



LONGEVITY KEY

Healthy / Longevity / Adventure / Lifestyle / Mallorca
Yachts / Mountains / Sport / Yoga / Professional advice

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*Stay healthier
for longer – with
advanced methods
for your well-being.*

Longevity – the art of living a long and healthy life – is gaining more and more attention. But it's not just about adding years to your life; it's about making those years vibrant and fulfilling. Our goal is to enhance your lifespan with quality of life – helping you stay active, healthy, and free from discomfort for as long as possible.

We guide and support you on your journey to greater health and well-being! Through personalized analyses of your cellular and bodily functions, we uncover how your body truly operates – and identify targeted strategies to enhance your long-term vitality.

To achieve this, we have developed a unique 4-phase program. Under the care of experienced doctors and therapists, you will embark on a tailored health experience—blending wellness, enjoyment, and sunshine—during an exclusive maritime journey around the island of Mallorca.

Mallorca – The Perfect Destination for a Vital and Long Life

Mallorca is more than just a travel destination – it's a way of life that fosters health and longevity. The island offers the perfect environment for a vibrant lifestyle: crystal-clear air, a nutrient-rich Mediterranean diet, and countless opportunities to stay active. Whether practicing mindfulness by the sea, exercising in the mountains, or embracing a balanced diet, Mallorca inspires habits that enrich your life in the long run. Experience Mallorca as your personal gateway to greater well-being and a long, healthy life.



Your Path to Better Health

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Phase 1:

Health Check Before the Journey – Personalized and Comprehensive



www.carstentschoepe.de

Before your journey to better health begins, we take the time to get to know you and your body on a deeper level. This isn't just about routine check-ups – we conduct a detailed analysis of your cellular health and lifestyle factors to create a personalized approach tailored to your needs. This foundational step sets the course for long-term vitality and well-being.



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In a one-on-one consultation with our experienced medical professionals – including Prof. Dr. C. Tschöpe from Charité, a leading expert in regenerative medicine—we gain valuable insights into your health goals and personal aspirations. Together, we review existing conditions and potential hereditary risks to develop a customized health profile for you. Naturally, this conversation is strictly confidential and protected by medical confidentiality.

Based on this analysis, you'll receive a set of carefully selected tests that you can easily complete at home. Our doctors will guide you every step of the way, explaining the process and discussing the results with you in detail. For certain assessments, we may recommend having specific blood tests done by your primary care physician – we'll provide clear instructions to ensure everything is simple and convenient for you.

Overall, our analysis includes four essential health tests:

- 01 **Epigenetics Test** – How old are your cells really?
- 02 **Proteome Analysis** – What messages are your cell proteins sending?
- 03 **NAD⁺-Test** – How well is your cellular energy supply functioning?
- 04 **Microbiome Test** – How healthy is your gut?

Each of these tests provides valuable insights into how your body functions and how you can actively strengthen it.



Our goal

A personalized health program designed to sustainably enhance your quality of life.





How old are your cells really?

Your biological age reveals more about your health than your birth date. With a simple saliva test, we determine your epigenetic age – showing how fast your cells have aged so far.

The best part? You can actively influence it! If your biological age is higher than your actual age, we provide targeted strategies to help you improve it. A follow-up test later on will make your progress visible – offering real motivation!

No worries – this is not a genetic test. We only analyze the proteins that regulate your genes.

Epigenetics Test

How well is your cellular energy supply functioning?

NAD+ is a key molecule for your cells' energy supply. Without sufficient NAD+, essential processes like metabolism and cell repair cannot function optimally. Even in young individuals, low NAD+ levels can lead to fatigue and slower recovery.

Our test provides insight into your energy balance – helping you understand where you stand and how you can actively improve it.



NAD+-Test

What messages are your cell proteins sending?

Proteins act as messengers within your cells, revealing the true state of your health. With a simple saliva test, we analyze how factors like nutrition, exercise, and stress impact your cellular processes.

This allows us to identify key patterns – such as whether your body is under stress or if hidden inflammation is present. These insights help us create personalized recommendations, guiding you toward a healthier, more vibrant life.



Proteome Analysis

How healthy is your gut?

Your gut is home to around 38 trillion bacteria, fungi, and viruses – playing a crucial role far beyond digestion. Research shows that an imbalanced microbiome is linked to conditions such as diabetes, heart disease, and even mood disorders.

With a simple stool sample, we analyze your gut health and provide tailored nutritional recommendations to strengthen your microbiome. And if you'd like, we even offer microbiome testing for your pet – because their well-being matters too.



Microbiome Analysis

Your Personal Health Roadmap

These tests provide valuable insights into your health and potential risks. Together, we develop targeted strategies to sustainably enhance your quality of life.



Tests and Consultation

You will receive all tests conveniently at home before your trip. We will then discuss the results with you—either online or in person.



