

# LONGEVITY

HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE

## HEALTH & WELLNESS CLINIC SERVICES

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# HEALTH & WELLNESS CLINIC SERVICES

## MONITOR: OUR SOLUTIONS

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### LIFESTYLE EVALUATION

25 MIN · € 70,00

The main objective of this consultation is to identify and understand the type of stressors that contribute to disturb and unbalance your general, emotional, mental and social well-being.

### GENERAL CARDIOVASCULAR HEALTH EVALUATION

40 MIN · € 125,00

Non-invasive complementary diagnosis that measures the cardiac function.

### BIOPHYSICAL EVALUATION (IN BODY)

25 MIN · € 90,00

Biophysical Assessment consists of an evaluation of body composition that allows the assessment of various parameters: fat mass, muscle mass, body mass index (BMI), basal metabolism, fat mass distribution and lean mass.

### FITNESS EVALUATION

25 MIN · € 70,00

It consists of a battery of physical tests that assess your physical fitness, according to your age and gender. The purpose of this evaluation is essentially to provide a personalised training plan tailored to your abilities, needs and goals.

### VERTEBRAL DYSFUNCTION EVALUATION

25 MIN · € 90,00

This evaluation allows us to analyze the muscle compensation on the spine in order to evaluate in detail the health of the vertebral column.

### THERMOGRAPHIC EVALUATION

25 MIN · € 90,00

Thermography is a preventive and non-invasive diagnosis that through infrared spectra allows you to visualize the different temperatures that exist in an area or in the whole of our body. It is a painless test that does not emit any type of radiation.

## MONITOR: OUR SOLUTIONS

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### MINERALS AND HEAVY METALS EVALUATION

15 MIN · € 125,00

This test assesses the bioavailability of minerals, trace elements and heavy metals present in our tissues.

- Minerals and Heavy Metals Evaluation with Consultation

€ 220,00

### FACE EVALUATION

25 MIN · € 90,00

A personalised consultation that allows the evaluation of the type of skin taking in consideration the characteristics of the hydrolipidic film, resistance, phototype and age of the skin, where these can be evaluated through a visual, tactile examination or through specific devices.

### SLEEP APNOEA CHECK UP (POLISOMNOGRAPHY)\*

40 MIN · € 520,00

(On request and subject to availability)

### INITIAL DENTAL SCREENING (On request and subject to availability)

25 MIN · € 90,00

### DIGITAL PANORAMIC DENTAL X-RAY (ORTHOPANTOMOGRAPHY)

40 MIN · € 25,00

(On request and subject to availability)

### SMOKER SCREENING\* (On request and subject to availability)

25 MIN · € 75,00

### TELOMERE LENGTH EVALUATION\*

15 MIN · € 750,00

Telomeres are protective covers for chromosomes, securing our genetic information (DNA). This test is the most accurate indicator of cellular ageing, with a wide range of applications focused on preventing age-related diseases.

- Telomere Length Evaluation with Consultation

15 MIN · € 850,00

### SMART AGEING TAILOR MADE BIOCHEMICAL EVALUATION\*

15 MIN · VARIABLE

A wide range of differentiated analytical profiles of blood, urine and feces, allows a thorough diagnosis of internal biochemical imbalances and the implementation of a Personalized, Preventive, Functional and Integrated Health and Smart Ageing Plan.

Examples of some profiles:

- Neurotransmitters (Brainscreen)
- Cardiovascular
- Oxidative Stress
- Intestinal Dysbiosis
- Chrono Screen
- Liver Detoxification Function
- Hormonal
- Fatty Acids
- Food Intolerances
- Total Antioxidant Power
- Genetic Profile

### GENETIC PROFILE\*

15 MIN · € 1.500,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## MONITOR: OUR SOLUTIONS

### OTHER CLINICAL EXAMS\* (On request and subject to availability)

Upon doctor prescription the following exams are available: Imageology, Cardiology, Gastroenterology, Ophthalmology, Otorhinolaryngology, Urology and Other exams.

Type of Exam	Anti Ageing	Cardio-vascular	Metabolic	Diabetes	Gastrointestinal	Andropause	Menopause	Premium 360*
Blood, Urine, Stool*	Anti Ageing profile	Cardiovascular profile	Metabolic profile	Diabetes profile	Gastrointestinal profile	Andropause profile	Menopause profile	Premium profile
Chest X-Ray		X	X	X				X
ECG		X						X
Stress Test		X		X				X
Carotid Ultrasound		X		X				X
Echocardiography		X						X
Venous and Arterial Ultrasound		X						X
Cardiology Consultation		X						X
Coronary Calcium Scan+Angio CT/EBT		Extra (Optional)						Extra (Optional)
Abdominal Ultrasound			X	X	X			X
Pelvic Ultrasound			X	X	X	X	X	X
Renal/Bladder Ultrasound			X	X				X
Thyroid Ultrasound			X	X				X
Metabolic Disease or Diabetes Exams and Consultations			X	X				X
Peripheral Neuropathy Tests				X				
Ophthalmologic Consultation				X				
Ophthalmologic Exams				X				
Total Colonoscopy + Upper Endoscopy + Anuscopy + General Anesthesia+ Hospital Recovery (includes gastric biopsy to screen for H Pylori)					X			X
Gastro Intestinal Consultation					X			X
Skin Check Up (computerised digital dermoscopy)								X
Sleep Apnea Check Up (polisomnography)								X
Digital Panoramic Dental X-Ray (orthopantomography)								X

\* Please consult with Doctor for further details

## MONITOR: OUR CHECK UPS (On request)

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LONGEVITY HOLISTIC HEALTH CHECK*	€ 750,00
PLUS LONGEVITY ANTI-AGEING CHECK UP*	€ 2.050,00
PLUS LONGEVITY CARDIOVASCULAR CHECK UP*	€ 1.200,00
PLUS LONGEVITY METABOLIC CHECK UP*	€ 2.850,00
PLUS LONGEVITY DIABETES CHECK UP*	€ 3.250,00
PLUS LONGEVITY GASTROINTESTINAL CHECK UP*	€ 1.850,00
PLUS LONGEVITY ANDROPAUSE CHECK UP*	€ 2.250,00
PLUS LONGEVITY MENOPAUSE CHECK UP*	€ 2.250,00
PLUS LONGEVITY PREMIUM INTEGRATIVE HEALTH 360° CHECK UP*	€ 5.550,00

## MONITOR: OUR MEDICAL CONSULTATIONS

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<b>GENERAL MEDICAL CONSULTATION AND CLINICAL EXAMINATION</b>	40 MIN · € 125,00
General medical consultation with general clinical examination, in order to assess the current state of health and screen for disease or pre-illness states with the prescription of auxiliary diagnostic methods.	
<b>MEDICAL CONSULTATION FOLLOW UP</b>	25 MIN · € 95,00

(\*) REQUIRES DOCTOR PRESCRIPTION

**SPECIALTY CONSULTATIONS\*** (On request and subject to availability)

Specialty consultations are intended to complement and provide a more specialized response in various areas of medicine. Our offer is very comprehensive through the partnership with the HPA Health Group, with a wide range of consultations with excellent and qualified professionals.

**FUNCTIONAL MEDICINE AND SMART AGEING CONSULTATION**

40 MIN · € 200,00

Preventive, Functional and Personalised Medicine consultation that aims to identify the causes of an imbalance, whether physiological or chronic inflammation, through an integrative and intelligent approach in order to provide a slower ageing and optimise the quality of life in all senses.

**CARDIOLOGY CONSULTATION**

40 MIN · € 125,00

**DIABETES CONSULTATION**

40 MIN · € 175,00

**AUTO IMMUNE DISEASE CONSULTATION**

40 MIN · € 175,00

**IMMUNOALLERGOLOGY CONSULTATION** (with allergology test)

40 MIN · € 200,00

**OPHTHALMOLOGY CONSULTATION** (with ophthalmologic test)

40 MIN · € 125,00

**UROLOGY CONSULTATION**

40 MIN · € 125,00

**CLINICAL AND HEALTH PSYCHOLOGY CONSULTATION**

40 MIN · € 175,00

**MEDICAL DENTIST CONSULTATION**

40 MIN · € 125,00

**TRADITIONAL CHINESE MEDICINE CONSULTATION**

40 MIN · € 175,00

Traditional Chinese Medicine is a set of millenarian therapies originating in China, which is based on the knowledge that, in addition to matter, we are energy (Qi), which circulates throughout our body in channels called acupuncture meridians. As such, the disease consists of an energy imbalance and, in order to treat it, it is essential to carry out an accurate, specific diagnosis of this medicine, which consists of identifying which energy imbalance (s) necessary to correct. From this diagnosis, a treatment plan is drawn, using acupuncture.

(\*) REQUIRES DOCTOR PRESCRIPTION

## HEALTH & WELLNESS CLINIC SERVICES

### DETOX & REGENERATION: OZONE & OXYGEN-THERAPY

Ozone is a powerful antioxidant, analgesic, detoxifier and an important activator of the immune system. Introduced into the bloodstream, it helps to activate and stimulate cells, fighting inflammatory and infectious processes present in our body.

**OZONE & OXYGEN-THERAPY SESSION\*** 30 MIN · € 200,00

• Ozone & Oxygen-therapy Session with Consultation 30 MIN · € 300,00

**OZONE & OXYGEN-THERAPY LOCAL SESSION\*** 20 MIN · € 150,00

**OZONE & OXYGEN-THERAPY BODY SESSION (SAUNA)\*** 30 MIN · € 200,00

Body treatment applied through an ozone sauna that helps treat inflammatory, infectious, circulatory and blood pathologies by stimulating blood circulation.

### OUR INFUSION THERAPIES

Infusion therapies give you the boost your body needs as quickly and efficiently as possible, bypassing the digestive process. After a personalised medical prescription, we use them to quickly and effectively address deficiencies of vitamins, minerals and trace elements. In this way it is possible to rehydrate your body, detoxify important bodily systems, increase your body's antioxidant capacity, boost your immune system, regenerate cell health and ultimately optimise your health and well-being.

