

# LONGEVITY

HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE

## WELLNESS A LA CARTE

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# WELLNESS A LA CARTE

## MONITOR: OUR SOLUTIONS

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### LIFESTYLE EVALUATION

25 MIN · € 70,00

This consultation is tailored to clearly identify the type of stressors that contribute to the unbalance of your general wellbeing. First, a quick evaluation is done to detect major lifestyle patterns. Then, a client-centred conversation follows, to deepen the understanding of the impact of the stressors (external stimulus that produces physical and mental stress) on our mental, emotional and social life.

### GENERAL CARDIOVASCULAR HEALTH EVALUATION

40 MIN · € 125,00

### BIOPHYSICAL EVALUATION (IN BODY)

25 MIN · € 90,00

The Biophysical Evaluation is a quick non-invasive approach to determine body composition, to measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.

### FITNESS EVALUATION

25 MIN · € 70,00

It consists of an evaluation of your body composition and a battery of physical tests that assess your Physical aptitude. The purpose of this evaluation is essentially to provide a customized training plan tailored to your capabilities, needs and objectives.

### 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

### MINERALS AND HEAVY METALS EVALUATION

15 MIN · € 125,00

The precision of Spectrophotometry allows us to determine the quality and condition of minerals, trace elements and heavy metals in your body.

### BLOOD PRESSURE (SYSTOLIC / DIASTOLIC), HEART RATE EVALUATION

10 MIN · € 25,00

### FACE EVALUATION

25 MIN · € 90,00

### SKIN CHECK UP (COMPUTERISED DIGITAL DERMOSCOPY)\*

50 MIN · € 185,00

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

40 MIN · € 520,00

### INITIAL DENTAL SCREENING

25 MIN · € 90,00

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

40 MIN · € 25,00

### SMOKER SCREENING\*

25 MIN · € 75,00

### TELOMERE LENGTH EVALUATION\*

20 MIN · € 750,00

Telomeres, the protective caps found at the end of chromosomes in all living creatures, regulate the cellular aging process and are therefore responsible, as a major factor, for aging in human beings but also have been shown to play a major role in the development of virtually all aging-related diseases. This test is the most accurate indicator of cellular aging, with a wide range of applications aimed to the prevention of age-related diseases as cardiovascular diseases or cancer, due to the close relation between this diseases and telomere length.

(\* ) REQUIRES DOCTOR PRESCRIPTION

## MONITOR: OUR SOLUTIONS

### ANTI-AGEING TAILOR MADE BIOCHEMICAL EVALUATION\*

15 MIN · VARIABLE

In-depth Biochemical and Biomarker Analysis allows the identification of internal imbalances, to sustain the implementation of the Personalized Health Plan, including functional diet, nutraceuticals, detox and weight management solutions, and anti-ageing therapeutics to strengthen the immune response, and rebalance all body systems and cellular health.

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

### OTHER CLINICAL EXAMS\*

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

(\* ) REQUIRES DOCTOR PRESCRIPTION

## MONITOR: OUR CHECK UPS

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

## MONITOR: OUR MEDICAL CONSULTATIONS

|                                                                                                                                                                                           |                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>GENERAL MEDICAL CONSULTATION AND CLINICAL EXAMINATION</b>                                                                                                                              | 40 MIN · € 125,00 |
| Medical consultation including a general clinical exam, with the goal of evaluating your current health status, to filter disease symptoms and recommend other clinical exams, if needed. |                   |
| <b>MEDICAL CONSULTATION FOLLOW UP</b>                                                                                                                                                     | 25 MIN · € 95,00  |

