



Embark on a Journey of Reversing  
Your Biological Age



FIRST REGENERATIVE WELLNESS CLINIC IN THE MIDDLE EAST  
AFFILIATE, AMERICAN BOARD OF REGENERATIVE MEDICINE

## INTRODUCTION

# Welcome to the AEON Rejuvenescence Program

The quest for the fountain of youth has been a preoccupation of mankind for centuries. Today, we have recognized that the epigenome - the system that controls all our gene expression and biological networks, can be modified to turn on our key longevity switches. This in turn results in a reduction of inflammation, boosting of the immune system and cellular regeneration.

Ageing is a disease and by modification of diet, exercise, sleep and stress management, coupled with advances in scientific usage of oxygen, ozone, photodynamic therapy, exosomes and stem cells, we can effectively reverse ageing and prevent the associated decline in our bodily systems.

A handwritten signature in black ink that reads "Dr Jaffer Khan". The signature is written in a cursive, flowing style.

FOUNDER AND CEO



## Discover AEON

Welcome to the journey of restoring and enhancing your natural vitality & health, whilst unlocking the secret to a longer, healthier life. We look at ageing as a disease, and we believe in the power of harnessing cellular regeneration & stem cells, to keep patients healthy and youthful despite the passage of time.

Each one of us are designed with the capabilities of self-healing using the rejuvenating power of our mitochondria. The mitochondria is known as the power house of our cells, the organelle that produces and maintains our DNA. . Our therapies at AEON are focused to harness cellular regeneration at this mitochondrial level, to neutralize and combat oxidative stress and ultimately, reverse DNA damage.

We are honored to be the first regenerative wellness centre in the Middle East that offers holistic healing through science, within a luxurious hospitality setting. With over 25 years of experience in Dubai, our trusted doctors can support your journey towards longevity, through a tailored approach, based on each patient's needs.



# AEON

CENTRE FOR REGENERATIVE WELLNESS

AEON POLY CLINIC L.L.C

مركز ايون الطبي المتكامل



# Example of Program

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The sequence and number of treatments will be based upon your initial assessment and the duration of your program (3, 5 or 7 days).

The following is a potential outlook into what your customised protocol might look like:



## DAY 1

Welcome arrival  
Initial in-depth consultations with our renowned medical team  
Personalised blood diagnostics  
Advanced functional testing  
Epigenome testing  
DNA and telomere testing  
Customised IV infusion  
Spa treatments



## DAY 2

Nutritional recommendations and protocols  
Customised IV infusion  
Stress management session  
Ozone therapy  
PEMF  
Airpod Oxygen  
Exosomes  
Medical Facials  
Gym session with trainer  
Yoga  
Spa treatments



### DAY 3

Gym session with trainer  
Rest in spa facilities  
Airpod Oxygen  
Photobiomodulation/Laser light therapy  
Peptide therapy



### DAY 4

AEON Rejuvenance : stem cell therapy  
Facial injections of stem cells  
Photobiomodulation/Laser light therapy  
Customised IV infusion  
PRF/PRP  
Peptides



### DAY 5

Concluding longevity consultation with follow ups booked throughout the year  
Bio-identical Hormone Therapies  
Airpod Oxygen to prepare for your flight back home  
Rest in Atlantis spa/pool facilities  
Care package hand over including a future plan and home care instructions to follow in preparation for departure







# Unrivalled Uniqueness

## ADVANCED TESTING & IN-DEPTH ANALYSIS

We have integrated the latest quantum medical technology and advanced testing methods into the AEON Rejuvenescence program, that helps us to not only identify our patient's overall health, but also predict any unforeseen developments that might take place in the future.

We blend advanced sciences, such as laser light therapies and PEMF with ancient healing methods that have been tried and tested over centuries, to combat medical issues plaguing our health today.

At AEON, we introduce our patients to stem cell therapies, ozone, oxygen, exosomes, peptides, PEMF, traditional medicines, bespoke nutraceuticals and advanced aesthetic treatments.

## **MAGNETIC WAVES SCANNING**

Initial screening includes the measurement of the magnetic waves of our cells and organs, resulting in identifying valuable information for more than 40 different parameters. These include but are not limited to heavy meals, toxins and overall performance of the immune system. We are also able to identify serotonin and dopamine levels, the major neurotransmitters that influence our overall mood and motivation.

