



HELIX WOMEN

Private Longevity & Aesthetic
Experience At Sea

www.helixwellness.health





HELIX WOMEN

Precision Diagnostics. Visible Renewal.
Private Recovery At Sea

A private seven day yacht experience combining
advanced diagnostics, aesthetic wellness, hormonal
optimisation & restorative luxury.

Prepared Before Arrival. Renewed At Sea.
Elevated Long After Departure

A COMPLETE PRIVATE JOURNEY

THE HELIX CONCEPT

Your seven day yacht experience is only one part of the journey.

Helix is designed as a complete private transformation that begins before arrival, is delivered intelligently during your time onboard, and continues after departure.

The Helix Women Experience Combines:

- Advanced diagnostics before travel.
- Aesthetic wellness therapies.
- Hormonal wellbeing support.
- Body transformation pathways.
- Feminine wellness support.
- Recovery optimisation.
- Private yacht luxury.
- Continuity beyond seven days.

What Makes It Different?

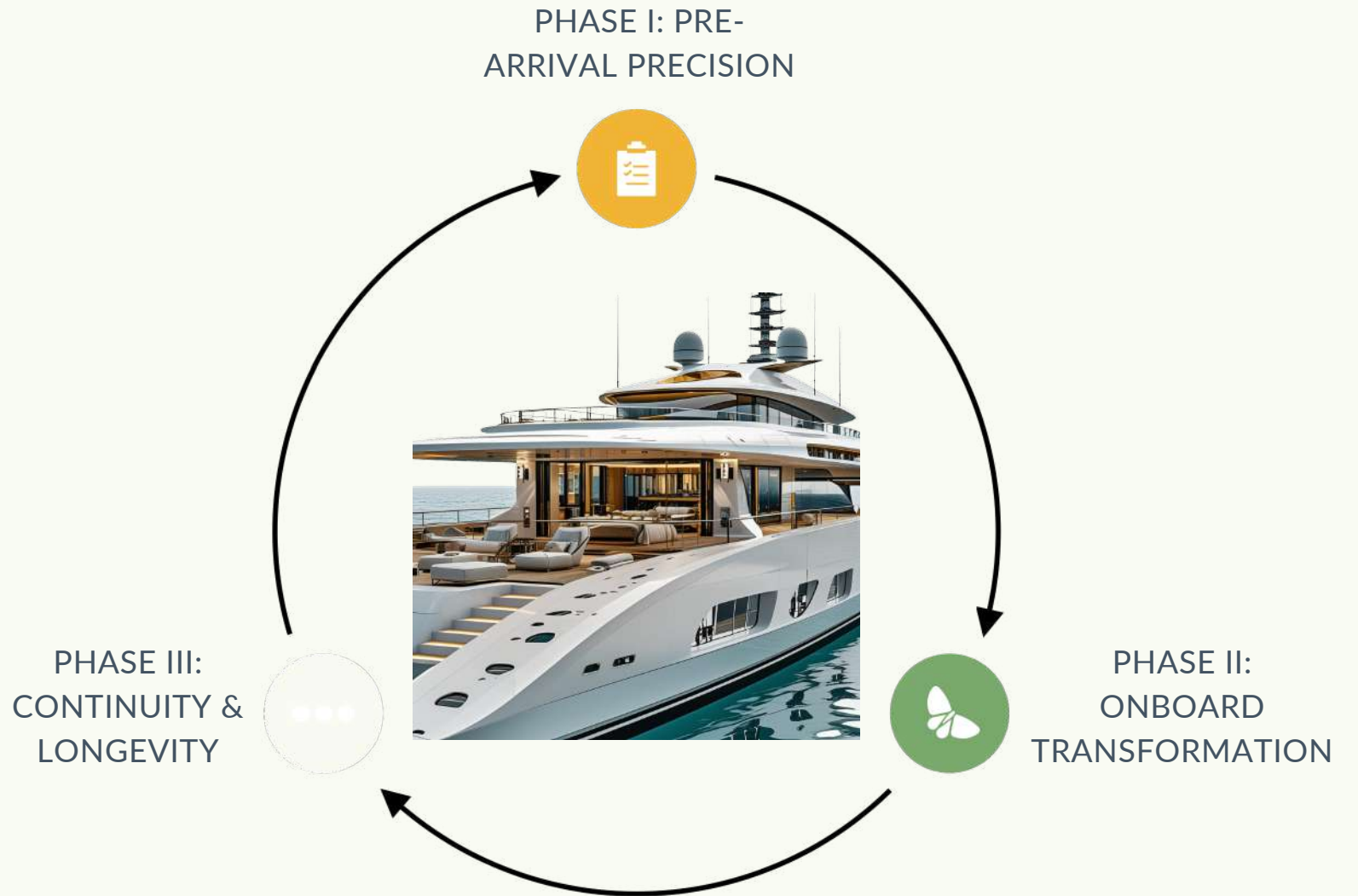
- Helix combines diagnostics, aesthetics, recovery and continuity within one structured private journey.



