



Live Better for Longer

Discover How to Grow Younger as You Get Older with Longevity Workshops

Our workshops help you discover how to live life to the fullest as you grow into the later years of life.

Your genes don't determine your destiny – your lifestyle does! Imagine a future self who is optimistic, energetic, full of life and energy, motivated, mentally sharp and physically strong.

All this is 100% possible. And we'll show you how.

WHAT ARE LONGEVITY WORKSHOPS?

Salem and Melissa Domiati, founders of The Longevity Lab, guide you through a unique (and powerful) process to help you uncover your longevity goals so you can discover your ideal future life.

Drawing from extensive experience in healthcare and a genuine shared desire to help others live better, longer lives, they help you understand how to take small, actionable steps to reverse the ageing process.

After interviewing healthy people over 90 years across the globe, extensive research and implementing various protocols and lifestyle changes on themselves, Salem & Melissa have reduced their own biological ages and will help you to do the same.









We'll help you cut through the noise of the various longevity protocols you've heard in the media. Clarify your own path, step forward in the direction you choose by learning and applying proven bio hacks and lifestyle modifications unique to you.

Live the end game your way!



What Will You Learn in a Longevity Workshop?

-  Uncover your longevity goals and ideal future life with our unique and powerful process.
-  Gain new strategies to improve your posture, balance and fitness to improve your overall well-being and mental clarity.
-  Learn from the wisdom of people living well over 90 in 'beyond the blue' zones.
-  Come away with actionable steps to build and start your longevity plan immediately.
-  Learn strategies to improve your sleep quality so you wake up refreshed and energised.
-  Learn memory tricks and techniques to improve your cognitive function and mental sharpness.

The Longevity Lab's workshops were born in Australia from a unique venture that combines passion, science and a genuine desire to help people live better for longer. Salem and Melissa's business, personal journey and their dedication to sharing their knowledge make them valuable in the field of longevity. They will help you take the first transformational steps to get younger on the inside.

K Kevin Widjaja

★★★★★

The workshop was very informative and I went home with 4 new things to start doing to help with sleep, energy and posture. I learned that what we eat is related to many things like autoimmune disease and blood pressure that I hadn't thought about. Highly recommend and I'm now also starting my own longevity journey with Salem to work out my biological age.

R Rhyan Uy

★★★★★

The unique part of the session for me are the actual stories of people who lived over 90. We always hear about scientific aggregated studies online, but hearing an actual person's story makes it real and more powerful to motivate change for me.

G Gary Williams

★★★★★

Thank you for a great event. Melissa and Salem have certainly done their research and know their stuff. Very engaging and I liked seeing myself as a fit and healthy older version of myself. I also found out that it's never too late to start on a longevity path.

T Te Kaea Martel-Hampton

★★★★★

After attending one of Melissa and Salems workshops I found their introduction in to the longevity lab insightful and thought provoking. They are not only knowledgeable about maintaining a healthy balance across core pillars in life to prolong a better way of living but also extremely passionate about what they teach.



Are You Ready to Book a Workshop?
Contact Salem on +61 402 228 812
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