

asaya

peak performance bio-hacking

| | 2 DAYS | 3 DAYS |
|--|--------|--------|
| Personal consultation 30 min. | 2 | 3 |
| Bioelectric Impedance Analysis 30 min. | 1 | 1 |
| Interval Hypoxia-Hyperoxia Training | 1 | 2 |
| Bone Density Analysis | 1 | 1 |
| Cryotherapy 3 min. 120 degrees | 1 | 2 |
| Personal training | 2 | 3 |
| Alpine cycling experience | 2 | 3 |
| Healthy lunch (based on targets) | 1 | 1 |
| Deep Tissue Massage 60 min. | 2 | 3 |
| Steam bath peeling Scrub 30 min. | – | 1 |
| Foot Revitalize Massage | 1 | 2 |
| Regional Herbal Stamp Revitalization | – | 1 |

Our Bio-Hacking program is a personalized wellness journey designed to optimize your physical, mental, and emotional well-being. The program utilizes bioelectric impedance and bone density analysis to understand your body from the inside-out including additional components; Cryotherapy, interval hypoxia-hyperoxia training to boost aerobic capacity, a varied sports program, therapeutic massages, a nutrientdense diet and custom supplements. Vitamin and mineral infusions target any deficiencies, and sauna sessions encourage detoxification and cardiovascular health. This program, suitable not only for athletes or sports enthusiasts but also to anyone interested in maintaining physical fitness and well-being.