## **ADVANCED DIAGNOSTICS**

Our advanced diagnostic testing has been specifically developed, aiming to identify the key inflammatory processes and oxidative damage, which are both known to accelerate ageing and slow down tissue repair. Our laboratory parameters include key inflammatory markers; intracellular hormone, mineral and vitamin levels, total oxidative stress, a microbiome analysis and many more functional tests. Combined with our physical assessments, this will give us a clear window of you are ageing and warding off disease.

## **STRESS MANAGEMENT**

At AEON, we have taken into consideration the importance of feeling relaxed and balanced. We provide our patients stress management sessions with our expert, where the process of slowing down the nervous system and the mind begins. As part of the program, we are focusing on releasing repetitive thoughts and reconstructing the overall mindset, while implementing positive information and sharing techniques that can also be used in the future.



## **NATUROPATHY**

Our patients have consultations included with our Naturopathic doctor, where a detailed assessment is performed, focusing on elements such as lifestyle choices, sleep patterns, gut & hormone health, as well as childhood history. At AEON, we take into consideration busy lifestyles and we tailor each recommended step based on practical implementation through natural therapies.

## **SPORTS MEDICINE**

For those suffering from musculoskeletal injuries, aches and pains or healing blocks, we offer consultations with our specialist for assessment, diagnostics and therapies. We help remove the healing blocks and nurture the body by injections of the highest potency of exosomes, stem cells, peptides, shockwave therapy, laser therapy and other nutritive support, all while advising on proper recovery exercises.

## **AESTHETIC MEDICINE**

A game changer in the realm of facial rejuvenation, we offer exosome and stem cell injectables to the face with our renowned surgeons. When exosomes are introduced to your skin, they release their cargo of growth factors and proteins, sending signals to your cells. These signals trigger a cascade of reactions, promoting collagen production, reducing inflammation, improving blood flow, and ultimately, allowing your outer appearance to reflect all of the systemic healing on the inside of the body.



## GENOMIC MEDICINE

We conduct comprehensive genetic profiling for all of our patients.

### *Telomere testing*

Each time a cell divides, our telomeres get shorter. When they get too short, the cell can no longer divide & it becomes inactive or “senescent”. Telomere testing is the main biomarker of ageing and can determine the length of a patient’s telomeres, helping to identify your biological age in relation to your chronological age.

### *Fitness testing*

Our advanced investigations are able to provide insightful data about the type of exercises that are suitable for our patients. This also includes different training approaches, as well as recovery time and diet.

### *DNA testing*

We also analyze the DNA of cells in depth, which is optimal for discovering any health risks and upcoming changes in the metabolic system, as well as understanding how these effects can be minimized. We also support our patients and provide detailed information about the type of medicine that can be suitable for them, although our approach is holistic.

