

WN

THE WELLNEST PORTFOLIO

LONGEVITY • PERFORMANCE • OPTIMISATION

*Where precision medicine meets
human performance.*



Engineering health. Extending
vitality. *Redefining longevity.*



CLINICAL & WELLNESS SERVICES

A curated selection of clinical and wellness services
designed for longevity and optimisation.

- 01 ABOUT WELLNEST

- 02 CLINICAL ASSESSMENTS

- 03 LONGEVITY & REGENERATIVE THERAPIES

- 04 ADVANCED DIAGNOSTICS

- 05 MEDICAL & RECOVERY PACKAGES

- 06 THE WELLNEST DIFFERENCE

- 07 THE WELLNEST COMMITMENT

ABOUT WELLNEST

A private health and longevity institute
delivering advanced diagnostics,
physician-led care, and personalised
optimisation to strengthen biology,
elevate energy and extend healthspan.

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The WellNest Method

WellNest integrates three essential pillars of modern longevity medicine.

Precision Diagnostics

Understanding the body through advanced biomarker testing, genetic insights, and metabolic analysis.

Personalised Therapeutics

Applying targeted therapies, regenerative protocols, and nutritional strategies tailored specifically to each individual.

Continuous Optimisation

Monitoring progress and refining strategies to ensure sustained improvements in health, resilience, and performance.

Together, these pillars create a measurable pathway toward *long-term vitality*.

The WellNest Model

Health optimisation at Wellnest follows a structured pathway.



Discovery

A detailed physician consultation exploring your health history, lifestyle, and performance goals.



Diagnostics

Advanced testing and biomarker analysis revealing the systems influencing your health.



Optimisation

Personalised therapies designed to support metabolism, hormones, recovery, and cellular energy production.



Longevity

Continuous monitoring and refinement of protocols to maintain peak health for years to come.

The Biological Pillars of Longevity

Five core biological systems determine the quality and longevity of human life. At WellNest, our protocols are designed to optimise each of them.

Metabolic Health



Metabolism determines how efficiently the body converts nutrients into usable energy. When metabolic systems function properly, the body maintains stable blood sugar, balanced insulin sensitivity, and sustainable energy levels.

Through targeted diagnostics and metabolic optimisation strategies, we help restore metabolic flexibility and long-term resilience.

Hormonal Balance



Hormones regulate nearly every physiological function, including mood, recovery, muscle development, and cognitive clarity.

Our hormone optimisation protocols focus on restoring healthy hormonal signalling and maintaining balance across the body's endocrine system.

Cognitive Performance & Brain Health



Mental clarity, focus, and emotional resilience are essential components of long-term wellbeing.

Our cognitive optimisation strategies support neurological health, brain metabolism, and stress regulation to maintain clarity and performance over time.

Cellular Energy & Mitochondrial Health



Every biological process relies on cellular energy production. Mitochondria, the energy engines of the body's cells, play a central role in vitality, recovery, and longevity.

Our therapies are designed to support mitochondrial efficiency and cellular repair, enhancing energy production at the deepest biological level.

Recovery & Regeneration



The body's ability to recover from stress, travel, training, and daily demands determines how well it performs and how gracefully it ages.

Wellnest integrates advanced recovery therapies designed to accelerate repair, reduce inflammation, and restore balance to the nervous system.

CLINICAL ASSESSMENTS

Precision-led medical assessments
designed to uncover, optimise, and
elevate your long-term health and
performance.

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Clinical Assessments

Clinical Packages

Baseline 360° Health & Longevity Assessment	R5,900
<p>A comprehensive evaluation of your health profile including advanced diagnostics, biomarker analysis, and personalised optimisation planning.</p> <p> 45-minute physician consultation 15-minute therapeutic strategy session with Master Clinician</p>	
Metabolic & Weight Optimisation Consultation	R3,890
<p>Focused on metabolic efficiency, insulin sensitivity, and sustainable body composition strategies.</p> <p> 30-minute physician consultation</p>	
Hormone Optimisation Consultation	R2,890
<p>An in-depth assessment identifying hormonal imbalances affecting energy, recovery, and overall wellbeing.</p> <p> 30-minute physician consultation</p>	
Targeted Peptide Strategy Consultation	R1,200
<p>A focused consultation designed to evaluate targeted peptide protocols that may support your health goals.</p> <p> 15-minute physician consultation</p>	
Targeted Supplement/IV Assessment	R2,190
<p>A focused consultation designed to evaluate targeted supplements/IV that may support your health goals.</p> <p> 25-minute physician consultation</p>	
Follow-Up Doctor Consultation & Clinical Review	R2,500
<p> 30-minute physician consultation reviewing progress and refining your optimisation strategy.</p>	
Telehealth Consultation	R990
<p> 10-minute physician consultation available remotely.</p>	
Prescription Fee	R350

