



# Long Life Formula

Lucia Magnani Health Clinic is renowned for its wellness and thermal cures throughout Italy, says **Jane Wilson**

**T**hey say you are as old as you feel – and after a very early flight and that feeling of carrying the weight of the world on my shoulders, I certainly looked and felt years older when I arrived at the Lucia Magnani Health Clinic in Emilia-Romagna. Steeped in history, nurtured with medicinal mud and flowing in healing waters, treatments are based on an innovative method known as The Long-Life Formula based on more than 40 years of scientific research. Lucia Magnani, founder and CEO tells us more: “Since its launch in 2010, Long Life Formula® has been at the heart of my commitment to promoting longevity and well-being. Through the seven programmes available at Lucia Magnani Health Clinic, I have focused my work on how to

counteract premature aging and fight oxidative stress, through a scientific method, recognising its role in the decay of cells, tissues and organs.”

Where age translates into youth, stress lines are ironed into a smile and worries are melted into yesterday, Lucia Magnani Health Clinic is an oasis of serenity enfolded by acres of parkland to connect with the hushed sounds of nature. Framed by rationalist architecture stands the adjoining 5\* Grand Hotel Castrocara reliving the elegance of the 20s and 30s. Opposite is an Art Deco jewel in the shape of the Padiglione delle Feste (Party Pavilion), designed by Diego Corsani. The health clinic is more of a stylish minimalist hotel with gleaming marble flooring, harmonious design, restful areas for peaceful reflection, delivering, of course, efficient service. Dotted



*Images from top to bottom:*

*Otatem laut autem fugitatum sa qui doluptae fugiatquam*

*Vaut eum dolorporeres nimo modi cor magnimagniae*

*Otatem laut autem fugitatum eum dolum ut fugiatquam*

*Vaut eum dolorporeres nimo modi cor magnimagniae nobis nossimus*

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around are historic references such as over-sized carved paintings in the lobby, respectfully restored.

### A PERSONALISED PROGRAMME

On arrival I was greeted by my own personal Long Life Angel, smartly suited in white, my guardian throughout my three-night stay. I had chosen the Evergreen Programme which focused on anti-aging designed to regain muscle tone and skin elasticity. My individual schedule was based on the results of various consultations and tests analysed by the Clinic's

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molendit que officil  
luptatur urepreci voloris*

own laboratories. Physical reawakening, memorable sensory experiences, oriental practices and regenerative ozone therapies had been devised to reprogramme my unhealthy lifestyle habits. I fought with weights in aqua aerobics, my face was jet peeled, a gravity bed suspended me in space while advanced AI technology stimulated and tested my mind. The posture doctor made me stand to attention. "Head back, shoulders down, belly in, chest out, walk with conviction" instructions still with me today. Posture is a sign of age and mood and if left without correction the body will grow into a slouched stance. Yoga was authentic and thought-provoking with a harmonium playing soothing sounds amidst magnificent frescoes by the acclaimed Tito Chini in the historic Party Pavilion. And what better place to enjoy a toning massage than cradled in one of the designer-styled treatment rooms, spacious, beautifully decorated with attention firmly on the meaning of relaxation with cosy touches such as a warming cupboard for the after-treatment sheet or bathrobe. Pure bliss.

**Images from top to bottom:**

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## The Evergreen programme

### WHAT'S INCLUDED

#### Medical check-up

Blood tests, ECG at rest, GP visit, complete ultrasound of abdomen, ultrasound of abdomen fat, examination of muscles and more.

#### Oxidative stress complete analysis

Nutritional check-up, physical activity check-up, family history of diabetes, fat mass and lean mass analysis, specific diet during your stay and more.

#### Physical activity check-up

Fitness test to identify personal training intensity, workout sessions created ad hoc for you, outdoor activities.

#### Posture education

Mobility of spine, improving sitting posture, postural medical examination, identification of posture defects.

#### Beauty and thermal spa treatments

Including Thermal Rain Body Exfoliation, everyday access to the spa and thermal pools, selection of personalised as well as Long Life Formula anti-aging treatment, anti-aging jet peel, and thermal baths.

#### Full board hospitality

Breakfast, lunch, dinner and two daily snacks are included in the rate, overnight



stay in a Long Life Formula room, welcome package including tracksuit, bathrobe, slippers and daily access to solarium terrace with outdoor pool and jacuzzi as well as the indoor and outdoor thermal pools and spa.

**A three-day Evergreen programme in a Long Life Prestige Room starts from €3,500.**

### OTHER PROGRAMMES

Weight Loss, Clean (detox), Relax, Energy (recovery), Sport, Restart (rehabilitation) and Happiness Route.



### HEALING WATERS AND GLORIOUS MUD

The secret treasure lies underneath where a labyrinth of tunnels lead to lime green waters brimming in beneficial minerals. Here you could float through to the thermal pool outside and be transported to a Romanesque space guarded by stone walls, trickled with a fountain. This spa sanctuary oozes wellbeing from every alcove bathed in low lighting leading to further hideaways to relax: bio-aromatic sauna, steam bath, Finnish spa, Turkish bath with chromotherapy and gravity beds.

Twice I was plastered in the velvet mud that makes this place famous. The naturally maturing muds of the Baths of Castrocaro are produced using fine blue clays of the surrounding hills. Recent studies on mud therapy of the Baths of Castrocaro in collaboration with the University of Pisa have shown reparative properties to slow down the aging process of biological tissues. The wealth of benefits is topped up with the mineral-rich waters of Castrocaro formed when the land was submerged by the sea. Today they flow into reserves and are used for therapeutic spa treatments. The thermal water also contains the seaweed Chlorella which is also naturally anti-ageing.

Images above:

*Vaut eum dolorporeres nimo modi cor magnimagniae nobis nossimus*

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### FOOD FOR LIFE

My nutritional schedule, to my delight, involved eating five times a day. I could choose from portioned ingredients for breakfast and snacks, while lunch and dinner were gourmet affairs which appeared like art in a bowl, based on a Mediterranean diet using low-temperature cooking and fresh local and colourful ingredients as well as pasta and even coffee. A three-course lunch included steamed spinach with almonds, chicken fillet with lemon curry. Dinner presented menus such as cream of zucchini with marjoram followed by octopus skewer with cherry tomatoes and salsa verde with which I paired a glass of Rosso Magnani high oxidant wine – *salute!* I dined in the day overlooking fountains and under shading trees silhouetted by hazy sunshine. Dinner was served on the terrace of the Grand Hotel's restaurant overlooking the romantically adorned gardens.

I had been pasted in mud, coated in oil, cosseted in warm sheets and wrapped in a fluffy soft bath robe. In-between, I met friendly ladies at lunch cuddling their dog companions also benefitting from the five-star surroundings. (Bianca, a white bolognese dog, was especially cute). I had marvelled at the architecture, been educated in Italian history whilst rediscovering my youth and thanks to the posture doctor, I was leaving two centimetres taller. A stay here is a long-term investment to transform lifestyle practises towards longevity. A blend of history, science and wellbeing. ■

### EXPLORE FURTHER

- Lucia Magnani Health Clinic [www.luciamagnanihealthclinic.it/en/](http://www.luciamagnanihealthclinic.it/en/)
- Lucia Magnani Health Clinic Long Life Formula programmes [www.luciamagnanihealthclinic.it/en/long-life-formula/long-life-programmes/](http://www.luciamagnanihealthclinic.it/en/long-life-formula/long-life-programmes/)
- Read more from health and wellness expert and writer Jane Wilson here: [www.thewellnesstraveller.co.uk](http://www.thewellnesstraveller.co.uk)