

HUM2N



EXPERIENCE
HEALTH
DIFFERENTLY



SIX SENSES





ABOUT HUM2N

Immerse yourself in a cutting-edge future of healthcare, where innovative technologies meet a team of HUM2N experts in the fields of Longevity and functional medicine, nutrition, performance, and medical aesthetics.

Begin to
EXPERIENCE
HEALTH
DIFFERENTLY
with HUM2N.

AS FEATURED IN

B B C

The Telegraph



BAZAAR Harper

THE  TIMES

VOGUE

FINANCIAL TIMES
how to
spend it

Daily  Mail

METRO

YOUR JOURNEY TO LONGEVITY

HUM2N
**HEALTH
LAB**

At HUM2N, we practise a new standard of health and longevity medicine - one that goes beyond treating symptoms to understanding the whole human system. Rooted in functional and integrative medicine, our approach combines advanced medical science, in-depth diagnostics and personalised lifestyle strategies to help you live better for longer.



**START YOUR
HEALTH JOURNEY**

**COMPLIMENTARY DISCOVERY
CONSULTATION - 30MIN.**

We focus on optimising physical vitality, mental clarity and long-term resilience, empowering you not only to extend lifespan, but to enhance healthspan—adding life to years, not just years to life.

The HUM2N Longevity Journey



1 DISCOVER Discovery Consultation

A one-to-one session with a HUM2N practitioner to understand your health goals, lifestyle, and concerns - laying the foundation for a personalised programme.



2 MEASURE Body Composition, Vitals & QEEG Brain mapping

Our clinically validated biometrics quantifies your health, establishes a baseline, and allows us to track meaningful progress over time.



3 DECODE Advanced Diagnostic Testing

Our comprehensive foundational blood and urine panel analyses 150+ biomarkers, alongside advanced gut, genetic and hormonal testing, uncover the root cause beneath symptoms and create a personalised blueprint for longevity



4 DESIGN Personalised Health Plan

Your Expert Longevity Physician and functional nutritionist create a bespoke plan integrating prescriptive medical, nutritional, and lifestyle strategies tailored entirely to you.



5 OPTIMISE Ongoing Support & Review

Continuous monitoring and plan refinement ensures long-lasting, state-changing results.

EXPERIENCE HEALTH DIFFERENTLY →

TWO PATHS TO LONGEVITY

1. LONGEVITY FOUNDATIONS HEALTH ASSESSMENT

Start with a Personalised Blueprint

Includes all steps from Discovery to Design, culminating in a tailored health plan. Ideal for those seeking a one-time, comprehensive assessment and actionable strategies to optimise their wellbeing.

150+ biomarkers assessed by our expert physician and nutritionist team, as a foundational approach to creating your personalised blueprint for health and longevity; encompassing supplementation, peptide, hormone, medication and medical further investigations as required.

2. LONGEVITY HEALTH MEMBERSHIP

Continuous Optimisation

Extends the Health Assessment into an evolving, ongoing optimisation programme

Ongoing Personalised Care

Proactive monitoring and expert guidance to optimise your health over time

Tailored Nutrition

Bespoke dietary strategies designed around your unique biology and goals

Flexible Medical Consultations

In-person or remote appointments with your Expert Longevity physician

Referrals for as required specialist investigations

MRIs, CTs as deemed appropriate

Biannual Health Assessments

Two comprehensive biomarker investigations per year to track progress and refine your plan

Referrals for secondary care specialist support

As required. e.g. Preventative cardiology

Precision Supplementation

Personalised supplements selected to support your individual needs and longevity objectives

Access to Cutting-Edge Longevity Protocols

Advanced therapies and interventions to optimise healthspan and performance

Prescriptive compounded Bio-identical hormones & medically managed Peptides

Incorporation of Wearable data

- inc CGM (continuous glucose monitoring) and health trackers

PERSONALISED MEDICINE TESTING

Longevity Foundational Panel

150+ biomarkers across cardiometabolic, immune, hormones, gut, methylation, micronutrients & liver, kidney & haematology

Comprehensive Digestive (Stool) Analysis

100+ biomarkers across pathogens (parasites, bacteria, virus'), microbiome, inflammation markers, digestive function markers.