A complete private experience designed to help women feel lighter, look fresher & age better.

THE HELIX WOMEN'S JOURNEY

Three Phases.
One Complete Transformation.



WHY WOMEN COME TO HELIX

When Looking Good No Longer Feels Easy

For many women, change happens gradually through hormonal shifts, visible ageing, stubborn weight changes, lower energy, poor sleep and rising stress.



Common Priorities Many Women Share:

- Persistent fatigue despite rest.
- Hormonal imbalance or menopause symptoms.
- Skin changes & visible ageing concerns.
- Hair thinning or loss of density.
- Stubborn weight and body confidence concerns.
- Disrupted sleep and mood changes.
- Stress overload & emotional fatigue.

Why Women Come To Helix

To reset privately, intelligently & beautifully:

- Diagnostics before arrival.
- Private yacht recovery.
- Aesthetic wellness therapies.
- Hormonal wellbeing support.
- Slimming and body confidence pathways.
- Continuity beyond seven days.

Feel lighter. Look fresher. Return more like yourself.

ADVANCED BLOODWORK & INSIGHT

Biomarker Panel

Hormone Profile

Thyroid Health

Inflammation

**Metabolic
Health**

Metabolic health
markers

**Nutritional
Status**

Nutritional deficiency
indicators

**Recovery &
Fatigue**

Energy & Recovery

PRE-ARRIVAL PRECISION

The Work Begins Before You Board

- **400+ Biomarker Blood Analysis**
Comprehensive analysis to understand your health at a molecular level.
- **Female Hormone Profile**
Detailed assessment of hormone levels critical for female health.
- **Thyroid, Metabolic & Inflammation Review**
Evaluation of key systems regulating metabolism and overall health.
- **Private Physician Consultations**
Personalised discussions with a physician to review findings.
- **Medical & Lifestyle Review**
Holistic assessment connecting your health data with your daily habits.
- **Sleep, Stress & Recovery Assessment**
Analysis of factors impacting your body's restoration and resilience.
- **Selected Imaging Coordination Where Required**
Arrangement of necessary Imaging scans for a complete picture.
- **Personal Programme Planning**
Customised plan tailored to your specific health goals and needs.
- **Final Deliverable**
Your Personal Helix Blueprint™ prepared before embarkation.



Prepared before arrival. Delivered with precision at sea.

HORMONAL INSIGHT

Understanding What Your Body May Be Telling You

Many women experience fatigue, weight changes, poor sleep, skin changes, low mood and reduced energy without fully understanding the underlying causes.

This pre-arrival assessment helps identify internal factors that may be influencing how you feel and look.



- **Comprehensive Diagnostic Review**

- female hormone analysis
- thyroid function review
- metabolic health markers
- inflammation markers
- glucose & insulin markers
- vitamin and nutritional deficiencies
- fatigue and recovery indicators
- menopause / perimenopause markers

- **When Additional Insight Is Needed**

- menopause / perimenopause markers
- advanced hormonal reviews
- specialist referrals
- additional diagnostics where appropriate

- **Why This Matters**

Greater clarity before arrival allows your onboard treatments to be more personalised, precise and effective.

The better we understand your body before arrival, the better we can personalise your transformation.

Holistic Health Assessment

Lifestyle, Ageing & Body Review

Beyond Bloodwork

Visible ageing, fatigue, weight changes, hair health and hormonal wellbeing are often influenced by lifestyle, stress and recovery patterns. This review helps Helix understand your current priorities before arrival

May Include

- energy and fatigue review
- sleep quality assessment
- stress and nervous system review
- weight and body composition history
- skin ageing concerns review
- hair thinning concerns review
- menopause / perimenopause review where relevant
- lifestyle and nutrition review
- skin ageing concerns review
- hair thinning review
- visible ageing priorities review

Why This Is Included

To align your yacht experience with how you currently feel and what you want to improve most.



The more we understand before arrival, the more we can personalise your journey.

