

LUX

LONGEVITY AND WELLNESS



TIMELESS LUX SLEEP MUSIC RETREAT



Wherever You Are, Transformation Awaits

Welcome to the Timeless Lux Sleep Music Retreat

Where Science Meets Serenity, and Luxury Transcends Time

At Lux Longevity & Wellness, we redefine the very essence of luxury. Here, opulence is not merely an indulgence—it is a gateway to global timeless vitality, peak performance, and the epitome of health is wealth that endures. Our Timeless Lux Sleep Music Retreat is a symphony of cutting-edge science, bespoke rejuvenation, and unparalleled elegance, designed to recalibrate your mind, body, and spirit at the deepest levels.

This is not a retreat—it is a revolution. A meticulously curated journey where AI-driven sleep optimization, epigenetic mastery, and biometric precision converge to unlock your full potential. Whether experienced at the world's most exclusive destinations or in the sanctity of your own home, this is your invitation to a life of limitless energy, sharp cognition, and effortless rejuvenation.





Tailored Retreat Experiences

Choose Your Path to Timeless Vitality

Our retreats are meticulously designed to cater to the most discerning clientele. Each experience is a bespoke masterpiece, crafted to deliver peak restoration and elite longevity.



“I thought I knew luxury—until I experienced the Timeless Lux Sleep Music Retreat. The AI-driven sleep optimization didn’t just improve my rest—it transformed my ability to focus, make decisions, and perform at my peak. Waking up with a clear mind and renewed energy has been an absolute game-changer for my work and personal life.”

— Alexander V., Fortune 500 CEO & Private Equity Investor



Your Journey Begins in a Realm of Unparalleled Distinction

From the moment you step aboard your private jet, every detail is meticulously orchestrated to reflect the singular elegance of the Timeless Lux Sleep Music Retreat. Your experience unfolds with access to over 200 meticulously crafted services—from champagne and caviar welcomes to impeccably tailored concierge arrangements—each designed to harmonize with your unique desires and offered à la carte for a journey that is uniquely yours.



This transcends the very concept of a luxury retreat—it's a renaissance of indulgence, wellness, and human potential. Every element, from the private jet arrival to my Bespoke Lux Longevity AI, was co-created with exacting precision. To awaken fully restored within this rarefied union of cutting-edge science and uncompromising exclusivity? A revelation I've encountered nowhere else on earth.

Founder's Bio



Aliease Simmons – Founder & Visionary Pioneering Bespoke AI for Longevity, Wellness and Legacy

Expertise and Credentials

With a foundation in Microbiology and over 25 years of groundbreaking work in the medical and pharmaceutical industries, I have dedicated my life to unlocking the science of health and the art of longevity. My research at the University of Pennsylvania, spanning cancer, listeria, and tuberculosis, has deepened my understanding of the human body's extraordinary capacity for renewal and transformation.

As the founder of Lux Longevity & Wellness, I have bridged the worlds of cutting-edge AI and personalized health optimization, creating a new paradigm in AI-driven longevity coaching. This revolutionary approach empowers individuals to achieve deep, restorative sleep, peak performance, and epigenetic renewal—unlocking possibilities once thought beyond reach.

Beyond the realm of health, I introduced the Bespoke Legacy AI, a timeless heirloom that immortalizes your essence. By capturing your voice, face, and movements, this interactive avatar becomes a living vessel for your wisdom, values, and personal stories. Continuously enriched by your epigenetic insights and 24/7 contributions, it evolves into a cherished legacy, allowing future generations to engage with your presence in profound and meaningful ways.

My mission is to empower individuals to take control of their health, performance, and legacy. By seamlessly blending science, technology, and unparalleled elegance, I craft bespoke solutions that redefine what it means to live with vitality, purpose, and timeless impact.

Beyond my work, I am inspired by art, global travel, philanthropy, and the serenity of the open water—passions that fuel my commitment to curating experiences that are as transformative as they are enriching.



The Retreat Experience: A New Era of Sleep, Reverse Aging, and Wellness

Imagine drifting into a state of profound tranquility, whether within the opulent embrace of the world's most exclusive sanctuaries—Aman, Four Seasons, or Shou Sugi Ban House—or amidst the refined elegance of your private jet, yacht, or residence. Wherever you are, every detail is meticulously curated to harmonize your body and mind with the pinnacle of restoration and rejuvenation. This is not merely a retreat—it is a bespoke journey of transformation, crafted to meet you wherever your extraordinary life takes you.



