



BANGKOK

LIFE

LONGEVITY &
BIOHACKING HUB

MENU



THE PINNACLE OF WELLBEING

Here at LIFE, we are redefining urban living through constant evolution.
We operate at the very frontier of longevity science,
recalibrating your body and your mind, with individualised,
data-driven solutions that take you beyond your perceived biological boundaries,
allowing to you to think sharper, move with greater power,
and radiate a timeless energy.



BANGKOK LIFE AT THE ST. REGIS

Bangkok LIFE Longevity & Biohacking Hub is an elite sanctuary for high-powered individuals looking to optimise their performance and wellbeing by harnessing the powers of state-of-the-art diagnostics and biohacking. Located right in the city centre, surrounded by the skyline and green, time slows down here, a place to retreat to and recharge in full.

WHERE SCIENCE AND SERENITY CONVERGE

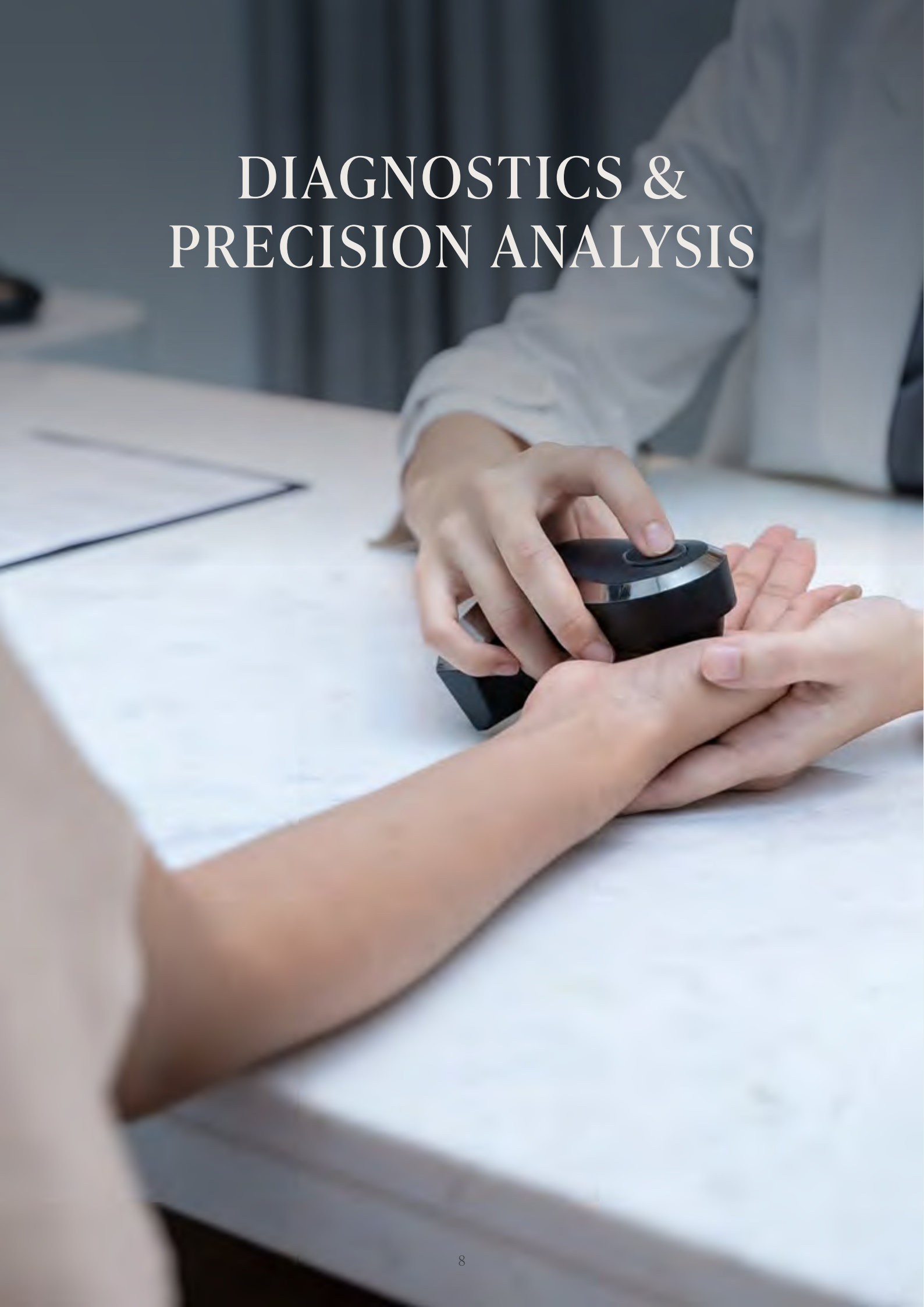
With over 16,000 square feet of state-of-the-art facilities spread over two stories, Bangkok LIFE is the pinnacle of luxury urban wellness. Day visitors enjoy access to most of these from 10:00 am to 10:00 pm, with full access and further privileges exclusive to members.