ADVANCED IMAGING & BODY ASSESSMENTS

Additional Clarity Where Needed



- **Full Body MRI Pathway**
Provides a comprehensive view of the entire body through Magnetic Resonance Imaging.
- **Executive Ultrasound Package**
A package of ultrasounds designed for detailed examination.
- **Body Composition & Visceral Fat Scan**
Assesses body composition and specifically measures visceral fat.
- **Women's Health Imaging Coordination**
Coordinated imaging services tailored for women's health needs.
- **Vascular Screening Options**
Offers various screening options to assess vascular health.
- **Selected Specialist Referrals**
Referrals to specialists when required for further medical insight.

Additional data may be used to refine treatment priorities before embarkation. Greater visibility. Greater precision.

ADVANCED AESTHETIC & BEAUTY PATHWAYS

For Women Seeking Even Greater Visible Results

- **Advanced Skin Pathways**
 - RF skint ightening
 - advanced collagen stimulation
 - PRP facial rejuvenation
 - exosome facial pathways
 - advanced skin renewal programmes
- **Advanced Hair Pathways**
 - PR Phair restoration
 - advanced scalp restoration
 - density optimisation pathways
- **Advanced Body Pathways**
 - body sculpting programmes
 - contour refinement pathways
 - advanced slimming support
- **Advanced Longevity Pathways**
 - specialist hormoneconsultations
 - advanced diagnostics
 - imaging pathways
 - future longevity programmes
- **By Private Consultation**

All advanced pathways are arranged based on suitability and personal goals.

For women seeking to prepare beyond seven days.



Your Helix Programme

WOMEN'S ONBOARD AESTHETIC & WELLBEING DELIVERY

Where Restoration Becomes Visible

Your seven days onboard combine private yacht living with coordinated beauty, wellness and recovery delivery. This is where your personalised blueprint moves into execution.



YOUR PERSONAL HELIX BLUEPRINT™

Your Journey Is Built Around You



- **Personalised Pathway**
Once your diagnostics, consultations and assessments are completed, Helix prepares a personalised pathway before you travel. This ensures your seven days onboard are focused on what matters most to you.
- **Your Blueprint May Prioritise**
 - skin radiance and visible rejuvenation
 - hair wellness and restoration planning
 - hormonal balance support
 - menopause wellbeing strategies
 - slimming and body confidence
 - stress reset and sleep recovery
 - energy restoration
 - long-term ageing support
 - pigmentation concerns
 - collagen support
 - acne scarring support
- **Before You Board for On Board Therapies**
 - treatment sequencing completed
 - concierge onboarding finalised
 - dietary preferences captured
 - travel coordination arranged

A personalised roadmap prepared before your journey begins.



Helix: Wellbeing at Sea

The Yacht Experience

Helix combines structured wellbeing with the privacy, calm and exclusivity of life at sea. Your yacht becomes a private environment where treatments, relaxation and personal time exist in one seamless setting.

Included Experience

- private luxury suite accommodation daily housekeeping
- dedicated concierge support
- private transfers
- elegant interior lounges
- ocean view wellness spaces
- private relaxation areas

The Environment

- calm ocean surroundings
- privacy away from traditional clinics space for movement and reflection
- discreet service throughout the journey

Luxury designed to support restoration.

Seven Days Dedicated To You

Once you arrive, everything has already been prepared. Your time onboard is focused on beauty, recovery, hormonal wellbeing and private restoration delivered in an environment designed for complete discretion.

Your Onboard Experience Includes

- aesthetic treatments
- hormonal wellbeing support
- body slimming pathways
- hair restoration support
- feminine wellness therapies
- recovery protocols
- private luxury accommodation
- nutrition-led dining
- concierge scheduling

Delivered Differently

- No clinic waiting rooms.
- No crowded retreats.
- No rigid schedules.
- Just private execution at sea.



A private environment designed for visible transformation

DINING, PRIVACY & DAILY FLOW

Designed Around Your Comfort



- **Nutrition-Led Dining**
 - personalised dietary preferences captured before arrival
 - wellness-focused meals
 - hydration support throughout your journey
 - flexible meal timing around treatments
- **Privacy & Concierge**
 - private transfers and arrival coordination
 - dedicated concierge support
 - discreet guest handling
 - personal requests managed where possible
- **Personal Time**
 - ocean leisure
 - relaxation spaces
 - scenic cruising
 - uninterrupted downtime
- **A Typical Day May Include**
 - Morning : movement • breakfast • treatments
 - Afternoon : recovery • lunch • personal time
 - Evening :private dining • relaxation • sleep preparation
 - + Shore Excursions as planned

A private schedule designed around restoration - not rigid timetables.

