



TIARA HEALTH

Programme Guide

Precision medicine

Personalised care

A clear path to long-term health

Your body. Your data. Your protocol.

A CONNECTED APPROACH TO HEALTH

*Your health is not one-dimensional.
Neither is our approach.*

Tiara Health programmes combine physician-led diagnostics, multidisciplinary expertise and personalised clinical protocols to give you a clearer understanding of your health today and a more informed direction for tomorrow.

Each programme is designed around a defined clinical priority. Some provide a rigorous baseline. Others investigate a specific area of health in greater depth. Together, they create a more connected picture of how your body is functioning and what it needs next.



TIARA HEALTH



TIARA HEALTH PROGRAMMES

Two pathways. One connected approach to health.

Tiara Health programmes are organised across two complementary areas: Core Clinical Programmes and Medical Aesthetics.

Our core clinical programmes are physician-led pathways designed to investigate, interpret and address distinct areas of health. Each programme uses diagnostics, multidisciplinary expertise and personalised protocols to give patients a clearer understanding of their body and what it needs next.

Our medical aesthetics programmes are clinically guided treatments designed around skin quality, regeneration, intimate wellbeing and natural-looking refinement. The focus is not overcorrection, but measured improvement delivered with medical precision.

Together, these programmes create a more connected approach to long-term health, vitality, performance and confidence.

Core Clinical Programmes

*Physician-led diagnostics and protocols
for long-term health.*

Medical Aesthetics

*Clinically guided refinement for skin
quality and intimate wellbeing.*

Programme Overview

Core Clinical Programmes

Six physician-led pathways designed to investigate, interpret and address distinct areas of health.

01 Preventive Health
A rigorous clinical baseline designed to identify emerging risks before symptoms arise.

02 Gut Health Restoration
Advanced gut diagnostics to identify imbalances and restore resilience.

03 Hormonal Optimisation
Clinical insight to restore hormonal balance and support vitality.

04 Longevity
A comprehensive protocol to support healthier ageing.

05 Women's Health
Integrated care across hormonal, metabolic, gut and pelvic health.

06 Performance
Objective benchmarks for strength, recovery and endurance.

Programme Overview

Medical Aesthetics

Four clinically guided programmes designed around skin quality, regeneration, refinement and intimate wellbeing.

01 Dermal Skin
Sequenced laser treatments to refine tone, texture and firmness.

02 Dermal Reset
An intensive session for visible skin renewal in fewer visits.

03 Dermal Elite
A six-month protocol for progressive skin refinement.

04 Intimate Regen
Clinical support for intimate wellbeing and pelvic health.



THE CORE CLINICAL JOURNEY

A structured pathway from insight to action.

Every core clinical programme follows a clear physician-led process, designed to move from investigation to interpretation, and from personalised recommendations to ongoing support.

01

BEFORE YOUR VISIT

Your journey begins with selected at-home diagnostics and a digital wellbeing questionnaire, completed before your clinic appointment.

02

YOUR CLINIC DAY

You attend the clinic for consultations, clinical assessments and programme-specific diagnostics guided by your multidisciplinary team.

03

RESULTS CONSULTATION

Your findings are reviewed and translated into a personalised clinical protocol, with clear recommendations across health, nutrition, movement and lifestyle.

04

ONGOING SUPPORT

Follow-up consultations help you understand your progress, adjust your protocol and stay supported beyond the initial appointment.

01

PREVENTIVE HEALTH

Precision insight, before symptoms arise

A physician-led programme of advanced diagnostics and personalised analysis designed to reveal what routine check-ups cannot.

€1,500

UNDERSTAND
YOUR HEALTH

IDENTIFY
RISKS EARLY

OPTIMISE
YOUR WELLBEING

LIVE BETTER
FOR LONGER

WHAT'S INCLUDED

BEFORE YOUR VISIT

- Gut Microbiome Test (home kit)
- Wellbeing Questionnaire (15-minute online survey)

YOUR DAY AT THE CLINIC

- Medical, Nutritional, Movement Consultations
- Vital Signs Measurement
- Body Composition Test
- ECG / Electrocardiogram
- Spirometry
- Dynamometry
- Age Reader
- Oligoscan
- MaxPulse
- Blood Panel

RESULTS CONSULTATIONS

- Detailed review with your physician, nutritionist, movement specialist and longevity consultant
- Your personalised health plan

ONGOING SUPPORT

- Multidisciplinary results consultation, two weeks after your clinic day
- Monthly longevity consultancy calls for 3 months
- Medical review at week 12.

