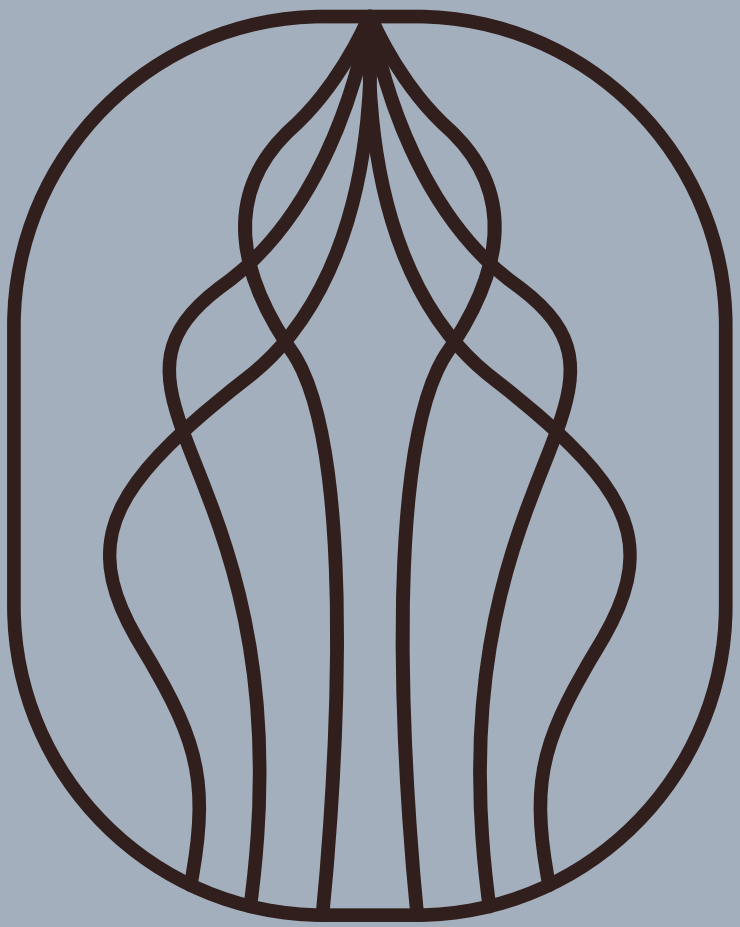
MER

LONGEVITY



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Welcome to MER.
Longevity engineered at sea.

MER is the world’s first superyacht longevity integration platform, bringing together longevity science, biohacking and life at sea.

Built at the intersection of wellness and yachting, MER integrates advanced recovery, sleep, performance and wellbeing systems directly into the superyacht environment.

Designed for owners, shipyards and the next generation of luxury, MER transforms the yacht into a space that supports how you live, think, recover and perform.

7%
93%

Only 7% of your lifespan is written in your genes. The remaining 93% is yours to design.

The MER Method is a longevity framework designed specifically for life at sea. These technologies and practices already exist on land, in the world’s finest longevity clinics, private residences and performance centres. MER brings them into the superyacht environment through nine interconnected methods focused on health, recovery and human performance.

