HEALTHNESS

BY BIOLITE

A SYMBIOSIS

of the latest aesthetic & longevity therapies

OUR VISION

My vision is to revolutionize healthcare by blending advanced medical science with a truly personalized approach. It's about empowering individuals to attain lasting vitality by addressing the root cause, not just managing symptoms. Through bespoke wellness plans, we are shaping a future where people enjoy longer, healthier, and more enriched lives.

Mona Mirza
CEO

HEALTHNESS PILLARS

DETOX

Oursignature HealthnessDetoxprogramme
is designed to promote deep purification and
detoxification, helping the body expel toxins,
restore vitality, and reset energy levels.
This holistic approach rebalances the body's
physiology, fostering a renewed sense
of well-being and optimal health.

LONGEVITY

Specificallydesigned forthosefeeling drained
and fatigued by life's demands, our Energy
programme focuses on alleviating chronic stress
and exhaustion. Through a carefully tailored approach,
it enhances sleep quality and restores vitality,
helping you regain the energy
and balance needed for optimal well-being.

ENERGY

OursignatureHealthspanEnhancement programme
offers a sophisticated blend of deep detoxification
and high-impact repair, designed for those seeking
to delay the onset of biological aging.
This transformative approach promotes rejuvenation
at the cellular level, supporting optimal vitality and
extending the years of vibrant, healthy living.

YOUR HEALTHNESS JOURNEY

Begin withacomprehensiveconsultationled byaFunctionalMedicine expert, delving into your unique health history, lifestyle, and goals. Advanced biomarker and genetic tests, along with microbiome analysis, uncover the body's needs and underlying dynamics.

The insights shape a bespoke healthiness program that combines biotherapies, nutraceuticals, and personalized nutrition to address root causes and foster vitality. Regular follow-ups adjust the plan as progress unfolds, ensuring care adapts to your evolving needs. A final review assesses improvements and outlines a long-term strategy.

This blend of advanced medical science and personalized care offers a transformative journey toward lifelong well-being—designed to cultivate lasting physical, mental, and emotional health.

HEALTHNESS

Consultation | Analysis & diagnosis | Bespoke health programme | Review Consultation

STEM CELL THERAPY

As we age, our body's ability to repair and regenerate tissues declines due to the reduced quantity of stem cells. Stem Cell Therapy can enhance regenerative functions by increasing stem cell numbers, particularly mesenchymal stem cells, which support health, longevity, and overall well-being. Autologous stem cell therapy, using a person's own cells, is a natural option for improving quality of life. The best sources of stem cells include bone marrow, adipose tissue, and the umbilical cord. At Biolite, up to 200 million stem cells can be extracted and injected from adipose tissue. This regenerative treatment is ideal for combating the effects of aging, as it is non-toxic, safe, and derived from natural biological materials, promoting long-term, natural results..

Regeneration and Anti-Aging | Cartilage and Bone degeneration
Acute and Chronic Disorders | Reduced Genetic Mutations | Fatigue and Insomnia
Brain Function, Focus, and Memory | Sexual Dysfunctions

TCM ACUPUNCTURE

Acupuncture is a key component of Traditional Chinese Medicine (TCM) that has been practiced for over 2,000 years. It involves the insertion of fine, sterile needles into specific points on the body, known as meridians, to stimulate the body's natural healing processes. According to TCM principles, these meridians are channels through which vital energy, or "Qi," flows. When Qi is blocked or unbalanced, it can lead to illness and discomfort. By activating these points, acupuncture restores the body's balance, promoting overall wellness. This holistic practice not only addresses physical ailments but also works to harmonize the mind and spirit, making it a powerful tool for enhancing both health and well-being. This natural approach helps restore balance and vitality, making acupuncture an essential part of holistic wellness.
This is often combined with Wet & Dry cupping, Tui Na Therapy & Electric Acupuncture.