Hub facilities:

- Hammam
- IV lounge
- Biohacking lab
- Treatment rooms
- Consultation rooms
- Cryotherapy chamber
- Advanced aesthetics centre
- Hyperbaric oxygen chamber
- Male and female wellness relaxation zones
- Hydrotherapy circuit with herbal steam, hot and cold vitality pools



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DIAGNOSTICS & PRECISION ANALYSIS

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Consultations form the foundation of every individual experience at Bangkok LIFE. Through focused discussion and targeted assessment, our specialists will map your health profile, lifestyle demands and performance objectives, then develop clear, actionable pathways that promote longevity and wellbeing.

Aesthetic Consultation

Discuss your cosmetic concerns and goals with our aesthetic doctor, who can then provide personalised recommendations, whether injectables, facials with cutting-edge technology or skincare products to enhance your natural appearance.

Medical Consultation

A comprehensive consultation with our resident MD, who may recommend further diagnostic testing to optimise results.

Advanced Diagnostic Testing

We have partnered with a state-of-the-art laboratory to offer an advanced approach to individualised care. Blood, mitochondrial DNA, epigenetic, hormonal and allergy testing can all provide insights into how to eat, supplement and move to live your best life.

OligoScan™ Heavy Metal Testing

Important especially for urban living, the OligoScan spectrophotometer quickly and accurately analyses trace elements and heavy metals that may have accumulated in your body. Based on the findings, our experts can provide personalised recommendations to detox and restore optimal function.

VISIA® Facial Analysis

VISIA offers an advanced, non-invasive way to assess your skin's condition. It scans for UV spots, sun damage and wrinkles, and measures pigmentation, pore size and porphyrins (bacterial secretions). Based on the results, our dermatologist will suggest treatments that target your specific conditions.

BIOHACKING



BIOHACKING

Our biohacking lab is equipped with cutting-edge technologies that optimise functioning on a cellular level. From advanced intravenous infusions to the restorative powers of oxygen and cryotech, we provide the tools to reverse the effects of time and reset your biological clock.

IV Infusions

Medically supervised treatments with personalised formulations of vitamins, minerals and amino acids delivered directly into the bloodstream boost energy, immunity, recovery and more.