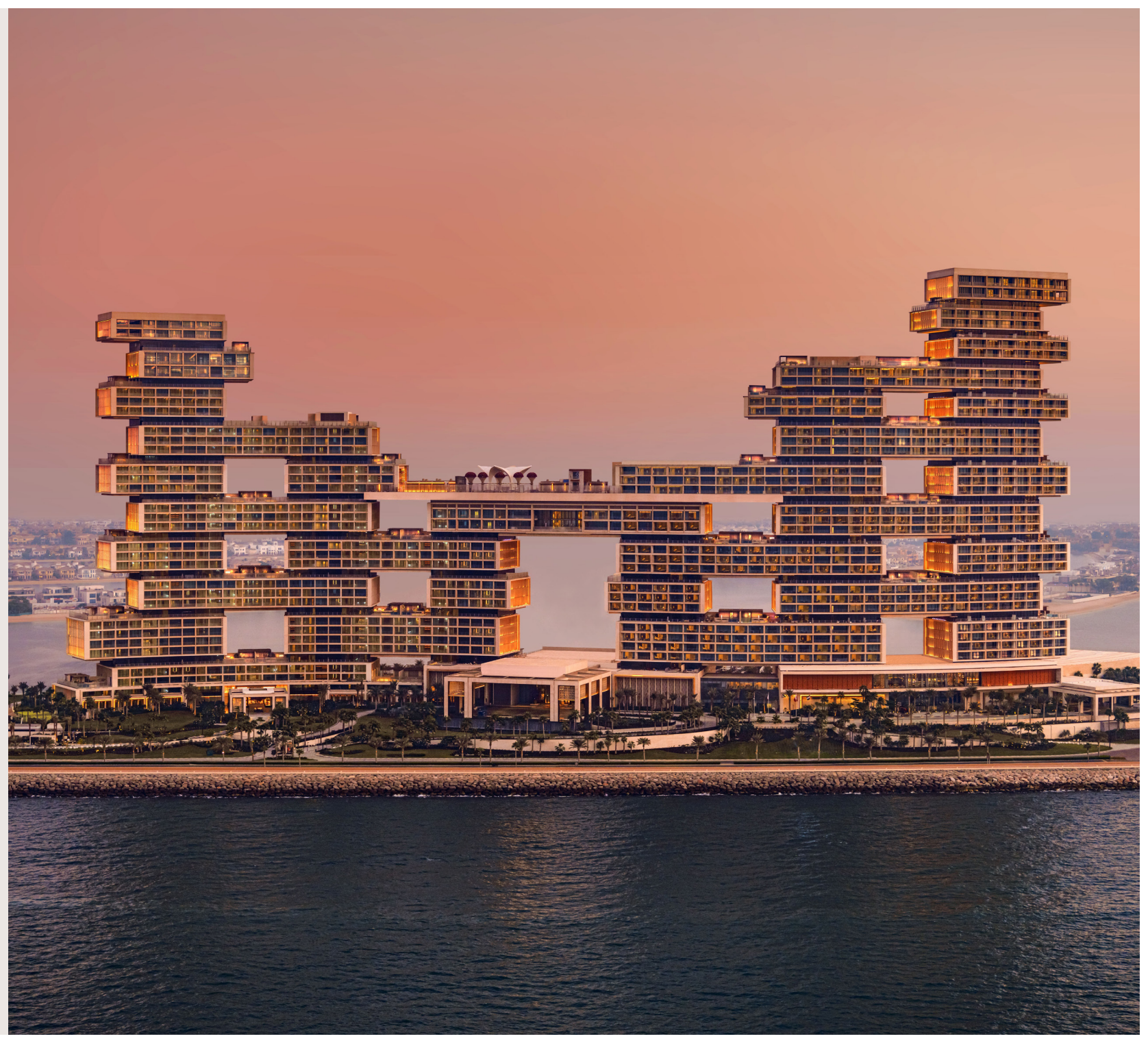
### *Epigenetics testing*

We are also able to discover how a certain environment and lifestyle influences your overall health by testing certain molecules in the body. Based on our detail-oriented approach, we can discover the ageing pace that is currently developing and monitor the effects of anti-ageing interventions. Our epigenetics analysis is one of our secret elements that can help hack the overall DNA expression.

# The Stay

A ROYAL EXPERIENCE

AEON is located in the most ultra-luxury experiential resort in the world, Atlantis The Royal. We welcome you to an experience that will completely redefine your perspective of luxury. Crafted by the world's leading designers, architects and artists, this is a destination where everything has been designed to challenge the boundaries of imagination.



# Movement

## GYM + PERSONAL TRAINER

Our guests will have an assigned personal trainer as body movement is important in the body's recovery process and improvement of overall strength, dopamine and serotonin levels. The Rejuvenescence program will allow our patients to have personalized consultations with a specialist, that will recommend the most suitable goals that can be achieved during the program.





## Awaken Spa

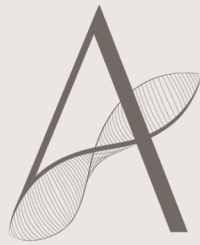
Cleanse your body, clear your mind, lift your emotions and stir your spirit. AWAKEN is a truly different holistic spa and well-being experience. Achieve inner harmony in the most luxurious setting imaginable and reveal the most powerful version of yourself.

Each person's quest for well-being, health and happiness is unique. At the heart of the AWAKEN Spa is a deep belief in the power of authentic wellness experiences, focusing on holistic techniques and self-discovery, accelerated by high-tech therapies that help create meaningful change. The AWAKEN philosophy is simple: the epitome of wellness is the ability to maintain balance throughout change.

Experience access to hydrotherapy pool & loungers, aromatherapy steam rooms, charcoal sauna, snow fountains, tepidarium loungers, alchemy shower, plant-powered refreshment lounge, halotherapy salt cave and meditation garden as part of the AEON Rejuvenescence program, as well as relaxing massages.







Unlock the Secrets to Longevity & Vitality