

LONGEVILAB WOMEN'S SUMMIT

Carol Bike

Session Duration: **15–20 min**

CAROL Bike is an exercise bike developed to deliver maximum efficiency in the shortest time possible. The REHIT-based special program includes only 20-second sprint intervals. These short but intense sessions take approximately 90% less time than traditional cardio and have been scientifically shown to provide greater health and fitness benefits.

Its AI system pushes you to your maximum level in every sprint. During this process, the body activates the "war or flight" response and releases adrenaline (stress hormone). This triggers cellular signaling pathways that initiate adaptation at the cellular level. As a result, mitochondrial count increases, cardiovascular function improves, and both endurance and explosive power capacity rise.

Oxefit XS1

Session Duration: **25–30 min**

XS1 is a smart fitness system that offers fully personalized training through its digital weight system and AI-supported OxeAI technology. From the initial assessment onward, it creates performance-based training protocols that continuously adapt according to your goals.

By displaying real-time data on strength, speed, load, and balance, it helps you improve your form and reduce the risk of injury. You can track your progress, record your results, and share them.

Shiftwave

Session Duration: **5–10 min**

Shiftwave is a wellness system designed to regulate the nervous system by synchronizing vibrations that spread throughout the body with guided breathing exercises and immersive sound experiences. Within minutes, it aims to create a mental, physical, and emotional "reset" effect.

With different protocols, it supports recovery, performance, focus, relaxation, and mindfulness through deep breathing practices. Its BioDrive® technology adjusts vibrations in real time according to heart rate variability (HRV), providing a personalized experience.

Hue Light

Session Duration: **10 dk**

H-2000 is a device that provides molecular hydrogen (H₂) inhalation therapy. Widely used in Japan and Korea, this method delivers hydrogen gas through inhalation, aiming to reduce oxidative stress and combat free radicals.

With its strong antioxidant and anti-inflammatory effects, it helps support the immune system. It aims to enhance cellular hydration, improve nutrient absorption from supplements, and provide anti-aging benefits. It also seeks to support sleep quality, brain function, memory, and metabolic efficiency.

Biocharger

BioCharger is based on the idea that cells and organs have their own unique electromagnetic frequencies. When balance is disrupted, these frequencies are believed to change. The device aims to create a rich electromagnetic field to support the body's natural energy pattern and resonance.

The platform generates an energy field that covers the entire body—from brain tissue to bone marrow—and seeks to reflect a broad spectrum of frequencies found in nature.

Red Light

Session Duration: **10-15 dk**

Red Light panels are light therapy systems that use red and near-infrared light to support cellular energy production. They are used to promote skin health, stimulate collagen production, and help improve mitochondrial function.

NanoVI

Session Duration: **10 dk**

NanoVI is a technology designed to help reduce the effects of oxidative stress caused by nutrition, respiration, and environmental factors in daily life. Its patented system mimics the biological signals that play a role in the body's natural repair processes, supporting cellular repair mechanisms.

It aims to contribute to reducing cellular damage, supporting protein function, and improving oxygen utilization. At the same time, it may help support the immune system, healthy aging, energy levels, and athletic recovery.

Scaneca

Session Duration: **15 dk**

Scaneca 3D is a measurement system that scans the body in three dimensions to provide detailed body composition analysis. It analyzes fat and muscle distribution as well as posture, offering comprehensive data on physical balance and alignment.

Live Blood Analysis & AGE Reader

Session Duration: **20 dk**

Live Blood Analysis: A method that observes cell health and blood quality in real time by examining a drop of blood under a microscope.

AGE Reader: A non-invasive device that measures glycation (sugar-related protein cross-linking) levels in tissues to estimate biological age.

Auro Cihazı

Session Duration: **15 dk**

The Aura 3D Imaging System is an advanced skin analysis device used in aesthetic and dermatology fields. It creates high-resolution 3D digital images of the face and neck in just 30 seconds with 0.1 mm precision. It analyzes details such as wrinkles, pores, redness, spots, and skin texture, detects volume loss and asymmetry, and enables objective evaluation of treatment effectiveness through before-and-after comparisons.

PNOE RMR Test (Resting Metabolic Rate)

Session Duration: **20 dk**

The PNOE RMR test operates on the principle of indirect calorimetry. It measures oxygen consumption (VO₂) and carbon dioxide production (VCO₂) at rest through respiratory gas analysis and calculates resting metabolic rate (RMR) using the Weir equation. This provides objective data on an individual's basal energy expenditure, metabolic profile, and fuel utilization ratio (carbohydrate-fat oxidation), enabling scientifically based personalized nutrition and exercise planning.

PNOE Active Test (with Carol Bike)

Session Duration: **20 dk**

Performed during controlled high-intensity exercise, this indirect calorimetry-based metabolic assessment protocol is conducted on the Carol Bike at standardized load levels. During exercise, the PNOE system continuously measures respiratory gases (VO₂ and VCO₂) to analyze the individual's cardiorespiratory and metabolic response. The test provides objective data on aerobic capacity, energy substrate utilization (carbohydrate-fat oxidation), and metabolic efficiency. The results are used in clinical performance evaluation, rehabilitation, weight management, and personalized exercise and nutrition planning.

BTL Emsella

Session Duration: **15 dk**

BTL Emsella is a medical chair system that uses High-Intensity Focused Electromagnetic (HIFEM) technology to strengthen pelvic floor muscles. This non-invasive method stimulates the muscles to help support pelvic region function.

EmSculpt NEO

Session Duration: **30 dk**

Emsculpt Neo is a non-invasive body contouring device that combines high-intensity electromagnetic energy and radiofrequency technology to intensely stimulate muscles while reducing fat tissue. It aims to support muscle development while simultaneously triggering the fat-burning process.

EmFace

Session Duration: **30 dk**

EmFACE is a non-invasive facial treatment that stimulates facial muscles with electromagnetic energy while simultaneously targeting skin tissue with radiofrequency. It aims to create a lifting effect without surgical intervention and support skin firmness and facial contours.

Exomind

Session Duration: **30 dk**

Exomind is a system that evaluates brain wave activity and provides neuromodulation-based stimulation. It aims to support mental performance, enhance focus, and help regulate stress levels.

CellGYM

Session Duration: **25 dk**

CellGYM is a respiratory training system based on the principle of Intermittent Hypoxia-Hyperoxia Training (IHHT). By alternating oxygen levels, it aims to support cellular oxygen utilization and mitochondrial function, helping improve energy production and endurance capacity.

Ballancer

Session Duration: **15 dk**

Ballancer is a pressurized therapy system designed to support lymphatic circulation through controlled air pressure. It helps reduce edema, improve circulation, and support the recovery process.

Manuel Red Light

Session Duration: **15 dk**

Manual Red Light is a localized red light therapy method applied to the facial area. It aims to support skin renewal, reduce inflammation, and improve overall skin appearance.