Chelation Therapy

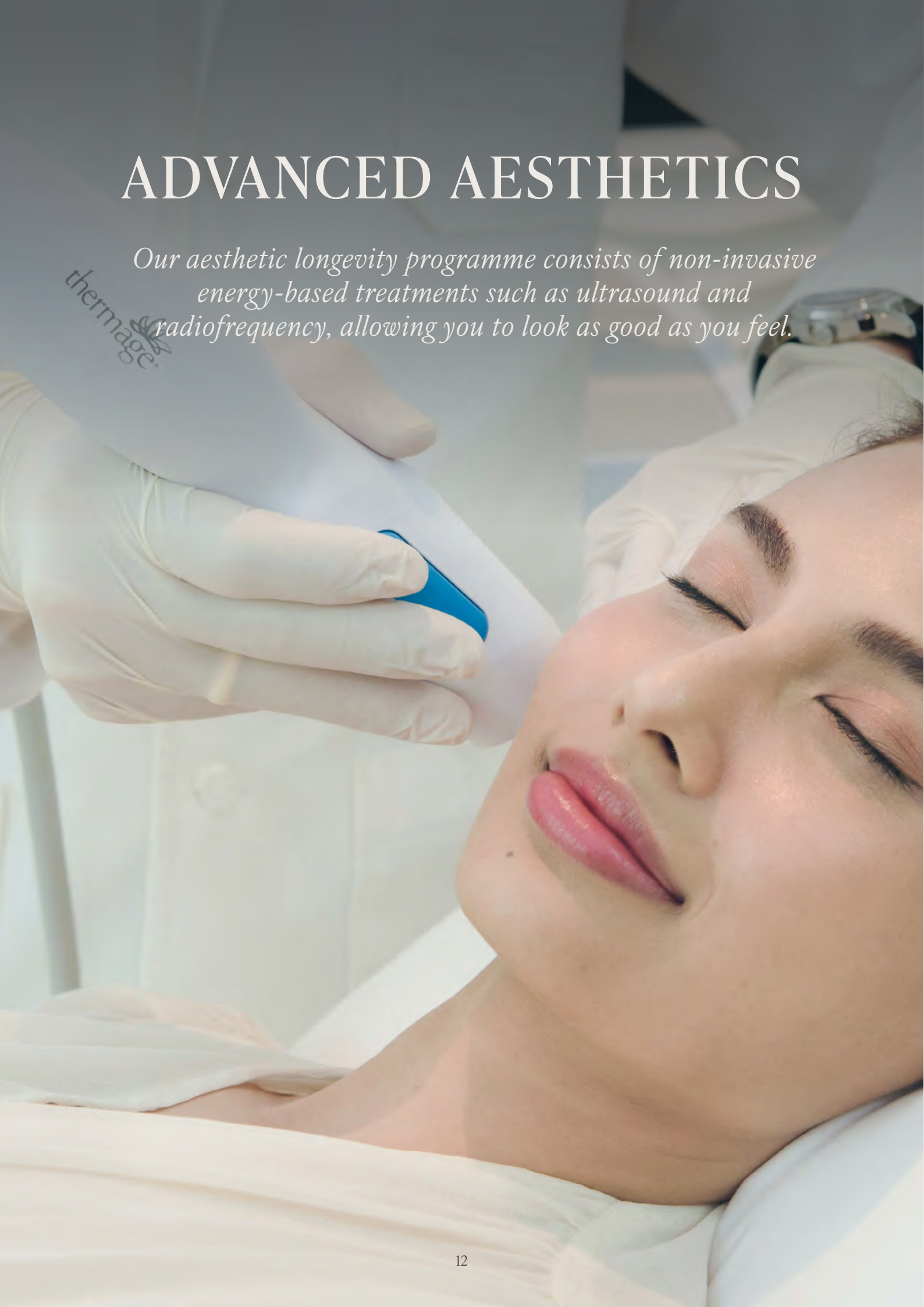
EDTA removes harmful toxins and heavy metals from the body, particularly prevalent in urban dwellers, by binding with them to facilitate their excretion. Delivery via IV ensures 100% absorption for maximum effectiveness.

ICEPOD® Cryotherapy

Exposure to cold temperatures as low as -110°C boosts health and recovery by combatting inflammation, reducing pain and improving mobility. Cryotherapy has also been known to relieve stress with the release of endorphins.

Hyperbaric Oxygen Therapy

Time in our state-of-the-art pressurised chamber, where you will breathe 100% O₂, significantly speeds recovery, as well as optimising your immunity, metabolism and brain functioning.



ADVANCED AESTHETICS

Our aesthetic longevity programme consists of non-invasive energy-based treatments such as ultrasound and radiofrequency, allowing you to look as good as you feel.

ADVANCED AESTHETICS

Thermage

Using radiofrequency to visibly contour the face, neck or body with only one treatment, heating the underlying tissue and stimulating the body's natural renewal of lifting collagen.

Laser Photorejuvenation

This advanced IPL treatment targets sun damage, brown spots, melasma, broken capillaries, and treats signs of ageing such as wrinkles and age spots.

Laser Pigmentation

Destroying the pigments present in sun spots and rosacea (redness on the cheeks, nose, forehead and chin) for a more even skin tone. Please note that several sessions are necessary to eliminate completely.

