HIK ARI HOUSE

VITA INFUSION & RECOVERY SUITE

Membership, Journeys & Programmes

Membership architecture, member experience and commercial rationale | PHASE TWO

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In Development | October 2026



WELCOME TO THE HIKARI METHOD

A considered approach to wellbeing

The complete Hikari House experience

Hikari House brings advanced recovery technologies, restorative spa experiences, functional insight, nutrition and thoughtful hospitality into one coordinated member experience. Every member can choose the level of structure that suits them, from flexible access to a focused Journey or a closely managed annual relationship.

THE METHOD IN PRACTICE

01

Understand the individual

Goals, preferences and suitability shape the starting point. Assessment becomes more detailed as the membership relationship deepens.

02

Create a sustainable rhythm

Recovery technologies, spa experiences, nutrition and hospitality are arranged into a practical cadence that the member can sustain.

03

Review and adapt

Member response and changing priorities inform what continues, what develops and what should follow.

Membership determines the depth of the relationship

Nagomi offers flexibility and member access. Kagayaki adds one focused six-month Journey. Takumi provides a 12-month relationship delivered through two adaptive six-month Programme Cycles.

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Three Levels of Membership

Each tier offers a different level of structure, commitment and practitioner involvement.

Nagomi

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FLEXIBLE MEMBERSHIP

Harmony

For members who want flexible access to Hikari House and a regular rhythm of wellbeing.

COMMITMENT

3-month commitment

STRUCTURE

Member access, selected allowances and preferential pricing without a managed Journey.

INDIVIDUAL MEMBERSHIP

£250 / month

£750 minimum term

3-month minimum



Kagayaki

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ONE FOCUSED JOURNEY

Radiance

For members ready to pursue one defined objective through a structured six-month Journey.

COMMITMENT

6-month commitment

STRUCTURE

One selected Journey with planned modalities, nutrition support and an agreed delivery rhythm.

JOURNEY-SPECIFIC PRICING

£480–£540 / month

£2,880–£3,240 total

Selected Journey determines fee



Takumi

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FULL HIKARI METHOD

Mastery

For members who want a closely managed optimisation relationship that evolves across the year.

COMMITMENT

12-month commitment

STRUCTURE

Two connected six-month Programme Cycles, with the second selected after reassessment.

PROGRAMME-SPECIFIC PRICING

£750–£900 / month

£9,000–£10,800 annual total

Two standard Programme Cycles



Individual pricing shown. Kagayaki varies by selected Journey. Takumi assumes two standard Programme Cycles; Sleep Restoration with CBT-I is £950 per month. Joint pricing remains to be confirmed.

Journeys and Programmes

Both run for six months. They differ in the depth of assessment, monitoring and adaptation.

KAGAYAKI JOURNEY A personalised pathway within a defined framework 輝		TAKUMI PROGRAMME CYCLE A closely managed cycle that adapts over time 匠
Progress towards one clearly defined wellbeing objective.	PURPOSE	Address a primary objective within a broader annual optimisation relationship.
A six-month framework with planned modalities, nutrition support and an agreed delivery rhythm.	STRUCTURE	A six-month evidence-informed plan with deliberate modality dosing, testing and specialist input where relevant.
Adjusted to the member while retaining the established Journey framework.	PERSONALISATION	Adapted more frequently according to assessment, response and changing priorities.
Baseline assessment, midpoint review and final reassessment.	REVIEW	Baseline assessment, regular oversight and formal reassessment at the end of the cycle.
Repeat or deepen the Journey, select a new Journey or progress to Takumi.	WHAT FOLLOWS	Continue the same Programme, transition to another or create a hybrid continuation cycle.

EVIDENCE AND PRACTICE

Programme design draws on published research, manufacturer protocols, equipment trials and widely adopted specialist practice.
Final dosage and frequency remain subject to individual assessment, suitability and response.

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Membership Tiers

PHASE TWO

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Nagomi

From the Japanese concept of "Harmony"

ENTRY MEMBERSHIP
£250 PER MONTH
3-MONTH MINIMUM COMMITMENT

For guests who want flexible access to Hikari House and a regular rhythm of wellbeing.