**HIGH PERFORMANCE INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**METABOLIC/WEIGHT LOSS INFUSION BOOST\* | WITH CONSULTATION** 15 MIN · € 200,00 | € 300,00

**CHRONIC FATIGUE INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**NUTRIENTS & VITAMINS INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**INTENSE DETOX INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00  
(liver, pancreas, kidneys, gallbladder, lymphatic system)

**CHELATION INFUSION THERAPY (HEAVY METALS)\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**DETOX, ANTIOX & CELLULAR REGENERATION INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**ENERGY BOOST INFUSION THERAPY\* | WITH CONSULTATION** 30 MIN · € 200,00 | € 300,00

**VITAMIN B12 INFUSION BOOST\* | WITH CONSULTATION** 15 MIN · € 200,00 | € 300,00

**GLUTATHIONE INFUSION BOOST\* | WITH CONSULTATION** 15 MIN · € 200,00 | € 300,00

**COENZQ10 INFUSION BOOST\* | WITH CONSULTATION** 15 MIN · € 200,00 | € 300,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## DETOX & REGENERATION: OUR MEDICAL SOLUTIONS

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### COLONIC HYDROTHERAPY

Our intestines are permanently under stress due to our unbalanced nutrition, high level of processed foods, lack of vegetable fiber, high sugar and salt content, chemical additives and preservatives. Our reduced chewing activity, fast eating habits and emotional stress cause digestive and intestinal disorders. Colonic hydrotherapy is a therapeutic technique that helps to clean and eliminate waste that accumulates in our intestines over the years. Through specialised and certified equipment, filtered water is introduced into our intestines in order to restore the balance of fluids, materials and gases. Removing excess waste and exercising for the large intestine benefits absorption, assimilation and elimination, which are critical to maintaining the health and well-being of body and mind.

#### STANDARD COLONIC HYDROTHERAPY WITH HERBAL TEA

75 MIN · € 185,00

Tea can help fight colon cramps and can also help to release stool (feces) more easily.

#### PREMIUM COLONIC HYDROTHERAPY WITH COFFEE (INTESTINAL + LIVER DETOX)

75 MIN · € 200,00

The main benefit of coffee is to increase the elimination of toxins through the liver. The coffee is organic and specifically roasted for use in hydrotherapy.

#### PREMIUM COLONIC HYDROTHERAPY WITH PROBIOTICS (INTESTINAL DETOX + FLORA REBALANCE)

75 MIN · € 225,00

The high concentration of introduced probiotics will strengthen the intestinal flora population, as well as restore the balance of bacteria, bringing it to a normal and healthy state. Probiotics are especially useful for clients with IBS (Irritable Bowel Syndrome), gas, digestive problems, low immune defense, constipation and/or diarrhea.

## DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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### CRYOTHERAPY SESSION

15 MIN · € 175,00

By cooling the skin, your metabolism will accelerate and consequently will burn fat. In addition to eliminating localized fat, your skin will gain tonicity, reduce sagging and attenuate "orange peel".

### IYASHI DOMME - INTENSE DETOX & WEIGHT LOSS TREATMENT (CALORIES, TOXINS AND HEAVY METALS)

30 MIN · € 150,00

Purifying, regenerating and slimming is the basis of this state-of-the-art technology, which with just 30 minutes of session, allows you to burn up to 600kcal. Its action is made through long infrared rays of organic plant origin, which allows the detoxification of toxins and heavy metals.

### OSTEOPATHY SESSION

50 MIN · € 150,00

Holistic and natural therapy combining a series of manipulative techniques focused on the causes of the problems and complaints, not the symptoms, with the aim of reducing pain and promote health and wellness, by rebalancing the body and stimulating its own self-healing mechanisms. The osteopathic manipulative treatment, improves the body's ability to regain normal function, restores balance, produces no side effects and generates a fast and safe therapeutic response, providing relief or elimination of pain and restoring an optimal level of homeostasis.

### MICROFISIOTHERAPY

50 MIN · € 150,00

This treatment consists in identifying traces produced by occurred events and not erased by the body, which later manifest in different forms. Once those traces are found, a manual mechanism of auto correction is applied to re-establish the body functions, to eliminate diseases and promoting good health. The treatment can be preventive or corrective, with the goal of helping the body to react and self-heal. Emotional Somatic Therapy does not cause a direct action on the symptom, like an emergency medication, but on the root cause itself..

## DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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### REFLEXOLOGY

50 MIN · € 125,00

Reflexology is an ancient Chinese pressure technique, based on the principle that all our organs and systems are reflected in the soles of our feet. By stimulating the corresponding zones, it helps to relieve tension and increase blood circulation, establishing balance and function throughout the body.

### MANUAL LYMPHATIC DRAINAGE - BODY

50 MIN · € 125,00

Manual lymphatic drainage is a technique whose objective is to stimulate the lymphatic system through gentle movements with the aim of eliminating excess fluids and toxins in our body. This technique induces the reduction of fluid retention, activation of blood circulation, treatment of edema, fight against cellulite and even body relaxation.

### BOWEN THERAPY

50 MIN · € 125,00

Bowen's therapy is a dynamic therapy system that uses small and precise stimuli for the body to stimulate its recovery and consequently enhance pain relief.

### ACUPUNCTURE SESSION

30 MIN · € 95,00

Treatment based on Traditional Chinese Medicine consists of diagnosing and applying needles in specific points of the body ("Acupoints"), stimulating and generating positive responses in different therapeutic cases, also helping to relieve pain.

