

The Art of LIVING IN SPAIN

The inputs of a long life

The everyday factors that quietly decide
healthspan, and how Altaona delivers each one



EUROPEAN
PROPERTY
AWARDS

**AWARD
WINNER**
2024-2025-2026



GRI
AWARDS
REAL ESTATE
2025

REAL ESTATE
DESTINATION
OF THE YEAR
TOP 2
WORLDWIDE

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The longevity inputs

1. Beyond the theory, into the daily

There is a question buyers ask once they take the longevity case seriously. What specifically makes a place longevity-positive, and how do you know a particular home delivers it? Theory only takes the conversation so far.

Researchers studying long-lived populations have stopped looking for a single secret. They are mapping a small handful of daily inputs that compound: food on the table, movement without effort, the people around you, and the rooms you sleep in.

Long life is not the product of one good decision. It is the product of one good day, repeated for thirty years.

This guide walks through five of those inputs, one by one, and shows where Altaona answers each. It is the practical companion to the broader case for a Murcia move.

Market context

2. The five inputs that compound

320+

*days of sunshine each
year on the Costa
Cálida*

20 min

*to the Mediterranean
and Mar Menor*

10 min

*to a major university
hospital in Murcia*

These are not lifestyle markers. They are health inputs. Sunlight regulates mood and sleep, daily proximity to nature turns movement into something easy, and ten minutes from a major hospital matters most in the decade when it should.

Murcia is the only region in Spain that delivers all three at this price point, in a single setting, with a community already living it. That is what discerning buyers come to verify when they visit.

The inputs do not need to be exotic to be powerful. They need to be present, every day, without effort.

Food at the source

3. The Mediterranean diet, in practice



Daily access to Murcia's seasonal produce, the Huerta de Europa in practice.

The Mediterranean diet has become a slogan. In Murcia it is still a logistic. The region is known as La Huerta de Europa, supplying much of the continent with vegetables, citrus and stone fruit that arrive on local tables first.

Add Mar Menor seafood, local olive oil, almonds and the unhurried rhythm of long lunches, and the diet becomes something you live, not something you follow. The fridge becomes a longevity tool.

The considered choice

4. The people you see most days

Blue Zone research now ranks social belonging in the top three predictors of healthy lifespan. It sits ahead of diet and exercise. The reason is simple: the people you see most days set the tone of every other input.



International residents living year-round, the social fabric Altaona is known for.

Altaona was master-planned around permanent residents, not seasonal owners. Northern European neighbours, year-round social rhythms, shared meals and the quiet protection of being known. Community is the amenity buyers underestimate first and value most later.

Altaona Resort

5. Where movement happens without trying



Sport and daily movement built into Altaona's design.

The hardest part of staying active after fifty is not motivation. It is logistics. Altaona is designed so movement is the path of least resistance, not a separate discipline you maintain on top of life.

An 18-hole golf course already runs through the community. A tennis and padel academy, fitness centre and Europe's only artificial surf lagoon are all in the master plan. The resort was named Best Leisure Development in Spain at the European Property Awards 2025.

Build quality

6. How a home returns better sleep



Italian finishes, superior insulation and stable indoor climate — the longevity case for build quality.

Build quality is usually framed as sustainability. From a longevity angle, it is something simpler. Superior insulation means stable indoor temperature, athermal climate control means drier air, and Energy A+ means quieter nights and lower running costs.

Taolis homes are built with the SISMO construction system and 100% Italian finishes throughout. The company has built in Murcia since 2001 and was named Best Sustainable Residential Project in Spain at the European Property Awards 2025.

Your options

Four ways to invest in the daily inputs of a long life.



Oasis Altaona

From €443,500

2–4 bed · Plot up to 660m² · Private pool · Energy A+ ·
Delivery from Q3 2026

[View project →](#)



Las Vistas Altaona

From €503,000

2–3 bed · Plot up to 454m² · Private pool · Mountain views
· KEY READY

[View project →](#)

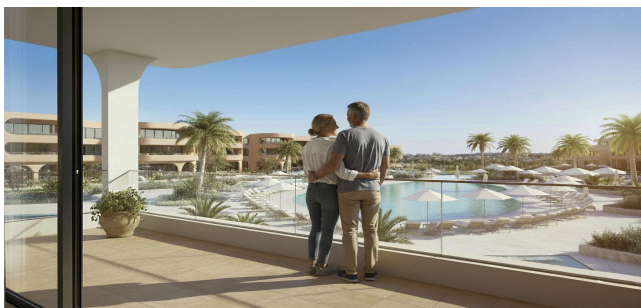


Villas Fairway

From €1,660,000

4–12 bed · Plot 1,000–2,500m² · Infinity pool · Golf views ·
Fully bespoke

[View project →](#)



WOW Longevity Hotel

Suites from €202,500

Swiss-partnered clinic · 8% fixed net return · 99-year
contract · Construction 2027–2028

[View project →](#)

The clinic input

7. From inputs to programme



The WOW Longevity Clinic – diagnostics, biomarkers and personalised protocols at Altaona.

The first four inputs build a foundation. The fifth turns that foundation into a measured programme. The WOW Longevity Clinic, the first Blue Zone-inspired longevity facility in Europe, opens on the resort with Swiss health partners delivering diagnostics, biomarker tracking and personalised protocols.

Ownership of a clinic suite gives you access alongside a fixed 8% net annual return on a 99-year managed rental contract. Suites are reservable from €100, with construction in 2027–2028.

Your next steps

8. Putting the inputs in place

Five longevity inputs deserve a clear ownership path, and Spain's framework provides one.

1

Map your inputs

List the inputs that matter most to you today: food, movement, community, sleep, clinical care.

2

Speak with a Taolis Lifestyle Advisor

A short conversation maps which project answers your priority inputs, on your timeline and budget.

3

Visit Altaona — We will guide you through

Walk the resort, share a long lunch with residents and feel the inputs in your own day.

4

Engage Independent Legal and Tax Advice

Engage independent Spanish counsel for legal and tax advice. Taolis can recommend established international firms.

5

Secure Your Position

Reserve your villa or clinic suite with a refundable deposit while paperwork progresses.

Start the conversation

9. Where the inputs become a life

The longevity case is no longer abstract. It moves on five specific inputs: food, movement, community, sleep and clinical care. Murcia delivers all five in a single setting, and Altaona is where they have been deliberately assembled. The conversation with a Taolis Lifestyle Advisor begins with whichever input matters most to you right now.

A long life is not built in years. It is built in days, in inputs, in the place you wake up tomorrow.

[Book a Conversation with Our Team](#)

[Explore with our AI Property Advisor](#)

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The information in this guide is general in nature and current as of 2026. Property prices, availability and specifications are subject to change. Tax rates and legal requirements vary by individual circumstances, nationality and residency status.

Always seek qualified independent legal and tax advice before proceeding with any property purchase in Spain.