PHASE TWO EVOLUTION Nagomi succeeds the temporary Sōshi membership introduced during Phase 1

THE ROLE

Nagomi is Hikari's accessible entry membership. It suits guests who value the environment, services and sense of belonging, but do not want to follow a structured Journey or Programme.

WHO IT IS FOR

- Guests who want to visit regularly without committing to a Journey
- Members who value priority, recognition and community
- People who are new to advanced recovery technologies
- Guests who prefer flexibility over a prescribed schedule

THE RELATIONSHIP

Nagomi members are known and recognised, but Hikari does not manage a defined Journey or Programme for them. Personalisation centres on service preferences, visit history, hospitality and appropriate recommendations.

MEMBER EXPERIENCE

- Member access and booking privileges
- Selected service or facility allowances
- Preferential member pricing
- Events and community experiences
- Vita Lounge benefits
- Personal recognition and saved preferences
- Periodic wellbeing check-in
- A clear route into Kagayaki when a defined goal emerges

CLEAR BOUNDARIES

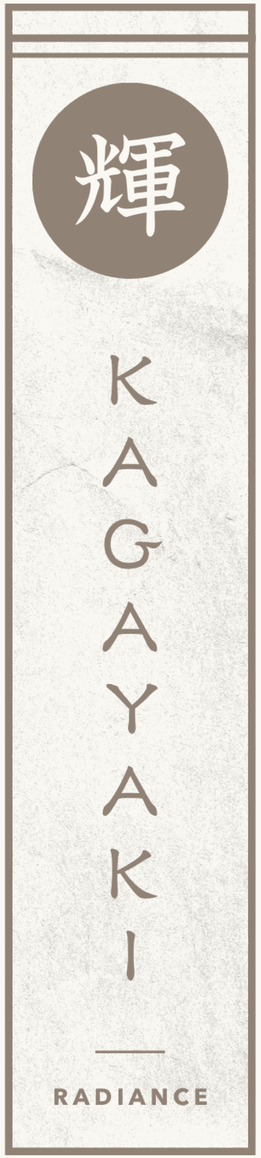
Nagomi focuses on access and belonging. It does not promise measurable health outcomes or include large allocations of capacity-constrained technologies. It is a distinct membership, not a reduced version of Kagayaki.

COMMERCIAL ROLE

Nagomi lowers the barrier to membership, encourages regular use and builds trust. It creates recurring revenue without the obligations of a managed Journey or Programme and provides a natural route into Kagayaki.

RECOMMENDED STRUCTURE

3-month minimum commitment
Selected member allowances
Natural progression towards Kagayaki



Kagayaki

From the Japanese concept of "Radiance"

CORE HIKARI METHOD MEMBERSHIP
£480–£540 PER MONTH
6-MONTH COMMITMENT

For members ready to pursue one focused, outcome-led six-month Journey with personalisation and regular review.

THE ROLE

Kagayaki is the core expression of the Hikari Method. It is designed for members with a defined goal who want assessment, coordinated recovery, nutrition support and regular review within one structured six-month Journey.

WHO IT IS FOR

- Members with a clear goal they want to pursue
- Guests ready to attend regularly and follow a structured plan
- People who value assessment and practitioner guidance
- Members who want progress reviewed and their plan adjusted

THE JOURNEY

At the start, Hikari helps the member select the most appropriate Journey. Assessment and practitioner insight shape the plan, modality mix and recommended frequency. A midpoint review allows adjustments, and the final reassessment informs what follows.

MEMBER EXPERIENCE

- One personalised six-month Journey
- Initial consultation and appropriate assessments
- Individual recovery plan with nutrition support where included.
- Scheduled session allocation
- Midpoint review and plan adjustment
- End-of-Journey reassessment
- Priority booking and personal recognition
- Recommendation to renew, choose another Journey or progress to Takumi

CLEAR BOUNDARIES

Kagayaki remains a focused six-month Journey. It provides a defined framework while allowing delivery to change with the member's goals, response and suitability. The membership uses a guided Journey rather than a fixed treatment bundle or credit wallet.

COMMERCIAL ROLE

Kagayaki gives Hikari a focused six-month relationship with predictable utilisation and a clear renewal point. At completion, the member can deepen the same Journey, choose another or progress to Takumi.

RECOMMENDED STRUCTURE

6-month commitment
One selected Journey
Baseline, midpoint and final review
Renewal into another Journey or Takumi

Follow one personalised Journey and build meaningful progress over six months.

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TAKUMI

MASTERY

Takumi

From the Japanese concept of "Mastery"

ANNUAL HIKARI METHOD MEMBERSHIP
STANDARD PROGRAMMES £750–£900 / MONTH
CBT-I OPTION £950 / MONTH
12-MONTH COMMITMENT

For members who want a closely managed optimisation relationship across two connected Programme Cycles.

THE ROLE

Takumi is the most comprehensive expression of the Hikari Method. It gives members close oversight across two connected six-month Programme Cycles. Hikari can deepen, redirect or change the second cycle after reassessment.

WHO IT IS FOR

- Members with several connected goals or changing priorities
- People seeking continuity beyond a single six-month Journey
- Guests who want closer practitioner oversight and coordinated support
- Members who value priority access and a highly personalised relationship

THE PROGRAMME CYCLES

Takumi begins with a comprehensive assessment and one selected six-month Programme. A month-six reassessment determines the second cycle, which may continue, deepen, change focus or combine priorities. Monitoring and review allow Hikari to adjust delivery as the member responds.

MEMBER EXPERIENCE

- Two connected six-month Programme Cycles
- Comprehensive consultation and appropriate diagnostics
- Programme selected around primary goals and suitability
- Planned modality dosage and frequency
- Closer practitioner oversight and regular reviews
- Month-six reassessment before Cycle 2
- Expanded modality allocation and priority booking
- Final annual reassessment and next-year recommendation

CLEAR BOUNDARIES

Takumi follows two agreed six-month Programme Cycles within an annual membership. Member suitability, response and capacity determine modality choice and frequency. The month-six reassessment sets Cycle 2 within the annual allocation.

COMMERCIAL ROLE

Takumi creates Hikari's deepest and most predictable member relationship. The annual commitment improves retention and capacity planning, while the cycle structure creates a defined reassessment and recommitment point at month six.

RECOMMENDED STRUCTURE

12-month membership
Two six-month Programme Cycles
Month-six reassessment before Cycle 2
Highest priority and expanded allocation

A continuous relationship that evolves through two purposeful Programme Cycles.

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Kagayaki Journeys

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The Commercial Logic of Journeys

Journeys combine package value with a defined outcome, practitioner guidance and a structured six-month delivery plan.

The model combines a defined Journey framework with assessment-led personalisation and a planned delivery rhythm.

OUTCOME-LED

Services are curated around a desired result, giving the member a clear goal and reason to follow the Journey.

PERSONALISED

Assessment adapts the modality mix, sequence and frequency while the Journey retains a repeatable core structure.

BETTER VALUE

Fees range from £480 to £540 per month according to the selected Journey. Each costs less than purchasing its included services individually.

INDICATIVE 26-WEEK DELIVERY RHYTHM

BASELINE & PLAN	CORE DELIVERY	REVIEW & REFINE	MAINTAIN & INTEGRATE	REASSESS
Assessment and plan	Establish the planned modality and nutrition rhythm	Review response and adjust the plan	Lower-frequency support and integration	Decide the next step

COMMERCIAL EXTENSION OPPORTUNITIES

Optional purchases align with decision points within the Journey.

ASSESSMENT

Enhanced diagnostics where appropriate
IV infusions

DURING DELIVERY

Supplements and
Vita Lounge products

MAINTENANCE

Additional modality sessions
where appropriate

FINAL REVIEW

Renew into a new Journey
Progress to Takumi

MEMBER VALUE	Clear goal, a defined delivery structure, personalisation and a lower cost than buying the included services separately.	**HIKARI VALUE**	Predictable revenue and utilisation, with natural opportunities for add-ons, renewal and progression to Takumi.

Indicative commercial architecture. Final services, sequencing and frequency remain subject to assessment, individual suitability, capacity and member response.



KAGAYAKI · SIX-MONTH JOURNEY

Sleep & Regulation

More restorative sleep and steadier regulation.

THE INTENTION

A structured six-month Journey designed to support a more reliable sleep rhythm through repeated low-intensity recovery sessions, guided reviews and personalisation.

KAGAYAKI MEMBER	GUEST À-LA-CARTE VALUE
£2,880	£4,660
£480 / month	saving £1,780

THE 26-WEEK PROGRESSION

BASELINE & SETTLING	RHYTHM BUILDING	CONSOLIDATION	MAINTENANCE & REVIEW
WEEKS 1–4	WEEKS 5–10	WEEKS 11–20	WEEKS 21–26
Assessment + initial tolerance	Establish the restorative core	Midpoint review + refine cadence	Personalise + final review

ASSESSMENT & REVIEW TOUCH-POINTS

Baseline assessment + panel review

Midpoint clinical review

Final clinical review

JOURNEY FOUNDATION

- Hikari Initial Assessment
- Sleep panel + results review
- Midpoint + final clinical reviews
- 8-week supplement allowance
- £250 personalisation allowance

PLANNED TECHNOLOGY ALLOCATION

6	16	20	4	4
HBOT	Whole-body Red Light	Vibro-acoustics & Heat	Flow Protocol	Sauna

50 planned service units. Harmony and Red Light may be paired within one visit.

Planning allocations, not a fixed prescription. Final sequence and frequency depend on assessment, individual suitability, capacity and member response.



KAGAYAKI · SIX-MONTH JOURNEY

Recovery & Performance

Greater physical readiness and recovery between demands.

THE INTENTION

A focused Journey designed to establish performance baselines, build adaptive capacity and create a more reliable recovery rhythm between training, work and daily demands.

KAGAYAKI MEMBER	GUEST À-LA-CARTE VALUE
£3,120	£4,940
£520 / month	saving £1,820

THE 26-WEEK PROGRESSION

BASELINE	CONDITIONING BLOCK	INTEGRATED PERFORMANCE	CONSOLIDATION & REVIEW
WEEKS 1–2	WEEKS 3–7	WEEKS 8–18	WEEKS 19–26
Assessment + MITOVIT calibration	Ten-session MITOVIT block	Apex, Flow + contrast	Remaining sessions + final review

ASSESSMENT & REVIEW TOUCH-POINTS

- Baseline assessment + panel review
- Midpoint clinical review
- Final clinical review

JOURNEY FOUNDATION

- Hikari Initial Assessment
- Recovery panel + results review
- Performance nutrition consultation
- Midpoint + final clinical reviews
- £250 personalisation allowance

PLANNED TECHNOLOGY ALLOCATION

11	5	5	5	4
MITOVIT appointments	Apex Protocol	Flow Protocol	Guided Contrast	Whole-body Red Light

30 planned appointments, including one MITOVIT calibration and ten training sessions.

Planning allocations, not a fixed prescription. Final sequence and frequency depend on assessment, individual suitability, training load, capacity and member response.



KAGAYAKI · SIX-MONTH JOURNEY

Metabolic & Adaptive Resilience

More stable energy, stronger nutrition habits and improved metabolic markers where appropriate.

THE INTENTION

Personalised nutrition and an initial MITOVIT calibration prepare a concentrated Adaptive Protocol block. Sauna, contrast and selected supporting sessions reinforce the longer adaptation phase.

KAGAYAKI MEMBER	GUEST À-LA-CARTE VALUE
£3,000	£4,725
£500 / month	saving £1,725

THE 26-WEEK PROGRESSION

BASELINE	ADAPTIVE BLOCK	HABIT REINFORCEMENT	CONSOLIDATION & RETEST
WEEKS 1–2	WEEKS 3–7	WEEKS 8–18	WEEKS 19–26
Assessment + MITOVIT calibration	Ten Adaptive Protocol sessions	Nutrition + sauna + contrast	Apex support + targeted retest

ASSESSMENT & REVIEW TOUCH-POINTS

- Baseline assessment + nutrition plan
- Midpoint clinical review
- Targeted retest + final review

JOURNEY FOUNDATION

- Hikari Initial Assessment
- Metabolic panel + results review
- Nutrition consultation + 3 follow-ups
- 8-week supplement allowance
- Midpoint review + targeted retest
- £250 personalisation allowance

PLANNED TECHNOLOGY ALLOCATION

1	10	2	6	6	2
MITOVIT calibration	Adaptive Protocol	Apex Protocol	Guided Contrast	Sauna	Whole-body Red Light

27 planned technology appointments across six months.

Planning allocations, not a fixed prescription. Final sequence and frequency depend on assessment, individual suitability, clinical governance and member response.



KAGAYAKI · SIX-MONTH JOURNEY

Vitality & Healthy Ageing

Sustained vitality and a stronger foundation for healthy ageing.

THE INTENTION

A monthly Apex rhythm provides the main recovery anchor. Nutrition guidance, targeted testing and lower-frequency supporting modalities create a sustainable six-month plan for vitality and healthy ageing.

KAGAYAKI MEMBER	GUEST À-LA-CARTE VALUE
£3,240	£5,000
£540 / month	saving £1,760

THE 26-WEEK PROGRESSION

HEALTH CONTEXT	FOUNDATION	SUSTAINED VITALITY	REVIEW & NEXT PLAN
WEEKS 1–3	**WEEKS 4–10**	**WEEKS 11–20**	**WEEKS 21–26**
Assessment + vitality panel	Begin the monthly Apex rhythm	HBOT, STENDO + supporting sessions	Retest + agree next priorities

ASSESSMENT & REVIEW TOUCH-POINTS

- Baseline assessment + vitality panel
- Midpoint clinical review
- Targeted retest + final review

JOURNEY FOUNDATION

- Hikari Initial Assessment
- Vitality panel + results review
- Nutrition consultation + 2 follow-ups
- 8-week supplement allowance
- Midpoint review + targeted retest
- £250 personalisation allowance

PLANNED TECHNOLOGY ALLOCATION

6	3	4	8	4	2
Apex Protocol	HBOT	Whole-body Red Light	STENDO	Guided Contrast	Sauna

27 planned technology appointments across six months.

Planning allocations, not a fixed prescription. Final sequence and frequency depend on assessment, individual suitability, clinical governance and member response.

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Takumi Programmes

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The Takumi Programme Model

Evidence-informed six-month cycles within a closely managed annual relationship.

Like the Kagayaki Journeys, Takumi Programmes are six-month pathways focused on sleep, recovery and performance, metabolic resilience or vitality and healthy ageing. Takumi increases the intensity of delivery through higher modality dosages informed by published research, equipment-specific studies, manufacturer protocols and established specialist practice. It also adds more targeted biomarker testing and closer personalisation to guide the plan and measure progress.

01 OBJECTIVE & MEASURES

One primary objective, agreed baseline measures and clear review points give each cycle direction.

02 DELIBERATE DOSAGE

Core modalities use planned frequencies informed by research, manufacturer guidance and established specialist practice.

03 CLOSER OVERSIGHT

Formal reviews, selected testing and practitioner input guide decisions throughout the cycle.

04 ADAPTIVE DELIVERY

Timing, sequence and supporting modalities can change without turning the Programme into an unrestricted credit wallet.

INDICATIVE 26-WEEK PROGRAMME RHYTHM

BASELINE & DESIGN	FOCUSED DELIVERY	REVIEW & ADAPT	INTEGRATE	REASSESS
Weeks 1–2 Context, testing and plan	Weeks 3–8 Establish the core block	Weeks 9–15 Review response and refine	Weeks 16–24 Consolidate and reduce intensity	Weeks 25–26 Repeat measures and decide next

MEMBER VALUE

Deeper personalisation, planned dosage, selected diagnostics and continuity across the year.

HIKARI VALUE

Higher committed revenue, planned capacity use and a formal reassessment point before Cycle 2.

Programme design draws on published research, manufacturer guidance, equipment-specific studies and established practice. Evidence strength varies. Final dosage and sequence require assessment, suitability, response and clinical approval.

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TAKUMI · SIX-MONTH PROGRAMME

Sleep & Regulation

Structured sleep optimisation with deeper testing, higher modality dosage and closer review.

THE INTENTION

A data-informed six-month Programme for healthy, high-performing members who want more restorative sleep, steadier regulation and a sustainable recovery rhythm. A concentrated first phase establishes the core modality cadence before reviews adapt timing and allocation to the member's response.

TAKUMI MEMBER	À-LA-CARTE VALUE
£4,500	£6,010
£750 / month	saving £1,510

Sleep Restoration with CBT-I: £5,700 total, £950 per month.

THE 26-WEEK PROGRESSION

CALIBRATION	REGULATION	OPTIMISATION	INTEGRATION	COMPLETE
WEEKS 1–2	WEEKS 3–8	WEEKS 9–16	WEEKS 17–25	WEEK 26
Assess + design	Concentrated recovery block	Review response + personalise	Reduce frequency + test sustainability	Blueprint + next plan

ASSESSMENT & REVIEW TOUCH-POINTS

- Baseline assessment + panel review
- W13 formal review
- W26 final review + Blueprint
- W38 remote follow-up

PROGRAMME FOUNDATION

- Hikari Initial Assessment + sleep panel
- 14-day diary + wearable trend review
- Midpoint + final formal reviews
- Six concierge progress check-ins
- Week 38 remote follow-up

PLANNED TECHNOLOGY ALLOCATION

24	24	12	6	12	6
Whole-body Red Light	Vibro-acoustics & Heat	BEMER PEMF	Flow Protocol	Sauna	HBOT

84 planned service allocations. Compatible modalities may be paired within one visit.



Planning allocations, not a fixed prescription. Final timing, device settings, combinations and CBT-I suitability require approved protocols, individual assessment and clinical governance.

HIKARI HOUSE
VITA INFUSION & RECOVERY SUITE

TAKUMI · SIX-MONTH PROGRAMME

Recovery & Performance

Structured recovery optimisation with repeat testing, higher modality dosage and training-led review.

THE INTENTION

A six-month Programme for active, performance-focused members who want more consistent recovery and readiness around training, travel and competition. Baseline testing and the member's training calendar set the initial allocation. Monthly reviews then refine timing and emphasis without replacing the member's coach or training plan.

TAKUMI MEMBER	À-LA-CARTE VALUE
£5,100	£6,770
£850 / month	saving £1,670

Current value at member prices: £5,475.

THE 26-WEEK PROGRESSION

BASELINE	FOUNDATION	CAPACITY	INTEGRATION	CONSOLIDATE	COMPLETE
WEEKS 1–2	WEEKS 3–8	WEEKS 9–13	WEEKS 14–20	WEEKS 21–25	WEEK 26
Assess + align	Establish recovery rhythm	Repeat test + refine	Place around higher loads	Set maintenance cadence	Final plan

ASSESSMENT & REVIEW TOUCH-POINTS

Baseline assessment + Snapshot · W4–24 monthly reviews · W13 midpoint Snapshot · W26 final Snapshot + plan · W38 follow-up

PROGRAMME FOUNDATION

- Hikari Initial Assessment + recovery panel
- Three Hikari Performance Snapshots
- Performance nutrition + two follow-ups
- Six monthly programme reviews
- Final plan + week 38 remote follow-up

PLANNED TECHNOLOGY ALLOCATION

6	12	12	6	12	8	6
Apex Protocol	Flow Protocol	Standalone BEMER	Standalone Red Light	Harmony Recovery	Guided Contrast	Sauna

62 planned treatment appointments across six months. Timing follows the member's training plan.



Planning allocations, not a fixed prescription. Timing and sequencing follow the member's training goal, individual suitability and approved protocols. The Programme does not replace coaching, rehabilitation or medical care.