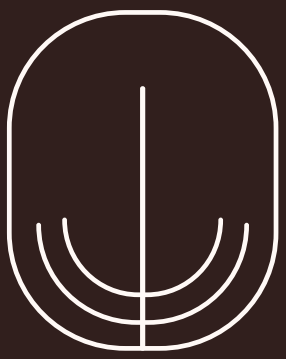
01 Breathe



02 Light



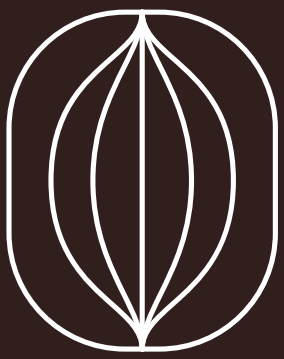
03 Sleep



04 Cold



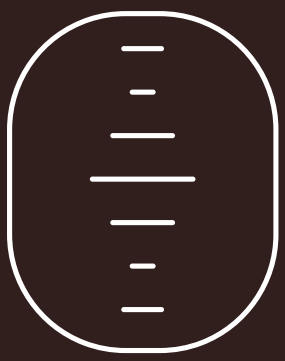
05 Flow



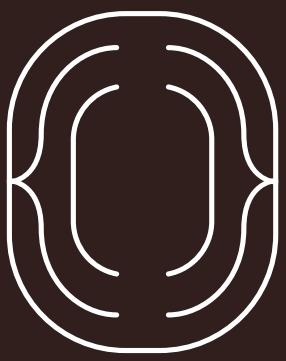
06 Nourish



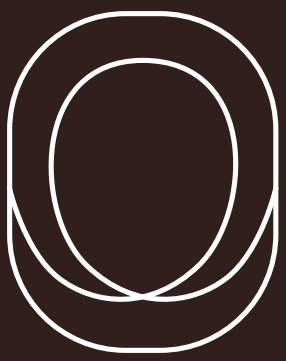
07 Data



08 Mind



09 Soul



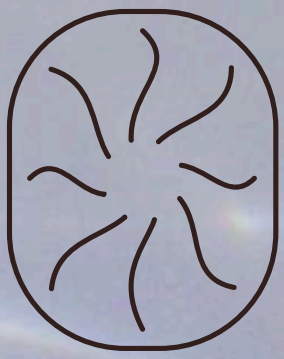
01 Breathe

Advanced oxygen, air quality and respiratory optimisation systems designed to support recovery, resilience and overall wellbeing at sea.



02 Light

Circadian lighting environments created to align with the body's natural rhythms, supporting energy, sleep quality and cognitive performance.



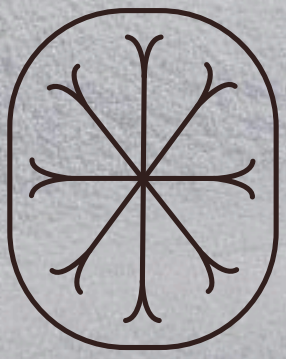
03 Sleep

Integrated sleep technologies engineered to improve deep rest, recovery and long-term biological health onboard.



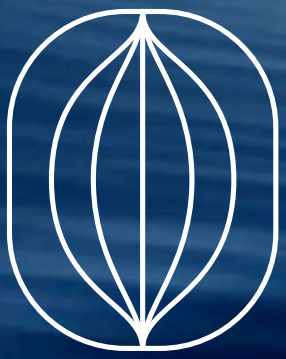
04 Cold

Cold therapy and recovery protocols designed to strengthen resilience, circulation and physical regeneration.



05 Flow

Recovery and performance technologies that support circulation, movement, cellular repair and nervous system balance.