In-Clinic Consultation (Standard)

Standard Consultation

 15-minute consultation	R1,200
 30-minute consultation	R2,400
 60-minute consultation	R4,500

Concierge Medical Consultation (At-Home)

Weekdays Normal Hours R2,300

 20-minute consultation

Weekdays After Hours 9pm-7am R3,550

 20-minute consultation

Normal Hours Sunday and Public Holiday R3,550

 20-minute consultation

After Hours 4pm-9pm R2,950

 20-minute consultation

Saturday 7am - 9pm R2,950

 20-minute consultation


Saturday 9pm - 7am R3,550

 20-minute consultation

Private Concierge Medical Consultation (Online Telehealth)

Weekdays Normal Hours	R1,980
 20-minute consultation	
Weekdays After Hours 9pm-7am	R2,485
 20-minute consultation	
Normal Hours Sunday and Public Holiday	R2,485
 20-minute consultation	
After Hours 4pm-9pm	R2,065
 20-minute consultation	
Saturday 7am - 9pm	R2,065
 20-minute consultation	
Saturday 9pm - 7am	R2,485
 20-minute consultation	

Wellness Consultation

Master Therapeutics Consultation	R2,500
Master Therapeutics consultation with our Senior Wellness Consultant, Steve Uria	
 15-minute consultation	



Body Analysis Report

Patient Information	
Name:	
Age:	
Gender:	
Weight:	
Height:	
BMI:	

Body Composition Analysis	
Lean Body Mass (LBM):	
Body Fat Percentage (BF%):	
Visceral Fat Level:	
Metabolic Rate (BMR):	
Activity Level:	
Total Daily Energy Expenditure (TDEE):	

Nutritional Status	
Protein Intake:	
Carbohydrate Intake:	
Fat Intake:	
Caloric Intake:	
Hydration Status:	

Health Indicators	
Heart Rate (HR):	
Blood Pressure (BP):	
Cholesterol Levels:	
Glucose Levels:	
Insulin Sensitivity:	

LONGEVITY & REGENERATIVE THERAPIES

Advanced therapeutic interventions
designed to restore, regenerate, and
optimise biological function at a
cellular level.

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Precision IV Therapies

Targeted IV infusions to support hydration, recovery, and performance.

Hydration + Electrolyte Reset



Hydra Prime 500

30-45mins

R750



Hydra Prime 1L

45-60mins

R850

Recovery + Travel + Downshift



Recovery

(with Glutathione finish)

45-60mins

R1,750



Jet-Lag Recovery

(with Glutathione finish)

45-60mins

R1,750



Unwind

(with Glutathione finish)

45-60mins

R1,750

Antioxidant + Radiance Support



Immune Defense

(with Glutathione finish)

45-75mins

R1,950



Glow

(with Glutathione finish)

60-75mins

R2,050



Antioxidant Reset

(with Glutathione finish)

60-90mins

R2,250

Metabolic + Performance Pathways



Clarity

45-60mins

R1,650



Performance Recovery

(with Glutathione finish)

45-75mins

R1,850



Metabolic Support

(with Glutathione finish)

60-90mins

R2,050



Executive Reset 1L

(with Glutathione finish)

60-90mins

R2,650

NAD+ Cellular Energy Ladder



NAD+ Starter (250mg)

90-120mins

R2,000



NAD+ Standard (500mg)

120-150mins

R2,500



NAD+ Advanced (750mg)

150-180mins

R3,000

Longevity & Regenerative Therapies

Advanced recovery and regenerative therapies for performance and longevity.

