

Aegle Wellness Center is a state-of-the-art integrated health and wellness center purposely set in two complementary sites—a five-star city center facility and an exclusive island resort setting—to nurture and sustain its bespoke wellness programs. Aegle is devoted to the maintenance of health through lifestyle modification based on the cutting-edge technology from the basic sciences such as cell physiology, molecular biology, and human genomics.

Through an integrated approach based on scientific and medical diagnostics for early detection, prevention, and correction of age-related imbalances, Aegle Wellness Center offers comprehensive evaluation of your body at a cellular level for a personalized program based on your specific profile. Protocols are hinged on the four foundations of wellness: natural detoxification, weight management, ageing medicine, and holistic health.

Leading Aegle’s acclaimed medical team is **Dr. Benedict Francis Valdecañas**, the country’s leading authority in the field of Sports and Regenerative Medicine.

Heralded in Greek mythology as the goddess of radiant good health, Aegle is the muse and inspiration behind Aegle Wellness Center for Longevity Medicine and Holistic Health. With two locations in Makati and in Balesin Island (just 20-minute flight from Manila), Aegle’s tranquil, luxurious surroundings are the perfect setting for an urban island wellness getaway. This is the Philippines’ first and only facility where body, mind, and spirit are nurtured in complementary settings designed to sustain the program gains made for long-lasting benefit.



Aegle Wellness Center - Makati



Aegle Wellness Center - Balesin Island



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Aegle offers comprehensive programs uniquely designed to provide the resources, motivation, and support needed to alter one’s lifestyle through sustainable holistic healthcare programs:

- Total Ageing Management
- Medical Detoxification
- Weight Management and Nutritional Intervention
- Functional Exercise and Fitness Program Design
- Thalassotherapy (Aegle Wellness Center - Balesin Island)
- Longevity and Regenerative Medicine
- Bespoke Supplementation
- Women’s Health
- Men’s Vitality

WHAT WOULD YOU DO TO REGAIN YOUTH AND VITALITY?

Genomics studies show strong evidence that the human body is programmed to live up to 120 years, so why don’t we live healthy up to this age?

As we age, our body’s ability to generate and utilize energy effectively declines, which can rob us of youthful vitality. The loss of physical energy, decreased mental alertness, and lack of sexual drive are common signs of ageing.

DID YOU KNOW THAT YOU CAN REVERSE THE EFFECTS OF AGEING?

You can prevent disease-causing genes encoded in your DNA from manifesting by modifying your environment.

All diseases are BOTH genetic and environmental. Many of the diseases we are destined to get in our lifetime are already encoded in our genes from conception. But this does not mean we are cursed to suffer from the disease. By modifying our environment and lifestyle, we can keep these mutations from being expressed.

- You can alter your genetic destiny
- Diseases are encoded in our genes as mutations





TO “GO ON A DIET” DOES NOT MEAN STARVING YOURSELF

Going on a diet should mean restructuring your meals for the day, including your food choices. Avoiding food sensitivities and keeping to a predetermined caloric intake can help you lose weight safely and effectively. It’s simply a matter of choosing food that is just as tasty and filling but not fattening.

- *Food choices determine the effect of diet on the body*
- *You are both what you eat and what you eat eats; know how to tweak your diet to prevent inflammatory changes not only in your gut, but in your whole body*

THE BODY NEEDS OXYGEN NOT ONLY TO LIVE BUT TO REPAIR ITSELF

Cells need oxygen to produce energy, convert food into usable nutrients and substances, and most importantly repair and regenerate. As the body wears down with age, parts of it need more oxygen than usual. Exposing the body to high concentration and high pressure oxygen periodically helps ensure it gets what it needs.

- *Hyperbaric Oxygen Therapy ensures cells get O_2*
- *Adequate blood oxygenation helps our cells repair themselves and ultimately reverse ageing process*



NOT EVERYTHING YOUR BODY NEEDS TO MAINTAIN DAILY FUNCTION IS IN THE FOOD YOU EAT, NO MATTER HOW WELL-BALANCED YOU THINK YOUR DIET IS!

