

*A*ARC VITAE
INTELLIGENT LONGEVITY JOURNEYS

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IN RESIDENCE AT THE OBEROI

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SEPTEMBER 18TH – OCTOBER 2ND, 2027





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There comes a point when we begin to ask different questions. Not what comes next, but how do I live this part of my life well?

Intelligent longevity is not simply about living longer. It is about living deliberately in the years that matter most.

We created Arc Vitae for this moment.

The women seeking Arc Vitae are not looking to retreat. They are moving forward, looking for clarity on how their biology and psychology interact. What genuinely sustains them, and how to carry that forward coherently well into their future.

Every woman arrives at age differently, each shaped by life, history, and physiology. Good health is not guaranteed, but when we have it, it matters, and it deserves to be met with precision.

Arc Vitae is designed to create that precision.

A female-led, faculty-held journey in which your biology and psychology are examined through science, your patterns become visible, and your understanding sharpened.

Over four months and a 15-day journey, you design your *Living Blueprint* scientifically together with the faculty. Creating a personalised longevity framework, built to last into your next chapter.

Deborah Delaney
Architect and Founder



Your *Living Blueprint*

The Architecture of Intelligent Longevity

Arc Vitae is built around your *Living Blueprint*: A personalised record of how your body and mind work together, informed by data, guided by observation, and lived experience.

Ten weeks before the journey begins, advanced at-home biological testing and private consultations establish the baseline for your *Living Blueprint*.

Blood markers, genetic tendencies, and microbiome patterns reveal how your body responds to stress, sleep, nutrition, and recovery in real conditions, not in theory. With that clarity, decisions stop being guesswork and become proportionate, informed, and sustainable.

During this time, in depth conversations with the faculty regarding your biological data and stress responses, focus on building your *Living Blueprint*.

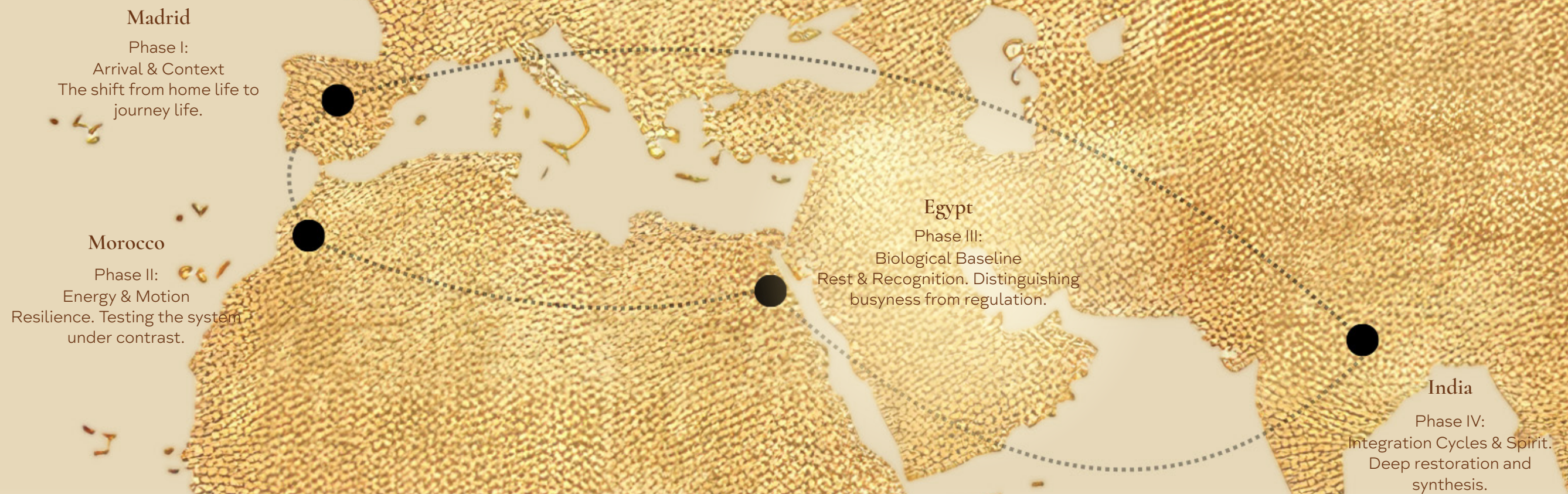
The framework then unfolds across a 15-day journey. Your *Living Blueprint* is refined across four contrasting environments, from Spain, to Morocco and Egypt to the temples of India. Each destination selected for what it does for the body and the mind.

Daily faculty-led sessions, restorative treatments, and curated experiences build your *Living Blueprint* in real time as each environment reveals something new.

The environments begin to adjust sleep patterns, speed recovery, and address nutrition, and stress. You begin to understand deeply not just what your body needs, but why, and under what conditions it thrives.

What you take home is a practiced, science-based framework. It is something learned and understood. Your genetic sequencing, metabolic patterns, stress responses and recovery thresholds, all mapped, interpreted, and yours to act on. Knowledge does not expire. It compounds.

The *Living Blueprint* is built by you, in motion, and over a specific time.



Movement as Method

Four contexts. One arc.

Environments are not simply a backdrop. They are the method.

Arc Vitae travels across Spain, Morocco, Egypt, and India, in residence at Oberoi Hotels, each destination selected for what it makes possible. Contrast is intentional. Shifts in climate, culture, pace, and sensory input reveal what genuinely supports your system and what quietly depletes it.

Transitions between destinations by private jet are calm and coherent rather than disruptive, allowing

personal focus to progress without interruption. Systems support rest, hydration, and nervous system regulation. A dedicated guest services concierge manages every transition end-to-end.

Cohort

Arc Vitae is limited to twelve women per journey, intentionally small so that the experience remains intimate, faculty access is direct, and discretion is absolute.

Every woman joins Arc Vitae through a personal conversation with Deborah. Not a formality; it's the beginning of the process. It establishes whether the journey is what you are seeking.

The women who come to Arc Vitae have typically carried significant responsibility for a long time. What they share isn't a job title or an industry. It's a moment. The same question. The same readiness to invest in understanding themselves at this level.

Private Jet Travel - *Continuity by Design*

Privately chartered flights and private-terminal handling (where available) keep travel calm, discreet, and efficient. Dedicated guest services coordinate every transition, including luggage, so you move through each location without friction.

It's not just transport. It's part of the method: continuity, privacy, and time returned to you.

Faculty-Held, *Personally Guided*



How the Faculty Supports You

Before the 15-day journey, you will have private conversations with each faculty member to establish context, priorities, and personal parameters. Your *Living Blueprint* is designed with precision.

Their role is to interpret: to help you understand what your genetics are telling you, and what to do with that information to assist your longevity pathway. The work is held collectively by the faculty within a shared methodological framework, ensuring continuity throughout the journey. These sessions connect your biological data, psychological patterns, and identity giving you a clear understanding of what intelligent longevity looks like for you.

Community is part of the method

The journey is designed for a small group of like-minded women. Insights become shared and nothing happens in isolation. Nutritious meals, quiet conversation, and time in the same environment create a context that is difficult to find elsewhere.

Deborah Delaney

Architect and Founder

Deborah has spent more than twenty-five years designing environments for people operating at the highest levels of professional and personal life. Her work across Southeast Asia, and later through her United Kingdom private practice, was never simply about wellness. It was about understanding what genuinely sustains a woman under pressure.

She holds practitioner qualifications in nutritional science. Within Arc Vitae, her role is to ensure that your experience translates into your next life chapter.



Dorthe Hummel

Biological and Genetic Intelligence

Dorthe is a European pioneer in human performance, working at the intersection of neuroscience, genetics, brain chemistry, and personalised biology. Her work spans elite sport and executive leadership, with clients across the NFL, Premier League, UFC, and Major League Baseball.

