

PRESTIGE

THE CHANGE ISSUE

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SEIA LEE

REVITALISES THE CLASSICAL CONCERT

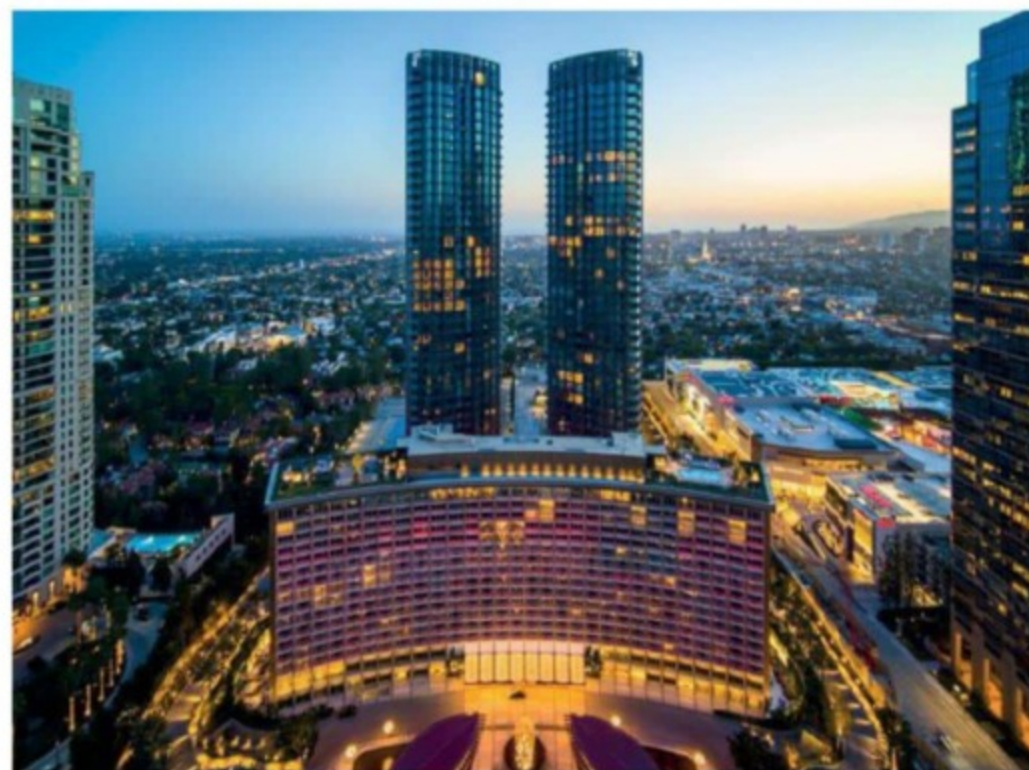
HAUTE COUTURE OF THE SEASON | MARVELS AT WATCHES & WONDERS | WORLD'S SOUL IN AN IMAGE





Forever Young

Four retreats and programmes altering the way we look at longevity



ESTATE ESCAPE

Those in search of the fountain of youth should keep one name in mind: The Estate. This newly formed wellness brand by powerhouse investors – including hospitality mogul Sam Nazarian, musician Marc Anthony and self-help guru Tony Robbins – in partnership with the world’s top AI-powered longevity centre, Fountain Life, is on its way to become the world’s largest ecosystem of preventative medicine and longevity. At its heart is an upcoming facility in (where else?) Los Angeles, which is scheduled to open at the end of this year. For an annual fee of around US\$35,000, members at this property and other soon-to-launch Estate offerings in St Kitts, Montreux and elsewhere can take advantage of best-in-class diagnostic tools and other health services like full-body MRIs and DEXA scans, plus personalised treatment plans created in collaboration with Clinique La Prairie. The LA location is set in Century Plaza, a convenient skip from the Fairmont Century Plaza Hotel, should you need downtime after your check up.

WORDS: AUDREY PHOON

ORIGINAL RECIPE

At the nearly-50-year-old Original Mayr Medical Resort in Austria, which has specialised in health overhauls since its founding in 1976, a freshly launched Diagnostic & Longevity live-in programme offers the promise of optimised life to the hopeful. Customisable in length from a stay of seven days, it combines medical diagnostics and analyses with a personalised plan of exercise, nutritional strategies and therapy that includes cryo treatments, altitude training and nasal reflexology. Those who want to double down on their chances of longevity can take up the Advanced Longevity add-on, which uses innovative technologies like ozone therapy to promote cell regeneration and boost energy. This is all complemented by personal training, yoga, breathwork and wellbeing coaching to strengthen physical and mental health. But the most curative element must be the resort’s location, on the banks of pristine Lake Worthersee in the southern state of Carinthia.



THAI IMMERSION

Phuket is a restorative break for many of the 11 million tourists that visit each year, but a fresh wellness retreat in a new community is significantly raising the city’s game. The Health Resort in Thalang district in Phuket’s north is part of Tri Vananda, a luxury estate offering lifestyle, health and award-winning dining facilities in a sprawling area filled with forests and lakes. Here, within a space that caters to multi-generational families, residents can embark on transformative wellness journeys guided by four aspects: physical vitality, emotional balance, mental clarity and spiritual harmony. The crown jewel on the site is the first Clinique La Prairie in Southeast Asia, where guests can take advantage of customised nutrition plans along with innovative expertise and therapies to restore themselves to health. The resort is scheduled to open in 2026.

NAO TRY THIS

The ancient Greeks believed that wellbeing was a holistic endeavour, and that’s something which new-age longevity hub Nao on the island of Crete is building on. Part of the adults-only Minos Palace Resort, the sleek sophisticated sanctuary is set to begin operations this month, with eight treatment suites and a data-driven approach to wellness. Every session starts with state-of-the-art prognostics, after which you’ll be prescribed a personalised plan spanning nutrition, sleep, movement and mental fitness. Programmes start from day-long to up to two weeks, although you can also customise them to your needs. The presumption here is that “ageing is not about accumulating years”, but “the result of a complex interplay between biological processes that cause our bodies to decline over time”. By addressing the cellular and molecular mechanisms behind these declines, Nao aims to slow these processes, ultimately delivering a form of enduring youth that the Greek gods would no doubt approve of.