(\*) REQUIRES DOCTOR PRESCRIPTION

## SPECIALTY CONSULTATIONS\*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>INTEGRATIVE MEDICINE AND ANTI-AGEING CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 45 MIN · € 175,00 |
| A specialty consultation with the goal of evaluating your lifestyle, risk factors and imbalances, to suggest medical and holistic therapies, maximizing the impact of integrating conventional medicine with integrative and anti-ageing medicine.                                                                                                                                                                                                                                                                                                                    |                   |
| <b>CARDIOLOGY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 40 MIN · € 125,00 |
| <b>DIABETES CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 MIN · € 175,00 |
| <b>HYPERBARIC MEDICINE CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 40 MIN · € 175,00 |
| <b>AUTO IMMUNE DISEASE CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 40 MIN · € 175,00 |
| <b>DERMATOLOGY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 40 MIN · € 125,00 |
| <b>GASTROENTEROLOGY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 40 MIN · € 125,00 |
| <b>IMMUNOALLERGOLOGY CONSULTATION (with allergology test)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 40 MIN · € 200,00 |
| <b>OPHTHALMOLOGY CONSULTATION (with ophthalmologic test)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 MIN · € 125,00 |
| <b>UROLOGY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 40 MIN · € 125,00 |
| <b>CLINICAL AND HEALTH PSYCHOLOGY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 40 MIN · € 175,00 |
| <b>MEDICAL DENTIST CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 40 MIN · € 125,00 |
| <b>PODIATRY CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 MIN · € 175,00 |
| <b>TRADITIONAL CHINESE MEDICINE CONSULTATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 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

## WELLNESS A LA CARTE

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

Ozone therapy is the administration and or absorption of ozone and oxygen in order to optimize the amount of oxygen in our body. Ozone has analgesic, anti-inflammatory, antioxidant and detoxifying properties, which makes it an excellent treatment to reduce inflammation, reduce free radicals and is used as a treatment for various pathologies but is also increasingly used in aesthetic medicine applications.

|                                                         |                   |
|---------------------------------------------------------|-------------------|
| <b>OZONE &amp; OXYGEN-THERAPY SESSION (IV)*</b>         | 30 MIN · € 200,00 |
| <b>OZONE &amp; OXYGEN-THERAPY LOCAL SESSION (IV)*</b>   | 20 MIN · € 150,00 |
| <b>OZONE &amp; OXYGEN-THERAPY BODY SESSION (SAUNA)*</b> | 30 MIN · € 200,00 |

#### OUR IV AND IM INFUSION THERAPIES

|                                                              |                   |
|--------------------------------------------------------------|-------------------|
| <b>HIGH PERFORMANCE IV THERAPY*</b>                          | 30 MIN · € 200,00 |
| <b>METABOLIC/WEIGHT LOSS IV BOOST*</b>                       | 15 MIN · € 200,00 |
| <b>CHRONIC FATIGUE IV THERAPY*</b>                           | 30 MIN · € 200,00 |
| <b>NUTRIENTS &amp; VITAMINS IV THERAPY*</b>                  | 30 MIN · € 200,00 |
| <b>INTENSE DETOX IV THERAPY*</b>                             | 30 MIN · € 200,00 |
| (liver, pancreas, kidneys, gallbladder, lymphatic system)    |                   |
| <b>CHELATION IV THERAPY (HEAVY METALS)*</b>                  | 30 MIN · € 200,00 |
| <b>DETOX, ANTIOX &amp; CELLULAR REGENERATION IV THERAPY*</b> | 30 MIN · € 200,00 |
| <b>ENERGY BOOST IV THERAPY*</b>                              | 30 MIN · € 200,00 |
| <b>VITAMIN B12 IM BOOST*</b>                                 | 15 MIN · € 200,00 |
| <b>GLUTATHIONE IV BOOST*</b>                                 | 15 MIN · € 200,00 |
| <b>COQ10 IV BOOST*</b>                                       | 15 MIN · € 200,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

### DETOX & REGENERATION: OUR MEDICAL SOLUTIONS

#### HYPERBARIC MEDICINE

Hyperbaric Medicine is dedicated to the treatment of pathologies in an environment with a pressure higher than the atmospheric pressure obtained through the use of the hyperbaric chamber. The use of this camera can bring benefits in terms of free radical reduction, increased activity of cell and tissue defenses and their regeneration.

#### HYPERBARIC OXYGEN THERAPY SESSION\*

(Intense oxygenation and regeneration)

75 MIN · € 125,00

#### COLONIC HYDROTHERAPY

Our intestines are permanently under stress due to our unbalanced nutrition, high level of processed foods, with a lack of vegetable fibers, a high content of sugar and salt, chemical additives and conserving agents. Our reduced chewing activity, fast eating habits and emotional stress all cause digestive and intestinal dysfunctions. During a colon hydrotherapy session, water is gently introduced into the large intestine through the anus in a controlled manner by a qualified therapist. To assist elimination of waste and gas pockets your therapist may use gentle abdominal massage techniques. The purpose of colon hydrotherapy is to achieve optimal bowel function through the restoration of fluid, matter and gas balance - removal of excess wastes and exercise to the large intestine for the benefit of assisting absorption, assimilation and elimination which is instrumental in maintaining health and wellbeing of the body and mind.

#### STANDARD COLONIC HYDROTHERAPY WITH HERBAL TEA

The tea can help against cramps in the colon under the treatment. The tea can also help in general of the amount of stool (feces) that is released.

75 MIN · € 175,00

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

The major benefit of the coffee enema is to enhance the elimination of toxins through the liver. The coffee is an organic special roasted coffee for the use of colonics.

75 MIN · € 200,00

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

The high concentration of probiotics introduced will strengthen and reinforce the gut flora population and restore balance of beneficial bacteria of the gut flora, bringing it to a normal and healthy state. The probiotics are very helpful for clients with IBS, gas, digestive problems, low immune defence, constipation and/or diarrhea.

75 MIN · € 225,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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### METABOLIC BOOSTER TREATMENT

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

Purify, Regenerate and Slim is the basis of this state of the art technology that, with only a 30 minutes session, allows to burn up to 600 kcal. Its action through long infrared rays of organic plant origin allows a 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.

### LOCAL OSTEOPATHY SESSION

25 MIN · € 80,00

### 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..

(\*) REQUIRES DOCTOR PRESCRIPTION

## DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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### REFLEXOLOGY

50 MIN · € 125,00

Reflexology is a technique of pressure, based on the principles that all parts, glands and organs are reflected in our feet. By stimulating the corresponding zones, it helps to relieve tension and increase blood circulation, establishing the balance and function of the whole body.

### MANUAL LYMPHATIC DRAINAGE - BODY

25 MIN · € 125,00

Manual lymphatic drainage is a gentle massage technique, which aims to stimulate the lymphatic system and do the routing of lymph to the lymph nodes. This process leads to the elimination of excess fluids and toxins. The light, precise and rhythmic movements applied towards the lymph nodes are beneficial in the treatment of oedema, develop a diuretic and a relaxing effect, help eliminating cellulite nodules, reduce body volume and relieve symptoms of heavy and tired legs.

### MANUAL LYMPHATIC DRAINAGE - FACE

50 MIN · € 125,00

Manual facial lymphatic drainage consists of a gentle massage technique and small circles to stimulate the lymphatic system. The benefits are many, and we can feel improvements throughout the face, since this treatment deflates the skin and promotes drainage of fluids and consequently there are improvements in circulation.

### ACUPUNCTURE SESSION

30 MIN · € 95,00

It is a part of Traditional Chinese Medicine that consists of the application of needles in defined points of the body "Acupoints" that are distributed mainly on lines called meridians of acupuncture", with the aim of balancing the energetic circulation.

### LASER ACUPUNCTURE SESSION

30 MIN · € 105,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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### AURICULOTHERAPY SESSION

30 MIN · € 95,00

Auriculotherapy is a specialty of Chinese medicine that consists of stimulation of acupuncture points in the auricular pavilion. The ear is regarded as a microsystem representative of the human body, functioning as a receiver of high specificity signals, which may reflect the physiological changes in the organs and nervous and musculoskeletal systems. Initially an assessment is made to diagnose energy imbalances and establish a treatment plan. The stimulation of the auricular points can be done by means of the placement of acupuncture needles or with the use of laser, so that the organism can reach its natural balance. Auriculotherapy can also be used to potentiate the effects of a session of acupuncture.

