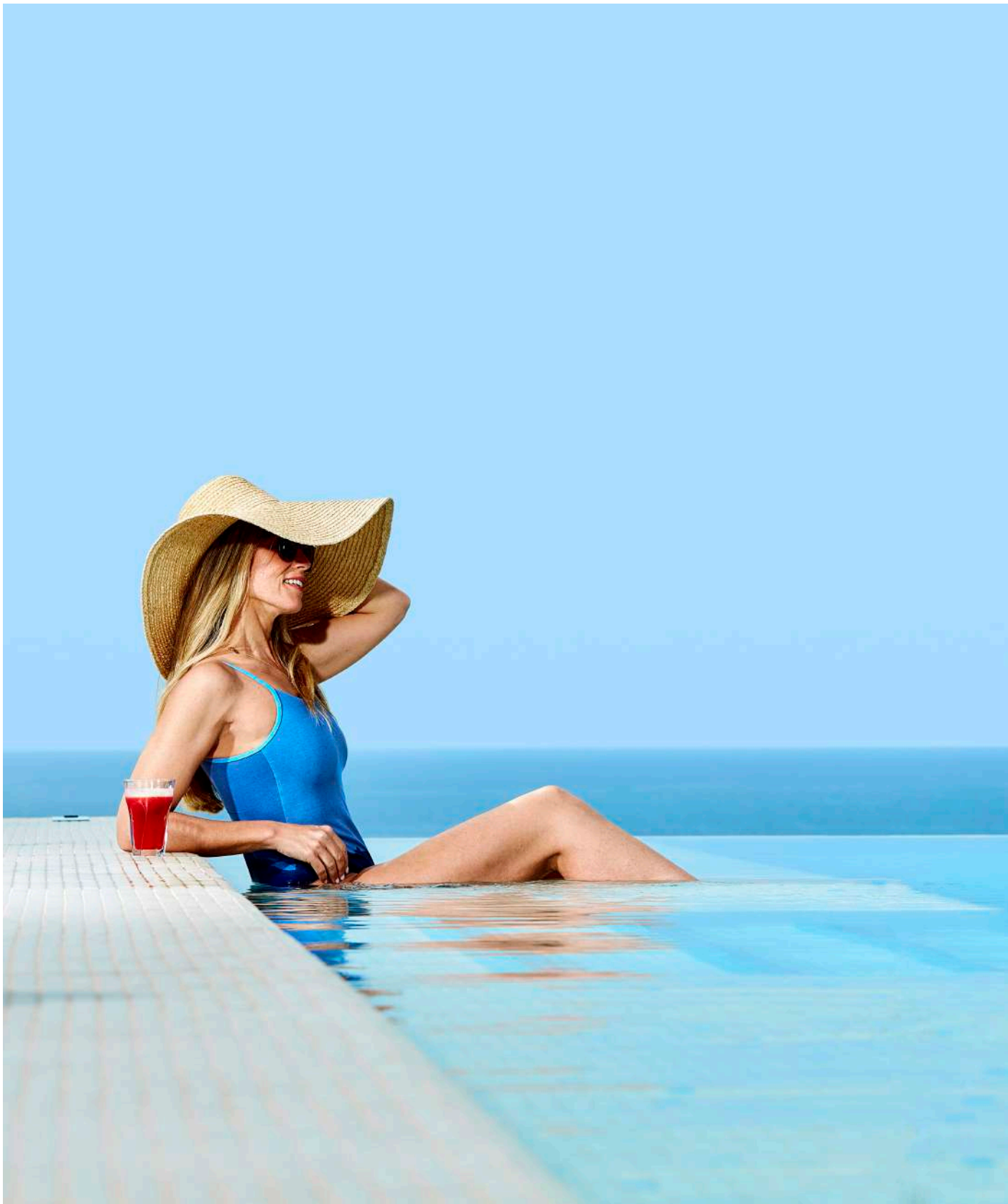


LONGEVITY

HEALTH & WELLNESS
CLINIC

MENU



Longevity Health & Wellness Hotel

Longevity means being proactive and making the right choices today, for your health and a better life tomorrow. Choices that we build on 5 fundamental pillars of integrative medicine: Preventive, Personalised, Holistic, Integrative and Regenerative.

