

LONGEVITY AUSTRIA

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*Recognized as a Longevity Spot by Longevity Austria — a  
circle of places that nourish longer, fuller lives.*

# The Plunge and Sauna Method Miami

FEATURED ON LONGEVITY AUSTRIA



*Hotel & Wellness · March 2026*

*Maurice Lichtenberg*

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CO-FOUNDER



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*Laura Pezza*

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