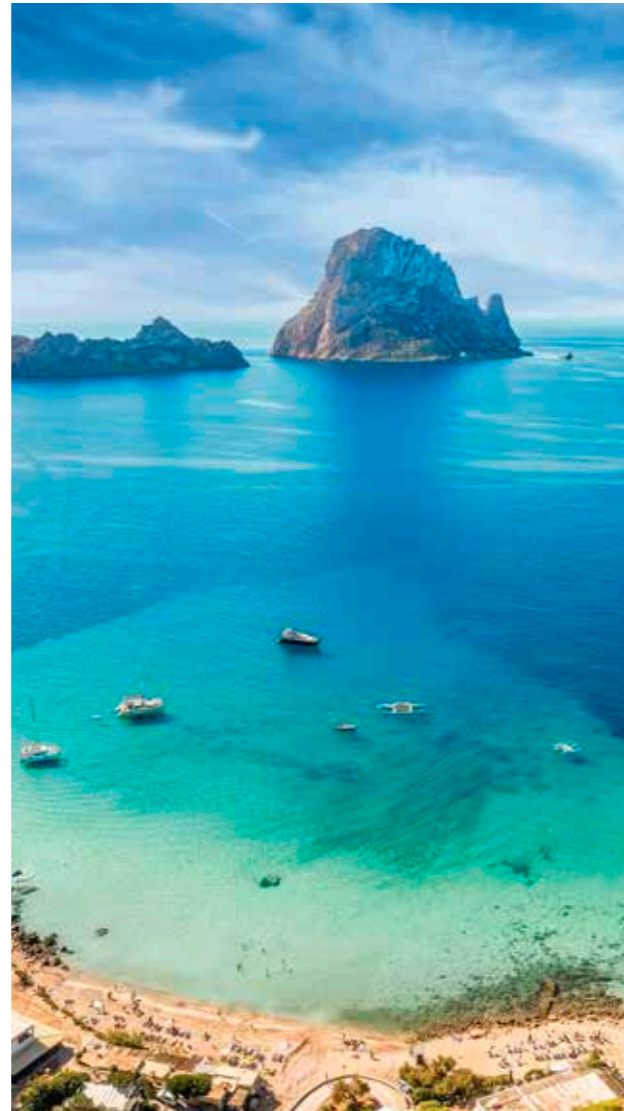
Blood Values

Please have certain blood values checked by your primary care physician (e.g., liver function, cholesterol, blood sugar) and bring the results with you. These values are an essential part of your personalized health analysis.



First Step

Embark on your journey to a healthier, longer life – full of energy, joy, and well-being.



The goal?

Your personalized health profile – tailored for a long and healthy life!

Phase 2:

Fitness Check on Mallorca – Understanding your physical condition

After analyzing your test results, we create a personalized health and training program. In close coordination with your local therapists, we ensure you receive the best possible support.

At this stage, we have already gained valuable insights into your cellular health and metabolic processes.

But one crucial factor is still missing: your physical fitness and endurance. This is where the pVO₂ value comes into play.

What is the pVO₂ value, and why is it important?

The pVO₂ value measures how efficiently your organs and muscles receive oxygen during exertion—making it a key indicator of your overall fitness level. The higher the value, the better your physical performance.



Why should you know this value?

The best part? Your pVO₂ value can be improved! Unlike fixed traits like shoe size, your oxygen uptake capacity can be increased through targeted training—regardless of your age. This means you can actively enhance your fitness and boost your long-term physical performance.



How do we measure your pVO₂ value?

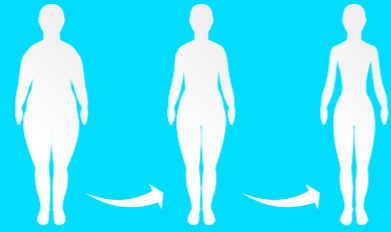
Upon your arrival, you will complete a specialized fitness test on a stationary bike. During this test, we measure your oxygen uptake and heart rate under exertion to accurately assess your individual fitness level. The results allow us to select the most effective exercise and training methods for you – such as high-intensity interval training (HIIT), which has been proven to increase pVO₂ levels.

The best part: You can continue measuring your pVO₂ value at home, allowing you to track your progress over time and make targeted improvements. This turns your fitness into a measurable, motivating metric that you can actively enhance and control.

