

THE LIFECO | ST. LUCIA

LUXURY MEETS LONGEVITY

An Exclusive Physician-Guided Wellness Retreat

NOVEMBER 18-24, 2026

Hosted by Dr. Vedat Obuz

An island escape with your health at its heart

Your daily rate includes the private ocean-view stay, your tailored program and the services below.

LUXURY STAY & NUTRITION

- Private ocean-view room at Aila Resort
- Personalized nutrition and all meals
- Required supplements and herbal teas
- Medical-team-selected nutrition pathway
- Detox, raw food, keto or fasting options

MEDICAL ASSESSMENT & SUPPORT

- Individual biometric and wellness review
- Live blood analysis for educational review
- Two on-site medical consultations
- Two body composition assessments
- 24/7 on-site medical support

RECOVERY & WELLNESS

- Daily sauna and steam room access
- Oxygen and vibration therapy options
- Inversion table therapy, as appropriate
- Daily dietitian and psychology coaching
- Sunrise walks, yoga and meditation
- Wellness talks and evening relaxation

EXCLUSIVE ACCESS TO DR. OBUZ

- At least 2 hours of private 1:1 consultation
- Daily 20-minute longevity classes
- Personalized health and lifestyle guidance
- Up to 10 follow-up emails after your stay
- All included at no additional charge

\$700 per person, per day | All-inclusive

All therapies and dietary pathways are subject to individual assessment and medical suitability.

Come for the beauty of St. Lucia. Leave inspired to live well.

RESERVATIONS & PROGRAM QUESTIONS: NIL | +1 (758) 484-5032

Explore program options: www.thelifeco.com/en/the-lifeco-programs/

Wellness programs complement, and do not replace, your usual medical care.