- Acupuncture Session with Consultation

30 MIN · € 275,00

### MEDICAL PRESSOTHERAPY

30 MIN · € 60,00

Pressotherapy is a detoxifying treatment using lymphatic drainage to help promote the body's natural toxin-eliminating functions. It promotes better blood flow and treats heavy legs and cellulite conditions

### BIOIDENTICAL HORMONE THERAPY

FROM € 500,00

#### (ENDOCRINOLOGY CONSULTATION + BIOIDENTIC HORMONES OPTIONS)

Biogenetic hormone replacement therapy is a personalised and prescribed therapy based on an analysis of your hormonal profile and your needs. This personalised therapy rebalances your hormone levels, with direct benefits to your daily routine and well-being.

## DETOX AND REGENERATION: OUR DENTAL DETOX SOLUTIONS (On Request and Subject to Availability)

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DENTAL HYGIENE & TARTAR (DOUBLE JAW) REMOVAL CONSULTATION	45 MIN · € 90,00
FLUORIDE VARNISH TOPICAL APPLICATION	40 MIN · € 60,00
DENTAL PIGMENTATION REMOVAL (WITH BICARBONATE JET)	45 MIN · € 60,00
GUM TREATMENTS (GINGIVECTOMY PER QUADRANT)	45 MIN · € 70,00
EXTERNAL INTENSE WHITENING IN CONSULTATION/SESSION	45 MIN · € 210,00

## DETOX AND REGENERATION: OUR SPA DETOX SOLUTIONS

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### BODY SCRUBS RITUALS

Body Scrub is one of the first steps to detox, it removes the dead skin cells, releases excess toxins and allows your skin to breath. Choose your body scrubs, according to your purposes for a silky and radiant skin.

BODY SCRUB WITH ANTI-INFLAMMATORY AND ANTIMICROBIAL EFFECTS	40 MIN · € 75,00
ANTIOX BODY SCRUB	40 MIN · € 75,00
BODY SCRUB WITH ENERGIZING EFFECTS	40 MIN · € 75,00
BODY SCRUB WITH NOURISHING EFFECTS	40 MIN · € 75,00

## DETOX AND REGENERATION: OUR SPA DETOX SOLUTIONS

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### CLAY RITUALS

Natural clays have been used on the skin for centuries, and nowadays is a popular ingredient. Clays are considered one of the perfect natural detoxifier, acting as a natural magnet to remove toxins and impurities. Rich in several minerals, this magnificent ingredient can purify, detox, balance, oxygenate, revitalize, regenerate and soothe your skin.

#### MOROCCAN ATLAS MOUNTAIN CLAY RITUAL

40 MIN · € 80,00

Rich in magnesium and potassium. It helps fight acne, cleanses impurities and improves skin elasticity.

#### DETOX CLAY RITUAL

40 MIN · € 80,00

Stimulates the skin to release toxins and impurities. Relieves irritation, redness and inflammation of the skin.

#### KAOLINE CLAY RITUAL

40 MIN · € 80,00

With a purifying effect, it helps with excess sebum and impurities. Reduces inflammation, with an astringent and healing effect.

#### ZEOLITE CLAY RITUAL

40 MIN · € 80,00

A good heavy metal detoxifier. With anti-inflammatory and analgesic effects for joint pain.

### OTHER DETOX THERAPIES

#### SEAWEED DETOXIFYING WRAP

40 MIN · € 75,00

Wrapping with seaweed that helps to strengthen blood and lymphatic circulation, reducing pain and inflammation and purifying the body, restoring its balance. With a detoxifying, draining and remineralizing effect, it helps fighting cellulite, as well as reducing skin sagging and premature wrinkles due to the action of collagen and mineral salts.

#### ALKALINE DETOX BATH

40 MIN · € 75,00

Detox baths also promote body relaxation and, due to the properties of salt, they can relieve inflammation, as well as arthritis, back pain, skin problems and colds.

#### HIMALAYAN SALT BATH

40 MIN · € 75,00

Mineralizing body bath with calcium, magnesium, potassium and iron. It relieves respiratory conditions such as allergies and asthma, skin inflammation, and stimulates circulation, as well as alleviating tension and stress in the body.

#### DETOX & REENERGIZE MASSAGE

50 MIN · € 105,00

Body massage with active and detoxifying action effects capable of shaping and reducing measures, reducing the effects caused by cellulite.

#### DEEP SKIN LONGEVITY "DETOX & REPAIR" FACIAL

100 MIN · € 250,00

Facial treatment that provides deep cleansing and nourishment to the skin. Removes dead cells and roughness in the skin's texture, providing a greater production of collagen, which will leave your skin more hydrated, radiant and rejuvenated.

## HEALTH & WELLNESS CLINIC SERVICES

### NUTRITION & SUPPLEMENTS: OUR SOLUTIONS

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#### LONGEVITY NUTRITION CONSULTATION

40 MIN · € 125,00

In our Longevity Nutrition Consultation we aim to identify and prevent imbalances that could lead to occurrence of diseases. During the consultation, a personalized meal plan is established to increase the self-defense capacity of your body and optimize health and quality of life.

#### DETOX KIT

MAX 7 NIGHTS · € 100,00

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ENEMA, DETOX SUPPLEMENTS, DETOX TEAS

#### MAAX DETOX BOX\*

€ 350,00

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MAAX Detox is a highly effective medical device class IIa, made of 100 % pure and micronized lava mineral in a worldwide-unique manufacturing process.

(\*) REQUIRES DOCTOR PRESCRIPTION

## LONGEVITY SUPPLEMENTS\*

Longevity believes that lifestyle changes towards a wellness driven way of life is the most sustainable strategy to optimise health and prevent disease. Longevity provides with educational tools and easy health tips to its customers to support them in their change. However, this requires some level of discipline and self-motivation and people not always tackle this challenge in the optimal way. Furthermore, modern life is associated with several daily aggressions, which cause a stress to our wellbeing and immune system, and even a good practise of regular exercise and nutrition may not be enough to counteract their negative effects.

Longevity has developed a series of exclusive nutraceuticals' formulae leveraged on its know how of the main areas of need of its customers and on which substances and with what dosages are the most appropriate for a high impact complement of good wellness practices.

Unlike most commercial off the shelf supplements, all Longevity formulae are characterized by:

- High quality compounding pharmaceutical producer, with over 30 years of experience
- Rigorous quality control, with state of the art technology
- Supervised by highly qualified pharmacists
- Free from sugar, salt, wheat, soya, gluten, dairy products and of any animal source
- Free from preservatives, artificial flavouring and colouring
- Vegan friendly
- The right combination of substances and concentrations for maximum effectiveness

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<b>LONGEVITY MULTIVITAMIN AND ANTIOX BOOST AND PROTECT</b> (3 MONTH PLAN)	€ 399,00
<b>LONGEVITY DETOX, REPAIR AND ANTI INFLAMMATION</b> (3 MONTH PLAN)	€ 499,00
<b>LONGEVITY CELLULAR AND CEREBRAL HEALTH REGENERATION</b> (3 MONTH PLAN)	€ 299,00
<b>LONGEVITY CARDIO REGENERATE AND PROTECT</b> (1 MONTH PLAN)	€ 499,00
<b>LONGEVITY SLIM KIT</b> (4 FORMULAE, 1 MONTH PLAN)	€ 380,00
<b>LONGEVITY DHEA</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY B12 SUBLINGUAL</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY OMEGA 3</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY CHOLESTEROL CONTROL</b> (1 MONTH PLAN)	€ 125,00
<b>LONGEVITY MEMORY, FOCUS AND INTELLIGENCE ENHANCER</b> (1 MONTH PLAN)	€ 175,00
<b>LONGEVITY TELOMERE CELL HEALTH ENHANCER</b> (3 MONTH PLAN)	€ 499,00
<b>LONGEVITY MAGNESIUM AND CALCIUM BOOST</b> (3 MONTH PLAN)	€ 290,00
<b>LONGEVITY PROBIOTICS</b> (1 MONTH PLAN)	€ 149,00
<b>LONGEVITY SELENIUM</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY B COMPLEX</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY DIGESTIVE ENZYMES</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY BCAA AMINOACIDS</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY GLUTHATIONE 250</b> (3 MONTH PLAN)	€ 175,00
<b>LONGEVITY GLUTHATIONE 500</b> (3 MONTH PLAN)	€ 200,00
<b>LONGEVITY COQ10 120MG</b> (3 MONTH PLAN)	€ 175,00
<b>LONGEVITY TURMERIC</b> (3 MONTH PLAN)	€ 125,00
<b>LONGEVITY MAGNESIUM CITRATE</b> (3 MONTH PLAN)	€ 125,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## HEALTH & WELLNESS CLINIC SERVICES

### SOOTHE, RELAX & PAMPER : BODY CARE RITUALS

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Delicate and pure products to enhance your skin. Feel your skin, radiant, nourish, and rejuvenated.

<b>IRON BODY WRAP RITUAL</b>	25 MIN · € 80,00
<b>MAGNESIUM AND CALCIUM BODY WRAP RITUAL</b>	25 MIN · € 80,00
<b>MAGNESIUM, SODIUM, CALCIUM, IRON AND POTASSIUM BODY WRAP RITUAL</b>	25 MIN · € 80,00
<b>DEEP NOURISHING BODY WRAP RITUAL</b>	25 MIN · € 80,00

### SOOTHE, RELAX & PAMPER: BATH RITUALS

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Sweating is an automatic body detox mechanism, but a warm bath is also useful for ridding the skin of toxic agents and for relaxing sore muscles. This is a millenarian technique used not only to eliminate toxins, but also to help the body absorb minerals and nutrients.

<b>INVIGORATING BATH</b>	25 MIN · € 65,00
<b>RELAX BATH</b>	25 MIN · € 65,00
<b>DEEP NOURISHING BATH</b>	25 MIN · € 65,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## SOOTHE, RELAX & PAMPER : MASSAGES RITUALS

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### ARNICA DEEP TISSUE MASSAGE

50 MIN · € 110,00

A stimulating, deep massage enhanced with the anti-inflammatory benefits of arnica oil to relieve day-to-day muscular stress.

### STRESS RELIEF MASSAGE

50 MIN · € 105,00

An intense and therapeutic massage for those suffering from the effects of tension and stress.

### RELAXING MASSAGE

50 MIN · € 105,00

A massage with pure relaxation that relieves body tensions and will make you lighter.

### SHELLS MASSAGE

50 MIN · € 110,00

Massage with sea wave movements resulting in muscle relaxation and activation of body circulation.

### HERBAL SACHETS MASSAGE

50 MIN · € 110,00

Massage with a warm effect and a mixture of medicinal herbs with a relaxing and invigorating effect for the body and mind.

### LOCAL MASSAGE (LEGS; NECK, BACK, SHOULDERS AND CRANIO FACIAL)

25 MIN · € 75,00

### SOUND THERAPY

50 MIN · € 110,00

With the power of sound, this therapy will act on the human body, energetically harmonizing it, helping to awaken spiritual, emotional, mental and physical power.

### CANDLE MASSAGE

50 MIN · € 110,00

A relaxation and aromatherapy massage that stimulates blood circulation, reduces stress and improves skin appearance.

### MOTHER TO BE MASSAGE

50 MIN · € 105,00

During pregnancy, a woman feels special, for being such an important moment in her life. To help achieve the essential well-being at this stage, we provide a hydration, comfort and relaxation massage, providing well-being for both mother and baby.

### AYURVEDIC MASSAGE

75 MIN · € 110,00

A spiritual massage that balances body, mind and energy.

## HEALTH & WELLNESS CLINIC SERVICES

### FITNESS, SPORTS AND PAIN MEDICINE: PHYSICAL EXERCISE SESSIONS

PILATES PERSONAL TRAINING SESSION	30 MIN · € 50,00
PILATES PERSONAL TRAINING SESSION	60 MIN · € 85,00
YOGA PERSONAL TRAINING SESSION	30 MIN · € 50,00
YOGA PERSONAL TRAINING SESSION	60 MIN · € 85,00
SLIMMING PERSONAL TRAINING SESSION	30 MIN · € 50,00
SLIMMING PERSONAL TRAINING SESSION	60 MIN · € 85,00
FAT BURNER PERSONAL TRAINING SESSION	30 MIN · € 50,00
FAT BURNER PERSONAL TRAINING SESSION	60 MIN · € 85,00
ASSISTED STRETCHING PERSONALISED SESSION	30 MIN · € 50,00
ASSISTED STRETCHING PERSONALISED SESSION	60 MIN · € 85,00
BALANCE AND STRENGTH PERSONAL TRAINING SESSION	30 MIN · € 50,00
BALANCE AND STRENGTH PERSONAL TRAINING SESSION	60 MIN · € 85,00
BOOTCAMP PERSONAL TRAINING SESSION	30 MIN · € 50,00
BOOTCAMP PERSONAL TRAINING SESSION	60 MIN · € 85,00
HIIT PERSONAL TRAINING SESSION	30 MIN · € 50,00
HIIT PERSONAL TRAINING SESSION	60 MIN · € 85,00
LIIT PERSONAL TRAINING SESSION	30 MIN · € 50,00
LIIT PERSONAL TRAINING SESSION	60 MIN · € 85,00
BODY SHAPE PERSONAL TRAINING SESSION	30 MIN · € 50,00
BODY SHAPE PERSONAL TRAINING SESSION	60 MIN · € 85,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## SPORTS MEDICINE TREATMENTS (On Request and Subject to Availability)

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INJURY INTERVENTION TREATMENT SESSION*	30 MIN · € 150,00
PREVENTIVE TREATMENT FOR INJURIES*	30 MIN · € 150,00
PHYSIOTHERAPY*	50 MIN · € 150,00
PHYSICAL REHABILITATION*	50 MIN · € 150,00
SPORTS DIAGNOSIS FOR PERFORMANCE OPTIMISATION SESSION*	50 MIN · € 150,00
OZONOTHERAPY FOR MUSCLES, JOINTS AND SIMILAR INJURIES*	20 MIN · € 125,00

## PAIN MEDICINE TREATMENTS (On Request and Subject to Availability)

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PAIN INTERVENTION TREATMENT SESSION*	30 MIN · € 150,00
PREVENTIVE TREATMENT FOR PAIN*	30 MIN · € 150,00
PHYSIOTHERAPY*	50 MIN · € 150,00
PHYSICAL REHABILITATION*	50 MIN · € 150,00
OZONOTHERAPY FOR JOINTS AND SIMILAR PAINS*	20 MIN · € 125,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## HEALTH & WELLNESS CLINIC SERVICES

### MIND AND ENERGY REBALANCE

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#### LIFESTYLE COACHING

50 MIN · € 150,00

Lifestyle coaching looks for ways to improve our outlook and positivity. Using various techniques and methods of Therapy we help to create a strategy suited to your personality and unique needs.

#### ACCEPTANCE AND COMMITMENT THERAPY (ACT)

50 MIN · € 150,00

Acceptance and Commitment Therapy (ACT) aims to increase our psychological strength and flexibility, teach us to deal with any challenges life may present, as well as take positive steps as we do.

#### BODY AND MIND TECHNIQUES FOR STRESS MANAGEMENT

50 MIN · € 175,00

This consultation is tailored to design personalised tools to help build the best way to deal with stress. Personalised exercises for regular mind training are included. If you don't feel able to change your source of stress, you will certainly be able to change yourself and the way you deal with stress. Learn simple tools that you can integrate into your daily life. The result is a much healthier and happier way of life.

