

# LIVE BETTER, LIVE LONGER

## ■ What is Longevity?

Longevity medicine is a proactive approach to health that focuses on extending your "healthspan." This means enjoying a vibrant, active, and fulfilling life for as long as possible. Instead of waiting for symptoms to appear, we focus on understanding your health today to help you build a better tomorrow.

*At Miskawaan, we believe that longevity isn't just about adding years to your life —it's about adding life to your years.*



# The Miskawaan Approach: How It Works?

*Our approach is built on two simple principles:  
"Insightful Diagnosis and Practical, Personalized Guidance".*



## ■ A Proactive Look at Your Health

We shift the focus from reacting to illness to proactively understanding and improving your health. Through a comprehensive assessment, we:

- Identify potential sources of inflammation and imbalance.
- Gain a clearer picture of your current health status.
- Establish a baseline for your body's key functions to track progress over time.



## ■ A Personalized Path Forward

Based on your results, we provide expert guidance and craft a health plan tailored to your unique goals. This stage focuses on taking positive, practical steps toward lasting wellness, including:

- Personalized nutrition and lifestyle recommendations.
- Targeted supplements and proprietary IV therapies designed to optimize your health.
- Actionable strategies to protect and enhance your long-term well-being.

***With Miskawaan, you gain more than treatments; you gain a partner in your health, helping you make informed choices for a better future.***

# Your Journey to Longevity Starts Here

At Miskawaan Clinic, we offer three distinct Longevity Programs. Whether you are taking your first step or are ready for a long-term transformation, each program is physician-led and data-driven, blending advanced diagnostics with personalized therapies.

## Teaser

*(3 Visits)*

- 1 x Doctor Consultation
- 1 x Basic Vitality Checkup
- 2 x Wellness IV Infusions
- 1 Session of Supportive Therapies

Best for First-time clients  
& Curious explorers



**17,500 THB**

## Standard

*(A 4-week  
Integrated Health Reset Program)*

- 1 x Doctor Consultation
- 1 x Longevity Checkup
- 5 x Wellness IV Infusions (Including NAD+)
- 5 x session of supportive therapies
- 1-month Personalised Supplements Plan

Best for Health reset  
Short-term support seekers



**75,000 THB**

## Deluxe

*(A 4-month  
Wellness Transformation)*

- Multiple Doctor Consultations
- 2 x Longevity Checkup (Before & After)
- 8 x Wellness IV Infusions (biweekly)
- 6 x Advanced IV Infusions
- 10 x sessions of Supportive Therapy
- Full 4-month Personalised Supplements Plan

Best for Committed clients,  
Long- term wellness  
& prevention



**240,000 THB**

- Speak with our team or your doctor to discover which program is right for you. -



# MISKAWAAN

“ VISIONARY  
HEALTHCARE ”



**GET SOCIAL**      
@miskawaanhealthbkk



+66 (02) 118 9998 | [contact@miskawaan.com](mailto:contact@miskawaan.com) | [www.miskawaanhealth.com](http://www.miskawaanhealth.com)  
2415/4 New Phetchaburi Road, Bangkokpi, Huai Khwang, Bangkok 10310, Thailand