



BIOHACKING
PROGRAM

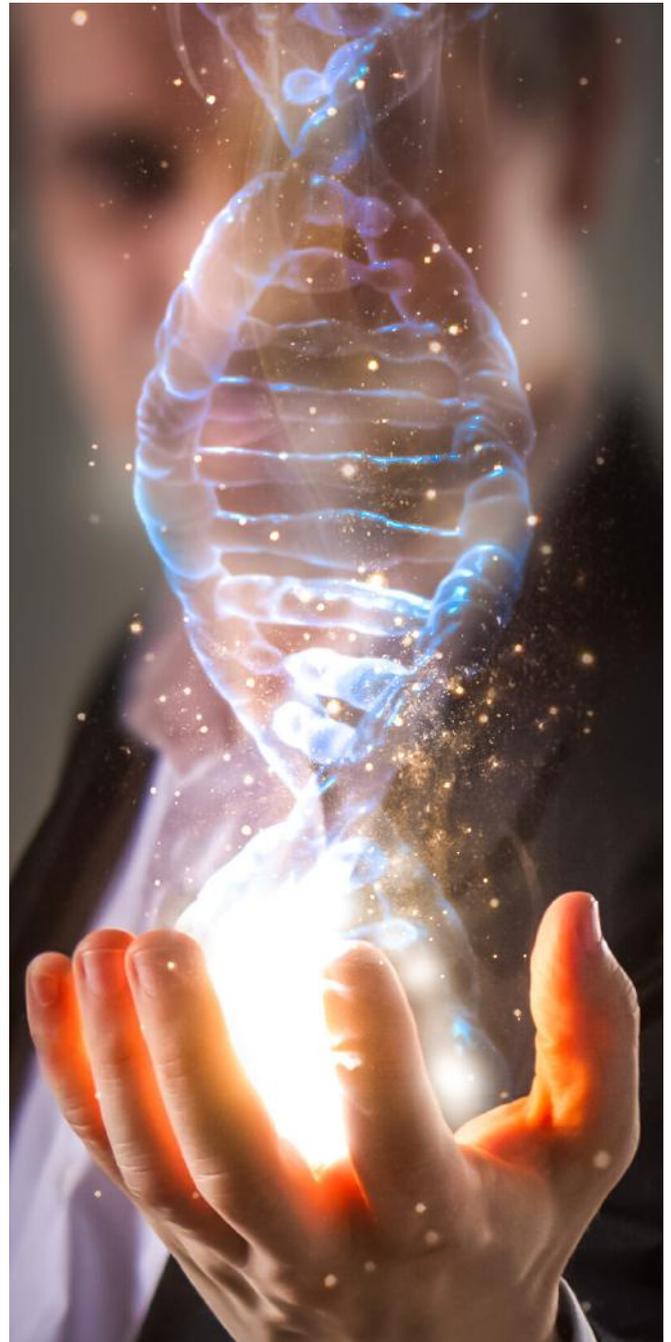
BIOHACKING PROGRAM

(3-7 days)

What is Biohacking?

Biohacking; It can be defined as the art of changing oneself in the light of science and creating the best version of yourself in order to take the body and life under its own control and optimize physical, mental and spiritual performance.

Human life expectancy has almost doubled in the last century. We live longer but are subject to multiple attacks that affect our brain function, emotions, and mental health. Biohacking sets out from the idea that physical, mental and spiritual health can be managed with the combination of science and technology. Whenever you feel tired, unhappy, stressed or lacking energy, biohacking methods come into play! Biohacking methods, which aim to analyze your body, mind and soul, to protect and improve your health by presenting the information obtained from the analysis data with a holistic approach, open a new window to your life.



What are the benefits?