Her approach is built on a single principle: measure the person, not the role. Through advanced diagnostics and interpretation, she translates complex biological and genetic data into clear, actionable strategies grounded in measurable reality.



Eeva Jaakonsalo

Sensory Intelligence

Eeva has spent more than twenty-five years working with senior leaders and leadership teams navigating demanding, high-pressure situations. Her background combines strategy consulting, executive coaching, and facilitation across some of Europe's most complex organisations.

She is known for her ability to read a room with precision, identifying patterns in thinking, behaviour, and group dynamics that others miss. Within Arc Vitae, that same attention is brought to each woman individually. Helping her see what is driving her decisions, where her energy is being spent, and what becomes possible when that clarity is in place.



Environments That Elevate

Oberoi Hotels are a natural home for Arc Vitae. Their standard of personal service, deep respect for local heritage, and commitment to individual care is world class.

Oberoi properties combine modern luxury with elegant architecture, expansive gardens, pools, terraces, and quiet pathways.

When comfort is reliable and nothing is competing for our attention, our nervous system settles faster, clarity increases, and capacity returns.



The Integrated Support System

In Sanskrit, Asmi means I am. Its philosophy, built around five interconnected pillars drawn from the ancient wisdom of Pancha Kosha and informed by contemporary science. The premise is simple: the body is not a collection of separate problems to be addressed in isolation. It is a whole system, and treated as one, everything changes.

Within Arc Vitae, ASMI operates as a living, responsive layer of support woven throughout. Nothing is pre-scheduled. Everything is selected in real time, in direct alignment with your *Living Blueprint* and the biological phase you are moving through at that point in the journey.

The Oberoi team works alongside the Arc Vitae faculty to ensure that what you receive each day is precisely what it requires.



Bodywork

The body carries far more than we consciously register. Accumulated tension, compressed recovery, years of sustained pressure held in the tissue.

The bodywork available through ASMI is not indulgence. It is an intervention. Treatments are selected by the Oberoi team in direct consultation with the Arc Vitae faculty. Chosen for their therapeutic relevance to where you are in the journey at that precise moment. The result is accelerated physical recovery, deeper sleep, and a progressive release of the physical weight that high-functioning women rarely acknowledge they are carrying.



Mindfulness

Drawn from the practices of Dharana, single-pointed focus, and Dhyana, deep meditation, the mindfulness dimension of ASMI is applied practically rather than philosophically.

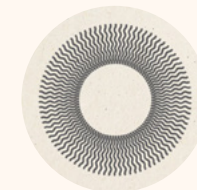
The intention is not spiritual. It is neurological. Structured attention practices reduce cognitive overload, sharpen decision-making, and create the internal conditions under which the deeper integration of your work can take root. By India, these practices have become less effortful and more habit. Clarity begins to feel like a natural state rather than something that has to be pursued.



Movement

Movement within Oberoi is not exercise for its own sake. It is calibrated to your current biological capacity and adjusted as your energy shifts across the fifteen days. In the early phase, movement is gentle and restorative. As your system stabilises, sessions build progressively toward strength and mobility.

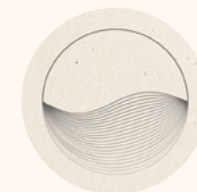
The intention throughout is to generate sustained energy without adding depletion to an already shifting system. Morning movement sessions are offered daily, with evening sessions designed to unwind the body and prepare it for deep, restorative sleep.



Breathwork

Breathing is the only autonomic function we can consciously control, which makes it one of the most powerful tools available for nervous system regulation.

Our breathing patterns directly influence our thoughts, cortisol levels, and our physiological state. Guided breathwork sessions throughout the journey are used strategically, at the points where recalibration is most active, to reduce stress load, lower inflammatory markers, and restore the balance between activation and recovery. By the final days, many guests report experiencing a quality of inner quiet they have not felt in years.