Comprehensive Hormones

DUTCH test. 50+ markers assessing for Adrenals & Sex Hormones metabolism. Inc identifying risks of cancer development, and your own detoxification pathways

Epigenetics

Comprehensive epigenetic tests across Methylation, ApoE, Longevity, Nutrient utilisation.

Cancer

Trucheck Circulating Tumour Cell testing for over 70 potential cancers, with the earliest detection via CTC testing

Biological Age

GlycanAge and Methylation clock testing available

Further specialist tests available after consultation

MEDICALLY MANAGED PEPTIDE THERAPY

Peptides are essential building blocks of proteins, composed of amino acids that play a critical role in regulating various biological functions and enhancing cellular regeneration. As we age, the levels of these vital peptides decline, impacting our overall health. Peptide therapy aims to restore optimal peptide levels, stimulating and enhancing cellular function. Administered subcutaneously, via nasal spray or intravenously this therapy optimises numerous cellular pathways, including

Mitochondrial & Metabolic Signalling

Performance & Body Composition

Neurocognitive & Nervous System

Hormonal & Circadian Signalling

Skin, Hair & Connective Tissue Ageing

MSK Injury Recovery & Tissue Signalling

ADVANCED LONGEVITY THERAPIES

HUM2N offers cutting-edge therapies for whole systems longevity with cellular health, recovery, and overall vitality in mind.

INTRAVENOUS (IV) THERAPIES

NAD⁺ and wellness formulations to restore cellular energy, support cognitive clarity, enhance mental and physical vitality, and promote healthy ageing.



NAD⁺ THERAPY: THE MIRACLE MOLECULE.

NAD⁺ therapy replenishes Nicotinamide Adenine Dinucleotide via IV, subcutaneous, or sublingual delivery to optimise bioavailability and cellular uptake. By activating key longevity pathways—including mitochondrial energy production, sirtuin signalling, DNA repair, and cellular resilience—it supports energy, cognitive function, metabolic health, and healthy ageing.

NAD⁺ maintenance prescriptions available for ongoing self dosing via sublingual or subcutaneous NAD⁺.

IV NAD⁺ 250mg + Supernutrients - 60 mins

IV NAD⁺ 500mg + Supernutrients - 120 mins

IV NAD⁺ Anti-Ageing Loading Protocol

3 day - 120 mins per session

Load to 20 year old levels with 1.5g of NAD⁺ over three visits, in combination with HBOT & Complete Nutrients.

Supernutrient IV - 45 mins

Signature total and comprehensive infusion combining essential minerals, amino acids, activated B-vitamins, vitamin C, and glutathione to support cellular energy, mitochondrial function, and antioxidant defence. Designed to enhance hydration, metabolic resilience, and recovery at a deep cellular level under medical supervision.

Immunity IV - 30 min

A targeted intravenous infusion delivering high-dose vitamin C (8 g) alongside a comprehensive B-complex to support immune defence, antioxidant capacity, and cellular energy. Designed to support resilience, recovery, and immune function under medical supervision.

Skin Brightening IV - 30 mins

A targeted antioxidant infusion delivering 4 g vitamin C and 2.4 g glutathione to support detoxification, immune defence, and reduction of oxidative stress from pollutants and daily exposures. Designed to promote brighter, clearer, and healthier-looking skin by supporting cellular repair and redox balance under medical supervision.

Iron Infusion - 60-120min

Replenish low iron levels to help reduce fatigue and improve energy. Blood test required prior to treatment.

Cerebrolysin Brain health infusion - 60mins

Cerebrolysin IV Therapy is a neurotrophic peptide complex designed to support brain repair, neuroplasticity, and cognitive resilience. Delivered intravenously under medical supervision, it provides targeted support for memory, focus, and neurological recovery by mimicking the brain's natural growth factors.

