WELLNEST

The WellNest *Portfolio*

LONGEVITY · PERFORMANCE · OPTIMISATION

Where precision medicine meets human performance.





Engineering health.
Extending vitality.
Redefining longevity.

Clinical & wellness *services*

A curated selection of clinical and wellness services designed for longevity and optimisation.

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01

About *WellNest*

A private health and longevity clinic delivering advanced diagnostics, physician-led care, and personalised optimisation to strengthen biology, elevate energy and extend healthspan.

The WellNest *Method*

WellNest integrates three essential pillars of modern longevity medicine.

01 **Precision Diagnostics**

Understanding the body through advanced biomarker testing, genetic insights, and metabolic analysis.

02 **Personalised Therapeutics**

Applying targeted therapies, recovery protocols, and nutritional strategies tailored specifically to each individual.

03 **Continuous Optimisation**

Monitoring progress and refining strategies to ensure sustained improvements in health, resilience, and performance.

Together, these pillars create a measurable pathway toward *long-term vitality.*

The biological pillars of *longevity*

Five core biological systems determine the quality and longevity of human life. At WellNest, our protocols are designed to optimise each of them.

01

Metabolic Health

Metabolism determines how efficiently the body converts nutrients into usable energy. When metabolic systems function properly, the body maintains stable blood sugar, balanced insulin sensitivity, and sustainable energy levels. Through targeted diagnostics and metabolic optimisation strategies, we help restore metabolic flexibility and long-term resilience.

02

Hormonal Balance

Hormones regulate nearly every physiological function, including mood, recovery, muscle development, and cognitive clarity. Our hormone optimisation protocols focus on restoring healthy hormonal signalling and maintaining balance across the body’s endocrine system.

03

Cognitive Performance & Brain Health

Mental clarity, focus, and emotional resilience are essential components of long-term wellbeing. Our cognitive optimisation strategies support neurological health, brain metabolism, and stress regulation to maintain clarity and performance over time.



04

Cellular Energy & Mitochondrial Health

Every biological process relies on cellular energy production. Mitochondria, the energy engines of the body’s cells, play a central role in vitality, recovery, and longevity. Our therapies are designed to support mitochondrial efficiency and cellular repair, enhancing energy production at the deepest biological level.

05

Recovery

The body’s ability to recover from stress, travel, training, and daily demands determines how well it performs and how gracefully it ages. WellNest integrates advanced recovery therapies designed to accelerate repair, reduce inflammation, and restore balance to the nervous system.

The WellNest *Model*

Health optimisation at WellNest follows a structured pathway.

01 **Discovery**

A detailed physician consultation exploring your health history, lifestyle, and performance goals.

02 **Diagnostics**

Advanced testing and biomarker analysis revealing the systems influencing your health.

03 **Optimisation**

Personalised therapies designed to support metabolism, hormones, recovery, and cellular energy production.

04 **Longevity**

Continuous monitoring and refinement of protocols to maintain peak health for years to come.



02

Clinical *Assessments*

Precision-led medical assessments designed to uncover, optimise, and elevate your long-term health and performance.

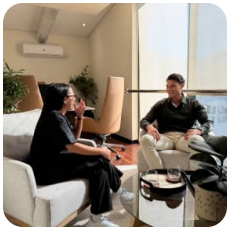
WellNest *consultations*



Baseline 360 Health & Longevity Assessment

Your personalised longevity blueprint - built from your biology.

R5,900
60 min



Hormone Optimisation Assessment

A structured, clinician-led functional approach.

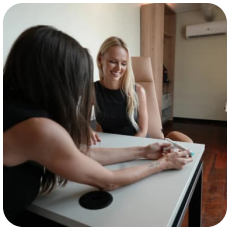
R550 Online, 15 min
R1,200 In clinic, 30 min



Weight Loss and Body Composition Consultation

A physician-led, data-driven body recomposition framework.

R550 Online, 15 min
R1,200 In clinic, 30 min



Peptide Therapy Consultation

A focused, doctor-led peptide optimisation session.

R550 Online, 15 min
R1,200 In clinic, 15 min



Targeted Supplement/IV Assessment

A structured, doctor-led precision optimisation approach - for IV or supplements.

R550 Online, 15 min

R1,200 In clinic, 30 min



Iron Infusion Consultation

A focused consultation to review blood results before any prescribed IV iron.

R550 Online, 15 min

R1,200 In clinic, 15 min



Follow Up

A structured follow-up consult to review progress and refine your optimisation plan.

R550 Online, 15 min

R1,200 In clinic, 30 min



Telehealth consultation

Doctor-led care, online.

R550 15 min



Lifestyle & Wellness Consultation

High-level, applied health strategy with Steve Uria.

R2,500 15 min

Blood tests, treatment and diagnostic charges are billed separately.



03

Longevity & Recovery *Therapies*

IV therapy, heat, cold and light, to support hydration, recovery and performance.



Ice Bath 2–5 min immersion

Cold immersion designed to support recovery, resilience, and post-training reset.

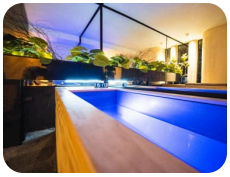
R250



Sauna 10–20 min session

Controlled heat therapy that may support circulation, relaxation, and recovery.

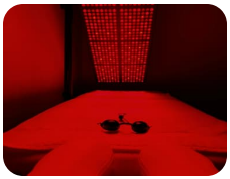
R250



Contrast Therapy 30 min

Sauna and ice bath combined in one session for a hot-and-cold recovery flow.

R450

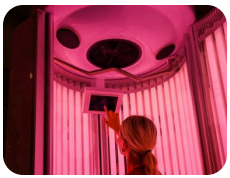


Red Light Therapy 10–20 min

Advanced photobiomodulation for cellular health and recovery.

R500

10 for R4,000

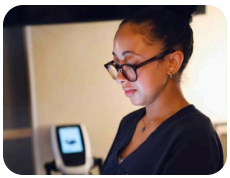


Collagen Tan Can 4–8 min exposure

A stand-up Collagen Tan Can session, with eye protection included.

R250

10 for R2,000



InBody (Body Composition Analysis)

Precise body composition analysis for tracking your transformation.

R500

10 for R4,000

Contrast bundles Bundle A, 5 sauna and 5 cold plunge, taken separately: R2,000. Bundle B, 10 sauna and 10 cold plunge sessions, paired on every visit: R3,500.

Precision IV *Therapies*

Targeted IV infusions to support hydration, recovery, and performance.

HYDRATION + ELECTROLYTE RESET	**Hydra Prime Readiness** 30–45 mins	R590
RECOVERY + TRAVEL + DOWNSHIFT	**Recovery Reset Lounge** 45–60 mins	R1,090
	Gut Recovery IV 45–60 mins	R1,090
ANTIOXIDANT + RADIANCE SUPPORT	**Immune Defence+ Recovery** 45–75 mins	R1,090
	Glow + Collagen Repair 60–75 mins	R1,510
	Antioxidant Detox Reset 60–90 mins	R1,690
METABOLIC + PERFORMANCE PATHWAYS	**Metabolic Reset** 60–90 mins	R2,380
	Performance Reboot Stack 45–75 mins	R1,350
	Executive Burnout Reset 60–90 mins	R1,440
NAD+ CELLULAR ENERGY LADDER	**NAD+ Starter 250** 90–120 mins	R990
	NAD+ Longevity Primer 500 120–150 mins	R1,190
	NAD+ Advanced 750 150–180 mins	R1,690





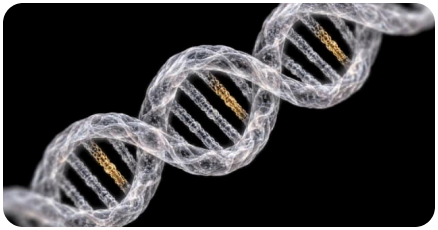
04

Advanced *Diagnostics*

Partnering with leading global laboratories to deliver deeper insights and precision-driven health optimisation.

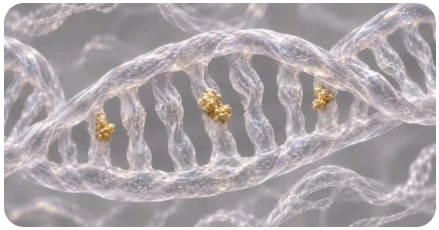
Our *tests*

Comprehensive testing designed to uncover the biological systems influencing health, performance and longevity.



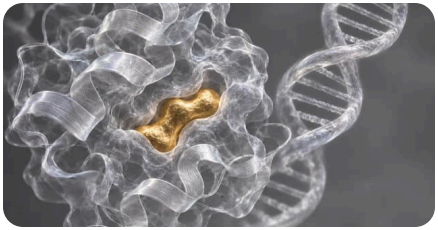
DNA Core

Genetic insights into nutrition, detoxification, metabolic pathways and exercise response.



TruAge Biological Age Test

Advanced methylation-based testing that estimates biological vs. chronological age.



Medcheck® Pharmacogenomics

Evaluates genetic responsiveness to over 100 medications used in cardiovascular health, psychiatry, diabetes and pain management.



Organic Acids Test (OAT)

Comprehensive metabolic snapshot with over 70 markers, including intestinal yeast and bacteria.



GI-MAP Microbiome Test

Stool analysis of your microbiome, with attention to microbes that may be disturbing its normal balance.



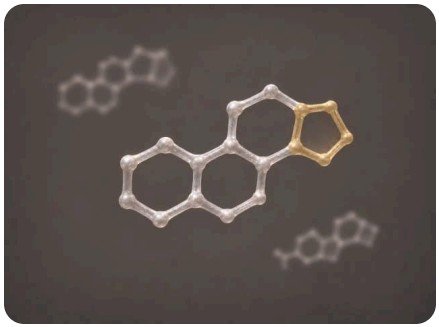
DUTCH Adrenal Test

Detailed cortisol rhythm analysis evaluating stress response and adrenal function.



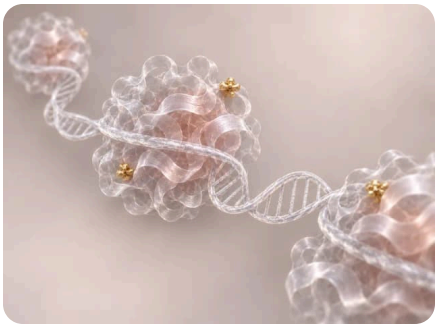
Hair Tissue Mineral Analysis (HTMA)

A non-invasive hair test of key nutrient mineral levels and ratios, metabolic status and toxicity.



DUTCH Complete™ Hormone Panel

Comprehensive evaluation of cortisol, oestrogen, testosterone, progesterone and their metabolites.



DNA + Epigenetic Testing

Evaluates gene expression patterns that may be influenced by lifestyle and environment.



NAD Metabolic Profile

Measures NAD+, NADH and related metabolites involved in cellular energy and DNA repair.



Vibrant Neural Zoomer Plus

Screens for autoantibodies associated with neuroinflammation and blood-brain barrier disruption.



Environmental Pollutant Profile

A urine-based panel measuring 14 key environmental toxins, including volatile organic compounds.

These advanced tests allow us to understand your biology at a deeper level and develop precision optimisation strategies. In partnership with DNAlysis, Nordic Laboratories, Biometrixlabs and Healthspan.

Advanced *tests*

Panels on metabolism, ageing, sport and stress, added to a consultation when deeper data is needed.



Metabolic Health Panel

Inherited traits and biological clues linked to how your body handles food.

R10,990



Healthy Aging Panel

Several clues linked to ageing, including telomeres, inflammation and repair processes.

R9,990



Healthy Sport Panel

Tiny signals in your blood linked to training, nutrition and recovery.

R7,990



Stress Monitor Panel

Tiny signals in your blood linked to the body's stress response, alongside how you feel.

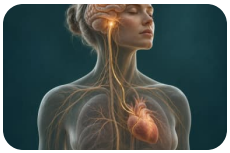
R6,490



GENEOMETRY® Clock

An age-related picture of your body's current activity, estimated from three tiny signals in your blood.

R6,490



Stress Resilience Test

A resting scan of your brain, nervous system and heart that estimates cellular energy, as part of Baseline 360.



05

Membership & *Day Pass*

Doctor-led care, training and recovery under one roof. We keep membership small, so the team looking after you knows you well.

Longevity Privilege *Membership*

MONTHLY

R8,990 per month

R53,940 over six months

UPFRONT PAYMENT

R48,546 for six months

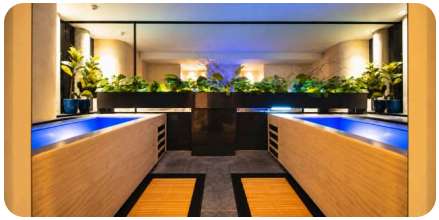
Save 10% (R5,394)



Baseline 360

Physician-led picture of your health.