OPTIONAL ENHANCEMENTS

Premium Blood Panel | Nutrigenomics DNA Panel | TruAge Epigenetic Test
Breath Test — Food Intolerances



This is not just a check-up. It is a clear direction for your health.

02

GUT HEALTH RESTORATION

*Understand the system shaping your
health from within.*

A physician-led programme using advanced gut diagnostics to identify imbalances, restore resilience, and support whole-body health.

€2,500

MAP YOUR GUT
MICROBIOME

IDENTIFY
IMBALANCES

RESTORE GUT
RESILIENCE

SUPPORT WHOLE BODY
HEALTH

WHAT'S INCLUDED

BEFORE YOUR VISIT

- Gut Microbiome Test (home kit)
- Breath Test — Food Intolerances (home kit)
- Wellbeing Questionnaire (15-minute online survey)

YOUR DAY AT THE CLINIC

- Medical, nutritional, movement consultations
- Vital Signs Measurement
- Body Composition Test
- Oligoscan
- MaxPulse
- Premium Blood Panel

RESULTS CONSULTATIONS

- Detailed review with your physician, nutritionist, movement specialist and longevity consultant
- Your personalised health plan

ONGOING SUPPORT

- Multidisciplinary results consultation, two weeks after your clinic day
- Nutrition consultations (weeks 4, 8, 12)
- Longevity consultations (weeks 2, 6, 10)
- 12-week medical review
- Progress notes at week 12

OPTIONAL ENHANCEMENTS

Food Marble / Lumen

Nutrigenomics DNA Panel



Restore resilience from within, with a clearer understanding of your gut health.

03

HORMONAL OPTIMISATION

Restore hormonal clarity with medical precision.

A physician-led programme using advanced diagnostics to identify hormonal imbalances, restore stability, and support long-term vitality.

€2,500

UNDERSTAND YOUR
HORMONAL PROFILE

IDENTIFY
IMBALANCES

RESTORE
STABILITY

SUPPORT LONG-TERM
VITALITY

WHAT'S INCLUDED

BEFORE YOUR VISIT

- Comprehensive Hormonal Serum Panel (clinic visit)
- DUTCH Adrenal Panel (home kit)
- Wellbeing Questionnaire (15-minute online survey)

YOUR DAY AT THE CLINIC

- Medical, nutritional, movement consultations
- Premium Blood Panel
- Vital Signs Measurement
- Body Composition Test
- ECG / Electrocardiogram
- Spirometry
- Dynamometry
- Age Reader
- Oligoscan
- Thyroid Ultrasound
- Carotid Ultrasound
- DEXA Scan (females)
- Abdominal Ultrasound (males)

RESULTS CONSULTATIONS

- Detailed review with your physician, nutritionist, movement specialist and longevity consultant
- Your personalised health plan

ONGOING SUPPORT

A 12 month structured programme;

- Medical review at week-4 (30 min)
- Longevity Consultant check-ins at weeks 2, 6, 8
- Month 3, 6 and 12 medical doctor review (45 min) + Control Blood Test
- Written progress note at week 12

OPTIONAL ENHANCEMENTS

Peptide Therapy Consultation | Sexual Consultation (Psychologist)

24-hour Holter Blood Pressure Monitor | Stress Management Consultation (Psychologist)

TruAge Epigenetic Test | Echocardiography

04

LONGEVITY

Not just how long you live. How well you live.

A physician-led programme using advanced diagnostics to understand how your body is ageing, identify emerging risks, and build a personalised longevity protocol.

€6,000

MEASURE HOW
YOU AGE

IDENTIFY
EMERGING RISKS

BUILD YOUR
LONGEVITY PROTOCOL

PROTECT YOUR
HEALTHSPAN

WHAT'S INCLUDED

BEFORE YOUR VISIT

- TruAge Biological Age Test (home kit)
- Gut Microbiome Test (home kit)
- Predisposition to Genetic Diseases Test (home kit)
- Nutritional DNA Panel
- Heavy Metal and Essential Elements Test (home kit)
- DUTCH Adrenal Panel (home kit)
- Wellbeing Questionnaire (15-minute online survey)

YOUR DAY AT CLINIC

CONSULTATIONS

- Medical, nutritional, movement consultations

DIAGNOSTICS

Metabolic & Body Composition

- Body Composition Test
- Oligoscan
- Physical Assessment
- Nutritional Assessment
- Dynamometry

Imaging

- Thyroid Ultrasound
- Abdominal Ultrasound
- Bone Densitometry / DEXA Scan
- Photofinder
- Multidermascope