Reduces stress & anxiety | Combats insomnia | Relieves chronic pain (back, neck, joints) | Supports digestive health | Enhances skin health
Boosts immune system | Alleviates migraines and headaches
Reverses signs of aging | combats allergies & food intolerances

BIO-RESONANCE BIOENERGETIC THERAPY

Thisisacomplementaryand alternativetreatment method thatutilizes electromagnetic frequencies to diagnose and treat various health conditions. It uses the BICOM device to detect and modify the body's energy frequencies, aiming to restore balance and promote healing. The concept is based on the idea that each cell in the body emits electromagnetic frequencies. When these frequencies are disrupted by toxins, pathogens, or stress, it can lead to illness. The BICOM device identifies these disruptions and emits counter-frequencies to neutralize them, thereby helping the body to heal itself.

Allergies & intolerances, Weight Loss | Fatigue and Anxiety
Increased Energy Levels | Non-Invasive and Painless | Acute and Chronic Disorders
Detoxification | Chronic Pain | Infections and Immune Support
Digestive Disorders

OZONE THERAPY

This therapy involves infusing ozone gas into the body to address illnesses or wounds, promoting wellness and regeneration. This colorless gas, composed of three oxygen atoms, can stimulate the immune system and aid in the treatment of various conditions. Aimed at treating Inflammation, Mold Toxicity, Autoimmune Disorders, Fungal, Bacterial and Viral infections, and Dermatological Conditions. Ozone (O3) Therapy uses Oxygen (O2) to increase the oxygenation of all the cells, more concentrated and effective than an Oxygen chamber, resulting in our body's regeneration and recovery. To get the most benefits of this extraordinary treatment, a customized treatment plan and protocols are needed. This treatment can be done through: Intra-Venous (IV), Intra-Muscular (IM), Intra-Articular, Combined with PRP, Ozone Bag, Ear, Nose, Rectal and Vaginal Insufflation based on the individual requirements.

Anti-Aging | Post-Surgery recovery | Boosts Immune System
Activation of Stem Cells | Weight Loss | Reduced Oxidative Stress
Dermal concerns | Improves sleep

IV LASER LIGHT THERAPY

is a type of treatment that involves the use of low-level laser therapy applied directly into the bloodstream through an IV infusion. The treatment improves the body's natural healing process by increasing blood flow, reducing inflammation, and promoting cell repair and regeneration. The laser emits specific wavelengths of different lights, Red, Blue, Green, Yellow, and UV, that are absorbed by the blood cells as they circulate through the body. The absorbed Light Energy is then converted into Cellular Energy, which helps to stimulate the body's natural healing process.

Anti-Aging | Chronic Pain | Acute Injuries | Healing of Chronic Wounds
Post-Surgical Recovery, Eases Symptoms of Nerve Damage.
Injury Recovery | Immune Support | Stress Reduction

CELL GYM

Designed to improve energy efficiency, performance, and recovery. Cell Gym targets cell metabolism and the generation of energy for all body systems. During the Hypoxic stimulation phase when you inhale air with a lower oxygen content, the mitochondria condense and become rejuvenated. Energy production is optimized, thus improving both mental and physical performance on a daily basis.

Increased Energy Production | Reinforcing Mitochondria | Weight Management Improved Metabolism | Treating Fatigue and Exhaustion | Improved Athletic Performance and Endurance | Treats Respiratory Disorders

SOMA THERAPY

Binaural Vibroacoustic Therapy trains even the busiest brains to slow down mental activity and benefit from deep relaxation techniques. This Therapy uses Binaural Sounds by generating two tones of marginally different frequencies in each ear; the brain responds by generating a tone which equals the difference between those 2 frequencies, and it will gradually synchronize with that frequency generated.

Improved Sleep Quantity and Quality | Mood Enhancement & Stress Reduction
Increased Creativity and Concentration | Anti-Inflammatory
Treats Anxiety & Panic Attacks

FAR INFRARED SAUNA

A new generation of touchless detox treatments, combining 3 ultra-effective wellness technologies: Far Infrared Rays – Gradually increase body temperature, to aid in Detox, boost Metabolism and reduce Inflammation and Soreness. Plasma – For Stress Relief and Energy Boost. Light – For Skin Rejuvenation and Detoxification

Cellular and Mitochondrial Detoxification | Sports and Muscle Recovery Boost Mental Clarity | Skin Repair and Renewal | Helps to Reduce signs of Depression and Chronic Pain | Scientifically proven to Excrete Carcinogenic Waste and Heavy Metals

IV INFUSIONS INCLUDING NAD+:

Biolitedevelopscustomized Vitamin andMineralinfusions,basedon individual requirements such as Energy Boost, Immune Boost, Skin Glow, Fertility IVs, Liver Detox, NAD+, and Diabetic Support, etc. This therapy ensures that high concentrations of prescribed ingredients are absorbed directly and completely into the bloodstream. It is a well-known fact that NAD+ aids in anti aging & cell rejuvenation, it also reduces the risks of age related diseases. All IVs require a consultation with the functional medicine physician.