### 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 € 650,00

Bioidentical hormone replacement therapy is a personalized and prescribed therapy depending on the hormonal profile and needs of each person. This therapy aims to rebalance the hormonal levels of each person at any stage of the person's life

## DETOX AND REGENERATION: OUR DENTAL DETOX SOLUTIONS

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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

(\*) REQUIRES DOCTOR PRESCRIPTION

## 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.

### LEMON AND OLIVE OIL BODY SCRUB

40 MIN · € 75,00

### FLOR DE SAL AND MATCHA BODY SCRUB

40 MIN · € 75,00

### SWEET ORANGE AND ALMOND BODY SCRUB

40 MIN · € 75,00

### HIMALAYA SALT AND SPIRULINA BODY SCRUB

40 MIN · € 75,00

### EPSOM SALT AND LAVENDER BODY SCRUB

40 MIN · € 75,00

### 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

### DETOX CLAY RITUAL

40 MIN · € 80,00

### KAOLINE CLAY RITUAL

40 MIN · € 80,00

### ZEOLITE CLAY RITUAL

40 MIN · € 80,00

### OTHER DETOX THERAPIES

### SEAWEED DETOX BODY WRAP RITUAL

40 MIN · € 75,00

### DETOX ALKALINE BATH

40 MIN · € 75,00

### HIMALAYAN PINK SALT BATH

40 MIN · € 75,00

### DETOX & REENERGIZE MASSAGE

50 MIN · € 105,00

### LONGEVITY FACIAL SKIN DEEP DETOX & REPAIR

100 MIN · € 250,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## WELLNESS A LA CARTE

### NUTRITION & SUPPLEMENTS: OUR SOLUTIONS

#### LONGEVITY NUTRITION CONSULTATION 25 MIN · € 95,00

During the consultation a personalized meal and lifestyle plan is established in order to increase the self-defence capacity of your body and to optimise health and quality of life.

#### DETOX KIT MAX 7 NIGHTS · € 100,00

ENEMA, DETOX SUPPLEMENTS, DETOX TEAS

#### MAAX DETOX BOX\* € 350,00

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 MULTIVITAMIN AND ANTIOX BOOST AND PROTECT | € 399,00 |
| LONGEVITY DETOX, REPAIR AND ANTI INFLAMMATION       | € 449,00 |
| LONGEVITY CELLULAR AND CEREBRAL HEALTH REGENERATION | € 299,00 |
| LONGEVITY CARDIO REGENERATE AND PROTECT             | € 499,00 |
| LONGEVITY SLIM KIT (4 FORMULAE)                     | € 380,00 |
| LONGEVITY DHEA                                      | € 125,00 |
| LONGEVITY B12 SUBLINGUAL                            | € 125,00 |
| LONGEVITY OMEGA 3                                   | € 125,00 |
| LONGEVITY CHOLESTEROL CONTROL                       | € 125,00 |
| LONGEVITY MEMORY, FOCUS AND INTELLIGENCE ENHANCER   | € 175,00 |
| LONGEVITY TELOMERE CELL HEALTH ENHANCER             | € 499,00 |
| LONGEVITY MAGNESIUM AND CALCIUM BOOST               | € 290,00 |
| LONGEVITY PROBIOTICS                                | € 149,00 |
| LONGEVITY SELENIUM                                  | € 125,00 |
| LONGEVITY B COMPLEX                                 | € 125,00 |
| LONGEVITY DIGESTIVE ENZYMES                         | € 125,00 |
| LONGEVITY FOR JOINTS                                | € 175,00 |
| LONGEVITY BCAA AMINOACIDS                           | € 125,00 |
| LONGEVITY GLUTATHIONE 250                           | € 175,00 |
| LONGEVITY GLUTATHIONE 500                           | € 200,00 |
| LONGEVITY COQ10 120MG                               | € 175,00 |
| LONGEVITY TURMERIC                                  | € 125,00 |
| LONGEVITY MAGNESIUM CITRATE                         | € 125,00 |

(\* REQUIRES DOCTOR PRESCRIPTION)



## WELLNESS A LA CARTE

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

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

|                                                                        |                  |
|------------------------------------------------------------------------|------------------|
| <b>IRON BODY WRAP RITUAL</b>                                           | 40 MIN · € 80,00 |
| <b>MAGNESIUM AND CALCIUM BODY WRAP RITUAL</b>                          | 40 MIN · € 80,00 |
| <b>MAGNESIUM, SODIUM, CALCIUM, IRON AND POTASSIUM BODY WRAP RITUAL</b> | 40 MIN · € 80,00 |
| <b>DEEP NOURISHING BODY WRAP RITUAL</b>                                | 40 MIN · € 80,00 |

### SOOTHE, RELAX & PAMPER: BATH RITUALS

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>    | 40 MIN · € 65,00 |
| <b>RELAX BATH</b>           | 40 MIN · € 65,00 |
| <b>DEEP NOURISHING BATH</b> | 40 MIN · € 65,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

### SOOTHE, RELAX & PAMPER : MESSAGES RITUALS

**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, therapeutic massage for anyone suffering the effects of tension and stress.

**RELAXING MASSAGE** 50 MIN · € 105,00

**SHELLS MASSAGE** 50 MIN · € 110,00

**HERBAL SACHETS MASSAGE** 50 MIN · € 110,00

**LOCAL MASSAGE (LEGS; NECK, BACK AND SHOULDERS)** 25 MIN · € 75,00

**SOUND THERAPY** 50 MIN · € 110,00

**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

Our hydrating, relaxing massage provides wellbeing and serenity for both mother and baby.

**AYURVEDIC MASSAGE** 75 MIN · € 110,00

A spiritual massage balancing body, mind and energy, detoxifying the body and leaving you feeling patient and calm.

(\*) REQUIRES DOCTOR PRESCRIPTION

## WELLNESS A LA CARTE

### 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 |
| BODY SHAPE PERSONAL TRAINING SESSION           | 30 MIN · € 50,00 |
| BODY SHAPE PERSONAL TRAINING SESSION           | 60 MIN · € 85,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

### SPORTS MEDICINE TREATMENTS

|                                                        |                   |
|--------------------------------------------------------|-------------------|
| FUNCTIONAL TREATMENT SESSION*                          | 50 MIN · € 120,00 |
| INJURY PREVENTION SESSION*                             | 50 MIN · € 120,00 |
| PHYSIOTHERAPY*                                         | 50 MIN · € 120,00 |
| PERFORMANCE EVALUATION*                                | 60 MIN · € 150,00 |
| SHOULDER REHABILITATION SESSION WITH BIOFEEDBACK*      | 60 MIN · € 150,00 |
| HIP REHABILITATION SESSION WITH BIOFEEDBACK*           | 60 MIN · € 150,00 |
| KNEE REHABILITATION SESSION WITH BIOFEEDBACK*          | 60 MIN · € 150,00 |
| OZONOTHERAPY FOR MUSCLES, JOINTS AND SIMILAR INJURIES* | 20 MIN · € 125,00 |

### PAIN MEDICINE TREATMENTS

|                                                           |                   |
|-----------------------------------------------------------|-------------------|
| ULTRASOUND GUIDED PAIN TREATMENT*                         | 50 MIN · € 200,00 |
| ECOGUIDED HYALURONIC ACID INTRA-ARTICULAR APPLICATION*    | 50 MIN · € 300,00 |
| ECOGUIDED PLATELET RICH PLASMA APPLICATION*               | 50 MIN · € 400,00 |
| ECOGUIDED OZONOTHERAPY INTRA-ARTICULAR OR PERI-ARTICULAR* | 50 MIN · € 200,00 |
| ECOGUIDED CALCIFICATIONS ASPIRATION*                      | 50 MIN · € 200,00 |
| ECOGUIDED BURSA OR TENDON HIDRODISSECTION*                | 50 MIN · € 200,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