What You'll Experience

- 🌙 Bespoke Lux Longevity AI: Your Personal Sleep & Longevity Strategist
- Your Bespoke Lux Longevity AI is your 24/7 companion, designed to optimize sleep, reverse aging, and enhance performance. Evolving with your biology in real-time, it customizes your environment, nutrition, and wellness strategies, ensuring everything is fine-tuned to your needs.

- 🎵 Real-Time Adaptive Soundscapes: The Personalized Symphony of Your Sleep
- Your AI-generated soundscapes shift with your biometric rhythms, guiding you through every sleep phase for restorative rest. Tailored to your body's cycles, it ensures you experience deep rejuvenation each night, with a soundtrack that adapts for maximum recovery.

- 🧠👩‍🦰 Exclusive Luxury Experience: The Pinnacle of Prestige
- Hosted at the world's most prestigious destinations—Aman NYC, Four Seasons NYC, and Shou Sugi Ban House—every detail is curated to offer pure luxury and rejuvenation. From private jet transfers to exclusive therapies, immerse yourself in the ultimate sanctuary of wellness.

- ✨ A Legacy of Excellence Begins Here
- At the Timeless Lux Sleep Music Retreat, we merge cutting-edge science with unmatched luxury. Every night restores your vitality, every day enhances your performance.



- "The AI at this retreat is the most advanced real-time sleep and longevity optimization I've ever seen. This system adapts in real-time to your biometric shifts, ensuring you stay in the optimal sleep and longevity state. This is the next frontier in sleep, performance, and longevity."
- — Dr. Nathan L., AI & Neuroscience Expert, Stanford Fellow



Key Experiences Include

- 🌙 **Bespoke Lux Longevity AI:** Your personal, co-created AI evolves in real-time with your biometrics, refining your sleep, reversing aging, and optimizing peak performance. Whether you're at a luxury destination, aboard your private jet, or in the comfort of your yacht, this intelligent companion ensures every moment is fine-tuned to your needs.
- 🎵 **Live Sleep Music Composition (VIP Experience):** Witness your biometric data transformed into an exquisite, real-time sleep symphony—a harmonious fusion of cutting-edge technology and artistry. This is not just music; it is a personalized masterpiece—designed to guide you into the deepest realms of restorative sleep.
- 🧬 **Epigenetic Testing & Biometric Insights:** Unlock the deepest layers of your genetic potential with cutting-edge analysis. This precision-driven approach tailors every aspect of your wellness, sleep, and longevity strategy, ensuring your journey is as unique as you are.
- 🧑 **Holistic Therapies:** Experience the world's most advanced recovery treatments, from cryotherapy and hyperbaric oxygen therapy to neural reprogramming. Each therapy is designed to elevate your health and well-being, leaving you rejuvenated at the cellular level.
- This is the future of luxury wellness—where science, artistry, and exclusivity converge to create an experience unlike any other.



- Bespoke Lux Longevity AI: Your Ultimate Companion for Sleep & Longevity
- More than just a tool, the Bespoke Lux Longevity AI is a co-created, ever-evolving intelligence designed to optimize your sleep, reverse aging, and enhance peak performance.
- 🌟 What Sets It Apart?
- ✅ 24/7 Adaptive Intelligence – Using real-time biometrics and epigenetic insights, your AI continuously refines your sleep and longevity strategies.
- ✅ Real-Time Sleep Music Evolution – AI-generated soundscapes synchronize with your body’s rhythms, ensuring deep, restorative sleep every night.
- ✅ Personalized Wellness Guidance – Receive tailored recommendations for nutrition, supplementation, movement, and cognitive recalibration, reversing sleep deprivation and accelerating regeneration.
- ✅ Exclusive Features – Experience Bespoke ASMR, AI-guided meditation, multilingual support (French, Spanish, German, Portuguese), a personal concierge, and elite longevity coaching.
- This is the future of sleep, health, and human potential—crafted uniquely for you.



The Bespoke Lux Longevity AI is more than just a sleep tool—it's your personalized roadmap to optimized health, peak performance, and longevity and anti-aging guidance.