Cardiovascular & Respiratory

- Vital Signs Measurement
- ECG / Electrocardiogram
- Spirometry
- MaxPulse
- Carotid Ultrasound
- Echocardiography
- Remidio / Retinal Fundus Scan
- Connect SphygmoCor
- Age Reader

Blood & Laboratory

- Premium Blood Panel

Neurological & Cognitive

- CNS Assessment

YOUR CONSULTATIONS DAY

Approximately 2 weeks after your in-clinic day;

- Medical Doctor
- Personal Trainer
- Nutritionist
- Longevity Consultant

OPTIONAL ENHANCEMENTS

- Peptide Therapy Consultation
- Cellular Analysis
- 24-hour Holter Blood Pressure Monitor
- Histamine Test
- Food Marble Test
- Stress Management (Psychologist)
- Sexual Consultation (Psychologist)
- Breath Test — Food Intolerances
- Watch PAT / Acupebble Ambulatory Sleep Study
- IIMEL Melatonin Test
- TAC / CT scan — selected cases

05

WOMEN'S HEALTH

Women's health, understood as one connected system.

A physician-led programme bringing together hormonal, metabolic, gut, and skin, to build a personalised protocol for every stage of life.

€3,000

UNDERSTAND YOUR
HEALTH PATTERNS

IDENTIFY WHAT
HAS CHANGED

BUILD A CONNECTED
CLINICAL PROTOCOL

SUPPORT EVERY
STAGE OF LIFE

WHAT'S INCLUDED

BEFORE YOUR VISIT

- Comprehensive Hormonal Serum Panel (clinic visit)
- Gut Microbiome Test (home kit)
- DUTCH Adrenal Panel (home kit)
- Wellbeing Questionnaire (15-minute online survey)

YOUR DAY AT CLINIC

CONSULTATIONS

- Medical, nutritional, movement consultations

DIAGNOSTICS

Hormones & Metabolic

- Body Composition Test
- Thyroid Ultrasound
- Oligoscan
- Dynamometry
- DEXA Scan
- Abdominal Ultrasound
- CNS

Cardiovascular & Respiratory

- ECG / Electrocardiogram
- Spirometry
- MaxPulse
- Age Reader
- Vital Signs Measurement

Skin & Aesthetic

- Aesthetic consultation (45 min)
- Skin Assessment and Skin-Health Diagnostics
- Photofinder / Multidermascope

YOUR CONSULTATIONS DAY

About 2 weeks after your in-clinic day;

- Medical Doctor
- Nutritionist
- Aesthetic Clinician
- Personal Trainer
- Longevity Consultant

YOUR FOLLOW-UP PROGRAMME

A 12-month structured programme

- Longevity Consultant check-ins at weeks 2, 6, and 10
- Aesthetic follow-up at week 6 and week 12
- Months 3, 6, and 12: Medical review with blood test
- Written progress note every 3 months

OPTIONAL ENHANCEMENTS

- Peptide Therapy Consultation
- Carotid Ultrasound
- DunedinPACE Epigenetic Test
- IIMEL Melatonin Test
- Sexual Consultation (Psychologist)

06

PERFORMANCE

*Train smarter. Recover better.
Perform with precision.*

A physician-led programme using advanced diagnostics to measure your baseline, identify limiting factors, and build a personalised protocol for strength, endurance, recovery, and long-term performance.

€2,500

MEASURE YOUR
BASELINE

IDENTIFY LIMITING
FACTORS

BUILD YOUR
PERFORMANCE PROTOCOL

TRACK YOUR
PROGRESS

WHAT'S INCLUDED

BEFORE YOUR VISIT

- Wellbeing Questionnaire (15-minute online survey)
- Preparation guidance

YOUR DAY AT THE CLINIC

- Medical, nutritional, personal trainer consultations
- Body Composition Test
- Grip Test
- VO2 Max Test
- mDurance Test
- Personal Trainer Assessment
- Performance Blood Panel
- Spirometry
- Dynamometry
- Age Reader
- Oligoscan
- MaxPulse

RESULTS CONSULTATIONS

- Detailed review with your physician, nutritionist, and personal trainer
- Your personalised health plan

ONGOING SUPPORT

- Monthly in-clinic visit or online consultation
- Nutritionist
- Body Composition Test
- 3 months personal trainer (online)
- Daily touch base with your Personal Trainer

OPTIONAL ENHANCEMENTS

Carotid Ultrasound | Nutrigenomics | Breath Test — Food Intolerances
Hyperbaric Chamber | NESA | Stress Management Consultation (Psychologist)
TruHealth Epigenetic Test

MEDICAL AESTHETICS

Refined aesthetic care, guided by medical expertise.