Included Recovery Treatments

COMPLETE ONBOARD RECOVERY ACCESS

A Concentrated Week Of Recovery Therapies In addition to your specialised beauty, hormonal and body pathways, every guest receives access to a coordinated recovery layer designed to support energy, circulation, skin health and overall restoration. These therapies are privately scheduled throughout your seven-day journey.

Included Recovery Treatments

- 3 x Oxygen Recovery Sessions (HBOT)
- 2 x NAD+ Vitality Sessions (90–150 mins each)
- 3 x Nutrient / Hydration IV Sessions (45–60 mins each)
- 5 x Compression Recovery Sessions (30 mins each)
- 5 x LED / Red Light Therapy Sessions (20 mins each)
- 3 x Lymphatic Support Sessions (45 mins each)
- Cryotherapy access throughout programme
- daily hydration optimisation
- nightly sleep optimisation guidance

Integrated Benefits

- circulation support
- travel recovery
- skin vitality support
- energy restoration
- recovery acceleration



Multiple recovery therapies coordinated into one private seven-day experience.

WOMEN'S AESTHETIC TRANSFORMATION

Where Beauty Meets Longevity

This section focuses on the visible outcomes many women prioritise healthier skin, stronger hair, improved body confidence and a fresher overall appearance.

Rather than isolated treatments, Helix combines multiple aesthetic pathways within one structured journey.



● Core Focus Areas

- skin radiance and facial rejuvenation
- hair restoration and scalp wellness
- body slimming and contour support
- hormonal wellbeing support
- menopause comfort strategies
- stress reset and sleep recovery
- feminine wellness support

● Delivered Privately At Sea

Multiple beauty, wellness and recovery pathways coordinated into one structured seven day journey.

Visible transformation delivered discreetly.

SKIN RADIANCE & FACIAL REJUVENATION

Restore Glow, Freshness & Visible Confidence



- **A dedicated skin-focused pathway**
Restore Glow, Freshness & Visible Confidence
A dedicated skin-focused pathway designed to help guests return looking visibly fresher, more rested and rejuvenated.
- **Included Treatments**
 - 1 x Advanced Skin Analysis Consultation (30 mins)
 - 3 x Medical-Grade Facial Treatments (45–60 mins each)
 - 5 x LED / Red Light Collagen Sessions (20 mins each)
 - 2 x Cooling / Calming Facial Therapies (30 mins each)
- **Beauty From Within Support**
 - hydration strategy guidance
 - nutrition support linked to skin vitality
 - recovery optimisation
 - sleep support for visible freshness
- **Support**
 - dullness
 - dehydration
 - tired-looking skin
 - travel fatigue
 - visible stress-related ageing concerns

Designed to help you return visibly refreshed.

ADVANCED SKIN REJUVENATION

For Women Seeking More

Visible Skin Transformation

Designed for women seeking stronger visible outcomes in skin tone, texture, firmness and overall facial freshness.



- Core Skin Treatments
 - Medical grade facial rejuvenation treatments
 - LED collagen stimulation sessions
 - Cooling and calming recovery facials
 - Advanced skin analysis consultations
- Advanced Aesthetic Pathways
 - RF skin tightening
 - Collagen induction therapies
 - PRP facial rejuvenation pathways
 - Exosome skin pathways
 - Advanced lifting protocols
 - Pigmentation pathways
 - Non surgical facial contouring
 - Acne scar pathways
- Addresses :
 - Dullness • Skin laxity • Dehydration
 - Uneven texture • Visible fatigue
 - Ageing concerns

A stronger aesthetic pathway designed for women seeking visible skin outcomes.

HAIR RESTORATION & SCALP WELLNESS

Support Hair Health From The Inside Out

Hair health is often influenced by hormones, stress, nutrition, inflammation and recovery patterns.

This pathway combines visible support with deeper internal wellness planning.



- On board Treatments
 - 1 x Advanced Scalp Analysis (30 mins)
 - 4 x LED Scalp Stimulation Sessions (20 mins each)
 - 1 x Hair Vitality Consultation (30 mins)
 - Personalised hair density planning
- Internal Hair Optimisation
 - hormone related hair concerns
 - stress linked hair loss
 - nutritional deficiency review
 - recovery linked hair health factors
- Advanced Hair Renerative Pathways
 - PRP hair restoration pathways
 - advanced scalp restoration planning
 - density optimisation strategies
 - post programme hair continuity planning
- Post Programme Guidance
 - Continuity Planning
 - long-term restoration planning
 - transplant where appropriate
 - ongoing hair optimisation guidance

A discreet pathway designed to support stronger visible hair confidence. Flexible meal timing around treatments and leisure.