Fractional Laser Resurfacing

Effectively treating acne scars by removing the upper layers of skin to reveal newer and more youthful cells.

Laser Tightening

Near-infrared light penetrates deeply to heat skin tissue and stimulate collagen production, effectively treating uneven skin tone and sagging, including areas of the body with cellulite and fatty deposits.

Laser Hair Removal

Next generation IPL with SHR™ effectively targets hair follicles, damaging them and thus inhibiting future hair growth. Please note that approximately 4-6 sessions are usually required to eliminate all roots, depending on the area.

Laser Tattoo Removal

Q-Switched Nd:YAG laser removes tattoos by breaking down all the inks and combination of inks in deep layers of the skin. Please note that the number of sessions required will vary depending on the colours and size of the tattoo.

Emsculpt

Non-invasive body sculpting utilising high-intensity electromagnetic pulses that force muscular contractions to burn fat, build muscle and tone your body, with results already visible after the first session.

CoolTech®

Using cryolipolysis technology to freeze and thus reduce localised fat deposits that do not respond to traditional dieting and exercise.

Exilis Ultra 360

Using both radiofrequency and ultrasound to heat the deeper layers of the skin, resulting in tightened and firmed skin, as well as the elimination of fat cells which are flushed out naturally by the lymphatic system.

Ultra Femme 360 Intimate

A quick and painless radiofrequency treatment designed for vaginal rejuvenation, tightening, and improvement of sexual functioning.



BIO AESTHETICS

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Our bio aesthetic longevity programme work deeper-level regeneration with injectables that restore structural integrity and youth.

Botox®

Muscle relaxant Botox injected using very fine needles diminishes signs of ageing by reducing the formation of fine lines and wrinkles while simultaneously softening existing ones.

Filler

Small injections of hyaluronic acid, a substance naturally produced by the body, restore firmness, elasticity and volume for a youthful radiance.

Juvelook®

a hybrid biostimulator injection that combines Poly D,L-Lactic Acid (PDLA) and Hyaluronic Acid (HA) to naturally boost collagen production, hydrate skin, and improve texture, effectively reducing fine lines, wrinkles, acne scars, and sagging for firmer, brighter, and more youthful-looking skin with long-lasting results

Profhilo®

Injecting highly concentrated hyaluronic acid to moisturise on a deeper level, while also bio-stimulating the body's natural production of collagen and elastin, effectively firming without adding significant volume like traditional fillers.