EPIGENETIC TESTING FOR PRECISION HEALTH & LONGEVITY



Unlock the Secrets of Your Deep Sleep, Reverse Aging, and Wellness



Discover the Secrets of Your Deep Sleep & Longevity

True wellness begins at the epigenetic level. Our advanced epigenetic testing reveals how your lifestyle, environment, and genetics influence your sleep, energy, and aging process. By decoding the molecular effects of sleep deprivation, your Bespoke Lux Longevity AI tailors a precision-based strategy to enhance organ health, cellular recovery, and cognitive function. This revolutionary approach doesn't just optimize your sleep for tonight—it reprograms your biology for a lifetime of longevity, peak performance, and vitality.



“As someone deeply involved in longevity research, I approached this retreat with curiosity and skepticism. But the level of precision—from genetic insights to AI-driven real-time optimization—was beyond anything I’ve seen. After the retreat, my biometric markers improved, my sleep cycles became deeply restorative, and I feel a decade younger. This is the future of longevity.”

— Dr. Olivia R., Biotech Founder & Longevity Scientist

REAL-TIME SLEEP MUSIC ADAPTATION



SLEEP MUSIC THAT EVOLVES WITH YOU



I've experienced the world's most exclusive retreats, but nothing compares to the Timeless Lux Sleep Music Retreat. It's not just a retreat—it's a total reprogramming of mind, body, and legacy. — James H., Esq.

REAL-TIME SLEEP MUSIC ADAPTATION



Sleep Music That Evolves with You

As your body shifts through the various stages of sleep, so too does your sleep music. Powered by AI, your music evolves in real-time, adapting to your biometric signals to ensure seamless transitions through each phase—whether you're drifting into deep sleep or cycling through REM. This unique, biofeedback-driven soundscape ensures an uninterrupted sleep experience that supports deep rest, rejuvenation, and long-term vitality.



LIVE SLEEP MUSIC COMPOSITION (VIP EXPERIENCE)

An Immersive, Biofeedback-Driven Session

Step into an extraordinary, VIP-only experience where your biometric responses create a live, personalized sleep music track. Watch as your AI analyzes your biometrics and creates music that adapts specifically to your body's needs—an experience that will leave you feeling deeply restored and mentally clear.

A LIFELONG, PERSONALIZED SLEEP SYSTEM



A LIFELONG, PERSONALIZED SLEEP SYSTEM FOR ANNUAL LICENSING

A Lifelong, Personalized Sleep System

- Your experience includes a fully customized, AI-driven sleep and longevity system designed to evolve with you. Whether you choose the Essential Sleep Optimization Retreat or enhance your journey with à la carte additions, every detail is meticulously crafted to ensure unparalleled restoration and peak performance.

Key Elements Include:

- **Personalized Sleep Album:** A bespoke collection of AI-generated music and tailored sleep strategies, encoded into your Bespoke Lux Longevity AI for continuous optimization.
- **Bespoke Lux Longevity AI:** Your private, voice-interactive AI companion, accessible 24/7 via a personal phone number and housed on a custom private website with HIPAA-compliant-and GDPR-secure CRM. Fluent in French, Spanish, German, and Portuguese, it offers Michelin-starred nutrition plans, personalized meditation, bespoke ASMR, and adaptive sleep music, all programmed with your genetic history for precise longevity and sleep enhancement.
- **AI Wearables:** Continuously monitor biometrics and epigenetic markers to refine and adjust your sleep strategy in real time.
- **White-Glove LUX Sleep Package:** A curated luxury bedding and mattress selection, ensuring your home sleep environment is as restorative as your retreat experience.

Enhance Your Journey:

- For those seeking the ultimate in luxury and personalization, elements such as Michelin-starred nutrition plans and the White-Glove LUX Sleep Package are available à la carte or included in our Precision Longevity and Ultra-VIP Bespoke Retreats.
- This is not just a sleep system—it is a masterpiece of innovation, designed to harmonize with your life and legacy.
- inquire for pricing at concierge@luxlongevityandwellness.com



QUARTERLY VIRTUAL CHECK-IN



Your Journey Continues

When you license the Bespoke Lux Longevity AI for the year, your journey doesn't end after the retreat. With quarterly virtual check-ins, we ensure that your AI Sleep System evolves alongside your ongoing health and longevity goals. Each visit offers an opportunity to update your system with fresh data and refine your sleep and wellness strategy. Continuous data integration ensures that your health is always in perfect sync with your lifestyle.

WHY THIS RETREAT?