Ice Bath	R250
Cold immersion designed to support recovery, resilience, and post-training reset.	
Sauna	R250
Detoxification and cardiovascular health through controlled heat therapy.	
Contrast Therapy Session	R420
Sauna + Ice Bath	
Red Light Therapy	R250/R500
Advanced photobiomodulation for cellular health and recovery.	
 10mins	 20mins
Collagen Tan Therapy	R250
Light-based therapy designed to support skin health, recovery, and collagen production.	
 10mins	
Body Composition Analysis	R500
Precise body composition analysis for tracking your transformation.	
<i>w/Dr</i>	
VO ₂ Max Testing	R3,500
Comprehensive cardiovascular fitness and endurance assessment.	
<i>w/Dr</i>	
Sports Massage & Body Work	R1,800
A targeted therapy that relieves muscle tension, improves mobility, and supports recovery from physical activity or injury.	
 90mins	
Fascia & Recovery Stretching	R1,500
A targeted therapy that relieves muscle tension, improves mobility, and supports recovery from physical activity or injury.	
 60mins	

ADVANCED DIAGNOSTICS

Partnering with leading global
laboratories to deliver deeper insights
and precision-driven health
optimisation.

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Advanced Diagnostics

Comprehensive testing designed to uncover the biological systems influencing health, performance and longevity.

Wellnest partners with leading global laboratories including DNALysis, Nordic Laboratories, Biometrix Labs and Healthspan.

These advanced tests allow us to understand your biology at a deeper level and develop precision optimisation strategies.

DNA Core

R4,500

Genetic insights into nutrition, detoxification, metabolic pathways and exercise response.

TruAge Biological Age Test

R11,000

Advanced methylation testing estimating biological age and longevity potential.

Medcheck

R3,600

Pharmacogenomics

Evaluates genetic responsiveness to over 100 medications used in cardiovascular health, psychiatry, diabetes and pain management.

Organic Acids Test (OAT)

R6,900

Comprehensive metabolic analysis evaluating over 70 biomarkers including mitochondrial health and microbial activity.

GI-MAP Microbiome Test

R7,500

Advanced stool analysis identifying microbial imbalances affecting digestion, immunity and inflammation

DUTCH Adrenal Test

R5,300

Detailed cortisol rhythm analysis evaluating stress response and adrenal function.

Hair Tissue Mineral Analysis (HTMA)

R4,195

Evaluates genetic responsiveness to over 100 medications used in cardiovascular health, psychiatry, diabetes and pain management.

DUTCH Complete Hormone Panel

R6,800

Comprehensive evaluation of cortisol, estrogen, testosterone, progesterone and their metabolites.

DNA + Epigenetic Testing R8,950

Evaluates gene expression patterns influenced by lifestyle and environment.

NAD Metabolic Profile R4,995

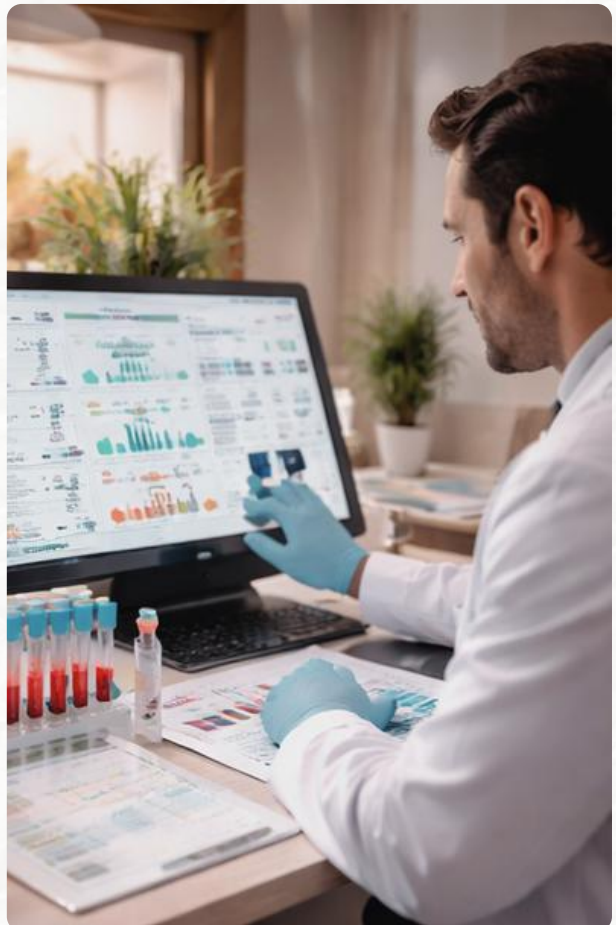
Measures NAD+, NADH and related metabolites involved in cellular energy and DNA repair.