BODY SLIMMING & BODY CONFIDENCE

Feel Lighter. Look More Refined.

This pathway focuses on body confidence, visible contour improvement and metabolic support for women managing bloating, stubborn weight changes or body composition concerns.



● Included Treatments

- 3 x Lymphatic Drainage Treatments (45 mins each)
- 5 x Compression Recovery Sessions (30 mins each)
- 2 x Body Confidence Consultations (30 mins each)
- 2 x Metabolic Slimming Sessions (30 mins each)
- 2 x Body Sculpting Consultations (30 mins each)
- 2 x Body Contour Strategy Sessions (30 mins each)

● Internal Slimming Support

- metabolism review
- bloating reduction strategies
- nutritional guidance
- hydration optimisation
- body composition tracking

● Advanced Body Pathways

- non surgical body contour planning
- cellulite reduction pathways
- skin tightening pathways
- metabolic support strategies
- post programme body transformation planning
- post pregnancy restoration support

● Supports

- stubborn abdominal fat
- water retention
- post pregnancy body changes
- cellulite concerns
- confidence restoration

A more advanced approach to slimming than traditional wellness retreats.

HORMONAL BALANCE & MENOPAUSE SUPPORT

Private Support For Midlife Change

Hormonal shifts can affect sleep, mood, skin, metabolism, confidence and energy levels.

This pathway is designed to help women navigate those changes privately and intelligent



- **Included Support**

- **2 x Personal Hormonal Wellbeing Consultations** (30 mins each)
- review of pre-arrival hormone markers
- personalised hormone wellbeing strategy
- menopause / perimenopause support planning

- **Addresses**

- hot flushes
- low energy
- brain fog
- mood changes
- sleep disruption
- stubborn weight changes
- confidence shifts

- **Additional Support**

- nutritional recommendations
- recovery planning
- sleep support
- long term hormone continuity guidance

A private space to feel more balanced, supported and understood.

FEMININE WELLNESS & INTIMATE CONFIDENCE

Private Support For Areas Rarely Discussed

Many women seek support for intimate wellness, pelvic health and confidence particularly after childbirth, during hormonal transitions or through midlife changes.

This pathway is delivered discreetly within your private yacht journey.



● Included Treatments

2 x Pelvic Wellness Sessions
(30 mins each)

- pelvic floor strengthening support
- circulation-focused therapies
- intimate wellness consultations

● Advanced Feminine Wellness Pathways

- vaginal rejuvenation pathways
- pelvic tightening support
- feminine comfort therapies
- post-menopause comfort planning

● Supports

- pelvic weakness
- intimacy confidence concerns
- circulation support
- post-childbirth changes
- menopausal discomfort

Private, discreet support for an often overlooked area of wellbeing.

STRESS RESET & SLEEP RECOVERY

Beauty Looks Better When You Feel Better

Stress, poor sleep and nervous system overload often affect skin, hormones, weight, mood and visible ageing.

This pathway is designed to help reset both mind and body.