We want to treat complex and chronic diseases before they occur. This means taking into account an individual's unique genetic make-up as well as the influence their modern lifestyle has on their health, looking at the underlying causes of disease and providing nutrition, diet, detoxification and exercise strategies as well as regenerative therapies not only to cure, but essentially to prevent.

Our personalised and integrative approach helps us better understand how genetic, ambiental and lifestyle factors may affect our guests long-term health.

Shift our focus from the disease to the person. While we look at how the complex web of interactions between your history, physiology and lifestyle may be at the root of disease, we also consider the wider causes and influences, looking deeply at internal (mind, body and spirit) and external (physical and social environment) factors that may be undermining your long-term health and wellbeing.

By integrating conventional Western medical practices with complementary medicine treatments, wellness practices and ancient Eastern wisdom, we can act decisively and effectively on any early warning signs detected.

In addition to treating and prevent illness, Longevity is also concerned with ensuring that our guests unlock the formidable capabilities of their body and mind by promoting detoxification and regeneration of their tissues, organs and cells - also rebalancing their energy fields

6	MONITORIZATION
11	Check Ups
13	Medical Consultations

16	DETOX & REGENERATION
17	Ozone Therapie
19	Colonic Hydrotherapy
24	Body Scrubs Rituals
25	Detox Clay Rituals

28	NUTRITION AND SUPPLEMENTS
30	Longevity Supplements

32	RELAX, ENJOY & PAMPER
33	Body Care Rituals
33	Bath Rituals
34	Massages

36	FITNESS & MEDICINE OF SPORT AND PAIN
37	Fitness
38	Sports Medicine
39	Pain Medicine

40	REBALANCE MIND AND ENERGY
-----------	----------------------------------

46	AESTHETICS SLIMMING/ CONTOURING & BEAUTY
47	Body Remodeling Treatments (Cellulite Reduction, Fat Reduction Localized, Reset, Outline, Firmness)
49	Beauty, Rejuvenation & Facial Harmonization
52	Dental Aesthetic Medical Treatments
52	Aesthetic Transformation / Plastic Surgery

54	SPA PACKAGES HEALTH & WELLNESS PROGRAMMES
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Terms and Conditions
Prices in Euros with VAT included at the current rate.
Prices subject to change without notice.
Advance booking is mandatory and subject to availability.
The minimum age for admission is 18 years old.
The full amount will be charged on cancellation with less than 24 hours notice.
All information contained in this document is subject to change without notice.



MONITORING

Lifestyle Evaluation

25 min. € 70

This consultation is primarily aimed at identifying and understanding the type of stressful agents that contribute to upsetting and unbalancing your general, emotional, mental and social well-being.

Biophysical Evaluation

25 min. € 90

This diagnosis consists of assessing the body composition and identifying the biotype. In the biophysical evaluation, we will analyse several parameters: fat mass, including visceral fat, muscle mass, body mass index (BMI), basal metabolism, water, distribution of fat mass and lean mass.

Vertebral Dysfunction Evaluation

25 min. € 90

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

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.

Minerals and Heavy Metals Evaluation

15 min. + 20 min. € 220

(Without consultation: € 125)

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

Face Evaluation

25 min. € 90

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

Sleep Apnea Check Up (Polisomnogrphy)*

40 min. € 520

(On request and subject to availability)

To be held at the HPA (Algrave | Alvor Private Hospital)

Initial Dental Screening

25 min. € 90

(On request and subject to availability)

Digital Panoramic Dental X-Ray

(Orthopantomography)

40 min. € 25

(On request and subject to availability)

To be held at the HPA (Alvor Private Hospital)

Smoker Screening*

25 min. € 75

(On request and subject to availability)

To be held at the HPA (Algrave | Alvor Private Hospital)

Telomere Length Evaluation*

15 min. € 850

(Additional test: 750 €)

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 the prevention of chronological age-related diseases.

* Requires medical prescription

* Requires medical prescription

Smart Ageing tailor made Biochemical Evaluation*

15 min. Variable

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

Examples of differentiated profiles:

- Neurotransmitters (Brainscreen)
- Cardiovascular
- Oxidative Stress
- Intestinal Dysbiosis
- Chrono screen
- Hepatic Detoxification Function
- Hormonal
- Fatty Acids
- Food Intolerances
- