

SHOOKRA
MEDICAL & AESTHETICS CLINIC

90-Day Male Longevity & Aesthetics Protocol

**Customised Draft Treatment Plan
for patient CB1125**

An accelerated, disciplined, high-touch transformation designed
for visible and measurable change in **90 days.**

Diagnostics

A complete mapping of internal and external health before beginning transformation.

Before any optimization begins, we establish your complete health baseline through advanced diagnostic testing. This comprehensive assessment reveals your biological age, identifies deficiencies, detects inflammation markers, and maps your body composition at a cellular level. These tests provide the data-driven foundation for your personalized protocol.

Understanding where you are today allows us to track measurable improvements throughout your 90-day journey. Each test is specifically chosen to identify optimization opportunities across hormonal balance, metabolic function, cellular health, and aesthetic potential.



Full Blood & Organ Health Panel

Detects diabetes risk, cardiac strain, liver function, inflammation, hormones, and includes cancer markers.



TruAge Epigenetic Biological Age

Determines biological age vs chronological age and organ-level aging.



Deficiency & Heavy Metals Panel

Reveals vitamin, mineral, amino acid, antioxidant, and heavy metal levels.



Body Composition Scan

Muscle %, fat %, visceral fat, metabolism, hydration.



Aesthetic Diagnostics

Skin age, UV damage, pigmentation, texture, scalp and hair density.



Gut, Allergy & Intolerance Testing

Identifies inflammation triggers, metabolic blockers, and foods affecting energy and skin.

Wellness Optimization

A structured regeneration program designed to restore vitality and slow aging.

This track focuses on deep cellular regeneration through cutting-edge peptide therapy and high-dose IV nutrient protocols. Peptides signal your cells to repair, regenerate, and optimize function, while weekly IV infusions flood your system with essential nutrients, antioxidants, and cofactors that support energy production, detoxification, and immune resilience.

Each treatment is strategically timed to build upon previous sessions, creating a compounding effect that addresses inflammation, enhances mitochondrial function, and accelerates recovery at every level. Optional regenerative medicine treatments offer advanced cellular therapies for those seeking maximum transformation.



Peptide Therapy

Advanced cellular repair and regeneration protocols.

- BPC-157: Repair, anti-inflammatory, gut healing
- MOTS-c: Boosts mitochondria, energy, metabolism
- Copper Peptides: Cellular regeneration, hair & skin enhancement



Weekly IV Therapy (10 Sessions)

Starts Month 1, weekly for 10 weeks. Alternating combinations for optimal results.

- NAD+: Cellular energy, cognitive clarity
- Vitamin C + Glutathione: Detox, immunity, brightness
- ALA: Metabolism & antioxidant activation
- Magnesium, Zinc, B-Complex: Sleep, nervous system, stress



Optional Regenerative Medicine

Advanced cellular therapies for enhanced results.

- Exosome or Stem Cell IVs
- Joint repair injections
- Hair growth treatments
- Facial regenerative injections

Aesthetics

A refined aesthetic enhancement program with a natural masculine finish.

This track delivers visible facial refinement through strategic, masculine-focused aesthetic treatments. Each intervention is designed to enhance your natural features, not alter them—softening lines, improving skin quality, and restoring volume where aging has caused depletion. The result is a refreshed, vital appearance that reflects your internal transformation.

Combining medical-grade skincare treatments with precision injectables and advanced laser technologies, this program addresses sun damage, pigmentation, texture irregularities, and skin laxity. Collagen biostimulators work beneath the surface to rebuild structural support, creating long-lasting improvements that continue to develop beyond the 90 days.



Monthly Hydrafacial

Deep cleansing, exfoliation, hydration, and instant clarity.



Strategic Masculine Botox (Mantox)

Softens forehead and frown lines without altering expression.



Laser Resurfacing

Pico + BBL for pigmentation removal, sun repair, brightness.
Optional: Morpheus8 or Forma for tightening.



Collagen Biostimulators

Profilo, Jalupro, Collagen, PN/SN to restore elasticity and firmness.

90-Day High Performance Roadmap

An accelerated, structured timeline designed to deliver optimal results through progressive treatment phases.

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WEEK 0

Initial Assessment

- Complete blood panel & cancer screening
- TruAge biological age test
- Body composition scan
- Comprehensive skin diagnostics
- Allergy & intolerance testing

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MONTH 1

Foundation Phase

- Start peptides therapy
- Weekly IVs (Sessions 1-4)
- Strategic Botox placement
- Profhilo/Jalupro collagen stimulation
- Hydrafacial deep cleansing
- Pico/BBL laser correction

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MONTH 2

Enhancement and Monitoring

- Weekly IVs (Sessions 5-8)
- Stem cells/Exosomes IV
- Hydrafacial treatment
- Morpheus/Forma tightening

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MONTH 3

Final Optimization

- Weekly IVs (Sessions 9-10)
- Blood panel re-test
- Pico/BBL refresh
- Final Hydrafacial

Treatment Overview Table

Timeline	Phase	Key Treatments
WEEK 0	Initial Assessment	Complete blood panel & cancer screening, TruAge biological age test...
MONTH 1	Foundation Phase	Start peptides therapy, Weekly IVs (Sessions 1-4)...
MONTH 2	Enhancement and Monitoring	Weekly IVs (Sessions 5-8), Stem cells/Exosomes IV...
MONTH 3	Final Optimization	Weekly IVs (Sessions 9-10), Blood panel re-test...

Expected Results

This accelerated program enhances longevity, aesthetics, metabolic health, and biological age reversal through integrated treatment protocols.



Within 30 Days

Early Transformation



Higher Energy Levels

Noticeable improvement in mental clarity



Improved Sleep Quality

Deeper, more restorative rest



Brighter, Clearer Skin

Enhanced clarity and texture



Reduced Inflammation

Optimized recovery and wellness



By 60 Days

Visible Enhancement



Smoother, Tighter Skin

Visible improvement in skin quality



Pigmentation Reduction

Enhanced skin tone and clarity



Enhanced Metabolism

Improved recovery and performance



Sharper Cognition

Enhanced mental performance



By 90 Days

Complete Transformation



Biological Age Reduction

Measurable markers of age reversal



Firmer Facial Definition

More youthful appearance



Stronger Joints & Mobility

Enhanced physical capability



Peak Vitality

Sustained confidence and wellbeing



By 180 Days

Regenerative Transformation



Deep Cellular Regeneration

Stem cells promote tissue repair and renewal



Systemic Anti-Aging

Full-body rejuvenation at cellular level



Enhanced Immune Function

Strengthened immunity and disease resistance



Sustained Longevity Gains

Long-term anti-aging benefits manifest



Your Journey to Renewed Vitality

This accelerated protocol combines cutting-edge diagnostics, regenerative therapies, and aesthetic refinement to deliver comprehensive transformation. Each treatment is carefully sequenced to build upon previous results, creating lasting change from the cellular level to visible aesthetic enhancement in just 90 days.

Shookra Aesthetics

Elevating Beauty Through Advanced Aesthetics and Science-Backed Wellness

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This 90-day treatment protocol is personalized for Patient CB1125 and may be adjusted based on diagnostic results.