Nutrition

Every Oberoi property on the Arc Vitae journey offers menus designed around high protein, low glycaemic, microbiome-supportive, and nootropic principles.

A dedicated Ayurvedic specialist is available in India, working directly alongside Arc Vitae faculty. Ensuring your biological data guides your daily food choices. You will begin to understand, perhaps for the first time with real precision, how specific foods affect your energy, your cognition, your sleep, and your inflammatory response. That understanding does not stay in the dining room. It travels home with you.





MADRID, SPAIN

Arrival and Orientation

Madrid and Spain

September 18-19, 2027

Madrid marks the beginning of your journey. After connecting from your home city (international flights not included), you arrive, settle in, and orient not only to the group but also to yourself. You are met at the airport and transfer to the Mandarin Oriental Ritz, Madrid.

The first evening is deliberately simple: dinner together, unhurried conversation, and the quiet formation of relationships that will shape the days ahead. The group is small by design. Community forms naturally over

shared meals, experiences, space and attention, without expectation or performance.

Our guests find themselves among peers who understand responsibility, leadership, and complexity without explanation.

**Mandarin Oriental Ritz, Madrid (1 night)
Dinner included**

Mandarin Oriental Ritz, Madrid. *A calm arrival in the heart of the city*

Set beside Madrid's grand boulevards and cultural centre, Mandarin Oriental Ritz offers a refined, discreet base for the journey's opening and closing nights. It's chosen for its quiet confidence: a place where guests can settle quickly, sleep well, and reset after travel. Check-in is from 2:00pm. If you would like to arrive earlier or stay longer to explore the city, additional nights can be arranged in advance, and early check-in can be requested (additional cost).

Madrid sits higher than any other European capital, with a quality of light that painters have tried to capture for centuries. At dusk the sky turns a particular shade of violet the Spanish call the hora azul, the blue hour, when the city shifts from the business of the day to the pleasure of the evening. It is a city that has never mistaken speed for progress.



MARRAKECH, MOROCCO

*Spices, Stories, and the
Social Life of Food*

Morocco sits at a historic crossroads between Africa, Europe, and the Arab world.

Along these routes, traders carried more than goods. They carried habits of eating, hosting, and structuring daily life. What remains is a culture where nourishment and connection are inseparable.

In Marrakech, well-being is rarely solitary. It unfolds at tables, in courtyards, in markets heavy with scent and colour. Food is prepared slowly and eaten together. Spices such as turmeric, cumin, ginger, and saffron are used not as trends, but as accumulated

knowledge. Valued for how they warm, settle, and support digestion.

Tagines simmered over hours, generous couscous, preserved lemons, olives, and fresh herbs reflect a cuisine shaped by ancient traditions.

Mint tea is a ritualised pause, poured repeatedly, to assist digestion and extend conversation. Food and drink form the architecture of connection, a lived reminder that longevity is often supported not by intensity, but by rhythm, repetition, and shared presence.

The Oberoi Marrakech *A Place to Settle*

Set among olive groves on the edge of the city, Oberoi Marrakech offers space, calm, and a sense of arrival that immediately slows the pace.

The property is organised around gardens, water, and open courtyards, with long sightlines and quiet pathways that encourage an unhurried rhythm. Pools, shaded terraces, and outdoor spaces create natural pauses throughout the day, making it easy to rest, walk, or sit without intention.

Rooms are calm and generously proportioned, designed to support deep sleep and recovery. From the first day of the journey, this environment helps the body settle, allowing appetite, rest, and stabilisation. Here, Marrakech provides the physical and sensory foundation for the journey.

Morocco and Marrakech

September 19-23, 2027

You travel by private jet from Madrid to Marrakech, with a light lunch on board, then transfer directly to the Oberoi Marrakech. The first evening is deliberately simple: dinner together and a faculty-led orientation to the days ahead.