Performance Improvement | Glowing Skin | Rejuvenation and Anti-Aging
Hydration | Detoxification | Immune Support | Stress Relief | Jet Lag Revival
Post Party Recovery | Faster Results than Supplements

PRESSOTHERAPY

A LymphaticDrainingProcedure. Pressotherapy usesanair-pressuremachine to inflate a suit that squeezes the Arms, Legs, or Abdomen in a rhythmic motion, similar to a massage. This removes excess fluid and stimulates the body's lymphatic system.

Relaxed Muscles and Fewer Aches | Detoxification | Toned and Firm Skin Post Workout Recovery | Strengthened Immune System | Reduction in the appearance of Cellulite | Reduction of Swelling and Stiffness in the Limbs

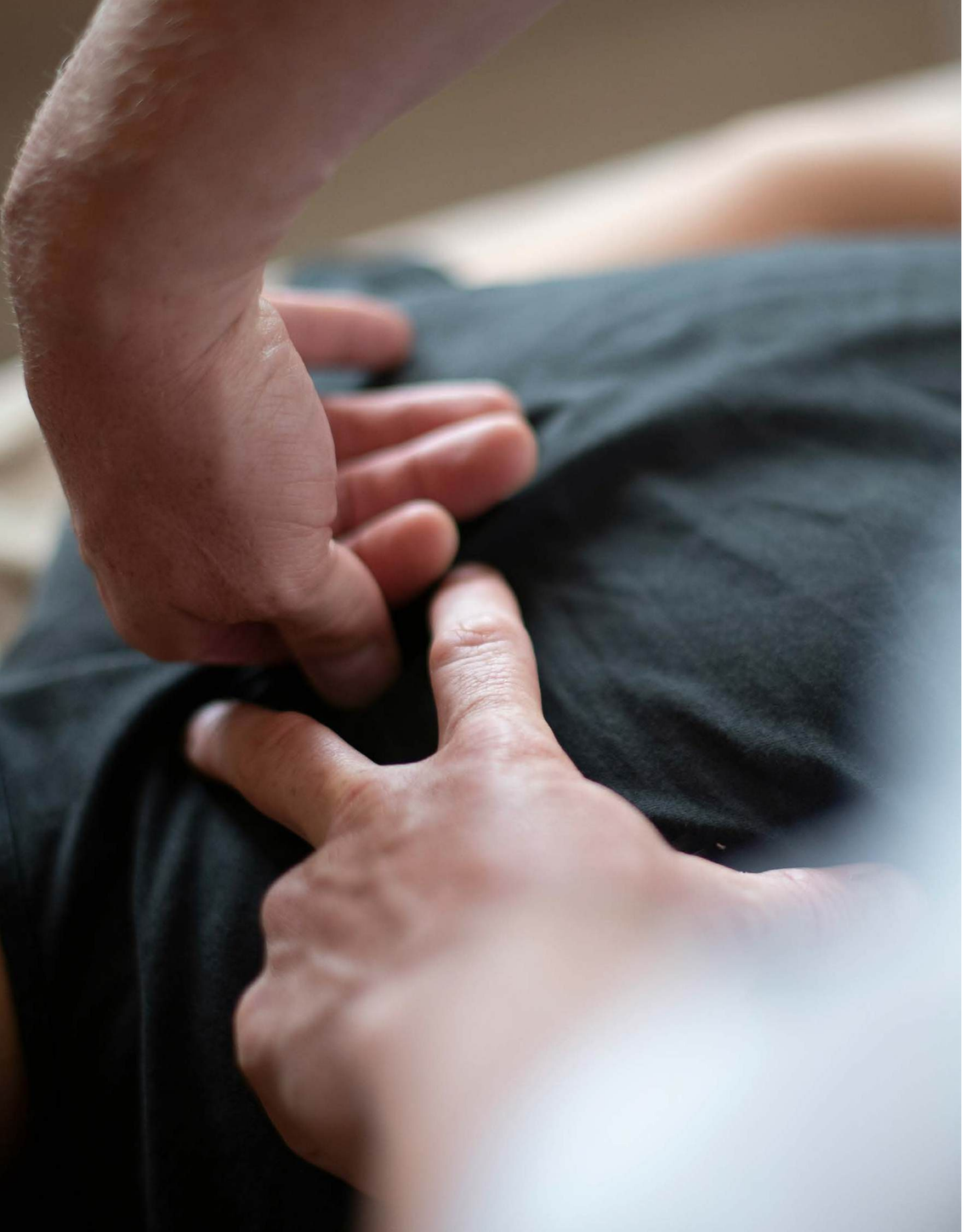
MANUAL LYMPHATIC DRAINAGE

TheFlaviaMorellatoBrazilianManual Lymphatic Drainage isa scientifically backed wellness practice that targets the body's unsung hero –the lymphatic system. A powerhouse network of vessels and lymph nodes, the lymphatic system is your body's natural detoxifier, responsible for filtering out toxins, waste, and excess fluids.

Post Surgery Recovery | Removes Water Retention | Removes Bacteria and Viruses | Stimulates Blood Circulation | Detoxification | Weight Loss Relaxes Muscle Pain and Soreness

SURGICAL TAPING POST OPERATIVE CARE

This is a specialized care protocol for plastic surgery patients, designed to enhance healing and surgical outcomes. It addresses post-surgery issues like swelling, pain, and complications such as infections and fibrosis through advanced manual techniques, surgical tapings, ozone therapy, and low-level laser therapy. These methods help modulate collagen deposition, improve tissue nutrition, and expedite healing while controlling inflammation. Supported by scientific research, Recovery Expert reduces post-operative swelling and pain, minimizes complications, and shortens downtime. Its patient-centric approach ensures personalized care, enhancing patient comfort and satisfaction for a smoother recovery.



