

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE

WELLNESS A LA CARTE

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WELLNESS A LA CARTE

MONITOR: OUR SOLUTIONS

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

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.

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

SPECIALTY CONSULTATIONS*

INTEGRATIVE MEDICINE AND ANTI-AGEING CONSULTATION 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.

CARDIOLOGY CONSULTATION 40 MIN · € 125,00

DIABETES CONSULTATION 40 MIN · € 175,00

HYPERBARIC MEDICINE CONSULTATION 40 MIN · € 175,00

AUTO IMMUNE DISEASE CONSULTATION 40 MIN · € 175,00

DERMATOLOGY CONSULTATION 40 MIN · € 125,00

GASTROENTEROLOGY CONSULTATION 40 MIN · € 125,00

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

PODIATRY CONSULTATION 40 MIN · € 175,00

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

MONITOR: OUR CHECK UPS

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

GENERAL MEDICAL CONSULTATION AND CLINICAL EXAMINATION	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.	
MEDICAL CONSULTATION FOLLOW UP	25 MIN · € 95,00

(*) 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*

75 MIN · € 125,00

(Intense oxygenation and regeneration)

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

75 MIN · € 175,00

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.

PREMIUM COLONIC HYDROTHERAPY WITH COFFEE (INTESTINAL + LIVER DETOX)

75 MIN · € 200,00

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.

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

75 MIN · € 225,00

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.

(*) 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.

OZONE & OXYGEN-THERAPY SESSION (IV)*	30 MIN · € 200,00
OZONE & OXYGEN-THERAPY LOCAL SESSION (IV)*	20 MIN · € 150,00
OZONE & OXYGEN-THERAPY BODY SESSION (SAUNA)*	30 MIN · € 200,00

OUR INFUSION THERAPIES

HIGH PERFORMANCE BOOST*	30 MIN · € 200,00
METABOLIC/WEIGHT LOSS BOOST*	15 MIN · € 200,00
CHRONIC FATIGUE INFUSION*	30 MIN · € 200,00
NUTRIENTS & VITAMINS BOOST*	30 MIN · € 200,00
INTENSE DETOX INFUSION*	30 MIN · € 200,00
(liver, pancreas, kidneys, gallbladder, lymphatic system)	
CHELATION INFUSION (HEAVY METALS)*	30 MIN · € 200,00
DETOX, ANTIOX & CELLULAR REGENERATION BOOST*	30 MIN · € 200,00
ENERGY BOOST*	30 MIN · € 200,00
VITAMIN B12 BOOST*	15 MIN · € 200,00
GLUTATHIONE BOOST*	15 MIN · € 200,00
COQ10 BOOST*	15 MIN · € 200,00

(*) REQUIRES DOCTOR PRESCRIPTION

DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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

DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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..

DETOX AND REGENERATION: OUR SPA DETOX SOLUTIONS

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

DETOX AND REGENERATION: OUR MEDICAL SOLUTIONS

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

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

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 GLUTHATIONE 250	€ 175,00
LONGEVITY GLUTHATIONE 500	€ 200,00
LONGEVITY COQ10 120MG	€ 175,00
LONGEVITY TURMERIC	€ 125,00
LONGEVITY MAGNESIUM CITRATE	€ 125,00

(*) 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

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

SOOTHE, RELAX & PAMPER : BODY CARE RITUALS

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

IRON BODY WRAP RITUAL	40 MIN · € 80,00
MAGNESIUM AND CALCIUM BODY WRAP RITUAL	40 MIN · € 80,00
MAGNESIUM, SODIUM, CALCIUM, IRON AND POTASSIUM BODY WRAP RITUAL	40 MIN · € 80,00
DEEP NOURISHING BODY WRAP RITUAL	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.

INVIGORATING BATH	40 MIN · € 65,00
RELAX BATH	40 MIN · € 65,00
DEEP NOURISHING BATH	40 MIN · € 65,00

(*) 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

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

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.

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.

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

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

FINAL TOUCHES RITUALS

WAXING

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

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

HAIR SPA & DRESSER

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

MANICURE 30 MIN · € 45,00

MANICURE LONGEVITY 60 MIN · € 65,00

A nourishing ritual to enhance the beauty and youthfulness of your hands.
A complete treatment with an aroma bath, peel, moisturizing mask, massage-
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
and a relaxing exfoliation bath.

DENTAL AESTHETICS MEDICAL TREATMENTS

AESTHETICS RESTORATION	FROM € 60,00
CERAMIC CROWNS	FROM € 500,00

AESTHETICS TRANSFORMATION

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

FACIAL SURGERIES

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

BEAUTY & FACIAL RESHAPING MEDICAL TREATMENTS

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.

MOMMY AND GRANNY MAKEOVER SURGERIES

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

HAIR SURGERIES

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

INTIMATE SURGERIES

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

BREAST SURGERIES

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

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

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE

TERMS & CONDITIONS

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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