From there, each day balances structure with space. Mornings begin with small-group faculty sessions.

Afternoons remain intentionally open. Here, you can find time to rest, move, and absorb what is emerging, supported by ASMI treatments and the steadiness of the Oberoi environment.

Lunch and dinner are included daily. Some evenings remain flexible, allowing you to dine privately if you prefer, while others centre on the pleasure of a shared table.

The Oberoi Marrakech (4 nights), Daily Breakfast, Lunch and Dinner Included.



Foundation and Nourishment

This opening phase is designed to quiet the mind so the body’s signals become perceptible again.

The focus is on biological stability. Using the *Living Blueprint* as the starting point, the faculty guides you in observing how you respond to food, rest, stimulation, and routine once external pressure is reduced. For many guests, this is the first time in years they can clearly distinguish between being busy and being regulated.

Morning sessions with Dorthe and Eeva examine the interplay among sleep, stress load, digestion, energy, and your environment.

Dorthe grounds the work in your biological data. Eeva brings her attention to the behavioural patterns and thinking habits that surface once the pace drops. What you notice in these sessions is rarely new. It is simply visible for the first time.

A Moroccan cookery lesson connects food directly to biology, exploring how the spices, preparation methods, and ingredients of this ancient cuisine support digestion, reduce inflammation, and sustain energy. A visit to a bird sanctuary offers something rarer still: an environment that asks nothing of you, where the nervous system can simply stop performing.

Morocco introduces rhythm and physical expression at precisely the point in the journey where the body is beginning to release its usual patterns. The aim in Marrakech is not transformation, but recognition.

By the end of this phase, you are beginning to sleep more consistently and think more clearly. With clearer biological feedback and greater emotional steadiness, you begin making decisions from a calmer, and grounded place.

Morocco establishes a practical reference for what balance genuinely feels like in your own body, and how to return to it.



EGYPT AND THE RED SEA

*Time, Water, and the Art
of Living Well*

Egypt is one of the earliest civilisations to formalise time. To measure, track and give it meaning. The idea of a long life here has never been about years alone, but about legacy, memory, and what endures. Living in harmony with Ma'at, balance and order, is understood as essential to continuity.

Legends of Cleopatra describe milk-and-honey baths, scented oils, and carefully tended skin. Not as indulgence, but as continued longevity. Across society, women held quiet guardianship of well-being, tuning into the body and the elements long before such language existed.

On the Red Sea coast, longevity is written into the landscape itself. Vast dunes meet clear, mineral-rich waters where salt, sun, and the desert air have long been valued for how they make the body feel. Walking the shore at first light, floating in the warm sea, and listening to the wind across the sand create a context in which nature supports the work. Egypt and the Red Sea remind us that living well has always required understanding our environment. Sun, water, and scent become simple rituals of renewal.

The Oberoi Beach Resort, *Sahl Hasheesh, Egypt*

The Oberoi Beach Resort at Sahl Hasheesh sits directly on a private stretch of Red Sea coastline, with pale sand, open views, and warm, clear water that makes time outdoors feel effortless.

Life here naturally revolves around the sea. Days move between the beach and shoreline, the pool, and shaded outdoor spaces, then settle into evenings as the light fades across the water. The sense of openness is constant, with nothing enclosed or hurried.

The spa is designed as a set of calm, restorative spaces that echo regional hammam traditions through heat, steam, and water. It is an easy place to slow down, reset, and support sleep and recovery alongside the guided rhythm of the journey.



Egypt and the Red Sea

September 23-27, 2027

You travel by private jet from Marrakech to the Red Sea, entering a phase shaped by energy, movement, and contrast.

Each day is lightly structured and intentionally flexible. Faculty-led sessions continue, but the work extends well beyond formal sessions. Throughout the day, the faculty remain available for one-to-one conversations and informal group discussions, enabling insight to develop in real time. This might happen during a walk along the shoreline, over a meal, or after time spent in the environment.