HIKARI HOUSE
VITA INFUSION & RECOVERY SUITE

TAKUMI · SIX-MONTH PROGRAMME

Metabolic Resilience

Structured metabolic optimisation with deeper biomarker testing, higher modality dosage and personalised review.

THE INTENTION

A 26-week Programme for members with a defined metabolic or optimisation objective. Personalised nutrition and movement establish the foundation, followed by structured MITOVIT, STENDO and sauna blocks. Baseline, midpoint and completion testing allow the plan to adapt to the member's response while preserving a clear progression.

TAKUMI MEMBER	À-LA-CARTE VALUE
£4,950	£7,655
£825 / month	saving £2,705

Current value at member prices: £6,345.

THE 26-WEEK PROGRESSION

BASELINE	ADAPTIVE CONDITIONING	VASCULAR CONDITIONING	INTEGRATE & MAINTAIN	COMPLETE
WEEKS 1–2	WEEKS 3–7	WEEKS 8–19	WEEKS 20–25	WEEK 26
Assess + design	Focused MITOVIT block	Structured STENDO block	Habits + remote support	Final report

ASSESSMENT & REVIEW TOUCH-POINTS

Baseline assessment + plan · W6 + W12 nutrition · W13 retest + review · W14–25 check-ins · W26 retest + report · W38 follow-up

PROGRAMME FOUNDATION

- Hikari Initial Assessment + metabolic panel
- Nutrition consultation + three follow-ups
- Eight-week supplement allowance
- Movement plan + six remote check-ins
- Final report + week 38 remote follow-up

PLANNED TECHNOLOGY ALLOCATION

15	36	26
MITOVIT exposures	STENDO 60-minute sessions	Sauna sessions

77 planned technology and heat visits across six months. The healthy-member route may use an adapted allocation.



Planning allocations, not a fixed prescription. Eligibility, markers, device settings and sequencing remain subject to clinical assessment and approved protocols. The Programme supports metabolic optimisation; it does not guarantee a clinical result or replace medical care.

TAKUMI · SIX-MONTH PROGRAMME

Vitality & Healthy Ageing

Healthspan optimisation with repeatable functional testing, broader modality allocation and long-term planning.

THE INTENTION

A personalised six-month Programme for healthy adults who want to preserve physical capacity, understand longer-term health risks and build a sustainable healthspan plan. Repeatable functional measures, selected blood testing, nutrition support and six monthly reviews guide an adaptive Hikari rhythm across the member's programme.

TAKUMI MEMBER	À-LA-CARTE VALUE
£5,400	£7,055
£900 / month	saving £1,655

Current value at member prices: £5,730.

THE 26-WEEK PROGRESSION

BASELINE	FOUNDATION	DEVELOPMENT	INTEGRATION	CONSOLIDATION	COMPLETE
WEEKS 1–2	WEEKS 3–8	WEEKS 9–13	WEEKS 14–20	WEEKS 21–25	WEEK 26
Assess + design	Establish the Hikari rhythm	Measure + refine	Fit around daily life	Prepare long-term plan	Final plan

ASSESSMENT & REVIEW TOUCH-POINTS

- Baseline assessment + Snapshot
- W4–8 reviews + nutrition
- W13 midpoint Snapshot
- W16–20 reviews + nutrition
- W24–26 final Snapshot + plan
- W38 follow-up

PROGRAMME FOUNDATION

- Hikari Initial Assessment + vitality panel
- Three repeatable Healthspan Snapshots
- Nutrition consultation + three follow-ups
- Six monthly programme reviews
- Twelve-month plan + week 38 follow-up

PLANNED TECHNOLOGY ALLOCATION

8	12	12	8	8	12
Apex Protocol	Standalone Red Light	Harmony Recovery	STENDO	Guided Contrast	Sauna

60 planned treatment appointments across six months. Apex adds eight further whole-body Red Light exposures.



Planning allocations, not a fixed prescription. Assessment and delivery adapt to age, fitness, health context and clinical suitability.
Hikari modalities support the programme but do not constitute a validated longevity protocol or replace exercise, nutrition or medical care.