONAL STRENGTH CIRCULATION, CONTROL & CORE STABILITY

Pelvic focused therapy supports circulation, neuromuscular function & muscular strength within the core region contributing to overall vitality, stability & performance.

TECHNOLOGY & PARAMETERS

- Non-invasive electromagnetic stimulation.
- High-intensity focused muscle activation.
- Deep tissue engagement without physical strain.

SESSION STRUCTURE

- 20 - 30 minutes per session.
- Typically 2-3 sessions across the programme.

PHYSIOLOGICAL EFFECTS

- Improves blood circulation in the pelvic region.
- Strengthens pelvic floor muscles.
- Enhances neuromuscular coordination & supports core stability.

BENEFITS

- Improved functional strength & control.
- Enhanced circulation & responsiveness.
- Increased energy & endurance.
- Support for overall vitality.

A discreet, non-invasive therapy supporting strength, circulation, and functional performance.





WOMEN'S VITALITY & REPRODUCTIVE HEALTH

HORMONAL BALANCE & REPRODUCTIVE OPTIMISATION

Female health within the Helix programme is addressed through a structured focus on hormonal balance, reproductive function & overall physiological wellbeing. Where appropriate, participants may be guided to specialist fertility pathways through partner clinics or Helix Medical Cruises.



PRE-DIAGNOSTIC FOCUS

Where relevant, additional assessment may include:

- Hormonal profiling (oestrogen, progesterone, thyroid function).
- Ovarian reserve indicators (AMH & related markers).
- Menstrual & cycle health assessment.
- Metabolic & inflammatory markers affecting reproductive health.



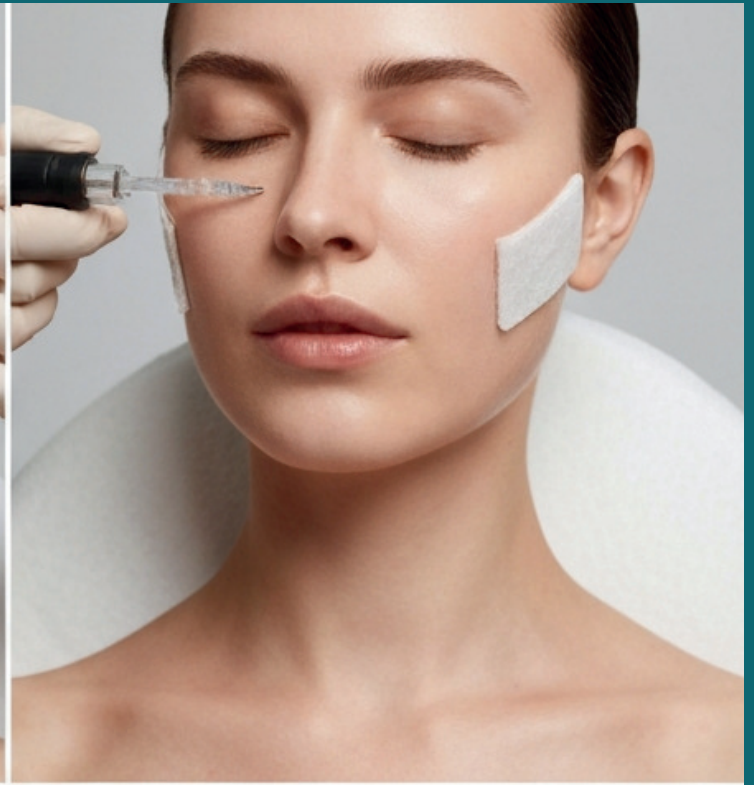
PROGRAMME SUPPORT

The programme supports:

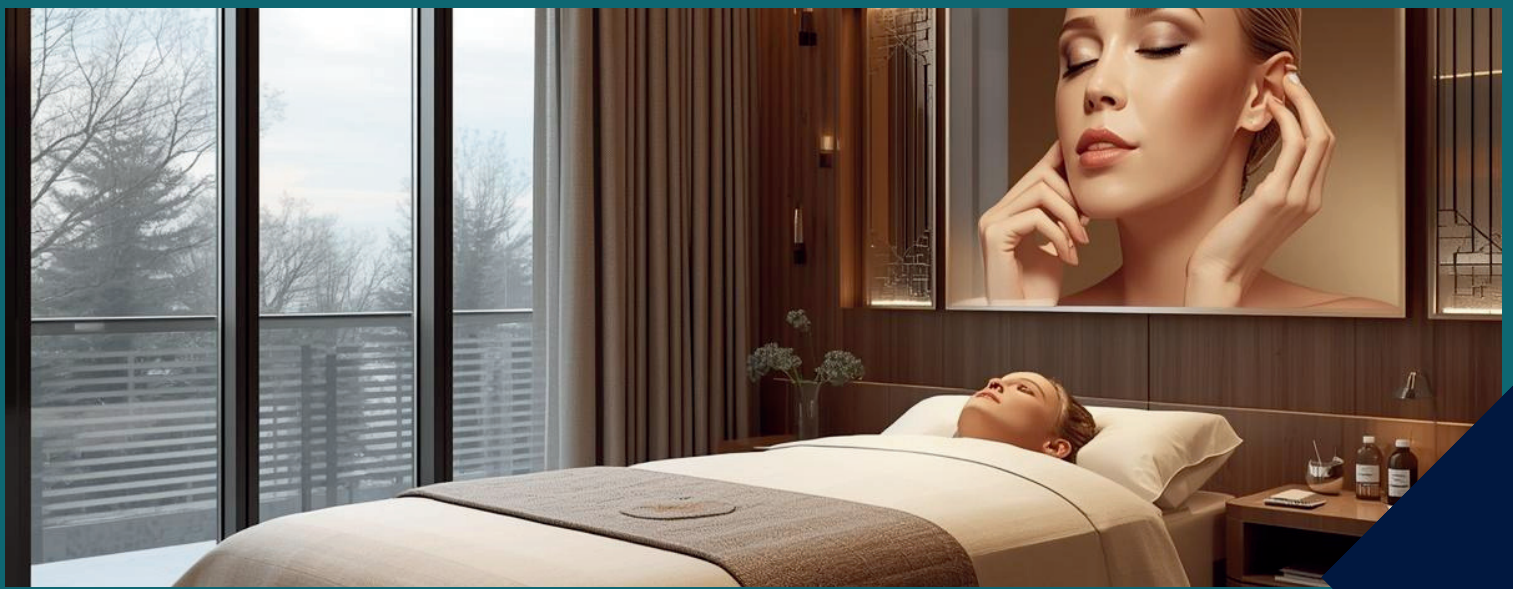
- Hormonal balance & stability.
- Energy levels & metabolic function.
- Circulation & recovery.
- Overall physiological readiness.



**A structured approach to women's health,
supporting balance, function, and long-term wellbeing.**



HELIX FEMININE REJUVENATION PROTOCOL



AESTHETIC & REGENERATIVE CARE

REFINEMENT, NOT ALTERATION

Aesthetic treatments within are designed to support skin health, regeneration & natural appearance not artificial enhancement. Every protocol is guided by medical insight & aligned with individual biology, ensuring outcomes remain balanced, precise & appropriate.

**The objective is not transformation.
It is restoration, regeneration, and refinement.**

THE HELIX APPROACH

- Medically guided & individually assessed.
- Non-invasive or minimally invasive protocols.
- Integrated with recovery & longevity therapies.
- Delivered within a controlled, private environment.

Natural, precise & medically aligned aesthetic optimisation.





PRE-AESTHETIC SCREENING

ASSESSMENT BEFORE INTERVENTION

All aesthetic treatments within the Helix programme are performed only after a structured pre-screening process.



SKIN & FACIAL ANALYSIS

- Multi-spectrum skin analysis & 3D facial assessment.
- Evaluation of skin quality, hydration & pigmentation.

BIOLOGICAL & HEALTH ALIGNMENT

- Review of biomarker data & inflammatory profile.
- Assessment of recovery capacity & healing response.
- Identification of any contraindications.

TREATMENT SUITABILITY

- Whether treatment is appropriate.
- Which protocols are suitable.
- Expected response & outcomes.

WHY THIS MATTERS

- Aesthetic treatments are not performed as standard procedures but is specific to your skin conditions.

CORE AESTHETIC PROTOCOLS

- Botox • Fillers • PRP • Exosomes
- PN (Polynucleotides) • RF Micro-needling • Light Therapy

ADVANCED REGENERATIVE (PRE/POST YACHT & ON HELIX CRUISE)

- Stem Cells • Deep Surgical - Grade Treatments



CORE AESTHETIC TREATMENTS

TARGETED REJUVENATION

A selection of proven, medical-grade treatments are delivered onboard to support skin regeneration, hydration & structural balance.

PRP (Platelet-Rich Plasma)

- Derived from your own blood.
- Processed using medical centrifuge systems.
- Stimulates collagen & skin regeneration.
- Recommended: 1 session during programme
- Session: 30–45 minutes.

Benefits:

- Improved skin texture, & tone.
- Reduced fine lines & dark circles.
- Natural radiance & skin quality.

Radio Frequency (RF) Skin Tightening

- Supports collagen production & skin tightening through controlled thermal stimulation.
- Improves elasticity & overall skin quality.
- Recommended: 2–3 sessions during programme x 60 min each session.