## WELLNESS A LA CARTE

### MIND AND ENERGY REBALANCE

#### LIFESTYLE COACHING

50 MIN · € 150,00

Lifestyle coaching searches out ways to improve our outlook and positivity. Selecting techniques and methods from Acceptance and Commitment Therapy (ACT), Mindfulness (MBCT), Cognitive Behavioral Therapy (CBT) and Energy Medicine to create a bespoke strategy for your unique personality and needs, we can give you the tools to make real changes in your life. For best results, two sessions are recommended.

#### ACCEPTANCE AND COMMITMENT THERAPY (ACT)

50 MIN · € 150,00

Acceptance and commitment therapy (ACT) aims to increase our psychological strength and flexibility. Rather than avoiding, exaggerating or eliminating difficult thoughts and feelings, ACT teaches us to deal with whatever challenges life may bring and helps us take positive steps forward as we do so. By identifying what truly matters most to us, we can find ways to live a more rewarding, joyful and fulfilling life.

#### BODY AND MIND TECHNIQUES FOR STRESS MANAGEMENT

50 MIN · € 150,00

This consultation is tailored to design personalized tools to help improve the way stress is coped with. It includes personalized exercises for regular mind training. If you do not feel able to change the source of stress, you are certainly able to change yourself and the way you deal with it. Learn simple tools that you can integrate into your daily life. The result is a much healthier and happier way of living.

(\*) REQUIRES DOCTOR PRESCRIPTION

#### EMOTIONAL DETOX THERAPY

50 MIN · € 150,00

For the best detox results, your nutrition and fitness regime can be paired with a therapeutic emotional detox. Emotional balance is just as essential for a healthy lifestyle, and can enhance energy levels and promote emotional growth and development. Stress and emotional tensions manifest in our bodies, so this integrated therapy can help us achieve 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 · € 150,00

A guided Power Meditation Nap, meditation techniques for realisation of the inner self and breathing techniques to help us de-stress, all work together to completely re-vitalize the mind, body and soul, leaving us ready to take on the challenges of day-to-day life.

#### ENERGETIC PSYCHOLOGY SESSION

50 MIN · € 150,00

#### ENERGETIC HEALING THERAPY

50 MIN · € 150,00

By aligning and harmonising ourselves - physically, emotionally, mentally and energetically, we can rebalance our chakras, restore energy flow and release negative thoughts and emotions - promoting freedom in decision-making as well as greater openness to any ongoing therapy processes.

(\*) REQUIRES DOCTOR PRESCRIPTION

**CRANIO SACRAL THERAPY**

50 MIN · € 150,00

Incorrect structural alignment of the cranial sacral system - the pelvis, spine and head - can compress our nerves, causing painful muscle spasms that will impair normal body functionality. This targeted therapy corrects these dysfunctions through a gentle massage of the head and spine.

**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

(\*) REQUIRES DOCTOR PRESCRIPTION

**WELLNESS A LA CARTE****AESTHETICS, RESHAPING & BEAUTY :  
SPA BODY RESHAPING AND CONTOURING RITUALS****ANTI-CELLULITE & RESHAPE MASSAGE**

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.

**LOCAL RESHAPE RITUAL**

40 MIN · € 80,00

**LOCAL CELLULITE & CONTOUR RITUAL**

40 MIN · € 80,00

**LOCAL LEGS DRAINAGE RITUAL**

25 MIN · € 75,00

**SPA FACIAL RITUALS****FACIAL EXPRESS**

40 MIN · € 80,00

A moisturizing and invigorating facial treatment that leaves the skin energized and glowing.

**FACIAL ANTI-AGEING**

50 MIN · € 125,00

A revitalizing, relaxing drainage treatment that stimulates skin renewal to combat signs of ageing.

