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Want to be forever young? Pore over anti-ageing advice for elites

Speakers at a five-star hotel in London discussed the benefits of five-figure stem cell treatments and the risks of disease after a yachting holiday



Bryan and his son, Talmage, whose blood he had infused into his body
BRYAN JOHNSON

Sanchez Manning, Social Affairs Correspondent
Sunday October 25 2026, 6.00pm GMT, The Times

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The venue was the five-star Langham hotel in central London, and the standard ticket price was close to £600 per person. The conference subject was extending one's life, whether by dodging rare infections or trying cutting-edge treatments. It was all perfectly pitched at the 0.1 per cent — or those who work for them, at least.

Longevity has become an obsession in Silicon Valley, where tech titans are racing to find the silver bullet that can stop ageing. In 2023, the millionaire Bryan Johnson, then 45, made headlines when he had the plasma from his 17-year-old son's blood infused into his body.

The trend has moved beyond the sprawling estates of Palo Alto. On Wednesday, at the SIP Global Health Conference in Marylebone, 150 well-heeled attendees stepped into the weird and wonderful world of longevity medicine.



Delegates at the SIP Global Health Conference at The Langham in Marylebone
DAVID WOODLEY

This year's gathering was only the third longevity conference to be hosted in London by the SIP Medical Family Office, a firm established in Switzerland that advises corporate and individual clients on "health management" and international medical insurance.

One wealth management expert said tens of thousands of millionaires were now migrating for, among other reasons, better healthcare. The biggest exodus in recent years had been from the UK, he said, while the recipient of the largest number of wealthy immigrants was the UAE.

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Those in attendance appeared mostly to be Harley Street doctors, lawyers and wealth managers, rather than the super wealthy themselves — but longevity appears to be one of the elite's most pressing concerns. According to one executive of AXA Global Healthcare, 85 per cent of high net-worth individuals in the UK were already investing in longevity treatments.

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The first address of the day came from Dr Andrew Renshaw, a fellow of the Royal Society of Public Health and regional medical director for International SOS, a health and security risk management company. He said that the growing list of threats to a long, healthy life ranged from obesity to AI and climate change.



Kieran Brown, managing director UK of SIP Medical Family Office
DAVID WOODLEY

Global warming could spread dangerous infectious diseases to holiday destinations and the luxury yachts that visit them at higher latitudes, Renshaw said.

"Most diseases of profound global health impact, like malaria, dengue, and increasingly diseases you may not have heard about, like chikungunya ... are impacted by a change in climate," he told the conference. "We now have dengue fever circulating in parts of the United States, in Florida. We have dengue in southern Europe. We have outbreaks of West Nile fever. We are seeing, within the medical assistance world, a rise in the number of cases and inquiries due to these kinds of diseases.

"Just this year alone, we've been dealing with inquiries around hantavirus on a luxury yacht or boat, which caused innumerable issues for those people on that trip."

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More upbeat news came from Dr Paul Jarman, chairman of the neurology department at the private Cleveland Clinic London, who spoke of leaps forward that could stave off cognitive decline.

He told of an "amazing test" called P-Tau217 used to detect Alzheimer's early: "It's designed to look at people who have cognitive symptoms — they might be a little bit forgetful — and from that blood test to say, with reasonable accuracy, does this person have Alzheimer's disease."

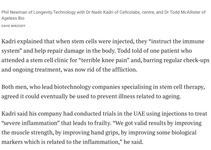
- Inside the UK institute developing an Alzheimer's disease blood test

Carter said that once Alzheimer's was detected, there were expensive new drugs not available on the NHS that could slow its progress, particularly if it is diagnosed early.

Furthermore, he said treatments were being trialled to prevent Alzheimer's developing in the first place, adding: "The idea is that if you identify people who have absolutely no symptoms — who are probably normal, but have got Alzheimer's pathology in their brain and it's just beginning to build up, not causing any symptoms, not causing much damage — can you remove the Alzheimer's and prevent them from going on to develop Alzheimer's disease or delay that process? It's not known at the moment, but there are multiple trials in progress right now. One of them will probably read out in 2028."

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In a session that perhaps felt closest to the biohacking therapies that have spread across Silicon Valley, Dr Todd McAllister, an American biochemist, and Dr Nadir Kadri, an immunologist based in Sweden, plotted the future of preventive stem cell treatments.



Phil Newman of Longevity Technology with Dr Nadir Kadri of Cellcolabs, centre, and Dr Todd McAllister of Ageless Bio
DAVID WOODLEY

Kadri explained that when stem cells were injected, they "instruct the immune system" and help repair damage in the body. Todd told of one patient who attended a stem cell clinic for "terrible knee pain", and, barring regular check-ups and ongoing treatment, was now rid of the affliction.

Both men, who lead biotechnology companies specialising in stem cell therapy, agreed it could eventually be used to prevent illness related to ageing.

Kadri said his company had conducted trials in the UAE using injections to treat "severe inflammation" that leads to frailty. "We got valid results by improving the muscle strength, by improving hand grips, by improving some biological markers which is related to the inflammation," he said.

The pair said stem cell clinics were now being established across the world, including in Dubai, Florida, Istanbul and London. McAllister said injections could be used "proactively" by healthy people if the cost, which is currently about £18,000 per treatment, comes down after scaling up the number of doses.

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One voice gave hope that the masses could share in the benefits of such medical advances. Dr Mayoni Gooneratne, executive medical director at Personalised Health Clinics, said: "It's going to be the way that you no longer will be seeing a 'longevity doctor' ... you will be seeing a doctor who, as everyone will be, who is trained in this."

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