



SHOOKRA  
MEDICAL & AESTHETICS CLINIC

# The Shookra Signature 3 Month Female Longevity & Aesthetics Plan

**Customised Draft Treatment Plan  
for Patient PP1225**

Reverse biological aging, restore radiance, elevate vitality, and sculpt a timeless, confident, youthful appearance.

# Diagnostics

**A complete 360° insight into your health, aging patterns, and beauty biomarkers.**

At 45+, understanding your body's unique aging patterns is essential for designing an effective longevity protocol. This diagnostic suite examines hormonal health, metabolic function, cellular aging markers, and aesthetic biomarkers to establish your true baseline.



## **Comprehensive Blood & Organ Health Panel**

Detects hormonal imbalance, metabolic slowdown, inflammation, pre diabetes, cardiac load, vitamin deficiencies, and cancer markers.



## **TruAge Epigenetic Biological Age Test**

Reveals your true biological age, organ aging, and aging speed. Provides a measurable baseline for age reversal.



## **Biomarker Deficiency & Heavy Metals Panel**

Identifies missing vitamins, minerals, amino acids, and heavy metal traces for targeted correction.



## **Body Composition Analysis**

Measures muscle mass, fat distribution, visceral fat, water retention, and metabolic rate.



## **Aesthetic & Skin Diagnostics**

Evaluates skin age, hydration, UV damage, pigmentation, laxity, and hair/scalp health for a tailored plan.



## **Allergy & Gut Intolerance Testing**

Identifies food triggers causing bloating, inflammation, fatigue, and skin issues for optimal wellness.

# Wellness Optimization

**Internal regeneration, hormonal support, and mitochondrial repair for energy, radiance, and youthfulness.**

This track leverages cutting-edge peptide therapy and high-impact IV protocols specifically formulated for women 45+. Mitochondrial repair, hormonal balance, and cellular energy restoration form the core of this intensive wellness program.

Weekly IV infusions deliver precise combinations of NAD+, vitamins, and essential cofactors that support your metabolic efficiency, cognitive sharpness, and radiant skin from within.



## Precision Peptide Therapy

Peptides selected to support female longevity, metabolism, anti-aging, and immunity.

- BPC-157: Repairs tissue, heals gut, reduces inflammation
- MOTS-c: Boosts mitochondrial function, improves metabolism
- Copper Peptides: Skin rejuvenation, hair density, collagen stimulation
- CJC-1295 + Ipamorelin: Growth hormone support for fat loss & youthful skin
- AOD 9604: Peptide fat-burning accelerator
- Thymosin Beta-4: Cellular repair + immune optimization
- GLP-1 / Semaglutide / Tirzepatide: Appetite & insulin regulation (if required)



## High-Impact IV Therapy (Weekly/Bi-Weekly)

Designed to restore your vitality fast, correct deficiencies, and dramatically improve skin glow and energy.

- Vitamin C + Glutathione: Brightens skin, detoxifies, boosts immunity
- Magnesium + Zinc: Enhances sleep, regulates mood, supports hormones
- B-Complex + B12: Energy, metabolism, mental clarity
- ALA: Metabolic optimization and skin radiance
- NAD+ IV: Deep cellular anti-aging, memory, focus, and energy boost

# Regenerative Medicine

**Advanced therapies for deep anti-aging, joint healing, hair restoration, and collagen regeneration.**

For those seeking the most advanced anti-aging interventions, regenerative medicine offers powerful cellular renewal. Stem cell and exosome therapies work at the deepest level to reduce systemic inflammation, enhance organ repair, and promote whole-body rejuvenation.

These optional treatments are available after thorough screening and consultation, ensuring they align with your health profile and aesthetic goals.



## **Regenerative Medicine (Optional)**

For advanced anti-aging, joint healing, hair restoration, and collagen regeneration after screening.

- Stem Cell IV Therapy: Reduces inflammation, improves energy, supports organ repair
- Exosomes IV: Potent anti-aging vesicles for skin, hair, and cellular vitality
- Localized Regenerative Injections: Joint pain relief, hair density, facial rejuvenation

# Aesthetics

**Elegant, subtle aesthetics designed to lift, brighten, and restore youthful facial harmony.**

Designed for you who values a radiant, confident appearance without looking "done." This track focuses on subtle refinements—reducing visible aging signs, addressing sun damage, and restoring the facial structure that conveys vitality and timeless beauty.