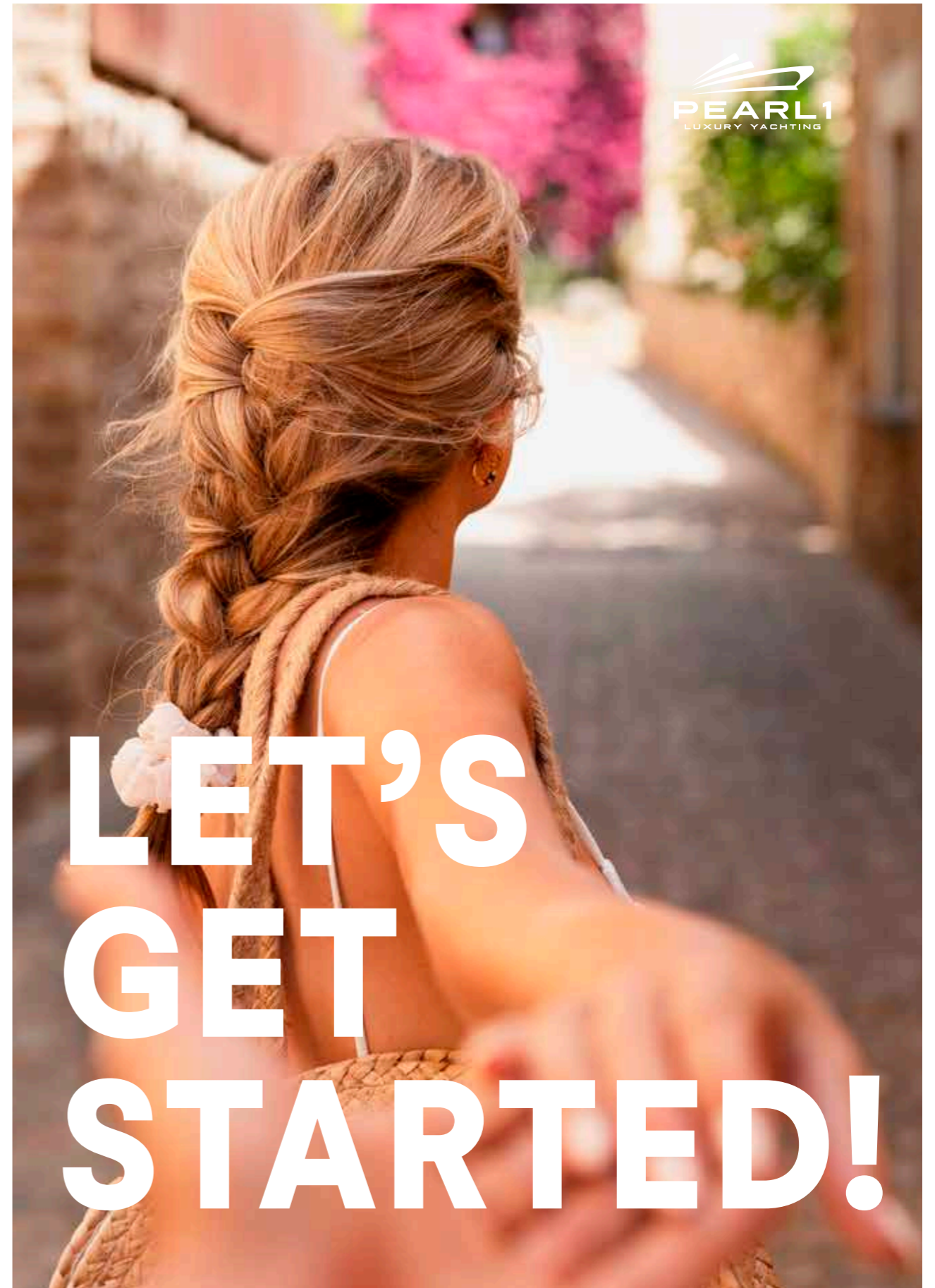


What should you bring?

If you already own a heart rate monitor, such as an Apple Watch or a Polar chest strap, feel free to bring it along. This will make the measurements easier and help you continue monitoring your fitness independently after your trip.



The fitness check gives you a completely new perspective on your body – allowing you to unlock your full potential. With the right strategies, you can systematically increase your pVO₂ value and achieve long-term improvements in fitness, endurance, and overall health!





Phase 3:

Training & Recommendations – Your longevity journey begins!

Your personal longevity journey starts now! We guide you through a holistic program that strengthens not only your physical fitness but also enhances your mental health, nutrition, and daily habits for lasting improvements.

On board the yacht, as well as on breathtaking beaches and in picturesque harbors, you will experience diverse training and therapy sessions. Together with our experienced therapists, you will learn practical ways to integrate the insights from your tests into your daily life – step by step, toward a healthier and more fulfilling life.



A Holistic Approach for Body and Mind



01 Our longevity programs go beyond just exercise – they help you create balance in all aspects of life and establish long-term healthy habits.

