

BANGKOK

LIFE

LONGEVITY &
BIOHACKING HUB



MEDICAL
MENU & PRICE LIST



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 storeys, 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

DIAGNOSTICS & PRECISION ANALYSIS

DIAGNOSTICS & PRECISION ANALYSIS

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.

Icepod® Cryotherapy

The Icepod creates an intense sensory journey – activating your body’s natural physiological responses. It feels refreshing and rejuvenating, leaving you energised and restored.

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.

Intravenous 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.

- Doctor Consultation
- Full Lab Panel
- Oligo Scan
- Personalized Chelation Plan
- IV Nutrient Support
- Follow-up Testing

ADVANCED AESTHETICS

ADVANCED AESTHETICS

A series of non-invasive, energy-based treatments that work in harmony with your body's natural processes, allowing you to look as good as you feel.

Hydrafacial™ Treatment

The multimode Hydrafacial uses a unique vortex-fusion delivery system to exfoliate, peel, extract and hydrate. A customised selection of booster serums then penetrate deeply, with optional add-ons including lymphatic drainage to sculpt or LED to clarify.

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.

Laser Resurfacing for Acne Scars

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

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.



BIO AESTHETICS

BIO AESTHETICS

Moving beyond the surface to a cellular level to restore youthful vitality and structural integrity to your face and body.

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.

Neo-FILLER®

A bio-stimulatory injectable of growth factor peptides, plant stem cells and natural bio-actives formulated to firm and sculpt the face naturally over time.

Profilo®

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 Optimization

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.

PHYSIOTHERAPY



PHYSIOTHERAPY

Optimising performance by re-engineering the human body, our certified therapists utilise a variety of biohacking techniques and technologies to improve your movement, posture and confidence.

Myofascial Release Therapy

Using therapeutic massage to release tension held deep in the fascia, the connective tissue wrapping muscles, to reduce pain, restore mobility and facilitate ease of movement.

Office Syndrome Release Massage

Specifically targeting the back, neck and shoulder pain that results from sitting at a desk all day in the same position. The physiotherapist will also teach you effective stretches and postural improvements to counter the effects on a daily basis.

Movement Balancing

After a quick assessment of your posture, movement and range of motion, you will together with your physiotherapist perform a tailored set of exercises to correct muscle imbalances, improve strength and stability, and restore proper movement patterns.

Pain Management

Combining traction, exercises, stretching and specialised massage to relieve pain, restore function and optimise mobility. You may also be given specific exercises to practice at home to maintain results.

Radiofrequency Therapy

Combination manual techniques and advanced radiofrequency treatment to accelerate tissue repair, reduce inflammation and improve circulation.

THE EXPERIENCE

BANGKOK
LIFE
LONGEVITY &
BIOHACKING HUB

Operating Hours
10.00 - 22.00

THE EXPERIENCE

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 the St. Regis concierge via +66 (0)2 207 7779 or info.bangkok@life-longevity.com

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.

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.

Treatment	Time (min)	Price (THB)
-----------	------------	-------------

CONSULTATIONS

Biohacking Consultation	30	3,000
Aesthetic Consultation	30	3,000
Physiotherapy Initial Consultation	60	3,000

DIAGNOSTICS & PRECISION ANALYSIS

Epigenetics Test	60,000
DNA Test	60,000
Platinum Gut Microbiome	45,000
Micro Nutrients Profile + Vitamin D2/D3	30,000
Food Intolerance	30,000
Urine Organic Acid Profile	24,000
OligoScan™ Heavy Metal Testing	5,000
VISIA® Facial Analysis	3,500

BIOHACKING

Icepod® Cryotherapy	15	3,000
Hyperbaric Oxygen Therapy	60	6,500

Treatment	Time (min)	Price (THB)
-----------	------------	-------------

INTRAVENOUS INFUSIONS

Beauty Glow	45	5,800
Hangover Rehydration	45	5,800
Immunity Boost Support	45	5,800
Jetlag Reset	45	5,800
Liver Detox	45	5,800
Office Syndrome	45	5,800
Sleep Support	45	5,800
Slim Metabolic Boost	45	5,800
Myers’ Cocktail	45	4,500
Cellular Renewal	60	15,000
Brain Boost	60	6,500
Chelation Therapy (Metal Detox)	60	6,500
Sport Performance	60	6,500



ADVANCED AESTHETICS

Hydrafacial – Platinum	60	13,000
Hydrafacial – Deluxe	45	11,000
Hydrafacial – Signature	30	9,500
Thermage Body (500 shots)	120	120,000
Thermage Face and Neck (900 shots)	90	110,000
Thermage Periorbital (450 shots)	90	55,000
Laser Photorejuvenation	45	5,000
Laser Pigmentation	60	5,000
Laser Resurfacing for Acne Scars	60	6,000
Laser Tattoo Removal	60	5,000
Laser Hair Removal	60	4,500
Emsculpt Buttocks	30	12,000
Emsculpt Abdomen	30	12,000
Emsculpt Arms (BiCep or TriCep) or Calves	30	12,000
CoolTech Abdomen Large Applicator	70	18,000
CoolTech 1 Applicator	70	12,000
Ultra Deep Lift Facial	45	6,000
Ultra Deep Contour – Upper Back / Upper Arm / Buttocks	45	6,000
Ultra Deep Contour – Thigh / Abdomen	55	8,000
Ultra Rejuvenate – Intimate	75	18,000

All prices are in Thai Baht and are inclusive of a 10% Service Charge.

BIO AESTHETICS

Botox® Injection – Allergan 50 Unit	60	18,000
Botox® Injection – Allergan 100 Unit	60	35,000
Filler – Restylane 1 CC	60	24,000
PDLLA – Juvelook	45	18,000
PN Nucleofill	30	18,000
HA – Profhilo	45	30,000
PLLA – Sculptra	60	35,000
Platelet-Rich Plasma (PRP) – Face or Scalp	60	10,000

WEIGHT MANAGEMENT

Peptide Metabolic Optimization	2.5 mg 5 mg	22,000 25,000
	7.5 mg 10 mg	35,000 40,000
	12.5 mg 15 mg	50,000 55,000

PHYSIOTHERAPY

Stress Recovery: Physio-led Myofascial Release	30	3,000
Pain Management	30 60 90	3,500 6,500 8,000
Radiofrequency Therapy (INDIBA)	30 60 90	3,500 6,500 8,000
Therapeutic Release Massage	30 60 90	3,500 6,500 8,000
Re-Functional Training	30 60	3,500 6,500
Physio-Lymph Rebalance	60	6,000
INDIBA Detox Renewal	60	5,000

BANGKOK LIFE
LONGEVITY & BIOHACKING HUB

15th Floor, The St. Regis Bangkok, 159 Ratchadamri Road, Lumpini, Pathumwan, Bangkok 10330

T +66 (0) 2 207 7779 | E info.bangkok@life-longevity.com

[LIFE-LONGEVITY.COM](https://life-longevity.com)