### EMOTIONAL DETOX THERAPY

50 MIN · € 150,00

Emotional balance is equally essential to a healthy lifestyle and can improve energy levels and promote emotional growth and development. Stress and emotional tensions are manifested in our body, so this integrated therapy can help us achieve a true mental and physical balance.

### GUIDED MEDITATION

50 MIN · € 150,00

By learning techniques to realise our inner self and breathing techniques to help us de-stress, we can rejuvenate ourselves, mind, body and soul. These lessons become a part of our daily life, tools that can be used whenever we become stressed or fatigued.

### MINDFULNESS THERAPY - MIND, BODY AND INNER SELF RELAXATION

50 MIN · € 160,00

Guided Meditation Session, followed by meditation techniques for realizing the Inner Self, combined with breathing techniques that help to relax, rejuvenate and revitalize body, mind and soul for everyday life. These techniques can be used in your day-to-day, anywhere and at any time.

### PSYCHOLOGY SESSION

50 MIN · € 150,00

Clinical psychology with the aim of diagnosing factors causing stress, phobias, anxieties, depression or other states of psychic imbalance, and their treatment with effective techniques for controlling and correcting imbalances.

### ENERGETIC HEALING THERAPY

50 MIN · € 175,00

Energy medicine focuses on the body's energy fields that organize and control the growth and repair of cells, tissues and organs. The flow, balance and harmony of the energy system can be restored and maintained non-invasively. The techniques of energy medicine correct imbalances and awaken energies that give us resilience and improve the vitality of the body, cells and mind.

**CRANIO SACRAL THERAPY**

50 MIN · € 175,00

Structural misalignment of the sacrocranial system – pelvis, spine and head – can compress our nerves, causing painful muscle spasms that will impair the body's normal functionality. This manual therapy whose objective is to assess and improve the physiological function of the cranial sacral system that surrounds and protects the brain and spinal cord, alleviates and corrects abnormal tensions and dissipates the negative effects of stress on the central nervous system. It is a preventive therapy that is beneficial in supporting and strengthening natural resistance against the disease, indicated for any age group, and without contraindications. It improves states associated with pain and dysfunction, including: migraines, chronic pain, neurovascular coordination difficulties and the immune system.

**REIKI**

50 MIN · € 150,00

Working on an emotional, mental and spiritual level, Reiki uses light or even non-contact massage to realign the flow of vital energy, rebalance the body and leave you with an improved sense of well-being.

**SHIATSU**

50 MIN · € 150,00

An ancient Eastern therapy that literally means "finger pressure," this massage targets strategic points of the body including the fingers, feet and palms.

**EPSOM SALT FLOTATION**

45 MIN · € 175,00

Relieving fatigue and stress, the high Epsom salt concentration in this bath allows you to float weightlessly, while simultaneously relieving aching muscles and eliminating toxins from the body.

**EPSOM SALT FLOTATION WITH MASSAGE**

95 MIN · € 225,00

**SLEEP APNOEA EQUIPMENT (CPAP)\***

€ 2.000,00

- Upon request, subject to availability and requires Sleep Apnoea Check-up

## HEALTH & WELLNESS CLINIC SERVICES

### AESTHETICS, RESHAPING & BEAUTY : SPA BODY RESHAPING AND CONTOURING RITUALS

<b>ANTI-CELLULITE &amp; RESHAPE MASSAGE</b>	50 MIN · € 105,00
A detoxifying massage to help thin and tone the silhouette while also improving blood circulation an excellent companion to targeted cellulite treatments.	
<b>LOCAL RESHAPE RITUAL</b>	40 MIN · € 80,00
Wrapping with firming massage in the belly and hip area.	
<b>LOCAL CELLULITE &amp; CONTOUR RITUAL</b>	40 MIN · € 80,00
Wrapping with draining and anti-cellulite massage in the belly and hip area.	
<b>LOCAL LEGS DRAINAGE RITUAL</b>	25 MIN · € 75,00
Draining massage in the leg area for relief and discomfort in tired legs	

### SPA FACIAL RITUALS

<b>FACIAL EXPRESS</b>	40 MIN · € 80,00
A moisturizing and invigorating facial treatment that leaves the skin energized and glowing.	
<b>FACIAL ANTI-AGEING</b>	50 MIN · € 125,00
A revitalizing, relaxing drainage treatment that stimulates skin renewal to combat signs of ageing.	
• Facial Anti-Ageing with Radiofrequency	50 MIN · € 200,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## MEDICAL BEAUTY TREATMENTS AND BODY REMODELING (CELLULITE REDUCTION, LOCAL FAT REDUCTION, RESHAPING & CONTOURING, FIRMING & TIGHTENING)

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### VENUS LEGACY® - SLIMMING, FIRMING AND CONTOURING

30 MIN - € 125,00

#### EXCLUSIVE TECHNOLOGY (MP)2 |

(MP)2 is the synergistic combination of Multipolar Radio Frequency and PEMF. The Multipolar RF and intelligent electrode coupling algorithm produce rapid and even heating for tissues at multiple depths, which promotes exceptional clinical results and comfortable treatments without patient downtime. A safe, pleasant and pain-free experience. Effective treatment in reducing abdominal circumference, improving cellulite and skin tightening, leaving your body more contoured and firm.