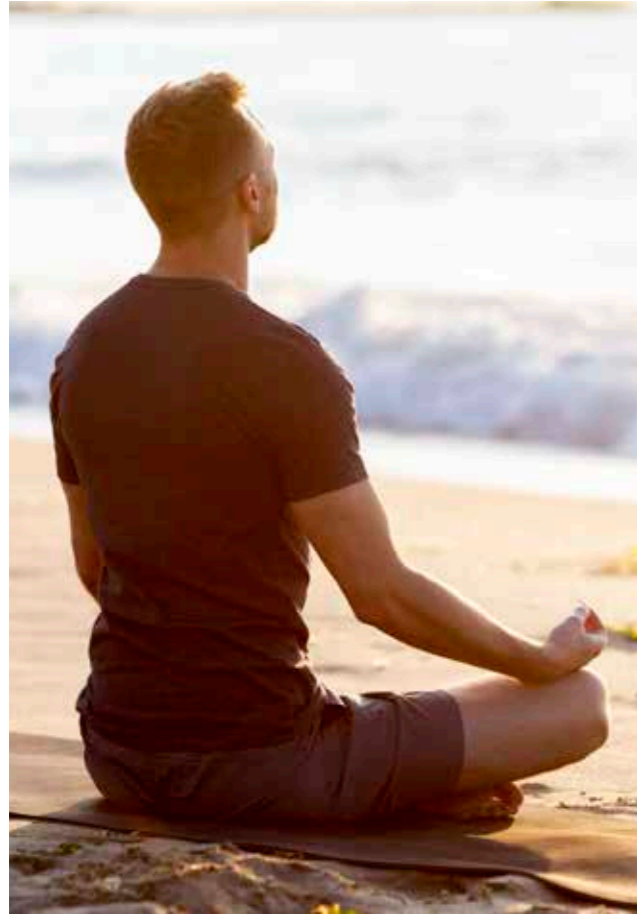
02 **With targeted training** – whether swimming, cycling, or walking – we strengthen your fitness both on deck and on land.



04 Sustainable strategies to improve your pVO₂ levels.

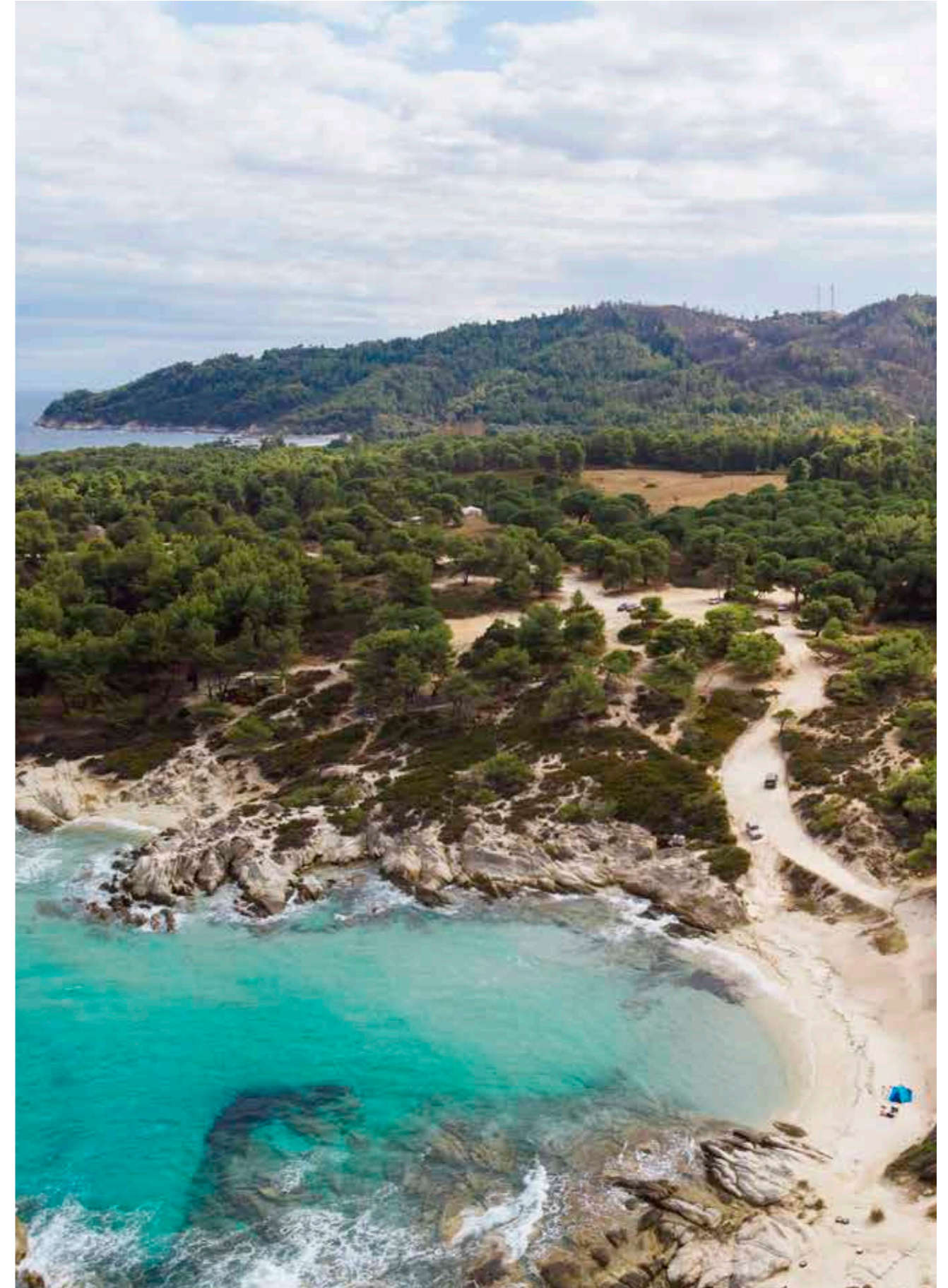
03 Learn which types of exercise best suit your body and fitness level.