OSTEOPATHY

The Biolite approach to osteopathy goes beyond simply treatingsymptoms. We aim to identify and address the root causes of your discomfort, integrating your treatment into a broader wellness and longevity plan. This aligns with our belief in fostering long-term health and optimizing your body's inherent self-healing mechanisms.

Cranial Concerns | Neck and Shoulder Pain | Chronic and Acute pain
Increased Mobility | Sports Injuries | Insomnia and Stress | Digestive Issues
Improving Nervous System Function

EMERALD LASER

This treatment utilizes a low-intensity laser todisrupt adipocyte cells within the fat layer, releasing fat and lipids for non-invasive aesthetic purposes. The Emerald Laser effectively reduces the fatty content from fat cells in the treated area without removing or killing the cells. It treats overall body circumference and is the only device to target up to 40 BMI.

Non-Surgical | Non-Invasive | No Downtime | Painless

Long-Lasting Results | Mitochondrial activation | Targeted areas for Fat Reduction

DIAGNOSTIC Testing

Integrative and Functional Medicine (IFM) focuses on identifying the root causes of disease by examining the complex interactions between genetics, environment, and lifestyle. Central to this approach is diagnostic testing using biomarkers. These tests are essential for diagnosing diseases, monitoring health conditions, and creating personalized treatment plans.

Genomic Markers: Revealing disease susceptibility, drug metabolism capabilities, and nutritional needs.

Proteomic Markers: Proteins indicating inflammation, immune responses, or specific diseases.

Metabolomic Markers: Metabolic functions like glucose metabolism and gut health.

Microbiome Analysis: Assesses gut microbiota to gauge digestive health, immune function, and dysbiosis.

Hormonal Markers: Levels of hormones such as cortisol, thyroid hormones, and sex hormones that influence various bodily functions.