Strategic treatments maintain natural expression while softening lines, tightening skin, and restoring the underlying collagen structure. Results are elegant, natural, and confidently feminine.



## Copper Peptide Protocol

Improves texture, hydration, fine lines, and glow even before injectables begin. Prepares your skin for optimal treatment results.



## Natural, Strategic Botox

Areas: Forehead, crow's feet, frown lines. Smooths fine lines, lifts brows, softens expression—completely natural and feminine results.



## Laser Skin Renewal

Pico + BBL for sun damage, pigmentation, redness. Morpheus8/Forma for tightening + contouring. Reverses UV damage, evens tone, improves texture, tightens jawline and neck.



## Collagen Biostimulation

Profhilo, Jalupro, PN/SN (Salmon DNA). Lifts and tightens skin, restores elasticity, improves crepiness, adds youthful volume naturally with deep hydration.



## Lipolysis Injections & HIFU

Target stubborn fat areas with fat-dissolving injections and High Intensity Focused Ultrasound for non-surgical body contouring (if required).



## Monthly Hydrafacial

Deep hydration, detox, and exfoliation for instant glow. Pairs beautifully with all lasers and injectables for enhanced results.

# 3-Month Treatment Roadmap

A structured timeline integrating diagnostics, wellness optimization, and aesthetic treatments for complete transformation.

## 0 MONTH 0 Diagnostics

### DIAGNOSTICS

- Full blood work, cancer panel
- TruAge epigenetic test
- Body composition analysis
- Skin + scalp diagnostics
- Allergy & gut testing

### WELLNESS

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### AESTHETICS

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## 1 MONTH 1 Foundation Phase

### DIAGNOSTICS

- Review results & personalization

### WELLNESS

- Peptides begin (BPC-157, MOTS-c, Copper)
- Weekly IVs (Vit C, B-complex, Mg, NAD+)

### AESTHETICS

- Hydrafacial
- Natural Botox
- Pico/BBL laser

## 2 MONTH 2 Enhancement Phase

### DIAGNOSTICS

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### WELLNESS

- Peptides continue
- IV rotation (ALA, Glutathione, NAD+)

### AESTHETICS

- Hydrafacial
- Prohilo/Jalupro
- Morpheus or Forma tightening

## 3 MONTH 3 Optimization Phase

### DIAGNOSTICS

- Mid-program selective marker tests

### WELLNESS

- Peptides continue
- Longevity IV protocol

### AESTHETICS

- Hydrafacial
- Pico/BBL refresh
- Salmon DNA or Collagen booster

# What You Will Experience

A transformative journey from the inside out, delivering visible radiance and measurable age reversal.



## Within 30 Days

Early Transformation



### Brighter Skin

Visible radiance and glow



### Increased Energy

Restored vitality and stamina



### Visible Lifting & Tightening

Firmer, youthful contours



### Improved Facial Contour

Defined jawline and cheekbones



## By 60 Days

Visible Enhancement



### Softer Lines & Texture

Refined skin surface



### Enhanced Mental Clarity

Sharper focus and cognition



### Improved Body Composition

Better muscle tone, less fat



### Hormonal Balance

Stabilized mood and metabolism



## Within 90 Days

Complete Transformation



### Deep Hydration & Radiance

Clearer, stronger skin



### Biological Age Reduction

Measurable reversal markers



### Improved Sleep

Deeper, more restorative rest



### Reduced Pigmentation

Even skin tone emerging



## Within 180 Days

Regenerative Transformation



### Deep Cellular Regeneration

Tissue repair and renewal



### Systemic Anti-Aging

Full-body rejuvenation



### Enhanced Immune Function

Strengthened resilience



### Sustained Longevity Gains

Long-term benefits manifest



## Your Journey to Timeless Beauty

This signature protocol combines precision diagnostics, regenerative wellness therapies, and elegant aesthetic treatments to deliver your comprehensive transformation. Each treatment is carefully sequenced to restore radiance, elevate vitality, and reverse biological aging for a confident, youthful appearance that transcends time.

## Shookra Aesthetics

Elevating Beauty Through Advanced Aesthetics and Science-Backed Wellness

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This 3-month treatment protocol is personalized for Patient PP1225 and may be adjusted based on diagnostic results.