More Calm, Less Stress – Keeping Your Body in Balance

Stress is one of the biggest accelerators of the aging process. Our experts teach you simple yet highly effective techniques to reduce stress – ranging from breathing exercises to meditation. You'll learn how to calm your nervous system and maintain a sense of ease in your daily life.



Healthy Eating Made Simple – Cook & Enjoy Together

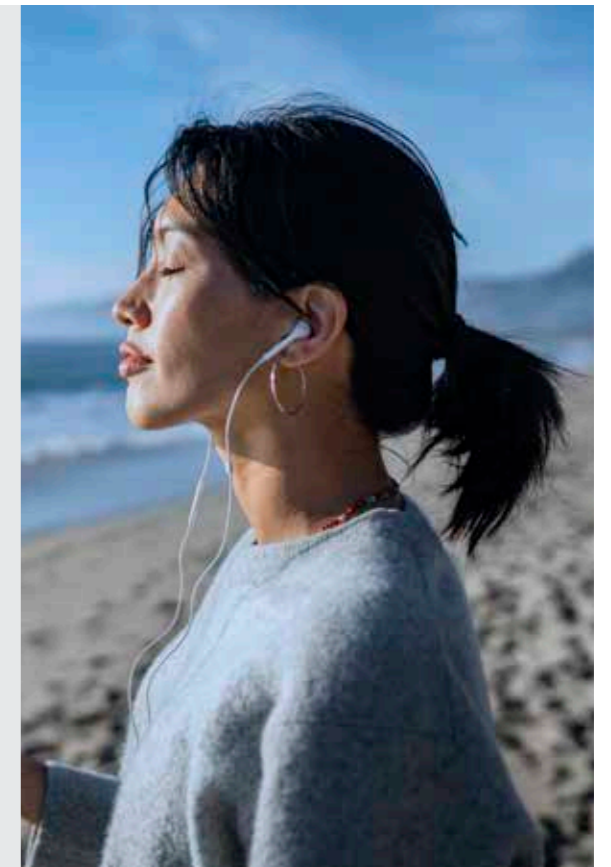
Healthy eating can be both easy and enjoyable. Our chefs and therapists show you how to prepare nutrient-rich meals using fresh, locally sourced ingredients – simple, practical, and delicious. Cooking together not only makes the experience fun but also provides valuable tips you can easily apply at home.





Music for Body and Mind – Enhancing Your Well-Being

Music has a greater impact on our well-being than many realize. We show you how to use music intentionally – whether for relaxation, motivation, or boosting mental health. Discover how the right sounds can uplift your mood and help restore inner balance.



Mental Health – The Key to a Long and Healthy Life

Mental training, journaling, and small daily rituals strengthen your inner balance and support your overall mental well-being. After all, your mental state plays a crucial role in living a long, fulfilling life.