- Included Treatments

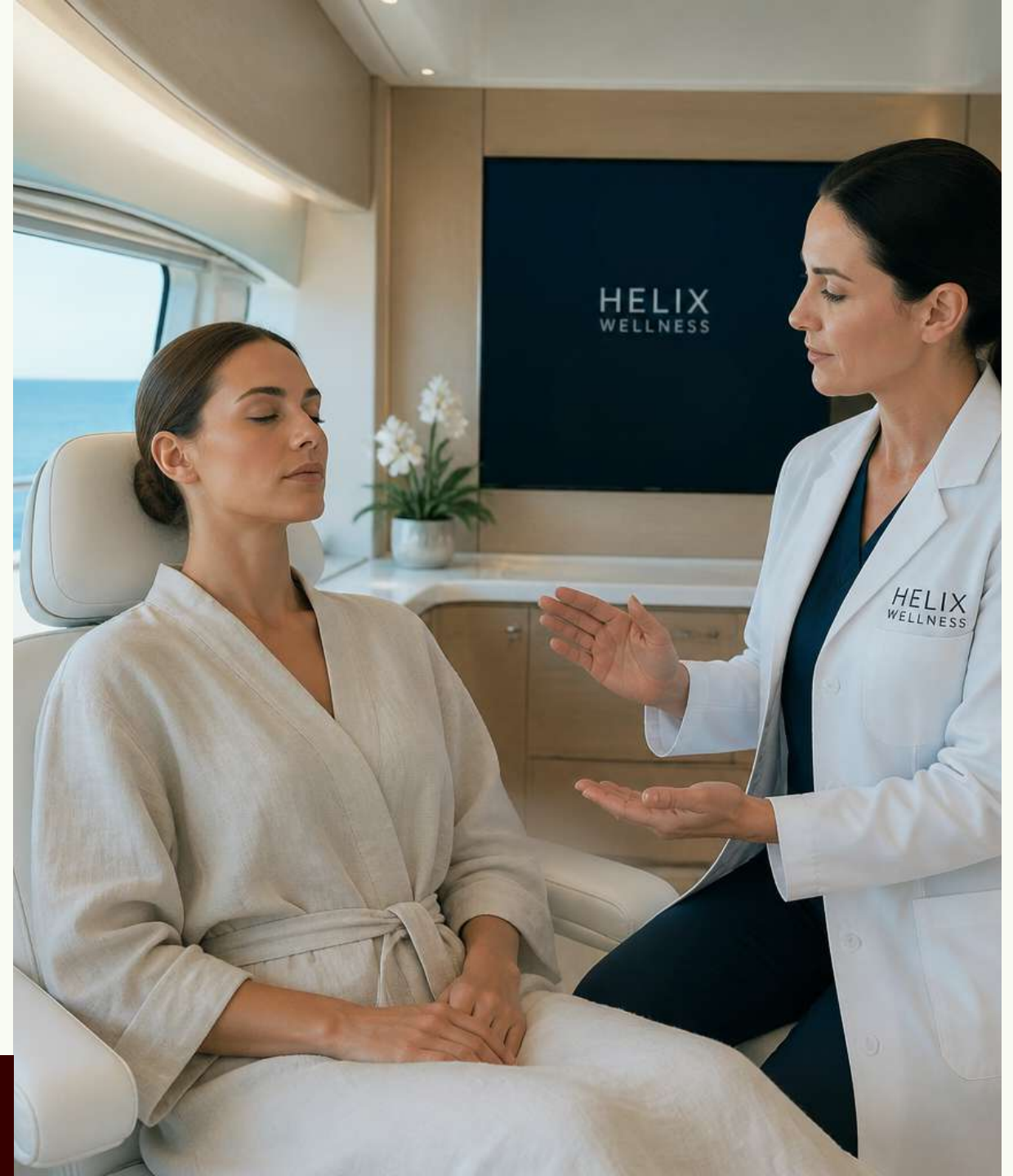
- 3 x Nervous System Reset Sessions (30 mins each)
- 3 x Guided Breathwork Sessions (20 mins each)
- 2 x Evening Deep Rest Sessions (20 mins each)
- Nightly sleep optimisation guidance

- Why Women Prioritise This

Better sleep, calmer stress responses and deeper recovery often improve:

- skin quality
 - energy
 - hormones
 - weight management
 - emotional resilience
- Support
 - chronic stress • poor sleep • emotional fatigue • anxiety
 - burnout • hormonal stress responses • visible stress ageing

Deep restoration often starts with better sleep.





HOLISTIC WELLNESS & INNER BALANCE

Supporting Wellness From Within

- For women seeking deeper internal balance

This pathway focuses on digestion, lighter nourishment, emotional calm and daily wellness habits that often influence how you feel and look.

- Includes

- digestive wellness guidance
- lighter nourishment strategies
- hydration optimisation
- stress reduction support
- emotional balance guidance
- daily wellness rituals
- nervous system calming support

- Supports

- bloating
- digestive heaviness
- inflammation
- low energy
- emotional overwhelm
- feeling physically heavy

- Why Women Choose This

When internal balance improves, many women often notice:

- lighter energy
- better digestion
- calmer moods
- improved sleep
- visible freshness

Looking better often starts with feeling better internally.

WEIGHT RESISTANCE & INTERNAL WELLNESS SUPPORT

Programme Components & Benefits

When Your Body Stops Responding The Way It Used To

Many women experience stubborn weight changes, bloating, digestive heaviness and body changes linked to stress, hormones, poor sleep and metabolic shifts. This pathway focuses on internal factors that often affect external confidence.

Included Support

- 2 x Body Rebalance Consultations (30 mins each)
- bloating reduction strategies
- metabolism support guidance
- lighter nourishment planning
- digestive wellness support
- hydration optimisation
- 2 x Personal Sleep Reset Reviews (20 mins each)

WHY THIS MATTERS :

May Support

- stubborn weight resistance • hormonal weight changes
- bloating • water retention • low energy • midlife body shifts

When internal systems improve, many women notice:

- lighter movement • improved confidence • better digestion
- improved energy • easier body maintenance



Feel balanced. Move lighter. Return more like yourself.