The Pinnacle of Luxury, Science, and Transformation

- Step into an exclusive sanctuary where state-of-the-art technology meets the art of deep restoration. This bespoke, DNA-driven sleep and longevity retreat is a revolutionary fusion of epigenetics, biometric intelligence, and tailored AI advancements, designed to elevate your mind, body, and soul. Every element—from adaptive AI-generated soundscapes to precision wellness strategies—is meticulously crafted to extend longevity, enhance vitality, and redefine rest. More than a retreat, this is a once-in-a-lifetime transformation, curated for those who demand the extraordinary.

FOR VISIONARIES WHO DEMAND THE BEST



FOR THOSE WHO DEMAND THE EXTRAORDINARY

The Timeless Lux Sleep Music Retreat is reserved for visionaries for whom excellence is the baseline. This is not a retreat—it is a biological symphony, engineered to unlock unrivaled mental clarity, physical vitality, and the sleep of your prime.

BEYOND A RETREAT—A LIFETIME OF PEAK PERFORMANCE

Here, your partnership with Bespoke Lux Longevity AI begins: a lifelong alliance to optimize your sleep, reverse cellular fatigue, and elevate your cognitive edge. Whether you're commanding boardrooms, nurturing dynasties, or perfecting your craft, this is the unseen leverage of the elite.

INVESTMENT



INVESTMENT

Chose Your Experience:

- **1** Essential Sleep Optimization Retreat – From \$30,000 | 3-Day Immersion
- 3-Day Immersion: A transformative journey focused on sleep optimization and deep restoration.
- Bespoke Lux Longevity AI: Your 24/7 companion for sleep optimization, guiding you through every phase of restorative rest.
- Wearable Smart ring for biometric adaptive music
- Luxury Sleep Kit: A curated selection of essentials to enhance your sleep environment, delivered to your doorstep.
- Virtual Concierge Setup: Seamless integration of your AI system, ensuring a flawless experience from the start
- *Extended Transformation: \$8,800 per additional night



INVESTMENT

2 Precision Longevity Experience – from \$55,000

- Everything in Essential +
 - Epigenetic Testing & Biometric Insights: Unlock the secrets of your biology with Bespoke Epigenetic Testing: Performed via a quick and painless finger stick for maximum ease and comfort.
 - Lux Longevity AI analysis, tailoring your sleep, nutrition, and longevity strategy.
- Cellular and Organ Age Reversal Optimization : Advanced treatments designed to rejuvenate at the cellular level.
- AI-Driven Cognitive Recalibration: Enhance mental clarity and focus with personalized meditation and neural reprogramming.



INVESTMENT

- **3** Ultra-VIP Bespoke Retreat
- Starting at \$75K+, fully bespoke pricing based on custom requests
- Private Jet Concierge & White-Glove Service: Travel in unparalleled style with private jet transfers and luxury chauffeur service.
- Michelin-Starred Nutrition: Bespoke menus crafted by Michelin-starred chefs, tailored to your epigenetic results.
- 24/7 Personal Bespoke Lux Longevity AI: Continuous optimization and support for peak performance for 10 days.
- Epigenetic Testing: Performed via a quick and painless finger stick for maximum ease and comfort.



INVESTMENT

Our Royalty On-Demand Timeless Retreat Packages
(Require 24- to 48-hour setup time.)

All packages below are delivered globally and remotely.

- Adaptive Music Only – AI-curated sleep music tailored to mood and environment.
Duration: Plays throughout the night (up to 8 hours)
Price: \$2,500 per night
- AI Insomnia Talk Session – Personalized AI-guided conversation before sleep for stress management, relaxation and mindset preparation.
Duration: 60-minute session
Price: \$3,500 per session (or bundled with Adaptive Music (8 hours) for \$5,000)
- AI ASMR Session – Tailored AI-generated ASMR experience for deep relaxation.
Duration: 45-minute immersive session
Price: \$3,500 per session (or bundled with Adaptive Music (8 hours) for \$6,000)
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- Express Sleep Retreat Package – Includes Adaptive Music (8 hours), AI Insomnia Talk Session (60 minutes), and AI ASMR (45 minutes) for a full relaxation experience.
Price: \$8,500 per night
- Elite Sleep & Meditation Retreat Package – Includes all features of the Express Sleep Retreat + Personalized Guided Meditation (60 minutes) to deepen relaxation and mental clarity.
Price: \$10,000 per night



- "As a high-growth entrepreneur, I was always chasing the next big opportunity—until burnout hit me hard. The Timeless Lux Sleep Music Retreat didn't just improve my sleep; it rewired my mind and body for peak performance. The AI-driven optimization, biometric tracking, and bespoke soundscapes gave me a level of recovery I didn't think was possible. Since the retreat, my energy, focus, and decision-making have skyrocketed. This isn't just a luxury—it's an unfair advantage."