Nutritional Markers: Indicators of vitamin and mineral levels, antioxidant status, and other nutritional parameters. We test using the following methods: Blood Tests, Urine Tests: Saliva Tests, Stool Tests:

AGING AND GENETIC MARKERS
FERTILITY
CHRONIC FATIGUE
AUTO-IMMUNE DISORDERS
HORMONAL IMBALANCES
FOOD INTOLERANCES

OUR APPROACH

Ourwellnessapproachisall aboutprecision and personalization. Using the latest diagnostic tools, we uncover the root causes of health concerns and develop targeted, effective plans to help you feel your best. By focusing on biomarkers, we can catch early signs of imbalance and create solutions that work just for you.

We also incorporate the latest in nutrition and supplementation, designed to support your overall vitality and longevity. Every aspect of your plan is tailored to your unique needs, preferences, and goals, ensuring you get the most out of your wellness journey.

True wellness goes beyond simply avoiding illness—it's about achieving a state of complete physical, mental, and emotional well-being. Our offerings, including Functional, Integrative, and Regenerative Medicine, are designed to help you thrive.

HEALTHNESS

Seven Day Programmes

Our 7-day programmes are curated guidelines based on your requirements.
It also gives you the option to add other programmes, therapies, and aesthetic treatments
and the flexibility to adjust the number of days to suit you.