Areas: Abdomen / Thighs / Buttocks / Arms

### COOLSCULPTING® - FAT AND TONE REDUCTION SESSION

FROM € 650,00

Coolsculpting® is a non-invasive cryolipolysis treatment that eliminates up to 30% of the fat located in the treated area. It is a medical treatment, developed by scientists at Harvard Medical School and is the only cryolipolysis approved by the FDA (Food and Drug Administration) for safety and efficacy. It is a non-surgical procedure that allows you to achieve definitive results without resorting to liposuction. The results of Coolsculpting® are definitive, as the treated fat cells die, are eliminated, and the body does not renew them. However, as with any other non-invasive treatment for localized fat or liposuction, it is essential to have a healthy diet and exercise so as not to compromise the results.

### INSTA BODY BEAUTY PERSONALISED PACKAGE

FROM € 2500,00

Use of all existing resources and equipment and techniques to provide a personalised protocol that maximizes the impact on cellulite and localized fat reduction, reshaping, contour and body firmness. Includes 3 COOLSCULPTING applicators, among other supporting treatments.

### SCULPTRA FACE OR BODY BISTIMULATION

FROM € 370,00

Medical procedure that combats sagging on the face and body.

## BEAUTY & FACIAL RESHAPING MEDICAL TREATMENTS

### VENUS LEGACY® - ANTI-WRINKLE, ELASTICITY AND FIRMNESS

2 SESSIONS - € 200,00

#### EXCLUSIVE TECHNOLOGY (MP)2 |

(MP)2 is the synergistic combination of Multipolar Radio Frequency and PEMF. The Multipolar RF and intelligent electrode coupling algorithm produce rapid and even heating for tissues at multiple depths, which promotes exceptional clinical results and comfortable treatments without patient downtime. A safe, pleasant and pain-free experience. Radiofrequency is an aesthetic treatment used to combat sagging of the face. It activates blood microcirculation and helps stimulate the production of new collagen fibers to eliminate wrinkles and expression lines, giving the skin greater elasticity and firmness.

### SKIN BRIGHTENING

FROM - € 300,00

Reduces pigmentation and increases luminosity and shine, restoring the skin's vitality.

### MEDICAL PEELINGS

FROM - € 150,00

Facial treatment that stimulates the renewal of skin cells through controlled peeling through chemical or physical substances. The procedure can be used to lighten acne blemishes and scars, in addition to acting in the treatment of wrinkles and expression lines.

### FACIAL MESOLIFT

30 MIN - € 350,00

It is an aesthetic treatment, made through intradermal microinjections of biological active substances, selected according to the needs of the skin on the face. This method hydrates, stimulates cell renewal and collagen production, slowing down the aging process. The skin is smoothed from superficial wrinkles and looks younger.

### BEAUTIFICATION USING DERMA FILLERS

PER AMPOULE - € 375,00

Dermal fillers can help minimize the signs of ageing to help smooth skin and wrinkles.

### BOTOX SESSION

PER AMPOULE - € 400,00

Cosmetic "Botox" is a purified, medically administered protein that reduces muscle activity causing puckered lines for a smoother, more youthful appearance.

### MAGICAL THREADS LIFT

VARIABLE - PER THREAD

A simple and safe procedure that uses dissolve PDO threads (Polydioxanone threads - a medical grade thread used to suture for over 20 years) to rejuvenate the face without the need for surgery.

### FACIAL BIOSTIMULATION WITH PLATELET RICH PLASMA (PRP)

FROM - € 400,00

Advanced medical treatment to provide Skin Rejuvenation for the treatment of wrinkles, sagging and increasing skin tone.

### INSTA FACE BEAUTY PERSONALIZED PACKAGE

€ 1500,00

Use of all existing resources and equipment and techniques to provide a personalised protocol that maximizes the impact on facial rejuvenation.

(\*) REQUIRES DOCTOR PRESCRIPTION

## DENTAL AESTHETICS MEDICAL TREATMENTS (On Request and Subject to Availability)

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**AESTHETICS RESTORATION** FROM € 60,00

**CERAMIC CROWNS** FROM € 500,00

## AESTHETIC TRANSFORMATION / PLASTIC SURGERY (On Request and Subject to Availability)

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**EVALUATION AND PLASTIC SURGERY SIMULATION** 25 MIN · € 70,00

**PLASTIC SURGERY CONSULTATION** 25 MIN · € 70,00

**FACIAL SURGERIES** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

**BREAST SURGERIES** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

**BODY SURGERIES** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

**TRANSFORMATION SURGERIES (PACK)** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

**INTIMATE SURGERIES** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

**OTHER SURGERIES** PRICE DEPENDING ON THE EVALUATION

(Requires Evaluation Consultation)

# LONGEVITY

HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE

## TERMS & CONDITIONS

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Prices in Euros inclusive of VAT at the current rate.

Prices are subject to change without prior notice.

Advance reservation is required, subject to availability.

Minimum admission age is 18 years old.

The full amount will be charged in case of cancellations with less than 24 hours warning.

All information contained in this document may change without prior notice.

## CONTACTS

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