Ethan C., 39, Tech Founder & Angel Investor

INVESTMENT

- Iconic Luxury Accommodations – We Choose Your Location Based on Availability
- Your journey takes place in one of the world’s most prestigious wellness destinations:
- 🏠 Four Seasons NYC Penthouse
- 🏠 Aman NYC Ultra-Luxury Suite
- 🏠 Shou Sugi Ban House – A Zen-Like Estate



INVESTMENT

- Elite Travel & White-Glove Concierge
- ✈️ Private Jet Transfers to and from the retreat
- 🚗 Luxury Chauffeur Service for all ground transportation
- 💎 Dedicated Concierge Team for bespoke itinerary curation
- Precision Epigenetic & Biometric Testing
- 🧬 Full Genetic & Epigenetic Analysis – Unlock insights into your biological age, longevity markers, and sleep optimization potential.
- ❤️ Advanced Biometrics – AI-driven tracking of heart rate variability, neural patterns, and oxygen levels.



The Ultimate VIP Experience – For the Discerning Few

🍷 **Rare Champagne & Caviar Welcome – A celebration of your arrival.**

🎵 **Bespoke AI Sleep Music Composition – Created from your unique biometric rhythms.**

🧠 **Next-Gen Wellness Therapies – Cryotherapy, hyperbaric oxygen, and neural recalibration for peak cognitive and cellular function.**

INVESTMENT

- Exclusive Bespoke AI Integration
- 🤖 Personalized Bespoke Lux Longevity AI– Based on your DNA and real-time biometrics.
- 🎵 Adaptive Sleep Soundscapes – Precision-tuned for deep, cellular recovery.
- 🛏️ Lux Luxury Sleep Package – Custom mattress, silk bedding, and monogrammed robe.

- Post-Retreat Mastery & Lifetime Optimization
- 📅 Quarterly AI Adjustments to evolve with your lifestyle.
- ➡️ Ongoing Private Access to your Bespoke Lux Longevity AI for a year, with lifetime annual renewals.



THE TIMELESS LUX SLEEP MUSIC RETREAT



THE TIMELESS LUX SLEEP MUSIC RETREAT

A New Era of Sleep, Longevity & Vitality Awaits

- Each morning, awoken to a state of profound rejuvenation—where exhaustion, jet lag, and stress dissolve into the ether, and every night’s sleep becomes a masterpiece of restoration. Here, sleep transcends mere function; it is a finely tuned art, designed to unlock your full cognitive potential, extend your longevity, and elevate your entire being.
- Through the unmatched synergy of AI-driven intelligence and world-class luxury wellness, you will rise above the ordinary. Sleep becomes an active force for transformation, recalibrating your mind, body, and spirit at the deepest levels.
- This is not simply a retreat—it is your evolution. A meticulously curated experience, where every detail is crafted for peak performance, profound rejuvenation that endures beyond a lifetime.
- Welcome to the future of sleep. Welcome to the next chapter of you.





"We thought we understood luxury—until the Timeless Lux Sleep Music Retreat. From the AI-composed lullabies to the caviar sunrises, every moment felt like a whispered secret between just us and the stars. Now, even in our busiest days, we carry that same serenity with us. This isn't just sleep; it's love, reimagined."
— Alexander & Camille (Philanthropists, Global Explorers)



YOUR BESPOKE GLOBAL SLEEP CONCIERGE

No matter where in the world you are
above the clouds, in a penthouse, or a private island
our curated sleep sanctuaries find you.

Indulge in the ultimate luxury: effortless, deep sleep on demand. Meticulously
engineered for the elite traveler, our soundscapes transform any space into a first-class
sleep retreat—because true refinement is tranquility without borders.

◇ For those who refuse to compromise on rest.



REQUEST YOUR BESPOKE RETREAT DETAILS

BEGIN YOUR BESPOKE
JOURNEY



LUX LONGEVITY AND WELLNESS



BEGIN YOUR BESPOKE
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