Specialist IVs such as Mistletoe Extract and others available medically managed.

IV Medical Ozone Therapy - 45min

6 session, 2 week course recommended for maximum effect

For complete physical detoxification in all organs with the customised HUM2N 10+ pass IV Ozone. This evidence-based treatment uses ozone molecule - a very powerful and reactive form of oxygen - to stimulate the immune system, improve energy production and cellular regeneration, and provide a long-lasting detoxification and anti-ageing effect on the body. Paired with prescriptive nutrition and supplement regime.

Areas: Full Organ Intravenous Detoxification & Reset, Boosts Mental Clarity, Inflammation Reduction, Immune Optimisation, Tissue Regeneration & Healing, Energy Boosting



Hyperbaric Oxygen Therapy (HBOT)

Boosts tissue oxygen, supports regeneration via stem cell & growth factor release, reduces inflammation, and accelerates recovery. Lengthens telomeres and a must for natural longevity. Powerful 1.5 -2.0 ATA pressure hard shell chamber, seated & comfortable.

30/45/60/90min sessions available



Perfect pairing with NAD+ for total mitochondrial health support.

Cardiostrong by REOXY

High-intensity interval training at altitude, with no physical exertion, to improve cardiac function, blood pressure & respiratory function leading to improved fitness, endurance and peak performance; whilst preventing natural cardiovascular decline. 2 week protocol leads to average 5% improvement of VO2Max, which is equivalent of 5 years natural decline with effects lasting 6-9 months.

> 45 mins per session

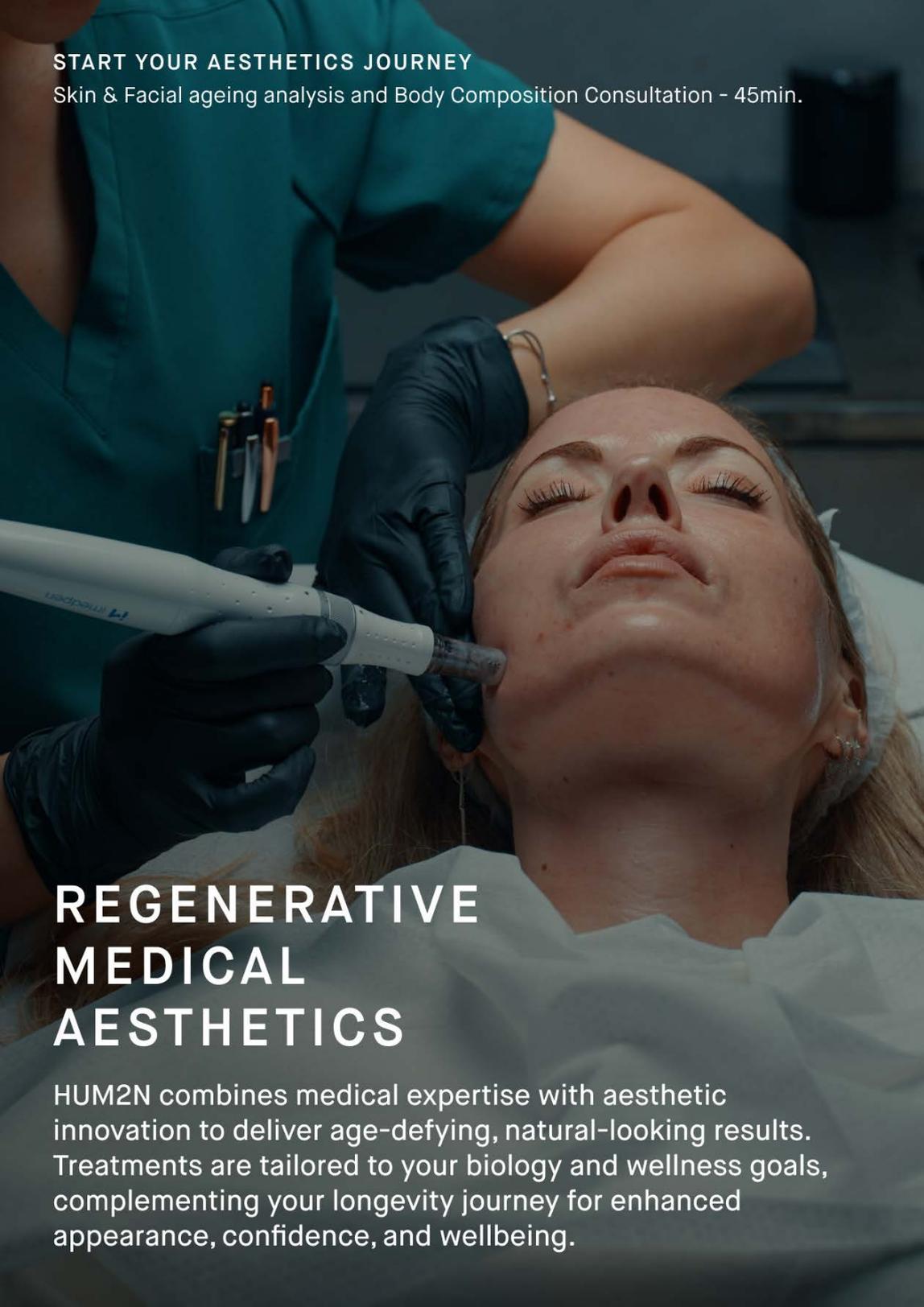
Surgical options available by consultation.