HELIX FEMININE RENEWAL PROTOCOL™

The Signature Helix Experience

A proprietary seven day transformation designed for women who want visible beauty results, internal balance and complete private recovery in one journey.

This signature protocol coordinates multiple therapies that are rarely delivered together in one private setting.

- **Visible Rejuvenation**

- Advanced skin therapies
- Hair restoration pathways
- Collagen stimulation
- Facial freshness protocols

- **Body Transformation**

- Slimming pathways
- Body contour refinement
- Metabolic optimisation
- Inch loss support

- **Hormonal Rebalance**

- Menopause support,
- Energy restoration,
- Hormonal wellbeing strategies

- **Feminine Wellness**

- Pelvic wellness
- Intimate confidence pathways
- Post childbirth restoration support

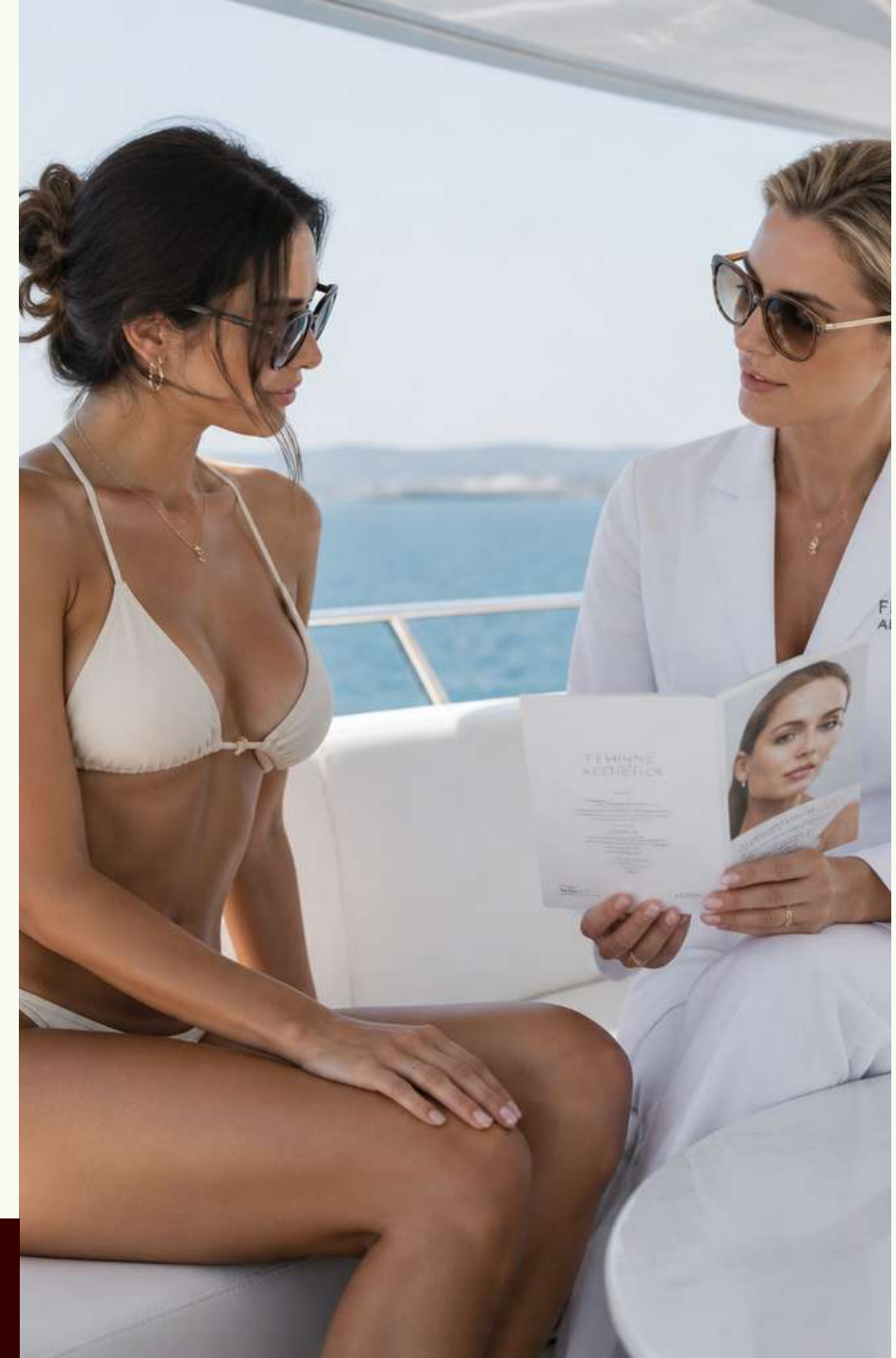
- **Nervous System Recovery**

Sleep optimisation, Stress recovery, Emotional reset protocols

- **Advanced Recovery**

- HBOT
- NAD+
- IV therapies
- Red light
- Compression
- Lymphatic therapies

One journey. Multiple transformations. Completely private.



CONTINUITY AFTER DEPARTURE

Your Results Should Continue Beyond The Yacht



- Included After Departure

Seven days can create momentum. Long term results depend on what happens after you return home.

Helix includes structured continuity support to help maintain progress.

- 1 x Private Exit Consultation (45 mins)

- Progress review and key observations
- Personalised priorities for the next 90 days

- 1 x Follow-Up Consultation (30 mins)

Progress review after returning home

- Include Guidance For

- skin maintenance pathways
- advanced aesthetic planning
- hair restoration continuity
- hormonal follow up
- body transformation planning
- future longevity programmes

Return home with a plan - not just memories.



What Is Included

COMPLETE PACKAGE INCLUSIONS

COMPLETE PACKAGE INCLUSIONS

- **Pre Arrival Precision**
 - 400+ biomarker analysis
 - female hormone profile
 - thyroid, metabolic and inflammation review
 - lifestyle and wellness review
 - advanced imaging coordination (where required)
 - 2 x private consultations
 - Personal Helix Blueprint™
 - **Private Yacht Experience**
 - 7 nights luxury accommodation
 - Private transfers,
 - Concierge support
 - Nutrition led dining
 - Daily housekeeping,
 - Privacy led scheduling
 - **Hair Restoration**
 - 4 x scalp stimulation sessions
 - 1 x advanced scalp analysis
 - 1 x hair vitality consultation