Guests also have access to the spa and thermal spaces throughout their stay, supporting recovery while the increased stimulation of this phase unfolds.

The Oberoi Beach Resort, Sahl Hasheesh, Egypt (4 nights), Daily Breakfast, Lunch and Dinner Included



Energy and Motion

Egypt shifts the journey into energy and motion. Guided by your *Living Blueprint*, this phase explores how your individual biology influences behaviour, resilience, and long-term vitality under changing conditions.

The contrast is intentional. A different pace, climate, and sensory environment bring patterns into sharper focus. Here, you begin to notice how sleep quality changes when stimulation increases, how quickly you recover after busy days, which meals keep energy steady, and where attention begins to fragment.

Mornings continue with faculty sessions. You begin to read your biological response to the reintroduction of stimulus in real time, and observe how your thinking patterns and behavioural defaults shift under pressure and novelty. What emerges is not theory. It is you, under different conditions, seen clearly.

Afternoons introduce controlled challenges. Dune buggy riding across the desert with Dorthe tests your nervous system's response to speed, uncertainty, and physical demand. An alternative afternoon on the Red Sea with Eeva explores a different kind of challenge entirely: trust, beauty and the capacity to be still when everything around you is moving.

A visit to Hurghada Old Town reintroduces social and sensory complexity, with dinner together in the evening. Singing bowl sessions bring the group back to a shared baseline at the close of week.

By the end of this phase, you feel more physically capable and mentally resilient. You understand your personal thresholds more clearly, recover more quickly after exertion, and experience fewer energy crashes. You have practical awareness of how to remain effective and balanced when life accelerates.



INDIA AND KHAJURAHO

Cycles, Rhythm, and Tranquillity

In India, time is often understood as cyclical rather than linear. Seasons return, lives unfold in phases, and longevity is shaped across a lifetime rather than pursued as a single outcome. Khajuraho reflects this worldview clearly. Its temples, carved with scenes of devotion, playfulness, intimacy, and contemplation, celebrate the full arc of human experience rather than treating each part as separate.

Indian philosophy has long described longevity as layered. The concept of Pancha Kosha speaks to five interwoven aspects of being: the physical body, breath and energy, the thinking mind, a quieter layer of insight, and a deeper inner field of ease. Balance

comes not from correcting one layer in isolation, but from tending to all of them over time.

In and around Khajuraho, this rhythm is tangible. Temples open to the sky. Forests shift with the light. Daily life moves in step with dawn and dusk.

There is a natural invitation to slow down, allowing insight to settle rather than forcing resolution. It is a fitting place to integrate what has been learned and to consider how to live well going forward.

The Oberoi Rajgarh Palace, Khajuraho

Perched atop the Maniyagarh Hills just outside Khajuraho, The Oberoi Rajgarh Palace is a 350-year-old Bundela dynasty palace, restored and reimagined as a refined retreat.

The hotel sits within a vast estate, framed by an ancient Palash forest and a natural lake, creating a strong sense of place from the moment you arrive. The grounds unfold across gently rolling lawns, garden courtyards, and tree-lined pathways, making it easy to spend time outdoors throughout the day.

Dining here is integral to the experience, with *Neerangan* offering lakeside cuisine and wide views of the water and surrounding hills. *Maanya* presents royal-inspired dishes in a palace setting, while the bar invites quiet conversation among fountains and colonnades.

The lake, gardens, and the palace's architectural beauty provide a feeling of perspective and stillness to the final phase of the journey.



India and Khajuraho

September 27 – October 1, 2027

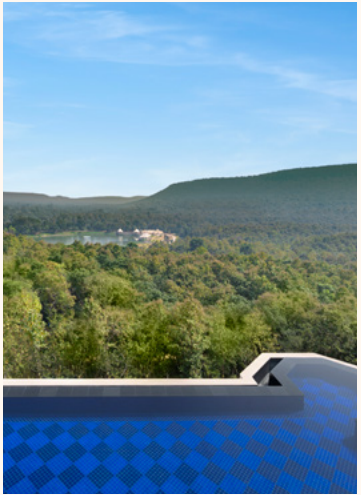
You travel by private jet from the Red Sea to India, arriving at Oberoi Rajgarh Palace for the final stage of the journey.