Hyaluronic Acid (HA)

- Medical-grade injectable gel.
- Deep hydration & volume restoration.
- Recommended: Single treatment

Benefits:

- Restores facial contours, improves elasticity & hydration.
- Immediate, natural enhancement.
- Session: 15–30 minutes.

Botox (Micro-Dose Precision)

- Low-dose targeted application.
- Preserves natural facial expression.
- Recommended: Single treatment

Benefits:

- Softens dynamic wrinkles & reduces facial tension.
- Refined, natural appearance.
- Session: 10–20 minutes.

**Subtle, precise treatments designed
to enhance & not alter natural appearance.**

HELIX AESTHETICS



Body Sculpting / EMS / Cellulite

Body Confidence Programme:

- Abdomen, thighs & arms.
- Lymphatic contouring.
- EMS toning.
- Session: 30-45 minutes
- Typically 2-4 sessions



Feminine Wellness & Confidence Therapies

Intimate Wellness / Pelvic Rejuvenation:

- Pelvic floor strengthening.
- Tissue support.
- Post childbirth wellness.
- Menopause support.



Red Carpet Glow & Event Skin Protocols

- HydraFacial, oxygen facial brightening infusion.
- No downtime skin refresh.



Hair Density & Scalp Rejuvenation

- Session: 45-60 minutes.
- Usually 1 session onboard.



Beyond The Face Rejuvenation

Restoring the areas that quietly reveal age, with elegant refinement beyond the face.

- Neck tightening
- Hand rejuvenation
- Décolletage renewal

REGENERATIVE & INTEGRATED PROTOCOLS

BEYOND INDIVIDUAL TREATMENTS

THE HELIX APPROACH

Aesthetic interventions are not performed in isolation, but integrated within a broader system designed to support cellular recovery, regeneration & long-term skin health.

Treatments are combined & timed to work alongside:

- Cellular support (IV therapy and NAD+).
- Oxygenation & recovery (HBOT).
- Cellular activation (Red Light Therapy).
- Circulation & recovery systems.

HOW THIS WORKS

Instead of concentrating solely on immediate results, the programme is designed to support:

- Improved skin quality over time.
- Enhanced collagen response.
- Better healing & recovery, with natural outcomes.

WHY THIS MATTERS

When aesthetic treatments are supported by recovery & cellular optimisation:

- Results appear more natural, with longer lasting outcomes.
- Skin responds more effectively
- Overall appearance improves progressively.

**A regenerative approach where treatments are supported,
not isolated**





HELIX AYURVEDA

Sacred Vitality

Ancient Intelligence. Modern Precision.

Ancient wellness intelligence integrated into modern longevity diagnostics

Herbal planning before arrival
Onboard therapies
Personalised nutrition
Post-program continuity



Sacred Vitality Women

- Hormonal balance
- Fertility optimisation
- Menopause support

Sacred Vitality Men

- Testosterone review
- Circulation support
- Performance optimisation

Pre-Arrival Integration

Helix App Assessment:

- Dosha profiling
- Lifestyle review
- Sleep analysis
- Stress evaluation
- Nutrition habits

Virtual Ayurveda Consultation:

- Private tele-consultation with specialists.
- Personal wellness recommendations.
- Detox & recovery planning.

Integrated With Helix Diagnostics:

- 400+ biomarkers
- DNA insights
- Wearable tracking
- Physician review
- Advanced health analysis



Pre-programme preparation, post programme recovery, and select integration extending Helix into clinically supervised environments.

EXCLUSIVE AYURVEDA THERAPIES ONBOARD

WHAT GUESTS EXPERIENCE ONBOARD
DELIVERED AS PART OF YOUR PERSONALISED

Personalised Ayurvedic Nutrition:

- Dosha-specific meal planning
- Anti-inflammatory nutrition
- Digestive optimisation

Herbal Protocols:

- Personalised herbal recommendations
- Detox support
- Internal wellness optimisation

Advanced Body Therapies:

- Abhyanga
- Shirodhara
- Pizhichil
- Udvartana

Sexual Wellness & Hormonal Vitality:

- Male performance optimisation
- Female intimate wellness
- Men's vitality support
- Energy restoration

Sleep & Nervous System Recovery:

- Stress reduction therapies
- Sleep optimisation
- Nervous system reset protocols

Hormonal & Vitality Support

- Women's hormonal wellness
- Men's vitality support
- Energy restoration

Integrated With Helix Technologies

- HBOT
- NAD+ IV therapy
- Red light therapy
- PEMF
- Compression recovery
- Wearable tracking