Thanks to the biohacking program that brings you to maximum performance and productivity:

- Your attention and concentration power will increase.
- Your heart health will improve
- It will be easier for you to reach your ideal weight
- Your energy will rise
- Your immunity will be strengthened



Physician consultation
At the beginning,
at the end and during
the program



Genetic screening
(On request)

Telomere Test
(On request)



Detailed biological age consultation



Hyperbaric chamber treatment (30 minutes)

Applied with a pressure device and the person Anti-aging effect by breathing 100% oxygen It is a medical treatment that causes it to occur.

It strengthens the immune system
Supports cell regeneration
Increases resistance to free radicals
It reduces edema and inflammation in the body



"Heartmath" technology



Stress by increasing inner balance and self-confidence and helps reduce anxiety. Ability to focus and sleep quality increases, gives calmness, anxiety, fatigue and reduces depression.

Red light infrared therapy



Caused by muscle aches and stiff joints It is effective in pain. The comfort it creates temperature penetrating deep into the skin, stimulates blood circulation and warms the muscles, makes joints more flexible.



"Luminette" therapy



It helps regulating problems such as Chronic fatigue, seasonal depression, brought about by the problematic sleep cycle negativity, working at night and jet lag.



"Neuro Alpha Brain" session

Similar to brain alpha waves, it works at a frequency of 10 Hz to increase mental coordination, awareness and learning quality.

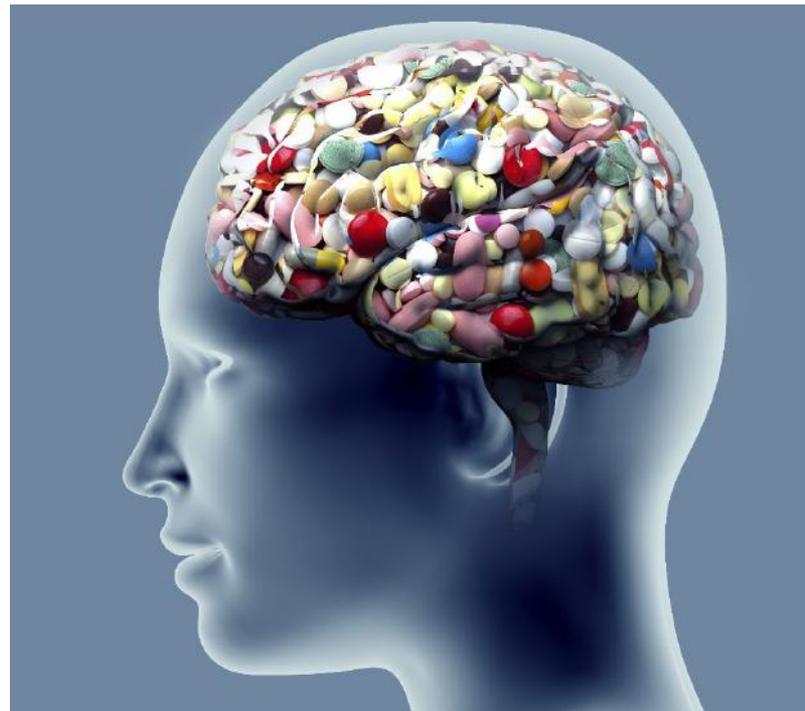
"Muse brain" session

Makes more than 500 meditations for sleep, performance and stress management.

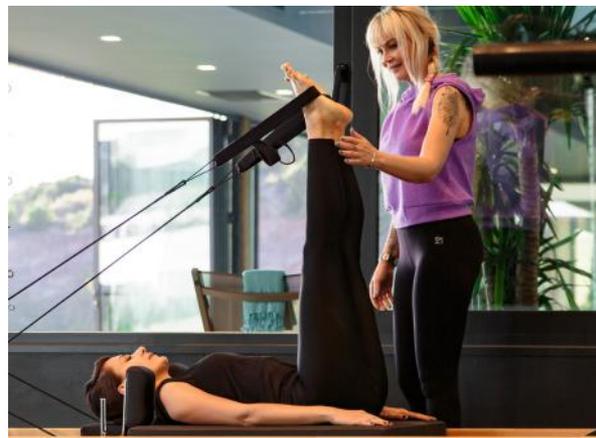


Biohacking nutritional supplements

- Memory and concentration enhancing biological defense supplements
- Biohacking effective sleep supplements
- Biological defense supplements for allergies and immunity
- Biological defense supplements for weight control
- Performance and strength enhancing biological defense supplements
- Biological defense supplements containing proteins, minerals and antioxidants