Days in India are deliberately spacious and restorative. Each day includes access to ASMI by Oberoi, with wellness sessions and spa time woven naturally into the rhythm rather than fixed to a timetable. Mornings begin slowly, often with breakfast by the lake, before the day unfolds at an unhurried pace.

Alongside selected ASMI treatments and practices aligned with your personal priorities, you have ongoing access to the spa, thermal spaces, and palace grounds, with generous time to rest, walk, read, or sit quietly and simply be.

Meals are included throughout, with time together around the table balanced by privacy when you want it. One evening is set aside for a celebration dinner at the Palace, marking the close of the journey.

The Oberoi Rajgarh Palace, Khajuraho (4 nights), Daily Breakfast, Lunch and Dinner Included



Integration and Renewal

India brings focus. This phase is designed for restoration and integration, guided by everything you have learned so far. The emphasis shifts to sleep quality, nervous system recovery, metabolic support, and reduced inflammation.

The pace here is deliberate and spacious.

The environment, the Ayurvedic philosophy of the Oberoi Rajgarh Palace, and the ancient landscape of Khajuraho do the work instead and what has been accumulating across the previous ten days begins to settle. The Ayurvedic doctor leads your consultation and treatments are calibrated to your individual constitution and the specific biological work of this final phase.

Food becomes medicine. Touch becomes regulation. Sleep deepens in a way that is qualitative.

For quiet perspective, join an early morning guided walk to the Khajuraho temples, one of the most extraordinary architectural achievements in the world, carved with scenes of the full arc of human experience. At this point in the journey, where you feel a deep sense of peace and self-knowledge.

In India, a private conversation with Arc Vitae’s founder draws together everything you have experienced and translates insight into clear next steps, including reviewing your completed *Living Blueprint* in the following month and how it applies to your life ahead.

By the end of this phase, you are physically more balanced, mentally quieter, and more confident in your ability to sustain your health and energy independently. Sleep is more reliable. Recovery is faster and emotional reactions are calmer. You understand your biology with a precision that most people never reach.

This is intelligent longevity in practice.



MADRID, SPAIN

Return Home

Madrid

October 1-2, 2027

The journey returns by private jet to Madrid for one final night together.

The faculty join for a closing dinner, creating space to reflect and integrate what has been learned, and carry it forward into the life you want to live well. It's a moment to mark your journey and say farewell to new friends before returning home.

After breakfast, you are transferred to the airport for your onward flight home (not included).

**Mandarin Oriental Ritz Madrid (1 night)
Lunch onboard, Dinner and Breakfast
included.**



Ongoing Support

Support continues privately for one month following the journey. This includes follow-up conversations with the faculty, space for questions that arise once home, and continued refinement of your *Living Blueprint* as it translates into daily decision-making.

JOURNEY DETAILS

A four-month intelligent longevity system, centred on a 15-day faculty-led journey integrating biological diagnostics, daily guided sessions, restorative treatments, and curated experiences.



September 18 – October 2, 2027
15 Days | Madrid - Morocco - Egypt - India - Madrid
\$119,850 per person



Arc Vitae begins with a confidential pre-screening conversation with the founder to confirm intention, readiness, and longevity considerations. Participation is confirmed once expectations are clearly aligned on both sides.

Arc Vitae Intelligent Longevity Inclusions

Pre-departure foundation

Private online consultations with each Arc Vitae faculty member eight weeks before departure. Lab work and advanced diagnostics kit, including blood markers, genetic analysis, and microbiome profiling.

