

WELLNEST

LONGEVITY & CLINICAL  
SERVICES

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*WHERE PRECISION MEDICINE MEETS HUMAN PERFORMANCE.*



Engineering health. Extending  
vitality. *Redefining longevity.*

LONGEVITY  
VITALITY  
THE FUTURE OF HEALTH

# CLINICAL & WELLNESS SERVICES

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

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Wellnest is a private health and longevity institute built for individuals who expect more from medicine than reactive treatment. Through advanced diagnostics, physician-led care, and personalised optimisation strategies, we help our clients strengthen their biology, elevate their energy, and extend their healthspan.

## The Future of Health Is Proactive

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For decades, medicine has focused primarily on treating illness once symptoms appear.

At Wellnest, we believe the future of healthcare lies in a different direction – one that prioritises prevention, optimisation, and longevity.

Human biology is governed by complex systems including metabolism, hormones, mitochondrial energy production, and cellular repair mechanisms. When these systems function optimally, the body possesses remarkable resilience.

Our mission is to support these systems through precision diagnostics, advanced therapeutics, and personalised clinical guidance.

The result is not simply improved health today, but a stronger biological foundation for decades to come.

# The WellNest Method

WellNest integrates three essential pillars of modern longevity medicine.

- 01** Precision Diagnostics  
Understanding the body through advanced biomarker testing, genetic insights, and metabolic analysis.
- 02** Personalised Therapeutics  
Applying targeted therapies, regenerative protocols, and nutritional strategies tailored specifically to each individual.
- 03** 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 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

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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

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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.

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# The WellNest Model

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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.



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# CLINICAL ASSESSMENTS

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

# Clinical Assessments

## Baseline 360° Health & Longevity Assessment R5,900

A comprehensive evaluation of your health profile including advanced diagnostics, biomarker analysis, and personalised optimisation planning.



*45-minute physician consultation*

*15-minute therapeutic strategy session with Master Clinician*

## Supplement & Peptide Strategy Consultation R990

A focused consultation designed to evaluate whether targeted supplementation or peptide protocols may support your health goals.



*10-minute physician consultation*

## Metabolic & Weight Optimisation Consultation R4,900

Focused on metabolic efficiency, insulin sensitivity, and sustainable body composition strategies.



*30-minute physician consultation*

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## Hormone Optimisation Consultation

R4,900

An in-depth assessment identifying hormonal imbalances affecting energy, recovery, and overall wellbeing.



*30-minute physician consultation*

## Follow-Up Doctor Consultation & Clinical Review

R2,500



*30-minute physician consultation reviewing progress and refining your optimisation strategy.*

## Telehealth Consultation

R990



*10-minute physician consultation available remotely.*

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# LONGEVITY & REGENERATIVE THERAPIES

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

# 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

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### Clarity

45-60mins

R1,650



### Metabolic Support (with Glutathione finish)

60-90mins

R2,050



### Performance Recovery (with Glutathione finish)

45-75mins

R1,850



### Executive Reset II (with Glutathione finish)

60-90mins

R2,650

## NAD+ Cellular Energy Ladder

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### 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.	
Red Light Therapy	R250
Advanced photobiomodulation for cellular health and recovery.	
 30mins	
Collagen Tan Therapy	R150
Light-based therapy designed to support skin health, recovery, and collagen production.	
 10mins	

Red Light Therapy ————— R500

Precise body composition analysis for tracking your transformation.

VO<sub>2</sub> Max Testing ————— R3,500

Comprehensive cardiovascular fitness and endurance assessment.

*w/Dr*

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 ————— R1,450

A targeted therapy that relieves muscle tension, improves mobility, and supports recovery from physical activity or injury.

 60mins



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# ADVANCED DIAGNOSTICS

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

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# Advanced Diagnostics

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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.

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## Medcheck

R3,600

### Pharmacogenomics

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

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## Organic Acids Test (OAT)

R6,900

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

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GI-MAP Microbiome Test **R7,500**

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

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Hair Tissue Mineral Analysis (HTMA) **R4,195**

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

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DNA + Epigenetic Testing **R8,950**

Evaluates gene expression patterns influenced by lifestyle and environment.

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Vibrant Neural Zoomer Plus **R14,495**

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

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DUTCH Adrenal Test **R5,300**

Detailed cortisol rhythm analysis evaluating stress response and adrenal function.

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DUTCH Complete Hormone Panel **R6,800**

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

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NAD Metabolic Profile **R4,995**

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

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Environmental Pollutant Profile **R5,145**

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

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*Precision Health · Longevity Optimisation · Human Performance*

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