Tiara Health medical aesthetics programmes are designed around skin quality, regeneration, intimate wellbeing and natural-looking refinement.

Each programme follows a clinically guided approach, combining advanced technologies, careful sequencing and personalised treatment planning. The goal is not overcorrection, but measured improvement that supports confidence, comfort and long-term tissue health.

From laser-based skin renewal to structured intimate regeneration, our aesthetic programmes are delivered with the same precision, restraint and clinical care that define the wider Tiara Health approach.

Medical aesthetics, delivered with precision and restraint.

01

DERMAL SKIN

Medical-grade skin renewal, delivered with precision.

A clinically guided programme combining three advanced laser technologies to improve tone, texture, luminosity and firmness through a defined treatment sequence.

REFINE SKIN
TONE

REDUCE VISIBLE
REDNESS

SUPPORT COLLAGEN
RENEWAL

ACHIEVE NATURAL,
PROGRESSIVE
RESULTS

YOUR JOURNEY, OUR EXPERTISE



SKIN DIAGNOSIS

Consultation, imaging and biological assessment.



CLINICAL SEQUENCE

Three advanced technologies applied in a defined order.



TREATMENT SESSIONS

A structured course shaped to your skin priorities.



MAINTENANCE

Medical-grade skincare guidance and follow-up.

WHAT MAKES IT DIFFERENT

QuadroStar Pro

Targets visible redness and vascular concerns.

PicoLaser

Supports collagen renewal and refines pigmentation and texture.

Fractional Erbium Dermablade

Promotes epidermal renewal and collagen induction.

PROGRAMME OPTIONS

SKIN SESSION

1 combined laser session

Face	€750
Face & Neck	€1,000

SKIN ESSENTIAL

Diagnosis + 2 combined sessions + 1 biological booster

Face	€1,800
Face & Neck	€2,200

SKIN ADVANCED

Diagnosis + 3 combined sessions + 1 biological booster

Face	€2,700
Face & Neck	€3,300

02

DERMAL RESET

— — — —

A focused clinical reset for visibly renewed skin.

An intensive medical session combining laser rejuvenation and biostimulation to improve skin quality, tone and firmness in fewer visits.

IMPROVE SKIN
QUALITY

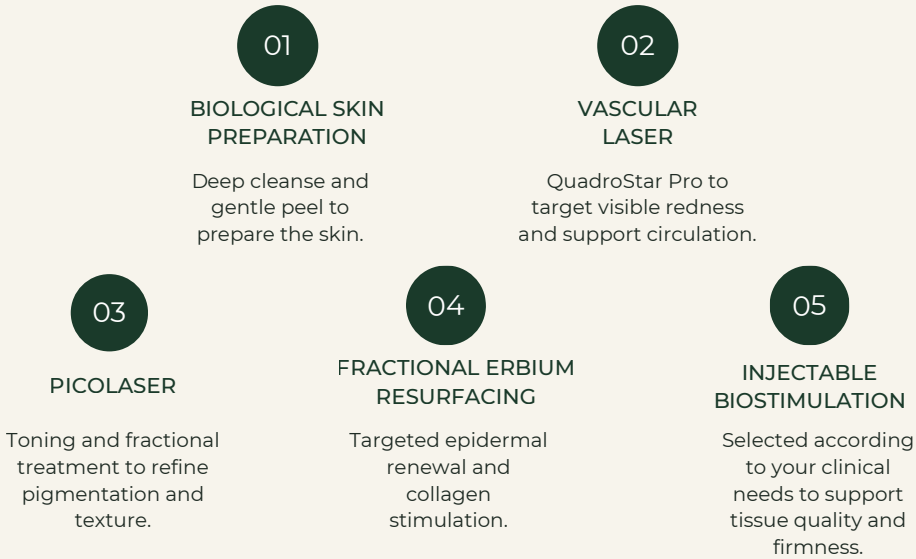
REFINE TONE
AND TEXTURE

SUPPORT
FIRMNESS

ACHIEVE VISIBLE
RENEWAL

YOUR DERMAL RESET SESSION

A clinically sequenced 90–120-minute treatment designed to improve skin quality, tone and firmness in fewer visits.