Your *living blueprint* infrastructure

Ongoing access to the secure platform, housing your *Living Blueprint*, diagnostic data, and ongoing record. A journey journal, providing a private space to record observations, insights, and decisions to carry forward.

Faculty-led sessions with peers

Faculty-led sessions are held on selected days throughout the journey in a small peer group and run for approximately two hours each. Three sessions take place in Morocco, three in Egypt, and one in India, led by the Arc Vitae faculty to provide structure and continuity as the journey progresses.

One-to-one faculty support

One scheduled private consultation with each faculty member during the journey. In addition to these one-to-ones, informal conversations are always welcome—both privately and in small-group settings—as time allows.

Therapies and Practices

Morocco - Two spa treatments per guest. Two Oberoi spa treatments are included, selected based on your needs as the journey unfolds and in alignment with your *Living Blueprint*.

Egypt - Group experiences. Himalayan Singing Bowls session. Open-air yoga by the sea or a guided sunset beach walk.

India - ASMI selection, choice of three treatments. Release My Feelings. Steady Me With Light. Dissolve My Aches. Cleanse and Renew Me. Lull Me To Sleep. Enfold Me In Stillness. Awaken My Radiance. I Bloom With Time. Body Envelopment, Red Mud. Body Envelopment, Indian Sandalwood.

Journey and Hospitality Inclusions

- Private jet travel between destinations with expedited immigration and customs
- All ground transfers with dedicated luggage concierge and private car service for scheduled flights
- Fourteen nights in five-star Oberoi and Mandarin Oriental hotels
- Exclusive experiences including a private bird sanctuary visit in Marrakech, Hurghada Old Town tour, quad bike dunes excursion or sailboat experience, and guided visits to Rajgarh Palace and Khajuraho temples
- All meals from Day 1 dinner to Day 15 breakfast (14 breakfasts, 13 lunches, 14 dinners)
- Special dining experiences: welcome dinner in Madrid, cooking class and dinner in Marrakech, Red Sea beach barbecue, celebration dinner in India, and faculty overview dinner at The Oberoi Marrakech
- Non-alcoholic beverages included with meals; alcohol included only where specified
- Minibar and in-room beverages excluded unless stated
- Gratuities for included services covered

Post-Journey Continuity

Continuity of support for one month following the journey.

Not Included

- International flights to Madrid and return flights home
- Visa fees and travel documents
- Travel insurance, including medical and activity coverage
- Minibar items, snacks, and in-room purchases unless stated
- In-room beverages unless specified
- Alcoholic beverages except where included
- Additional spa treatments beyond those listed
- Personal expenses, shopping, and incidental costs

Booking Conditions

Arc Vitae is a confidential, limited-place journey. Full booking conditions are available at www.arcvitae.life

We recommend reviewing these before confirming your place.



Our Partners on this Journey



Bartelings

Specialists in private-jet touring trusted by the world's leading luxury travel brands. Seamless scheduling and ground transitions across all four destinations.



Oberoi Hotels

Ranked the Best Hotel Group in the World by the Telegraph Travel Awards 2025, Oberoi Hotels & resorts brings ninety years of luxury hospitality across India, Egypt and Morocco to the Arc Vitae Journey.



Dorthe Hummel

Genetic strategist specialising in biological and psychological intelligence.



Eeva Jaakonsalo

Executive mentor with deep experience guiding senior leaders through complex transitions.



Vitaspan

Your *Living Blueprint* is housed within Vitaspan, a secure digital environment where your data is structured and always under your control.

Data ownership and confidentiality

Your biological, genetic, and diagnostic data remain your property. Arc Vitae does not monetise, license, or share it.



ARC VITAE

INTELLIGENT LONGEVITY JOURNEYS

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www.arcvitae.life

Arc Vitae begins with a conversation.
If you're ready to explore whether this journey is right for you,
we invite you to book a private conversation with the founder.

[Schedule your conversation with Deborah](#)