(\*) REQUIRES DOCTOR PRESCRIPTION

## HAIR SPA & DRESSER

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|                 |              |
|-----------------|--------------|
| HAIR CUT        | FROM € 50,00 |
| BRUSHING        | FROM € 45,00 |
| PLANK           | FROM € 45,00 |
| MISE (ROLOS)    | FROM € 45,00 |
| COLOUR PAINTING | FROM € 50,00 |
| ROOT PAINTING   | FROM € 50,00 |
| HIGHLIGHTS      | FROM € 80,00 |
| BALAYAGES       | FROM € 80,00 |
| CURLING         | FROM € 35,00 |
| DISCOLORATION   | FROM € 65,00 |

## FINAL TOUCHES RITUALS

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|                                                                                                                                                                        |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| MANICURE                                                                                                                                                               | 30 MIN · € 45,00 |
| MANICURE LONGEVITY                                                                                                                                                     | 60 MIN · € 65,00 |
| A nourishing ritual to enhance the beauty and youthfulness of your hands.<br>A complete treatment with an aroma bath, peel, moisturizing mask, massage-<br>and finish. |                  |
| PEDICURE                                                                                                                                                               | 50 MIN · € 75,00 |
| PEDICURE LONGEVITY                                                                                                                                                     | 80 MIN · € 95,00 |
| Experience the comfort and pleasure of a spa foot ritual with deep hydration<br>and a relaxing exfoliation bath.                                                       |                  |

(\*) REQUIRES DOCTOR PRESCRIPTION

## FINAL TOUCHES RITUALS

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|                        |                  |
|------------------------|------------------|
| <b>WAXING</b>          |                  |
| FULL LEG               | 80 MIN · € 40,00 |
| HALF LEG               | 40 MIN · € 25,00 |
| BRASILIAN WAX          | 40 MIN · € 65,00 |
| INTEGRAL BRASILIAN WAX | 60 MIN · € 80,00 |
| UNDER ARMS             | 20 MIN · € 55,00 |
| UPPER LIPS             | 15 MIN · € 10,00 |
| EYEBROWS               | 20 MIN · € 10,00 |

## BEAUTY & BODY RESHAPING MEDICAL TREATMENTS

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|                                                |                 |
|------------------------------------------------|-----------------|
| INTENSE CELULITE REDUCTION                     | FROM € 950,00   |
| INTENSE BODY SLIM                              | FROM € 950,00   |
| BODY COUNTOUR & RESHAPE                        | FROM € 950,00   |
| BRASILIAN BUT LIFT TREATMENT                   | FROM € 800,00   |
| COOLSCULPTING - FAT AND TONE REDUCTION SESSION | FROM € 950,00   |
| INSTA BODY BEAUTY PERSONALIZED PACKAGE         | FROM € 2.500,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

## BEAUTY & FACIAL RESHAPING MEDICAL TREATMENTS

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**SKIN BRIGHTENING** FROM € 300,00

**MEDICAL PEELINGS** FROM € 250,00

The strength of chemical peels varies according to the desired effect, but all work to reinvigorate the skin, reducing age or sun spots, wrinkles or fine lines even scars from acne.

**RESURFACING LIFTING** FROM € 300,00

**FACIAL MESOLIFT** 30 MIN · € 350,00

**BIOREVITALISATION DERMAL FILLERS** PER AMPOULE · € 375,00

**OZONE AESTHETICS MESOLIFT** PER AREA · € 350,00

**DERMALINFUSION** 30 MIN · € 450,00

Deep facial cleansing alongside vitamin, mineral and amino microinjections stimulates the production of collagen and elastin to give a fresher, healthier appearance.

**BOTOX SESSION** PER AMPOULE · € 400,00

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

**MAGICAL THREADS LIFT** PRICE UPON CONSULTATION

A simple, safe procedure that uses dissolvable PDO threads (Polydioxanone threads – a medical grade thread used for suturing for over 20 years) to rejuvenate the face without the need for surgery.

**BIOSTIMULATION PRP** FROM € 600,00

Using our own cells, proteins and plasmatic growth factors, bio-stimulation helps with skin tone, brightness and luminosity.