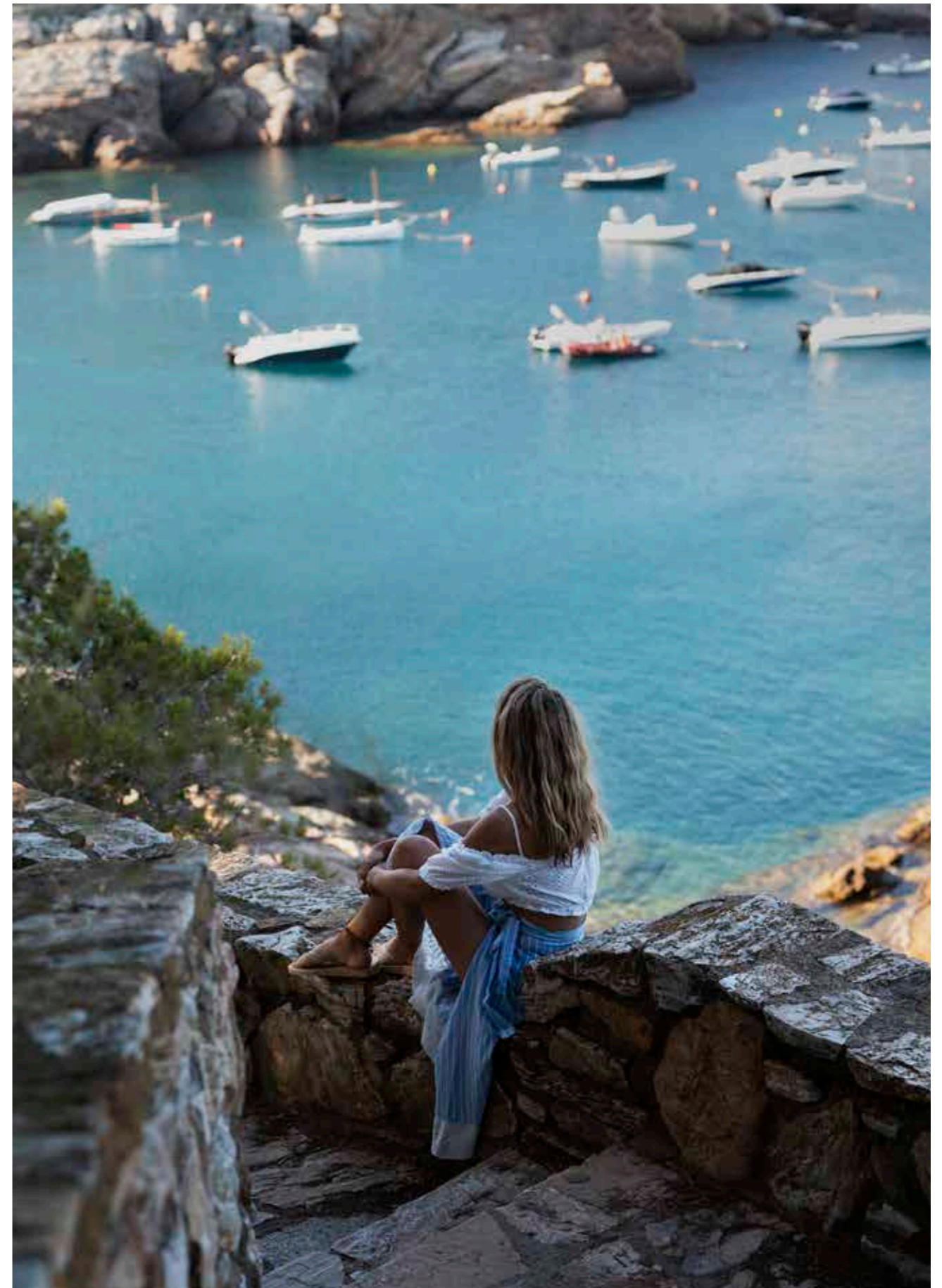
Experience & Learn - Practical Training in Inspiring Environments

Whether on the yacht's sun deck, at the beach, or during shore excursions, our training sessions take place in motivating and inspiring settings. Our therapists provide personal guidance, answer your questions, and support you in developing routines that fit your lifestyle.



Sustainable Changes You Can Integrate
into Your Daily Life:

- ✔ Optimize your nutrition with practical strategies
- ✔ Improve your fitness for long-term well-being
- ✔ Effectively reduce stress and enhance relaxation
- ✔ Build mental resilience for a balanced life
- ✔ Understand your body and its unique needs





Personalized Therapy Options Based on Your Needs and Test Results

1. Mitochondrial Therapy:

Altitude training with Mitovit, NAD injections for NAD deficiency

2. Infusions to Correct Deficiencies

e.g., Vitamin infusions to address nutritional imbalances

3. Infusions for Cellular Regeneration (as needed)

- Anti-stress/relaxation
- Detoxification
- Immune support/anti-infection
- Anti-aging
- Chelation therapy

4. Sleep Rhythm Analysis & Sleep Hygiene

Learn effective techniques for better sleep

5. Mental Training

Mindfulness, self-care, and yoga

6. Coaching on Nutrition & Gut Health

If needed: Leaky gut infusion to support microbiome health

7. Physical Activity

Personalized training programs to improve your fitness

8. Medical Weight-Loss Support

As prescribed by a physician, e.g., weight-loss medications/injections such as Semaglutide (according to medical indication and approval)

9. Self-Monitoring of Blood Pressure

Continuous monitoring as needed (via Attia bracelet)

10. Lactate Stress Test & pVO₂ Test

Performed post-training for an accurate assessment of your fitness progress

Your Personalized Health Program – To Take Home

By the end of your journey, you will have gained not only valuable insights but also practical strategies tailored to your lifestyle. You will receive a customized longevity program that you can continue at home—keeping you motivated and ensuring that the progress you've made during your trip lasts.

Learn to take better care of yourself – for a longer, healthier, and more fulfilling life!