Sculptra®

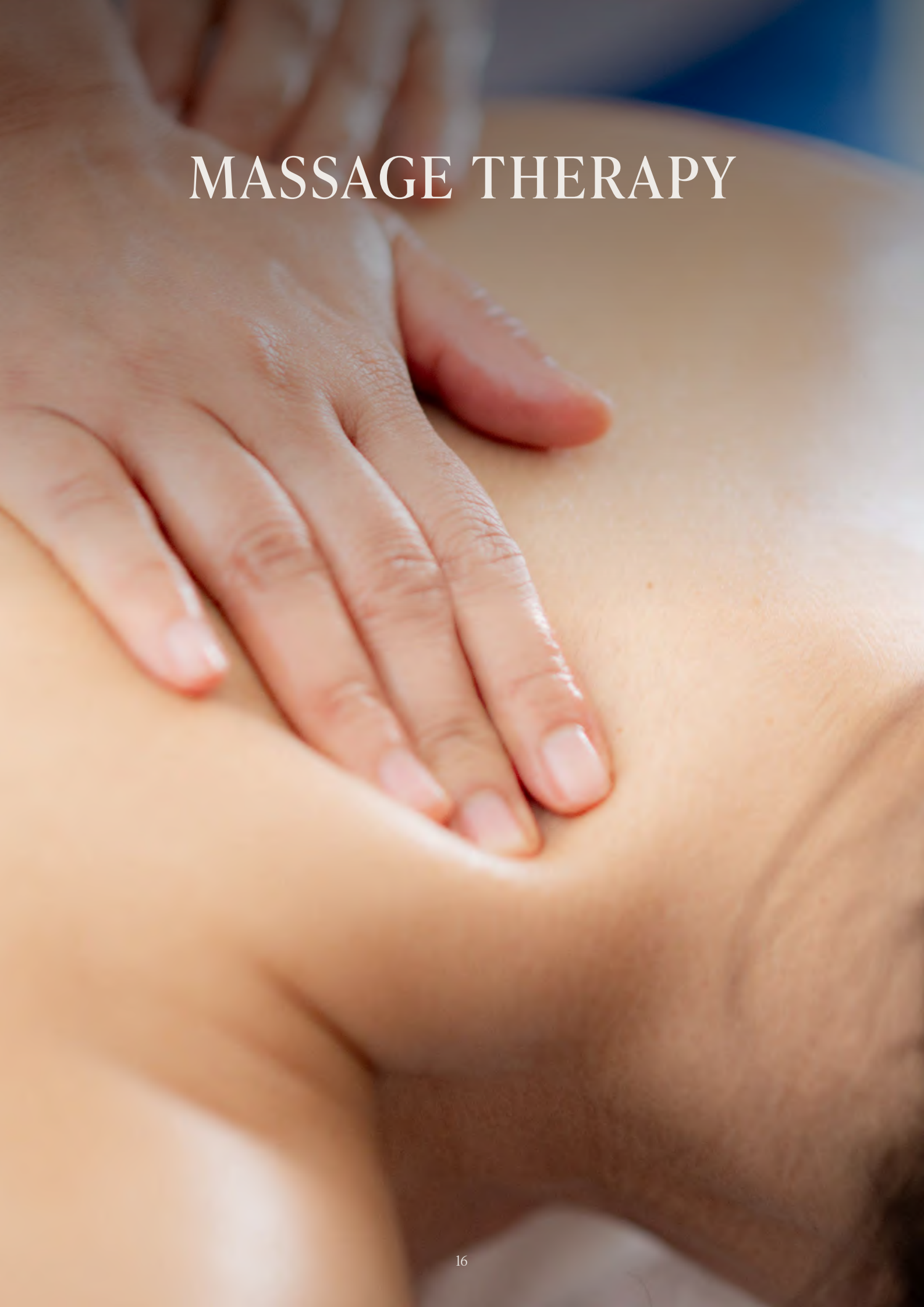
A collagen bio-stimulator that supports long-term firmness and lifting by improving skin structure and elasticity through natural collagen production.

Platelet-Rich Plasma

PRP treatment uses growth factors naturally present in your plasma to reduce fine lines, scarring and even hair loss. A small amount of your blood will be drawn, platelets isolated then reinjected into the face, neck or scalp.

Peptide Metabolic Optimisation

A medically supervised prescription treatment for weight management that works by regulating appetite and improving insulin sensitivity. Personalised dosing and medical monitoring ensure safe, sustainable and long-term results.



MASSAGE THERAPY

MASSAGE THERAPY

Moving beyond simple relaxation into the realm of functional recovery. Our massage therapies are rooted in biomechanics, specifically addressing the urban ailments of posture fatigue and screen-induced tension by repairing tissue stress and realigning your body's structural integrity.

Traditional Thai Massage

Not only relaxing, but also therapeutic, combining firm manual techniques, stretching and pressure-point work to release tension, improve circulation and boost vitality.

Thai Herbal Compress Massage

The application of a warm poultice containing therapeutic Thai herbs and spices all over the body is followed by massage using herbal oil to ease out stiffness and counter negative energy and sluggishness.

Stress-Release Massage

Using a combination of strokes and acupressure, along with the aromatherapy oil blend of your choice, to deliver waves of deep relaxation.

Deep Tissue Massage

This flowing massage works deeper into areas of tension, encouraging optimum circulation and relief. Aromatherapy oils to choose from relieve muscle pain and stress, promote relaxation or energise.

Abhyanga

A traditional Ayurvedic massage using warm herbal oils and long, sweeping strokes to calm the nervous system, culminating with a therapeutic head massage.

Indian Head Massage

Focusing specifically on the head and neck, with coconut oil to soothe, relieve tension, alleviate insomnia, headaches and congestion.

Chi Nei Tsang

Combining techniques from traditional Thai and Chinese massage, this abdominal therapy releases blockages in the internal organs, thus promoting the free flow of energy and healing.