**INSTA FACE BEAUTY PERSONALIZED PACKAGE** € 1.500,00

A complete, bespoke package combining various techniques tailored to your unique needs.

(\*) REQUIRES DOCTOR PRESCRIPTION

## DENTAL AESTHETICS MEDICAL TREATMENTS

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**AESTHETICS RESTORATION** FROM € 60,00

**CERAMIC CROWNS** FROM € 500,00

## AESTHETICS TRANSFORMATION

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**EVALUATION AND PLASTIC SURGERY SIMULATION** 45 MIN · € 175,00

**PLASTIC SURGERY CONSULTATION (PRE AND POST)** 45 MIN · € 175,00

## FACIAL SURGERIES

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**COMPLETE FACELIFT** FROM € 5.900,00

**MINI FACELIFT** FROM € 4.500,00

**ISOLATED NECKLIFT** FROM € 6.900,00

**BROWLIFT** FROM € 1.200,00

**BLEPHAROPLASTY** FROM € 900,00

**OTOPLASTY** FROM € 2.250,00

**RINOPLASTY** FROM € 4.500,00

(\*) REQUIRES DOCTOR PRESCRIPTION

## BREAST SURGERIES

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|                                 |                 |
|---------------------------------|-----------------|
| BREAST AUGMENTATION*            | FROM € 3.350,00 |
| BREAST REDUCTION*               | FROM € 4.750,00 |
| BREAST LIFT*                    | FROM € 4.350,00 |
| BREAST REVISION*                | FROM € 4.500,00 |
| NIPPLES CORRECTION*             | FROM € 500,00   |
| POST-MASTECTOMY RECONSTRUCTION* | UPON REQUEST    |

## BODY SURGERIES

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|                           |                 |
|---------------------------|-----------------|
| BODYSCULPTING*            | FROM € 6.500,00 |
| BRAZILIAN BUTT LIFT*      | FROM € 4.100,00 |
| ABDOMINOPLASTY*           | FROM € 4.200,00 |
| SAFE LIPOABDOMINOPLASTY*  | FROM € 7.200,00 |
| LONGITUDINAL LIFT (ARMS)* | FROM € 3.900,00 |
| THIGH LIFT*               | FROM € 3.900,00 |
| LIPOBODYLIFT*             | FROM € 8.500,00 |
| SAFE LIPOSUCTION*         | FROM € 4.000,00 |
| CALF AUGMENTATION*        | FROM € 4.000,00 |
| LIPOFILLING*              | UPON REQUEST    |
| LIPOLASER*                | UPON REQUEST    |

(\*) REQUIRES DOCTOR PRESCRIPTION

## MOMMY AND GRANNY MAKEOVER SURGERIES

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|                                                          |              |
|----------------------------------------------------------|--------------|
| PACK MOMMY MAKEOVER*                                     | UPON REQUEST |
| (Breast, abdomen and intimate aesthetics)                |              |
| PACK GRANNY MAKEOVER*                                    | UPON REQUEST |
| (Breast, abdomen and intimate functional and aesthetics) |              |

## HAIR SURGERIES

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|                          |                 |
|--------------------------|-----------------|
| HAIR TRANSPLANT*         | FROM € 2.500,00 |
| EYEBROW HAIR TRANSPLANT* | UPON REQUEST    |
| BEARD HAIR TRANSPLANT*   | UPON REQUEST    |

## INTIMATE SURGERIES

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|                               |                 |
|-------------------------------|-----------------|
| VAGINOPLASTY*                 | FROM € 2.500,00 |
| LABIOPLASTY*                  | FROM € 2.000,00 |
| LABIA MAJORA LIPOFILLING*     | FROM € 2.000,00 |
| CLITOROPEXY*                  | FROM € 1.750,00 |
| SUPRAPUBIC LIPOSUCTION*       | FROM € 1.750,00 |
| HYMEN RECONSTRUCTION SURGERY* | FROM € 1.500,00 |

(\*) REQUIRES DOCTOR PRESCRIPTION

# 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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