Phase 4:

*Follow-up & sustainable results –
Your progress in focus*

Your journey to a healthier, longer life doesn't end when you return home – on the contrary, this is just the beginning!

Sustainability is the key to benefiting from positive changes in the long run. That's why we place great emphasis on targeted follow-up assessments – allowing us to track your progress and work together to make further optimizations for your health.

After approximately 4 to 6 weeks, we recommend repeating the tests from Phase 1. These include the epigenetics test, proteome analysis, NAD+ test, and microbiome test. Updating your routine lab work is also advisable. This follow-up assessment provides valuable insights into how your body has responded to the lifestyle adjustments you've made.

Why is follow-up testing so important?

It's all about recognizing the positive changes you've already achieved – because visible progress is a powerful motivator to keep going! If your epigenetic age has decreased or your cellular energy has improved, you can take pride in these results.

At the same time, follow-up testing helps identify any remaining gaps. There may still be areas with room for improvement or habits that could be further optimized. By reassessing your progress, we can fine-tune your approach, ensuring you stay on the path to a healthier, more vibrant life.





NEW

Upon request - Early detection of cancer cells

As an additional option, we offer an advanced blood test that can detect precursor cells of various types of cancer.

Why is this important?

Cardiovascular diseases and cancer are among the leading causes of death in our regions. While heart disease is often linked to arterial calcification, cancer can develop unnoticed within the body.

With our innovative early cancer detection test, potential warning signs can be identified long before symptoms appear. You also have the option to take this test as early as Phase 1.



4 Days

Luxury Escape –
Wellness & Nature
at Sea



The perfect exclusive getaway for nature, indulgence, and total relaxation

Day 1 Welcome Aboard – Relaxation & Enjoyment

- **Arrival & Reception**
VIP transfer to the marina, where you'll be warmly welcomed with a refreshing drink.
- **Culinary Kickoff**
Savor a gourmet, health-conscious lunch with breathtaking ocean views.
- **Settle In & Unwind**
Check into your luxurious cabin and explore the yacht's elegant surroundings.
- **Time to Relax**
Choose between a gentle yoga session on deck or a peaceful snorkeling experience in the turquoise waters.
- **A Magical Evening**
Sunset cruise to the stunning bay of Portals Vells, featuring crystal-clear waters, followed by an exclusive on board dinner crafted by your private chef.

Day 2 Nature & Movement – Island Exploration with a Unique Touch

- **Sunrise Yoga & Breakfast**
Start the day with an invigorating yoga session in Portals Vells, followed by a fresh and healthy breakfast.
- **Adventure of Your Choice**
 1. Guided hike through the El Toro Nature Reserve to Port Adriano.
 2. Early yacht departure for stand-up paddling in a secluded bay.
- **Exclusive Lunch**
Enjoy a curated gourmet experience at a luxury beach club in Santa Ponsa.
- **Wellness & Relaxation**
 1. Choose from a soothing massage, revitalizing facial, or detox treatment provided by our expert spa team.
 2. Optional: A private medical health check with our doctor for health-conscious guests.
- **Sunset Cruise**
Sail to the breathtaking coves of Cala Llamp or Camp de Mar.
- **Fine Dining Experience**
Enjoy an exquisite dinner at one of the region's top restaurants, carefully selected to match your preferences.

Day 3 Culinary Delights & Cultural Discoveries in Mallorca

- **A Tasteful Start**
Indulge in a breakfast of fresh, local specialties served on board.
- **Exclusive Experience**
Embark on a scenic e-bike tour through Mallorca's stunning countryside, followed by a private wine tasting at one of the island's finest vineyards.
- **Lunch with a View**
Choose between a gourmet lunch at the vineyard or a charming village restaurant.
- **Afternoon at Sea**
A leisurely yacht cruise to the picturesque bay of Sant Elm.
- **Tailored Evening Experience**
 1. Spend the night aboard the yacht or return to Palma, depending on your mood.
 2. Enjoy a private dinner onboard or an elegant evening in one of Palma's finest restaurants.



Day 4 Final Moments at Sea & Farewell

- **Breakfast with Ocean Views**
Savor the last hours onboard with a relaxed breakfast by the sea.
- **Final Activity**
Take advantage of one last morning activity—whether it's yoga, swimming, or kayaking.



- **Check-Out & VIP Departure**
Private transfers to Palma, ensuring a seamless and comfortable return journey.



7 Days

Dream Voyage –
The Ultimate
Mediterranean
Escape



A week of adventure,
relaxation & exclusive
Mediterranean
experiences

Day 1 Welcome to Mallorca – Your Floating Luxury Resort Awaits

- **VIP Arrival & Warm Welcome**
Private transfer to the marina, where a refreshing welcome drink sets the tone for your journey.
- **Light & Healthy Lunch**
The perfect way to ease into your getaway.
- **Unwind & Recharge**
Choose between stand-up paddling, snorkeling, or simply relaxing on deck.
- **Scenic Afternoon Cruise**
Sail to Cap Rocat, a breathtaking setting for your first evening.
- **Gourmet Dining**
Enjoy a fine dining experience at an upscale restaurant or a private dinner onboard, curated by your personal chef.