Perfectly paired with HBOT for enhanced outcome.







START YOUR AESTHETICS JOURNEY

Skin & Facial ageing analysis and Body Composition Consultation - 45min.

REGENERATIVE MEDICAL AESTHETICS

HUM2N combines medical expertise with aesthetic innovation to deliver age-defying, natural-looking results. Treatments are tailored to your biology and wellness goals, complementing your longevity journey for enhanced appearance, confidence, and wellbeing.

Reverse skin aging by supporting underlying cells and tissues; whilst addressing skin concerns such as pigmentation, oiliness, pores, rosacea.

HUM2 SKIN
LAB

Medical Resurface Facial

This advanced treatment combines prescription-grade microneedling, mesotherapy, chemical peel, and LED light therapy for comprehensive skin renewal. This facial pairs perfectly with our Skin program, creating a flawless, refreshed canvas and promoting long-term skin health.

90 mins, 3-5 days downtime

Haute Couture Facial

Bespoke to your skin, we choose from a combination of exfoliating agents, micro-needling, exosome hydration masks, LED light therapy, peptides and plant stem cells for an immediate healthier, brighter complexion.

45 mins, no downtime

Remodel – Vivace RF Microneedling

This cutting-edge treatment combines micro-needling and radiofrequency technology to remodel skin (eyes, neck, face, hands) addressing skin laxity, wrinkles, and uneven texture. The controlled energy deep into the skin, stimulates collagen production and promotes skin tightening from within. Perfectly paired with the Regenerate Exosome Facial.