360 Onboarding, with follow-ups at months 3 and 6.

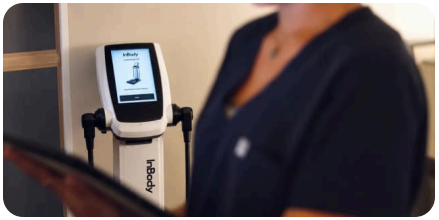


Recovery

Sauna and ice bath.

Red light therapy and Collagen Tan Can.

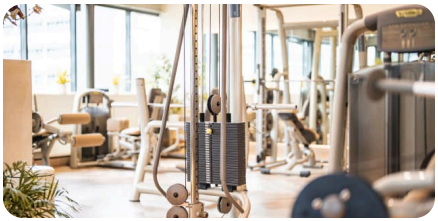
Access during opening hours.



Body composition

InBody scan plus grip strength tests.

Track your body composition over time.



Private gym

A private training space for members.

Access during opening hours.

Towel service.



Your care team

Your doctor, with lifestyle advice and guidance.

Working from the same health data.

Priority access to your team.



Café & lounge

One breakfast or lunch per day attended.

A quiet place to work.

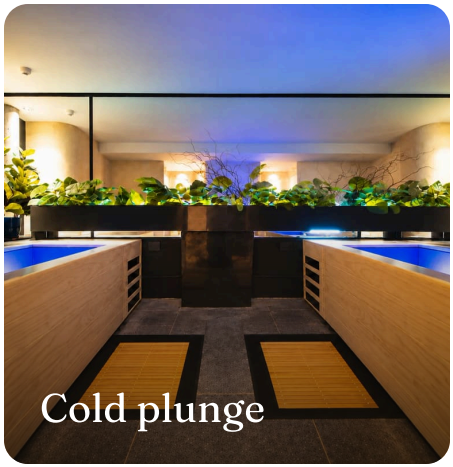
Day *Pass*

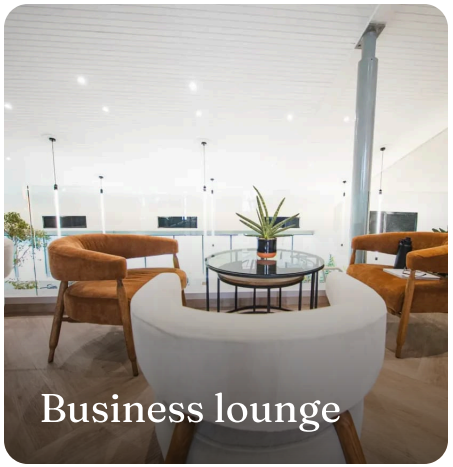
R1,000

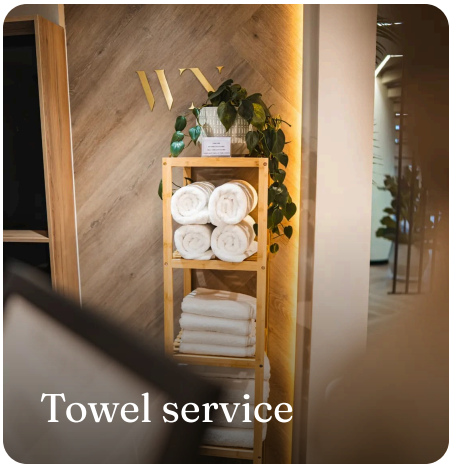
A day to train, recover and work from WellNest. Ideal for visitors or anyone who would like to experience the space.











Valid for one day · No membership agreement



The WellNest *Difference*

WellNest was created to redefine how modern healthcare is experienced.

Our clinic integrates physician-led medicine, advanced diagnostics, recovery therapies, and a hospitality-driven environment to deliver a deeply personalised optimisation experience.

Unlike traditional healthcare systems that operate reactively, WellNest focuses on proactive strategies designed to protect long-term vitality.

The WellNest *Commitment*

Health is the foundation of every extraordinary life.

At WellNest, every consultation, therapy, and protocol is designed with a single objective: to support long-term vitality and resilience.

Through precision diagnostics, personalised strategies, and continuous optimisation, we help our clients protect their most valuable asset, their health.

Because longevity is not simply about adding years to life. It is about ensuring those years are lived with strength, clarity, and purpose.



Precision Health
Longevity Optimisation
Human Performance

www.wellnest.gold
hello@wellnest.gold
+27 66 538 4856

183 Bree Street, Cape Town 8001
Mon–Thu 06:00–19:00
Fri 06:00–17:00
Sat 08:00–12:00

All prices include VAT and are correct as at November 2026. Prices and services may change: please check www.wellnest.gold for the latest.