Post Programme Continuity

- Virtual follow-ups
- Progress monitoring
- Continued wellness planning

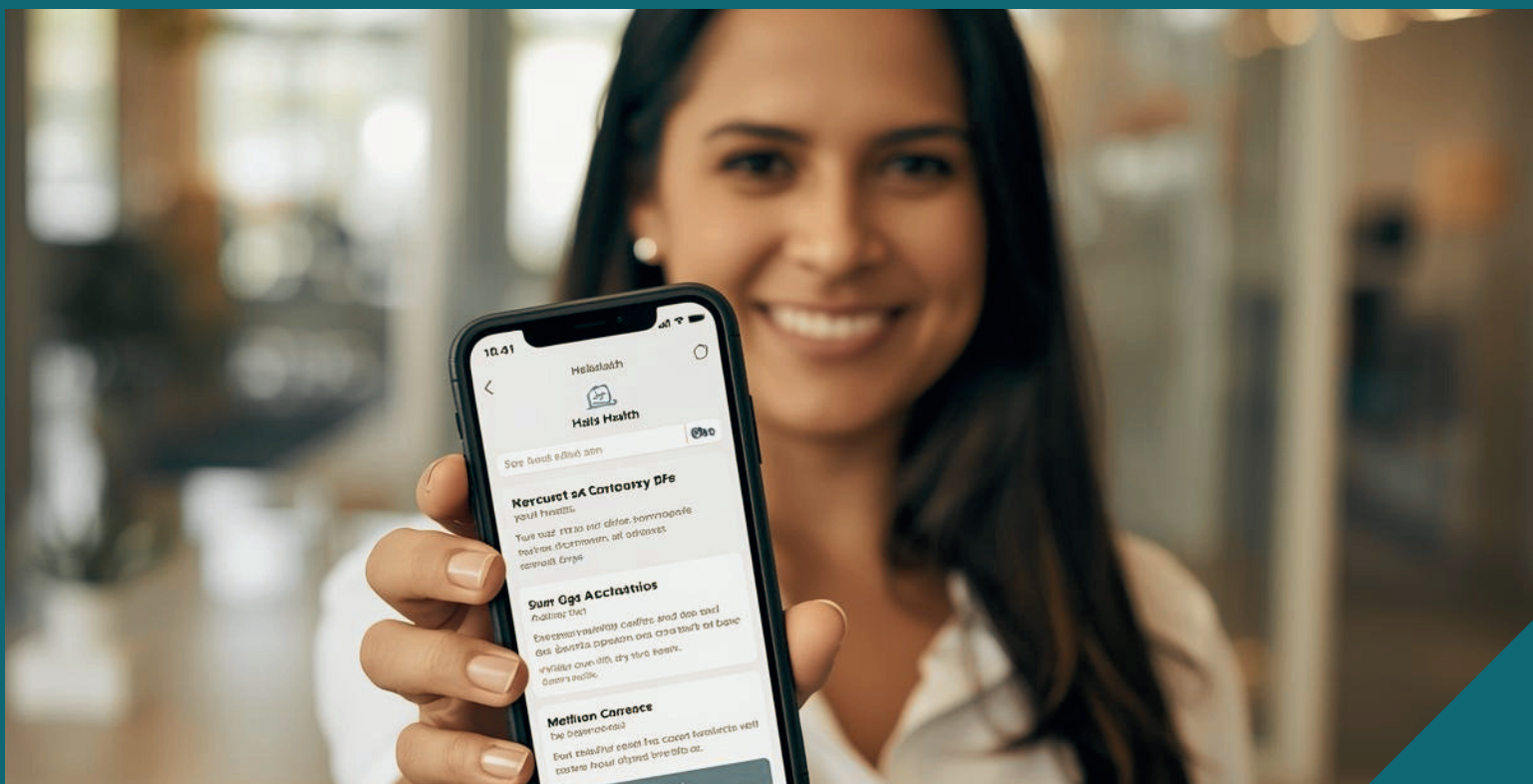


Ancient healing traditions thoughtfully integrated
into a modern longevity ecosystem.



THE HELIX CONTINUITY SYSTEM

- Full integration with Helix Health App.
- Wearable data synchronisation.
- Continuous biomarker tracking.
- Post-programme optimisation protocols.
- Transition into Helix Lounges & medical-grade cruise programmes.



HELIX WELLNESS FORMULATIONS

Precision Formulations.
Integrated Longevity.



THE HELIX WELLNESS SHOP

Helix Wellness Products:

- Magnesium oils
- Recovery gels
- Herbal supplements
- Home wellness products





HELIX



+ 44 7823432398



concierge@helixwellness.health



www.helixwellness.health

Private consultations available upon request