90 mins, ½ day downtime

Regenerate – Stem Cell / Exosomes Medi-Facial

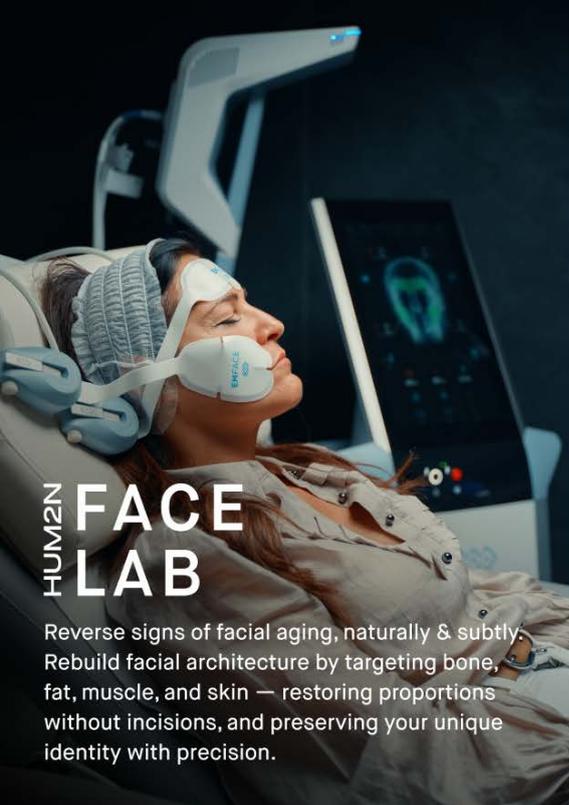
Tiny messengers (exosomes) from stem cells, encouraging cells to function more youthfully; applied via microneedling, to stimulate skin cell communication, boost collagen/elastin, reduce inflammation, and promote natural repair for anti-aging, scar reduction, rosacea, skin inflammation and improved texture; and overall rejuvenation.

60 mins, ½ day downtime

Skin Program

Prescriptive skincare routine for home use, with remote support and monitoring by expert medical team. Treats acne, rosacea, pigmentation, ageing, sun damage, scarring, enlarged pores, oiliness, laxity and wrinkles, ultimately creating a flawless, revitalised canvas.

3-5 month medical grade prescription skin program.



HUM2N FACE LAB

Reverse signs of facial aging, naturally & subtly. Rebuild facial architecture by targeting bone, fat, muscle, and skin — restoring proportions without incisions, and preserving your unique identity with precision.

Natural Facelift Emface™ - 20 min

6 session, 2 week course recommended with 6-12 months effect

Non-invasive, no downtime, needle-free, 20-minute procedure that simultaneously uses smart technology to lift facial muscles, reduce folds at the cheeks, jowls and reduce double chin.

Injectables & Dermal Fillers - 1h

Employing the safest, most effective natural absorbable tools to produce lifts and holds. Facial proportions are geometrically aligned without the need for incisions

Skin Booster Injectable - 30 mins

Range of skin boosters for enhancing skin quality face, eyes, neck, hands. Inc Salmon derived polynucleotides and Profhilo

Regenerate – Exosomes for Hair – 1h

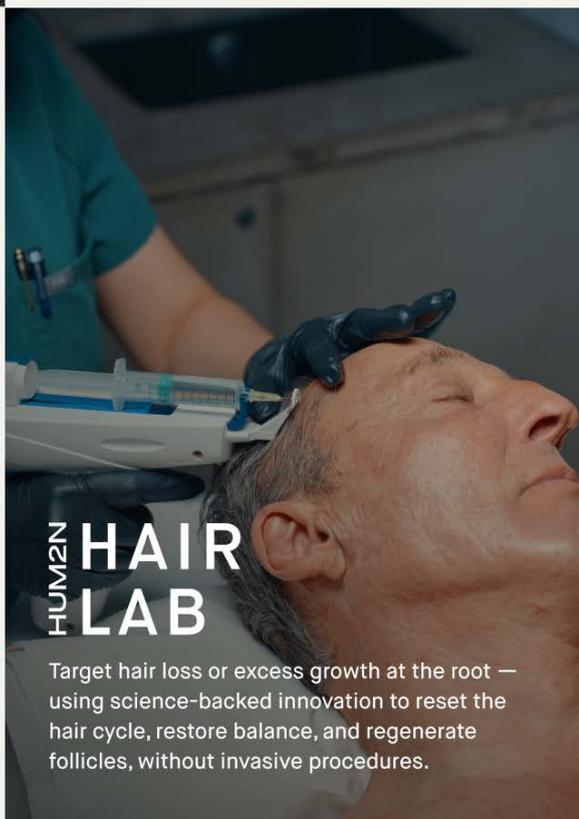
6 session, 2 week course recommended with 6-12 months effect

Our signature approach combines PRP, growth factors, Exosomes from Stem Cells, polynucleotides, peptides, and mesotherapy to address balding, thinning, and sparse hair.