Supplementing the nutrients and minerals our body needs is very important in maintaining repair and regeneration processes, which slow down ageing. Know which specific vitamins you need to take: no more, no less.

- *Not all nutrients are found in food*
- *Know what other nutrients, elements, and minerals you can supplement your diet with to keep your body functioning at peak performance*

SEAWATER IS THE CLOSEST ELEMENT ON EARTH TO HUMAN BLOOD

Thalassotherapy, from the Greek word for “sea”, makes use of the components of this element of the earth for medical treatments including weight loss, detoxification, anti-ageing, and regeneration; these components include the seawater itself, mud and silt, algae, and seaweed, as well as coralline minerals.

Since the chemical make-up of seawater is so similar to that of human blood, immersions in water when heated to body temperature result in trace minerals and ions such as magnesium, potassium, and calcium sulphates being absorbed directly by the skin. This not only increases blood circulation but has beneficial effects for the body and skin such as muscle toning, muscle pain relief, skin cleansing, overall relaxation, and stress reduction.

- *Thalassotherapy increases blood circulation that is reduced by the depletion of vital minerals caused by stress, poor diet, and pollution*





MINDFULNESS CONSULTATION AND LIFE COACHING

UNDERSTANDING YOUR MENTAL AND EMOTIONAL HEALTH

Each of us has an emotional immune system—a set of psychological mechanisms to keep us resilient in the face of adversity. And like your physical immune system, it's something that can be strengthened. Mindfulness sessions and having a psychologist help you in identifying your thoughts, feelings, and experiences without trying to change them helps you in achieving a better and healthier mental health.

COLON HYDROTHERAPY

SAFE AND COMFORTABLE DETOXIFICATION OF THE COLON

Your gut health should always be one of your priorities. The gentle flushing of the entire colon using fresh pressurized temperature regulated double filtered and UV treated water helps in making sure that your gut is cleansed to further fortify your immune system.



DIAGNOSTIC TESTING

TAKING THE GUESSWORK OUT OF YOUR LIFESTYLE MANAGEMENT

The first step in modifying your lifestyle is to determine your present state of health. At Aegle, we don't leave anything to chance; we base all our plans and program recommendations on objective, state-of-the-art laboratory diagnostics.

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

ADDRESSING THE TRUE CAUSE OF AGEING

We age because our hormone decline, not the other way around. By determining specific hormone needs and deficiencies, we can safely slow down the degenerative process to a functional degree and add more life to your years.





REGENERATIVE MEDICINE PROCEDURES

THE BODY HEALS ITSELF IF ONLY WE LET IT

Medical science continually develops procedures and protocols to enhance the body's ability to repair itself. Yes, the body can heal itself if we only provide what it needs to prepare it for the regenerative process. We employ cutting-edge applications of this exciting new branch of clinical medicine, from endocrinology and orthopaedic to aesthetic.

GENE TESTING

CONTROL DISEASE ENCODED IN YOUR GENES AND PREVENT IT FROM MANIFESTING BY MODIFYING YOUR ENVIRONMENT

Many of the diseases we are destined to get in our lifetime are already encoded in our genes from the moment of conception. But this does not mean you are cursed to have that disease. By modifying your environment and lifestyle, you can keep these mutations from being expressed through the science of epigenetics.



LIGHT THERAPY

STIMULATING THE MIND THE WAY NATURE INTENDED

As animals, the functioning of human beings is still greatly influenced by light; the setting of the sun, for example sets the stage for secretion of hormones for rest and repair. By exposing the eyes' retina to light of varying wavelengths, frequency, and intensity, we can stimulate the brain to secrete particular hormones for specific hormonal production.

AEGLE AESTHETICS

ENHANCING NATURAL BEAUTY FROM THE INSIDE OUT

The human body was designed to maintain its function and beauty naturally through nature's healing processes. By harnessing nature's healing powers and applying them via today's dermatologic and aesthetic laser and light procedures, we can safely fulfill your aesthetic ideals through medically proven regenerative therapies.



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