06 Nourish

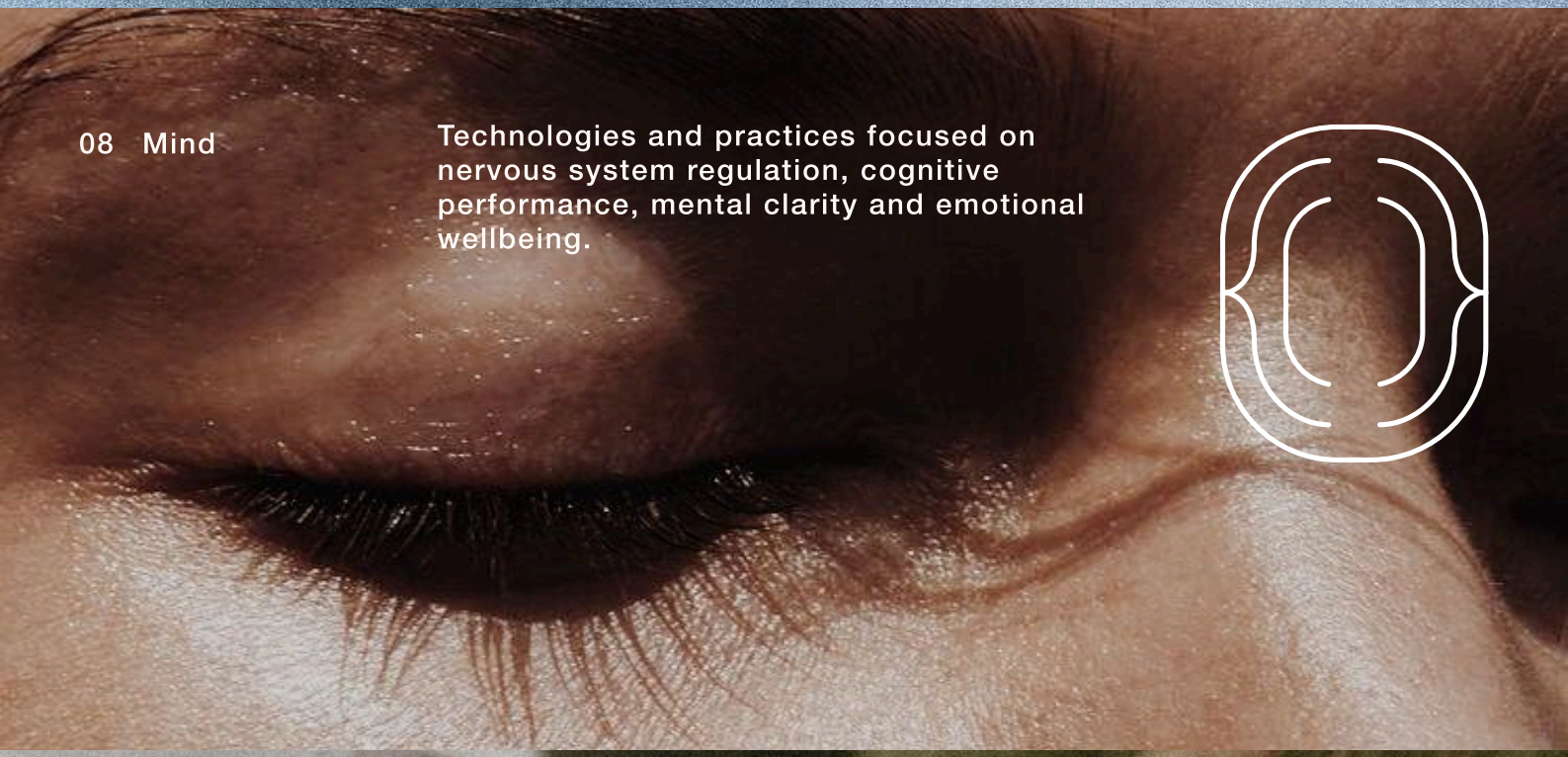
Personalised nutrition, biomarker testing and advanced supplementation protocols designed to support cellular health, recovery and long-term biological performance.



07 Data

Wearables, biometrics and advanced health tracking systems that provide deeper insight into performance, recovery and longevity.





08 Mind

Technologies and practices focused on nervous system regulation, cognitive performance, mental clarity and emotional wellbeing.



09 Soul

Practices and experiences designed to support connection, purpose, emotional wellbeing and the deeply human dimensions of long-term health and longevity.

MER operates at the intersection of longevity, luxury and life at sea, serving a highly connected ecosystem of owners, designers, shipyards and wellness innovators shaping the future of modern yachting.



01



02



03

Yacht Owners

MER is designed for ultra high net worth individuals who already invest heavily in longevity, performance and biological optimisation on land through clinics, personalised health protocols and advanced recovery systems. MER brings that same level of wellbeing, restoration and human performance into the superyacht environment, transforming the yacht into a space that supports how they live, recover and perform.

Shipyards & Designers

MER works closely with shipyards, interior designers and naval architects to integrate longevity into the future of superyacht design. From new builds to refits, MER helps create environments that are not only visually exceptional, but intentionally designed around sleep, recovery, circadian health, movement and overall wellbeing at sea.

Longevity Brands

MER acts as a bridge between the world's leading longevity and biohacking brands and the superyacht industry. Through its network and long standing relationships within yachting, MER creates access to one of the most private and exclusive client ecosystems in the world, bringing advanced wellness technologies into a completely untapped environment.