Evaluation of personal training performance



Infrared sauna



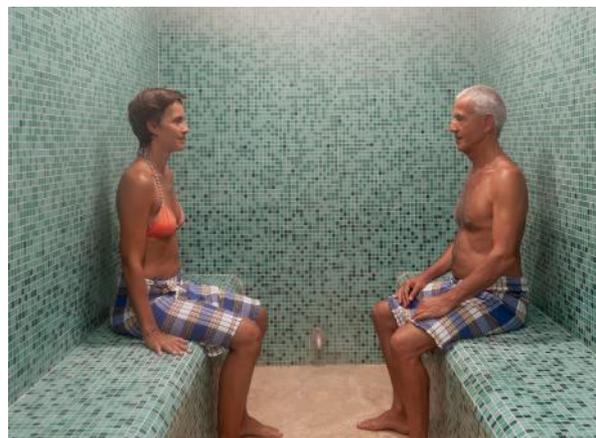
It removes 7 times more toxins than classical saunas. It is the most common method used to remove heavy metals that have accumulated in the body. Provides high efficiency in muscle and joint pain, relieves rheumatic pain.



Herbal steam room (30 minutes)



According to Ayurveda teachings, herbal steam room supports youth. It reduces wrinkles on the skin and provides a fresher, brighter and more vibrant appearance.



Salt room (30 minutes)



Being in a room prepared with salts obtained from mines where natural rock salts are extracted causes salt particles in small sizes that are invisible to the eye to enter the body by respiration. Provides relief in respiratory system diseases such as asthma, shortness of breath, COPD and sinusitis. It is also effective in sleep disorders caused by not being able to breathe comfortably.



Biohacking nutrition



It focuses on the concept of the "dopamine diet", which increases the amount of dopamine neurotransmitters in the brain and aims to consume foods rich in tyrosine. This diet, which aims to increase dopamine, the main happiness hormone in the body, increases the level of happiness. The dopamine diet is good for depression, Attention Deficit Hyperactivity Disorder (ADHD), attention deficit and mood disorder. It increases business success and minimizes troubles.

Foods that dominate the diet; meat and fish products (especially salmon), full-fat cheeses, milk, yoghurt, dark green leafy vegetables, bananas, eggs, soy, nuts, seeds and dark chocolate.



A corner of heaven:

- **650 m private beach**
- **Filled with sea water outdoor infinity pool**
- **Heatable indoor infinity pool**



Our mental wellness activities:

- **Group yoga classes**
- **Group meditation classes**
- **Mind detox and mindfulness therapies**
- **Group breathing lessons**



Grup spor dersleri:

- **Stretching**
- **Aerobik**
- **Aquagym**
- **Zumba**
- **Crossfit**
- **Kangoojumps**