 - **Aesthetic & Wellness Therapies**
 - skin rejuvenation treatments
 - hair restoration support
 - body slimming pathways
 - hormonal wellbeing support
 - menopause support
 - feminine wellness sessions
 - stress and sleep recovery
 - **Core Recovery Access**
 - 3 x HBOT sessions
 - 3 x Cryotherapy sessions
 - 2 x NAD+ sessions
 - 3 x Nutrient IV sessions
 - 5 x Compression sessions
 - 5 x Red Light sessions
 - 3 x Lymphatic drainage sessions
 - **Skin & Aesthetic Treatments**
 - 3 x Medical grade facials
 - 5 x LED collagen sessions
 - 2 x Cooling facial therapies
 - 1 x advanced skin consultation
- Continuity • 1 x exit consultation • 1 x follow up consultation

A complete private beauty, wellness and longevity journey before, during and after seven days.



WHY HELIX WOMEN

A Different Category Of Wellness Luxury



Why Women Choose Helix

A Different Category Of Wellness Luxury

A Different Category Of Wellness Luxury Many retreats offer relaxation. Many clinics offer isolated treatments.

Many luxury holidays offer comfort. Helix brings these worlds together in one private, coordinated journey designed for women who expect visible results, deeper wellbeing and complete discretion

Why Women Choose Helix

- advanced diagnostics before arrival
- private yacht environment
- aesthetic focused therapies
- hormonal and menopause support
- slimming and body confidence pathways
- hair restoration support
- recovery and longevity integration
- continuity beyond departure

Designed For Women Who Value

- privacy
- time efficiency
- visible results
- elegance
- personalised care



Feel lighter. Look fresher. Return more like yourself.

PRIVATE UPGRADES & BESPOKE EXPERIENCES

Elevate The Journey Further



- Private Luxury Options

- master suite upgrades
- private yacht buyout
- companion arrangements
- bespoke celebration planning
- private event coordination.

- Lifestyle Enhancements

- curated island experiences
- private excursions
- special occasion arrangements
- bespoke concierge requests

- Privacy First

Every experience is arranged discreetly and subject to availability.

****Already exceptional. Easily made even more exclusive.****



Helix Women

Private. Personal. By Appointment Only.

Helix Women is offered through limited private allocation for guests seeking a highly personalised beauty, wellness and longevity experience at sea.



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Confidential enquiries and private introductions are welcomed.