Longevity Integration Consultancy	MER assesses each vessel individually, developing bespoke longevity strategies tailored to the yacht's layout, the owner's biology, lifestyle and long term health goals. Every integration is designed personally and never standardised.
Technology Sourcing & Installation	MER sources, coordinates and oversees the integration of the world's leading longevity and biohacking technologies aboard superyachts, collaborating closely with shipyards, interior designers and refit teams. This includes all nine MER Methods: Soul, Breathe, Light, Sleep, Cold, Flow, Nourish, Data and Mind.
Partner Brand Access	MER provides longevity and wellness brands with exclusive access to the UHNW superyacht market through strategic partnerships, technology placements, curated content opportunities and boat show representation.
Onboard Medical & Wellness Programmes	MER offers onboard IV therapy, NAD+ protocols, biomarker testing and concierge medical care, available as part of a full yacht integration or as a standalone charter wellness experience.
Charter Longevity Experiences	Bespoke longevity programmes created specifically for charter guests, transforming time at sea into a personalised experience focused on recovery, optimisation and biological reset.
Education & Content	MER educates the superyacht industry, including owners, crew, shipyards and designers, on longevity science, wellness innovation and biohacking through curated content, events and industry presence.
Longevity Assessment	MER provides comprehensive longevity assessments available as permanent onboard installations or temporary remote solutions, ideal for guest trips, charters and personalised wellness programmes at sea.

MER collaborates with leading brands across longevity, recovery, sleep, biometrics, performance and human optimisation, bringing the world’s most advanced wellness technologies into the superyacht environment.



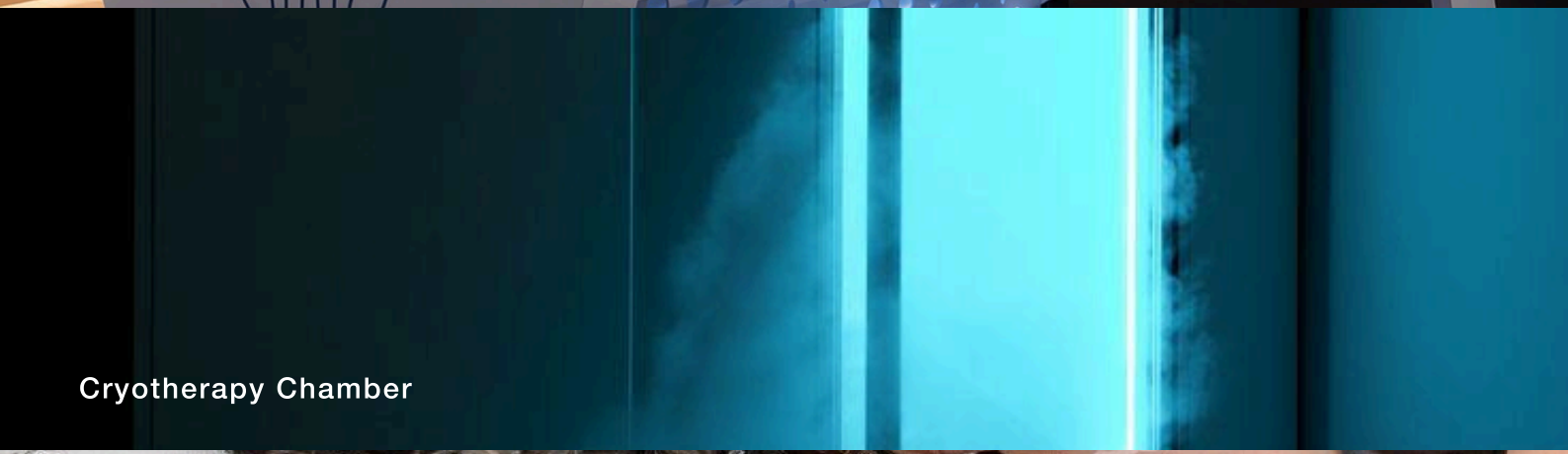
Red Light Therapy



Ammortal Chamber



Human Regenerator



Cryotherapy Chamber



Ice Bath

Angelika Paprotny spent 18 years working aboard some of the world's most prestigious private superyachts, leading interior operations for ultra high net worth individuals and their families.

Alongside her career at sea, she developed a deep interest in longevity, health optimisation and human performance, later studying Biomedicine and Nutrition at London University.

MER was born from the intersection of these two worlds, bringing longevity, recovery and wellbeing into the future of life at sea.

Angelika Paprotny,
founder of Mer Longevity









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MER