PROGRAMME OPTIONS

DERMAL RESET ESSENTIAL

Advanced diagnosis, two Cold Synergy® sessions and basic skincare

€1,500

DERMAL RESET ADVANCED

Advanced diagnosis, three Cold Synergy® sessions and one to two biostimulators

€3,750

DERMAL RESET COMPLETE

A six-month pathway including full diagnosis, expanded biomarkers, microbiome analysis, Cold Synergy® sessions, sequential biostimulation, exosomes or polynucleotides, nutraceuticals, 12-month follow-up and medical concierge support

€5,000

03

DERMAL ELITE

A long-term medical strategy for skin quality and refinement.

A structured six-month programme combining advanced diagnostics, phased treatments and biological support to achieve progressive, measurable results over time.

ASSESS SKIN
QUALITY

SEQUENCE
TREATMENTS

SUPPORT TISSUE
REGENERATION

REFINE RESULTS
OVER TIME

YOUR SIX-MONTH REJUVENATION PROTOCOL

A phased medical aesthetics programme designed to support the skin's biological response over time.

MONTH 0	ADVANCED DIAGNOSIS A detailed baseline assessment to identify your skin priorities and shape your protocol.
MONTH 0	SKIN QUALITY AND RADIANCE PicoLaser, Erbium Glass and PRP or exosomes to support texture, luminosity and renewal.
MONTH 1	BIOSTIMULATION A targeted session to support initial tissue regeneration.
MONTH 1 - 2	COLLAGEN INDUCTION A laxity-focused treatment phase to improve firmness and structural support.
MONTH 3 - 5	SEQUENTIAL REFINEMENT Further biostimulation sessions to support elasticity, tissue quality and progressive results.
MONTH 6	NECK REJUVENATION A focused treatment phase for neck laxity and refinement.

DESIGNED FOR PROGRESSIVE RESULTS

Each phase is timed to support the skin's biological response, allowing refinement to build gradually over six months.

AT A GLANCE

Duration: 6 months

Approach: Phased medical rejuvenation

€5,000

04

INTIMATE REGEN

Discreet clinical care for intimate wellbeing and pelvic health.

A personalised medical programme combining laser treatment, specialist physiotherapy and structured follow-up to support comfort, function and confidence.

RESTORE
COMFORT

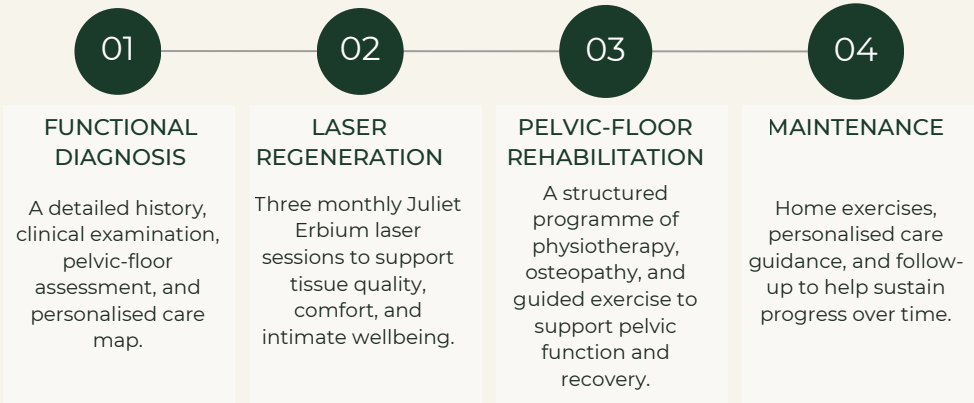
SUPPORT PELVIC
HEALTH

IMPROVE
FUNCTION

BUILD
CONFIDENCE

YOUR CARE PATHWAY

A discreet, clinically guided programme combining laser regeneration, pelvic-floor support, and structured follow-up.



PROGRAMME OPTIONS

INTIMATE ESSENTIAL		
Consultation, three laser sessions, and six physiotherapy sessions	3 months	€2,850
INTIMATE ADVANCED		
Consultation, three laser sessions, nine physiotherapy sessions, and osteopathy	3 months	€3,450
INTIMATE ELITE		
Everything included in Intimate Advanced, plus nine additional physiotherapy sessions and extended follow-up	9 months	€4,800

HOW TO BEGIN

*Your Tiara Health journey
begins with a conversation.*

Our team will help you identify the most appropriate programme based on your health priorities, symptoms, lifestyle, goals and previous results.

From there, your pathway is structured around you, from diagnostics and consultations to your personalised protocol and ongoing support.

01 Speak to our team

Share your goals, priorities and any existing health concerns.

02 Choose your programme

We will guide you towards the pathway that best fits your body and objectives.

03 Begin your personalised health journey

Your care is shaped around your results, your lifestyle and your long-term wellbeing.



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