Vibrant Neural Zoomer Plus R14,495

Advanced neurological screening detecting neuroinflammation and blood-brain barrier disruption.

Environmental Pollutant Profile R5,145

Measures exposure to key environmental toxins contributing to inflammation and metabolic disruption.



MEDICAL & RECOVERY PACKAGES

Structured packages designed to
optimise health, accelerate recovery,
and support long-term vitality.

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The Foundation Wellness Package

R22,700 · 12% Annual Saving

A foundational entry into precision health, designed to establish your baseline, restore balance, and begin your long-term optimisation journey.

WHAT'S INCLUDED



CLINICAL FOUNDATION

4X

Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment to establish your baseline, plus two dedicated follow-up reviews to optimize your path.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



THERAPEUTIC & IV SUPPORT

1X

Master Therapeutics Consultation

Exclusive, one-on-one session with movement and therapeutics expert Steve Uria.

3X

Personalised IV Therapies

Boost your wellness from the inside out. Choose from our extensive menu of premium IV drips (note: excludes NAD+).



PERFORMANCE TRACKING

3X

Body Composition Analysis Assessments

Advanced biometric analysis to accurately measure, track, and celebrate your physical transformation.

- ✓ Personalised Longevity Reports
Data-driven insights and tracking throughout the year.



RECOVERY & ACCESS

12X

Recovery Credits (1/month)

Mix and match your credits across our cutting-edge modalities:
Sauna · Ice Bath · Red Light Therapy
· Collagen Tan Therapy

1X

Annual Guest Pass

Bring a friend for a complimentary recovery session of their choice



Priority Access

Enjoy preferred booking times and skip the waitlist.

The Performance Circle Package

R39,600 · 12% Annual Saving

A structured, physician-led programme designed to optimise performance, accelerate recovery, and elevate long-term health outcomes.

WHAT'S INCLUDED



CLINICAL FOUNDATION

4X

Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment to establish your baseline, alongside dedicated follow-up reviews to consistently optimize your health strategy.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



THERAPEUTIC & IV SUPPORT

1X

Master Therapeutics Consultation

Exclusive, one-on-one session with movement and therapeutics expert Steve Uria.

4X

Personalised IV Therapies

Boost your wellness from the inside out. Choose from our extensive menu of premium IV drips (note: excludes NAD+).



PERFORMANCE TRACKING

4X

Body Composition Analysis Assessments

Advanced biometric analysis to measure, track, and celebrate your physical transformation quarter by quarter.

- ✓ Personalised Longevity Reports
Data-driven insights and tracking throughout the year.



RECOVERY & ACCESS

24X

Recovery Credits (2/month)

Mix and match your credits across our cutting-edge modalities:
Sauna · Ice Bath · Red Light Therapy
· Collagen Tan Therapy

1X

Annual Guest Pass

Bring a friend for a complimentary recovery session of their choice

6X

Dedicated Recovery Massages

Specialised hands-on recovery massage sessions.

Priority Access

- ✓ Enjoy preferred booking times and skip the waitlist.

The Executive Circle Package

R116,000 · 12% Annual Saving

An elite, fully integrated longevity programme delivering precision care, advanced optimisation, and continuous performance oversight at the highest level.

WHAT'S INCLUDED



CLINICAL FOUNDATION

6X

Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment together with strategic follow-ups tailored to a demanding executive lifestyle.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



THERAPEUTIC & IV SUPPORT

6X

Master Therapeutics Consultation

Monthly one-on-one sessions with Steve Uria to refine movement, strength, and recovery frameworks.

6X

Personalised IV Therapies

Advanced, personalised IV protocols to support energy, focus, immunity, and long-term resilience (note: excludes NAD+).



PERFORMANCE TRACKING

6X

Body Composition Analysis Assessments

Scheduled body composition analysis scans to monitor how your training, nutrition, and stress-management protocols are translating into measurable change.

- ✓ Personalised Longevity Reports
Ongoing, data-informed reporting and recommendations from our medical team throughout the year.



RECOVERY & MOVEMENT

96X

Recovery Credits (8/month)

Mix and match your credits across our cutting-edge modalities:

Sauna · Ice Bath · Red Light Therapy
· Collagen Tan Therapy

12X

Dedicated Recovery Massages

A monthly cadence of hands-on treatments to keep your body functioning at its peak.