Day 2 Crystal-Clear Waters & Private Beach Experience

- **A Gentle Start to the Day**
Morning activity followed by breakfast in a peaceful bay.
- **Exclusive Beach Escape**
Cruise to Es Trenc, Mallorca's very own Caribbean-style beach. Relax in a private beach lounge with five-star service.
- **Culinary Indulgence**
A seafood-focused Mediterranean lunch, fresh from the ocean.
- **Pure Wellness**
Choose between a luxurious massage or a rejuvenating beauty treatment on board.
- **Sundowner Cruise & Dinner**
Sail to a secluded bay and dine beneath the stars.



Day 3 Culture & Culinary Discoveries – The Authentic Side of Mallorca

- **Seaside Breakfast**
Wake up to panoramic ocean views and a delicious breakfast on board.
- **Exclusive E-Bike Tour**
Explore charming villages and vibrant local markets.
- **Wine Experience**
Enjoy a gourmet lunch and private wine tasting at one of Mallorca's top vineyards.
- **Afternoon Cruise to Porto Colom**
Wander through the picturesque natural harbor or indulge in a spa treatment on board.
- **Traditional Dinner**
Savor local flavors at a waterfront restaurant.

Day 4 Health & Nature – Exclusive Medical & Wellness Program

- **A Fresh & Healthy Start**
Breakfast served onboard.
- **Optional Health Check**
- **Breathtaking Coastal Cruise**
Enjoy spectacular views along Mallorca's eastern coastline.
- **Lunch with a View**
Choose between a beachfront restaurant or a private meal onboard.
- **Afternoon Adventure**
Hike to one of Mallorca's most scenic viewpoints. Take a vintage car tour along the island's coastal roads. Experience an unforgettable hot air balloon ride over the island.
- **Elegant Dinner**
Dine at a fine-dining venue with stunning ocean views.

Day 5 Menorca – A Day in Paradise

- **Sunrise Voyage to Menorca**
A magical early-morning cruise to Mallorca's sister island.
- **Exploring Ciutadella**
Stroll through the charming old town, rich in history and Mediterranean flair.
- **Tailored Day on Menorca**
Choose between hidden beaches, cultural experiences, a sailing excursion, or horseback riding along the shore.
- **Gourmet Menorcan Lunch**
Enjoy authentic island specialties at a top local restaurant.
- **Culinary Highlight**
Exclusive dinner with regional delicacies and overnight stay in a premium marina.

Day 6 Returning to Mallorca – Indulgence & Relaxation

- **Morning Cruise to Mallorca**
Arriving in the stunning bay of Alcudia.
- **Tailored Land Experience**
Explore the island with a private E-bike tour. Unwind with a luxury spa treatment at a five-star hotel.
- **Final Evening on Board**
A sunset toast and a moment to savor the journey.

Day 7 A Stylish Farewell & Last Moments at Sea

- **Breakfast with a View**
Enjoy your final morning soaking in the Mediterranean scenery.
- **Elegant Departure**
Smooth check-out and a private transfer to Palma for a seamless return.



Price list for medical tests/therapies:

- Epigenetic age test: 200,- Euro
- Proteomic analysis: 230,- Euro
- NAD test: 230,- Euro
- Stool sample test: 170,- Euro
- Routine laboratory test: 1.000,- Euro
- Cancer blood test: 2.000,- Euro
- NAD+ subcutan injection: 450,- Euro
- Infusions by type: 250,- Euro

The daily rates for medical care, fitness, and coaching depend on the number of participants. We would be happy to provide you with a personalized offer—just get in touch with us!



www.carstentschoepe.de



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Pearl1 Luxury Yachting and LLHE Long Livity and Health Experience GmbH present: "Longevity Key".

Pearl1 Luxury Yachting is pleased to announce its collaboration with LLHE Long Livity and Health Experience GmbH to create the groundbreaking project Longevity Key. This unique initiative combines the luxury and adventure of yachting with cutting-edge health and wellness expertise, offering an unparalleled experience for those embarking on a journey toward longevity and well-being.

Guided by leading medical and wellness experts, Longevity Key provides tailored programs designed to help guests take their first steps toward a healthier, longer life. From personalized health assessments to expertly curated wellness activities, guests will experience a holistic approach to vitality – all while indulging in the elegance and comfort of our award-winning yachts.

Healthy / Long livity / Adventure / Lifestyle / Mallorca
Yachts / Mountains / Sport / Yoga / Prof advise