Optional treatments include Exosome Stem Cells and IV Infusions for enhanced results, leading to reduced shedding and improved hair density.

Areas: Crown, Central zone, Mid scalp, Temporal, Frontal hairline

Surgical options available by consultation.



HUM2N HAIR LAB

Target hair loss or excess growth at the root — using science-backed innovation to reset the hair cycle, restore balance, and regenerate follicles, without invasive procedures.





HUM2N BODY LAB

Maintain and strengthen for short and long term function; addressing the natural decline in our ability to lay down new muscle and neural connections.

Pelvic Strength EMSELLA™ – 30 min

6 session, 2 week course leads to 9-12 months benefit

Non-invasive, FDA-approved chair-based treatment that uses High-Intensity Focused Electromagnetic energy to treat urinary incontinence and strengthen the pelvic floor, promoting intimate wellness for both men & women. 30 mins per session.

Strengthen & Sculpt EMSCULT NEO™

6 sessions, 2 week course leads to 6-9 months benefit per area

Non-invasive, 30-minute body contouring treatment that simultaneously burns fat (average 30% reduction) and builds muscle (average 25% increase). No downtime, painless to treat areas like the abdomen, lower back, legs, arms, and thighs

30 min per area

QEEG & Brain Assessment

A WAVi scan is beneficial to assess anyone who wants to improve their brain health and performance, including concerns around ADHD, depression, anxiety, concussion/brain injury or memory.

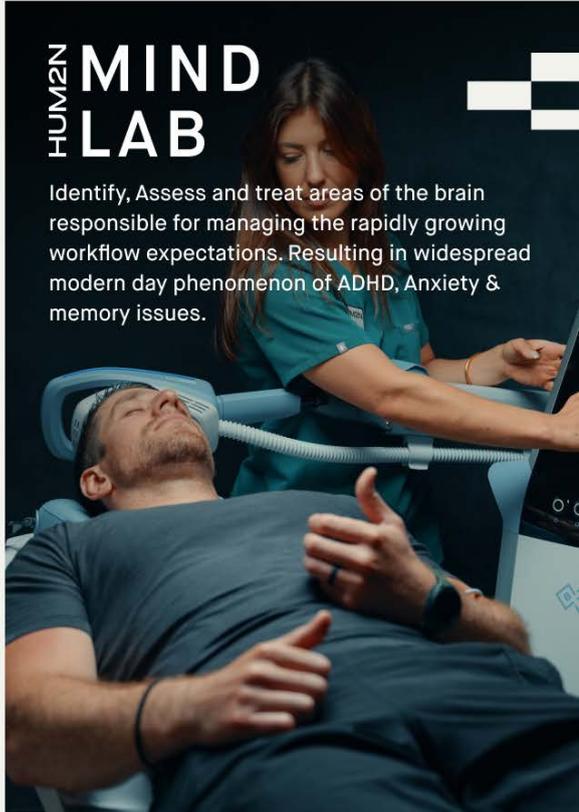
Exomind

6 session course recommended effects last 6-12 months. 30 mins per session

Non-invasive, drug-free brain stimulation therapy using patented Transcranial Magnetic Stimulation technology to enhance mental well-being. It targets the dorsolateral prefrontal cortex to improve mood, reduce stress, anxiety, improve focus and attention and manage binge eating or cravings by enhancing neuroplasticity and regulating neural pathways. Perfect pairing with HBOT for enhanced outcome.

HUM2N MIND LAB

Identify, Assess and treat areas of the brain responsible for managing the rapidly growing workflow expectations. Resulting in widespread modern day phenomenon of ADHD, Anxiety & memory issues.



HUM2N

START YOUR JOURNEY TODAY TO YOUR 2.0



Book a complimentary Consultation & Tour with our team of experts; to discover how we might be able to support you in your transformation.

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