6X

Movement Strategy Sessions

Targeted programming to improve movement quality, posture, and long-term physical resilience.



DISCOUNTS



Exclusive Member Discount

Enjoy an ongoing 12% off all product orders for the duration of your membership.
15% discount On Peptides & Supplements



OPTIONAL ADD ON



Concierge General Consult

Online/in person, 15 mins between 08:00 and 16:00
Monday-Friday
R2,500 p/m



ACCESS



Unlimited Gym Access

Full access to our performance-focused training environment to integrate strength and conditioning into your routine.



Annual Guest Pass

Share the WellNest experience with an invited guest for a dedicated recovery session during the year.



Priority Access

Preferential bookings and tailored scheduling around your executive calendar.

The Sovereign Circle Package

R180,000 · 12% Annual Saving

A fully bespoke, concierge-led longevity programme delivering the highest level of precision care, continuous optimisation, and complete ownership of your long-term health and performance.

WHAT'S INCLUDED



CLINICAL FOUNDATION

12X

Doctor Consultations

Continuous medical partnership across the year, from your comprehensive Baseline 360 Health & Longevity Assessment through frequent follow-ups and optimisation.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



THERAPEUTIC & IV SUPPORT

12X

Master Therapeutics Consultation

Ongoing collaboration with Steve Uria to engineer elite-level movement, strength, and longevity strategies.

12X

Personalised IV Therapies

High-frequency, medical-grade IV support for recovery, performance, cognition, and long-term vitality (note: excludes NAD+).



PERFORMANCE TRACKING

12X

Body Composition Analysis Assessments

Monthly body composition analysis scans to precisely track body composition, metabolic shifts, and training outcomes.

- ✓ Personalised Longevity Reports
Comprehensive, data-rich reporting and strategic refinement from your WellNest medical team.



RECOVERY & MOVEMENT

144X

Recovery Credits (12/month)

A concierge-level approach to recovery, allowing you to build a tailored schedule using:
Sauna · Ice Bath · Red Light Therapy
· Collagen Tan Therapy

12X

Dedicated Recovery Massages

Regular, structured massage therapy to offset high performance demands and accumulated stress.

12X

Movement Strategy Sessions

Monthly deep dives into movement, posture, and structural balance to future-proof your body.



DISCOUNTS



Exclusive Member Discount

Enjoy an ongoing 12% off all product orders for the duration of your membership.
20% discount On Peptides & Supplements



OPTIONAL ADD ON



Concierge General Consult

(Online/in person, 15 mins)
between 08:00 and 16:00
(Monday–Friday)
R2,500 p/m



ACCESS



Unlimited Gym Access

Full access to our performance space to integrate training, conditioning, and movement practice.



Guest Recovery Session

An annual opportunity to host a guest for a curated recovery session at WellNest.



Priority Access

Highest-priority bookings and concierge-level support from the WellNest team.

Physical Modalities Packages

Day Pass

R1,000

One-day access to recovery and fitness facilities

GYM • SAUNA • ICE BATH • COLLAGEN TAN THERAPY

*Add Body Composition Analysis for an **extra R500***

Monthly Membership

R8,000
p/m

Ongoing access to recovery and fitness facilities

GYM • SAUNA • ICE BATH • COLLAGEN TAN THERAPY

*Add Body Composition Analysis for an **extra R500***



The WellNest Difference

WellNest was created to **redefine** how modern **healthcare** is experienced.

Our institute integrates physician-led medicine, advanced diagnostics, regenerative therapies, and a hospitality-driven environment to deliver a deeply **personalised** optimisation experience.

Unlike traditional healthcare systems that operate reactively, WellNest focuses on proactive strategies designed to protect long-term vitality.

The WellNest Commitment

Health is the foundation of every extraordinary life.

At WellNest, every consultation, therapy, and protocol is designed with a single objective: to **support** long-term **vitality** and **resilience**.

Through **precision** diagnostics, personalised strategies, and continuous optimisation, we help our clients protect their most valuable asset, their health.

Because longevity is not simply about adding years to life.

It is about ensuring those years are lived with strength, clarity, and **purpose**.





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Precision Health
Longevity Optimisation
Human Performance

