

Atlas Cove

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LEGAL NAME

Atlas Cove, Lda. NIPC/VAT PT519459130. R. Hermano Neves 18, Piso 3, Escritório 7, 1600-477 Lisboa, Portugal.

FOUNDED

2026, Lisbon, Portugal.

FOUNDERS

Lisa Wuerden and Tom Wuerden, sister and brother, both managing directors. Both host every cohort themselves.

WHAT IT IS

A longevity residency and a health intelligence platform. Guests are measured on arrival, follow a protocol built from their own numbers, and are measured again before they leave. The first month back home is included, and a year round membership continues from there.

WHAT IT IS NOT

Not a clinic, not a diagnostic centre, not a spa.

WHERE

A private quinta near Sesimbra in the Serra da Arrábida, about an hour south of Lisbon. Closest airport: Lisbon (LIS), transfers arranged.

FORMAT

The format is not fixed and will change as the programme develops. The first test cohorts run six days, with ten rooms and one cohort a month. Length, room count and frequency of later residencies are open.

CONFIRMED DATES

- 1 to 6 September 2026
- 1 to 6 November 2026

WHO IS ON SITE

Two founders and three specialists for the whole week: Vera Rodrigues (yoga teacher and clinical psychologist), Alexander Lange (chef, Nourish/Nosh), Claudia Botelho (massage therapist). Named partners: Nourish & Nosh (all meals), Sunna Saunas (wood fired sauna and cold plunge), Drip IV Portugal (clinical IV and bloodwork).

THE METHOD

Day one is the assessment: strength, fitness, sleep, recovery, blood pressure and stress, on validated instruments the team brings. The protocol is built overnight from those numbers. Days two to five are the work, adjusted daily. Day six repeats the same measurements side by side with day one.

GUESTS

Mostly professionally engaged people between 30 and 60. Every application is read for fit and every guest is medically screened for safety before the physical work begins. The week runs alcohol free, and phones can be handed in at reception on arrival.

TRACTION

More than 1,000 people joined the waitlist before the first public cohort opened.

DATA

Guest health data stays on Atlas Cove's own servers in the European Union. It is not passed to third party clouds.

PUBLISHING

One essay a month at atascove.substack.com, plus the journal at atascove.health/thinking.

WEBSITE

atascove.health

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