DETOX

2 Medical Consultations

1 Aesthetics Consultation

1 Detoxification nutrition plan

8 Biolite Biomarkers

6 Rebalance food supplements

1 Body composition analysis

1 Bioenergetic diagnostic check up

2 bioenergetic therapies

4 IV Infusions

2 Laser IV

4 Detox & Drainage therapies

1 O3 therapy

3 TCM therapies

3 Mind detox & sleep therapy

39 Diagnostics&Therapies

COST 22,900 AED

ENERGY

2 medical consultations

1 Aesthetics Consultation

1 Energy Nutrition plan

1 Body composition analysis

13 Biolite Biomarkers

8 Re-energise Food supplements

1 Bioenergetic diagnostic check up

2 Bioenergetic therapies

2 Detox & Drainage therapy

3 IV Infusions

3 Laser IV

1 O3 therapy

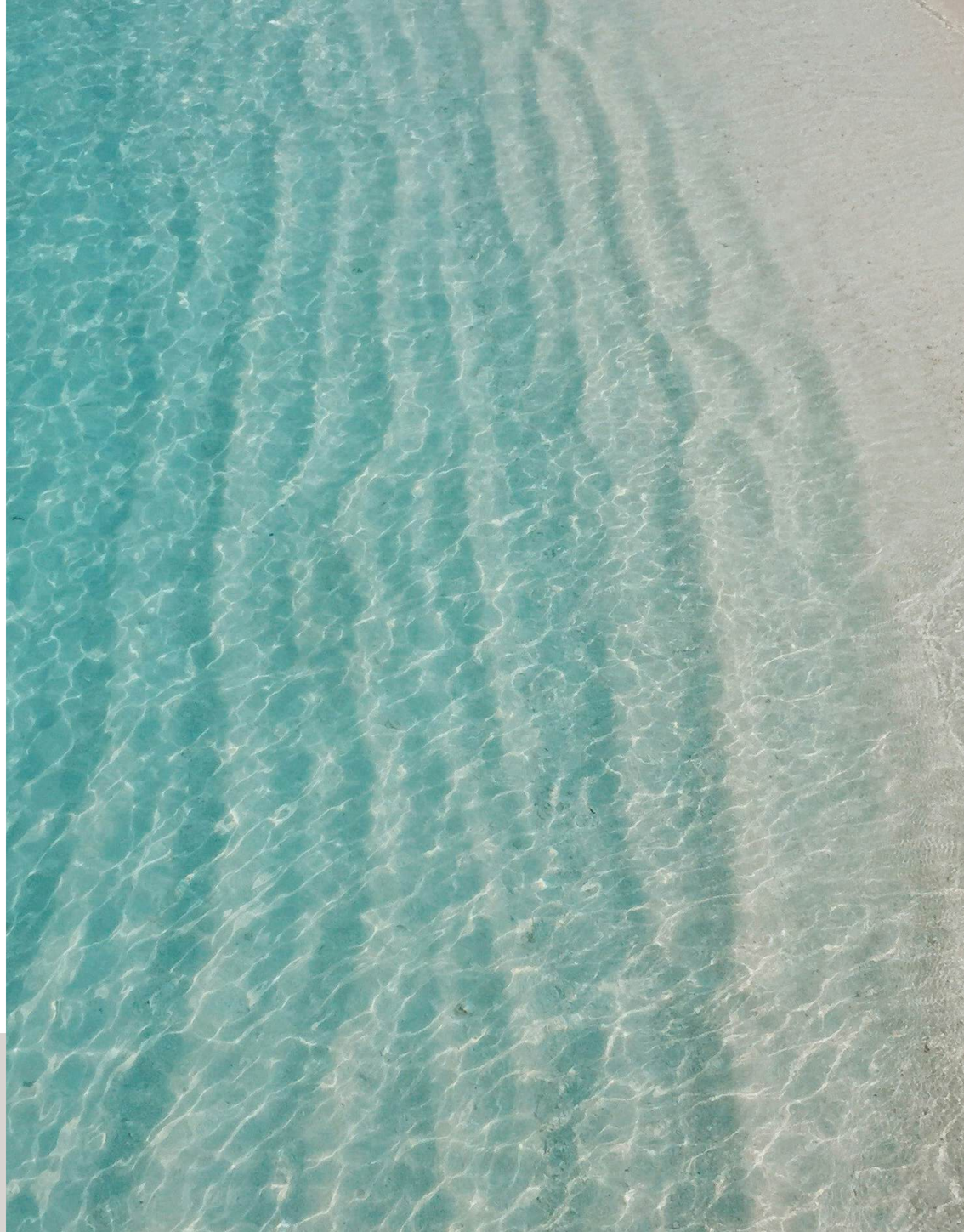
3 TCM therapies

5 Neuro acoustic therapy

3 Hypoxic therapy

49 Diagnostics&Therapies

COST 24,500 AED



LONGEVITY

3 medical consultations

1 Aesthetics Consultation

1 personalised Nutrition plan

10 Longevity Food supplements

26 Biolite Biomarkers & Food print

1 DNA Biomarker

1 Body composition analysis

1 Bioenergetic diagnostic check up

2 Bioenergetic therapies

2 Detox & drainage therapies

3 Longevity IV infusions

3 Laser IV

6 Neuro Acoustic therapies

1 O3 therapy

3 TCM tehrapies

3 Hypoxic therapies

69 Diagnostics&Therapies

COST 30,999 AED

STEM CELL Therapy Programmes

IV INFUSIONS

Stem Cell IV infusion 100 million **100,000 AED**

Stem cell IV infusion 200 million **180,000 AED**

Inclusive of:

2 years of banking for 4 stem cell vials

2 FM Doctor's Consultation

Plastic surgeon sample collection appointment

Aesthetic Doctor consultation (if applicable)

Blood profile

10 Biotherapies

AESTHETIC INJECTIONS

Stem Cell Face injections 1 area **36,500 AED** 2 areas **46,650 AED**

Stem cell Hair regeneration injection **45,650 AED**

Inclusive of:

2 years of banking for 4 stem cell vials

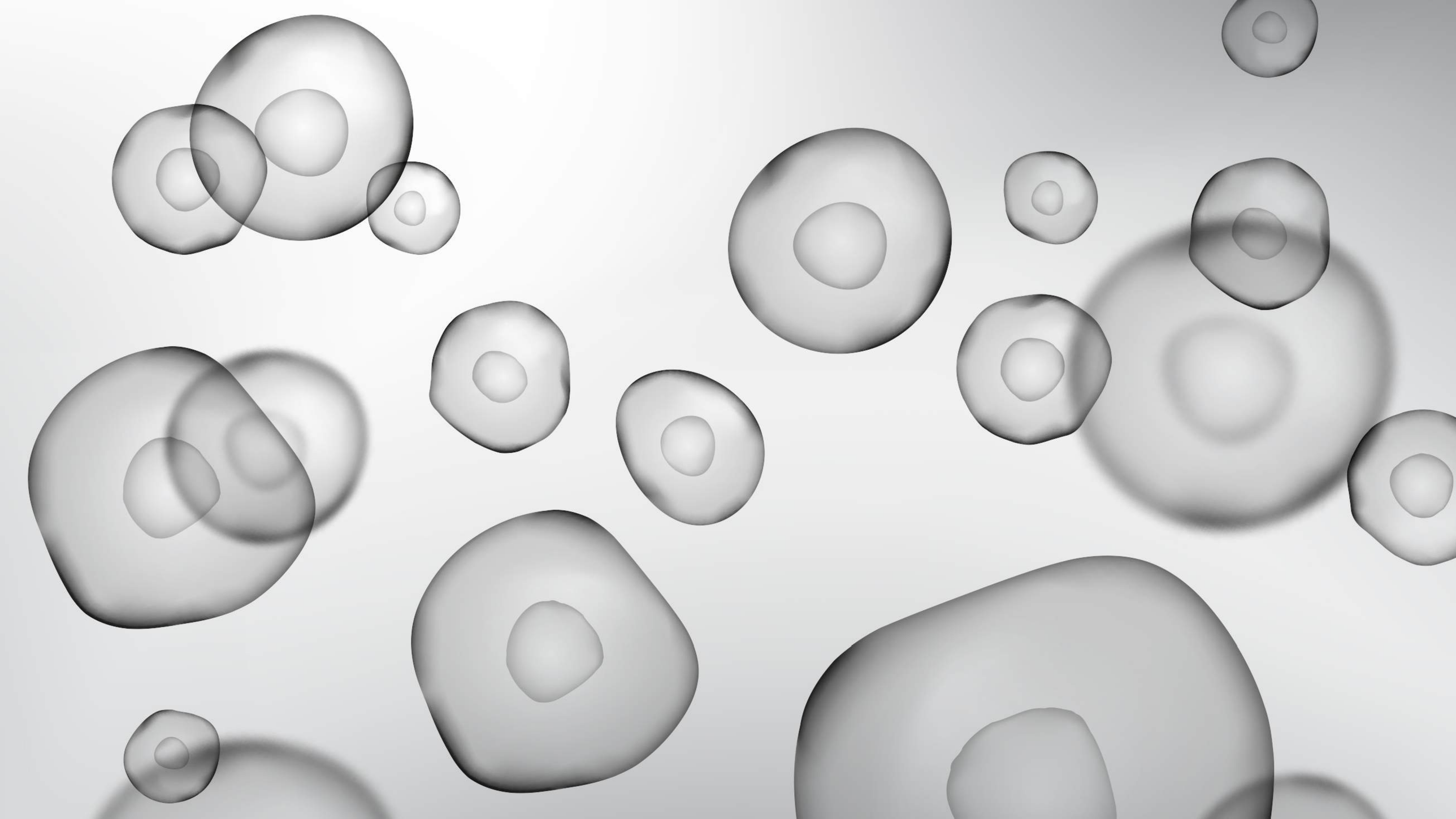
1 FM Doctor's Consultation

Plastic surgeon sample collection appointment

Aesthetic Doctor consultation

Blood profile

PERSONAL CONSULTATIONS ARE AVAILABLE



360 REVIVE

A perfect programme to introduce you to the aesthetic & healthness therapies & ideal pre & post travel prep & reset

3655 AED | 3.5 hours

Inclusive of:

1 Functional medicine consultation

1 Aesthetic Consultation

1 Diamond Glow facial

1 Far infrared sauna

1 BioGlow IV infusion

1 Somatherapy

PERSONALISED PROGRAMMES

Consult our doctors to support & create hyper personalised health programmes.

Aesthetics | Plastic surgery | Cosmetic Gynecology

Psychotherapy & hypnosis | Hair regeneration

Weight management | Sleep | Allergies | Food intolerances

Female & Male Hormone health | Sports recovery

Metabolic syndrome | Mold toxicity

Auto immune disease amongst other concerns.

SCHEDULE AN APPOINTMENT

TheBiolite Clinicexperts areready
to consult and work with you.

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info@biolitedubai.com

SUBSCRIBE TO
OUR EMAIL LIST

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