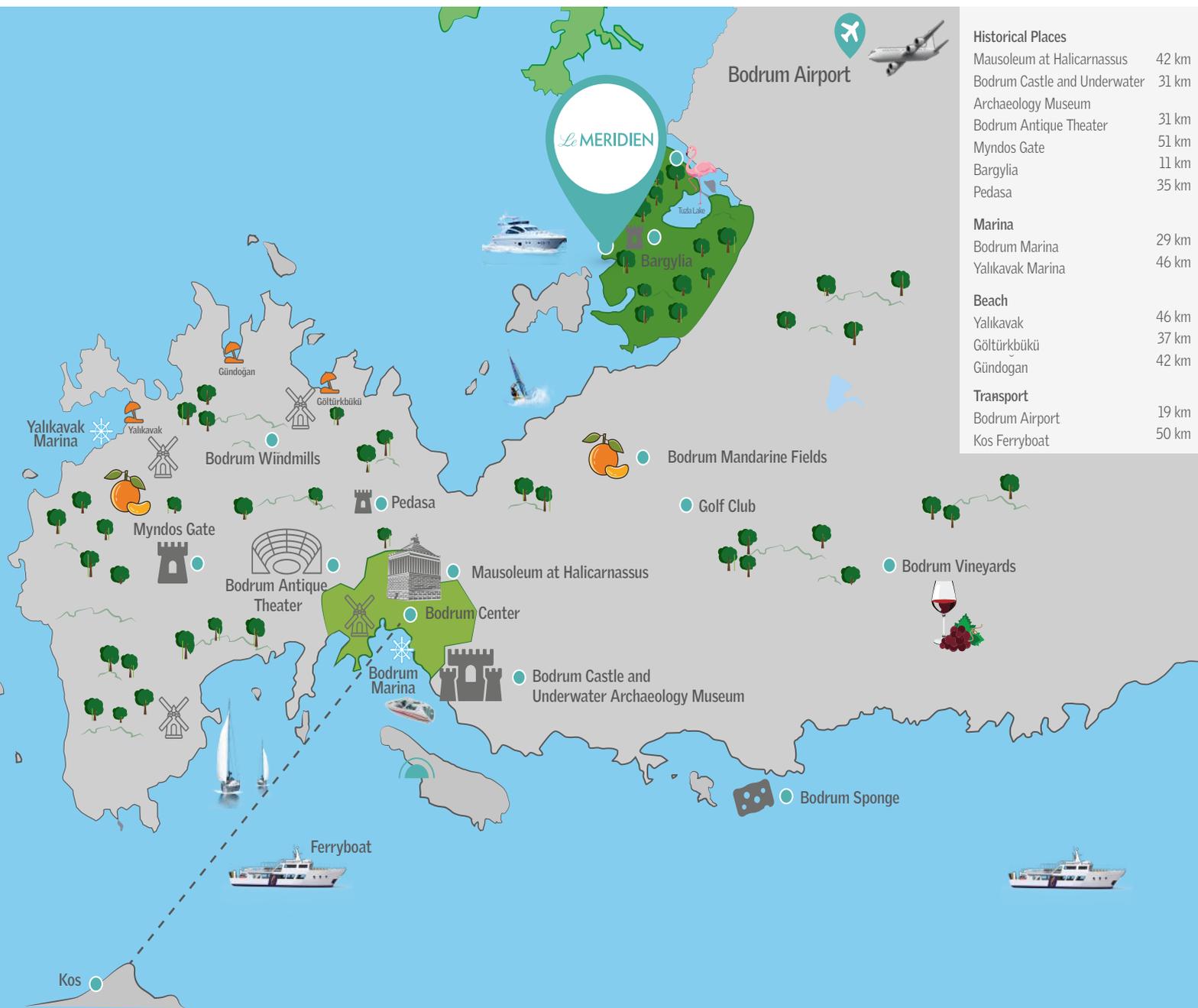
Gym Usage



Walks with the instructor (in nature, Nordic walking)



Vitalica Wellness is 15 minutes from the airport at Le Meridien Bodrum Beach Resort...



At One of the highest oxygen rates in the World with
650 meters long private beach in Bodrum!



Le **MERIDIEN**
BODRUM BEACH RESORT



Le **MERIDIEN**
BODRUM BEACH RESORT



www.vitalicawellness.com

info@vitalicawellness.com

+90 850 222 38 45

Le **MERIDIEN**
BODRUM BEACH RESORT

Vitalica Wellness Bodrum

Boğaziçi Mah. Yazlık Siteler Sk. No:60
Adabükü, Bodrum | Muğla

+90 252 311 05 05



MYC PARTNERS