Foot Massage

Thumb, finger and hand techniques applied to various reflex points on the soles of the feet stimulate the corresponding organ groups and provide relief throughout the body.

ADVANCED LONGEVITY FACIALS

Partnering with Margy's Monte Carlo, our advanced facials deliver high-touch rejuvenation, moving beyond traditional skincare to focus on manual structural sculpting. The results? Improved circulation, natural collagen production, and the redefinition of your facial contours.

Bespoke Super-Lift

This transformative facial visibly diminishes wrinkles and delivers a smoother, firmer and more radiant complexion, beginning with the Lift Up Massage, designed to stimulate and energise the skin, followed by the renowned Margy's Signature Massage which incorporates the Extra Firming Mask. We then apply a highly active Collagen Face Mask tailored to rejuvenate and hydrate.

Collagen Firming

A luxurious treatment crafted from the finest, most potent ingredients. Deeply hydrating, it smooths fine lines and enhances your skin's natural radiance. Paired with Margy's Signature Collagen Mask, it leaves your complexion firm, supple and glowing.

Anti-pollution

This treatment protects the skin from environmental pollution and rejuvenates. It begins with a deep cleanse and exfoliation, followed by the Signature Algae Mask, a detoxifying treatment that neutralises pollutants and restores radiance. Perfect for city dwellers, it provides immediate results and long-term skin protection.

Monte Carlo Miracle

An indulgent facial ritual inspired by the decadence of Monte Carlo. Using Margy's high-performance skincare, this treatment deeply hydrates, calms, and revitalises tired or travel-weary skin. Skin is left visibly smoother, lifted and glowing with renewed radiance.



WELLNESS RITUAL

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Drawing on the world's great healing traditions, time tested across generations, to recalibrate not only your body but also your mind, and allowing you to recharge naturally amidst the buzz of urban life.

Hamam

Relaxation on warm marble slabs boosts circulation and opens your pores, in preparation for pure cleansing with black soap and exfoliation with a traditional kesse mitt. A rich rhassoul clay wrap is then followed by the application of enriching argan oil, leaving you calmed from head to toe.

PRICE LIST

TREATMENT	Time (mins)	Price (THB)
CONSULTATIONS		
Aesthetic Consultation	30	5,000
Medical Consultation	30	5,000
ASSESSMENTS & DIAGNOSTICS		
Advanced Diagnostic Testing		Personalized
Heavy Metal Test - OLIGOSCAN™		5,000
BIO HACKING		
Icepod® – Cryotherapy	15	3,000
Hyperbaric Oxygen Therapy	60	6,500
IV VITAMIN THERAPY		
Office Syndrome	45	5,800
Myers’ Cocktail	45	5,800
Liver Detox	45	5,800
Immunity	45	5,800
Hangover	45	5,800
Jetlag	45	5,800
Beauty	45	5,800
Sleep	45	5,800
Slim	45	5,800
Chelation	60	6,500
IV ADD ON		
Selenium		500
Zinc		500
Magnesium		500
Vitamin B6		500
Co-Q10		1,500
Vitamin C		1,000
Vitamin B12		1,000
Vitamin B5		1,500
Glutathione		2,500
Taurine		1,500
L- Carnitine		2,500
Vitamin D (Muscle)		5,000
ADVANCED AESTHETICS		
Thermage Periorbital (450 shots)	90	55,000
Thermage Face and Neck (900 shots)	90	110,000
Thermage Body (500 shots)	120	120,000

PRICE LIST

TREATMENT	Time (mins)	Price (THB)
ADVANCED AESTHETICS		
Emsculpt Buttocks (2 applicators)	30	12,000
Emsculpt Abdomen (2 applicators)	30	12,000
Emsculpt Arms (BiCep or TriCep) or Calves	30	12,000
CoolTech® 1 applicator	70	12,000
CoolTech® Abdomen large applicator	70	18,000
Exilis Ultra 360 - Face and Neck	60	15,000
Exilis Ultra 360 - Upper Arm	45	15,000
Exilis Ultra 360 - Buttocks	45	15,000
Exilis Ultra 360 - Thigh	45	15,000
Exilis Ultra 360 - Abdomen	45	15,000
Exilis Ultra 360 – Upper Back	45	15,000
ULTRA FEMME 360 - Intimate	45	25,000
Laser Photorejuvenation	60	5,000
Laser Pigmentation <200 200-500	60	4,000 5,000
Laser Resurfacing for Acne Scars	60	6,000
Laser Hair Removal	60	4,500
Laser Tattoo Removal	60	5,000
BIO-AESTHETICS		
Platelet-Rich Plasma (PRP)Face & Neck or Scalp	45	10,000
Botox® Injection – Allergan	50 Units 100 Units	18,000 35,000
Dermal Filler - Restylane	1 CC	24,000
PDLLA – Juvelook®	45	18,000
HA – Prophilos	45	30,000
PLLA – Sculptra®	45	35,000
Peptide Metabolic Optimization	2.5 mg 5 mg	22,000 25,000
MASSAGE THERAPY*		
Thai Herbal Compress Massage	60 90	4,500 5,800
Traditional Thai Massage	60 90	4,500 5,800
Stress Release Massage	60 90	4,500 5,800
Deep Tissue Massage	60 90	4,500 5,800
Abhyanga	60 90	4,500 5,800
Indian Head Massage	60 90	4,500 5,800
Foot Massage	60	3,000
WELLBEING BODY RITUAL*		
Hammam	45	4,500
WELLBEING FACIAL*		
Bespoke Super-Lift Facial	90	18,500
Collagen Firming Facial	75	13,500
Anti-Pollution Facial	75	11,500
Monte Carlo Miracle Facial	60	9,500

*All prices are in Thai Baht and are subject to a 10% Service Charge and applicable Government Tax.

THE ETIQUETTE

We are dedicated to ensuring a pleasant experience for each of our guests. To ensure this, please familiarise yourself with the following.

Appointments

Advance booking is highly recommended as our specialists are subject to availability. Please visit the Bangkok LIFE reception or contact our longevity concierge via +66 (0)2 207 7779 or info.bangkok@life-longevity.com or LINE official account: @LifeLongevity.Bangkok

Change or Cancellations

We ask for 24 hours' advance notice if you wish to change your reservation. While we will do our utmost to accommodate rescheduling, we cannot guarantee this will always be possible, and you may be charged 100% of the treatment price. Please note that certain programmes or promotions may also have their own specific cancellation terms.

Arrival Time

Please arrive 15 minutes before your appointment time, enjoying a welcome drink and relaxation in our reception area. Note that late arrival may compromise the full length of your treatment, as we strive to stay on schedule for all guests. Certain appointments may need to be cancelled if there is not enough time left.

Consultations

All guests are required to complete a detailed health questionnaire prior to receiving any treatments. This ensures your safety, as well as alignment with your health needs and goals.

THE ETIQUETTE

Age Requirements

Bangkok LIFE welcomes guests aged 16 years and above for wellbeing and lifestyle-focused treatments. Guests under the age of 16 will be permitted for medical treatments only, subject to clinical appropriateness, and must be accompanied by a parent or legal guardian at all times.

Attire

Please wear comfortable clothing when arriving for a treatment. Within the hydrotherapy circuit, swimwear is required at all times in consideration of other guests (or a towel in the steam/sauna). For your peace of mind, we recommend leaving valuables and jewellery in your in-room safe or at home. Bangkok LIFE cannot accept responsibility for personal belongings.

Etiquette

Bangkok LIFE is designed as a calm and restorative environment. We kindly request guests keep noise to a minimum and switch mobile phones to silent mode. Smoking, vaping and disruptive behaviour are not permitted. Management reserves the right to request guests who do not adhere to these guidelines to leave the premises.

Male and Female Facilities

Separate male and female changing rooms and hydrothermal facilities have been provided for your comfort and privacy.

Safety and Hygiene

Bangkok LIFE operates in accordance with the highest standards of safety, hygiene and clinical protocols, in line with international wellness and medical practices.

Privacy

We respect each guest's privacy and will ensure your personal information is kept confidential.

BANGKOK LIFE
LONGEVITY & BIOHACKING HUB

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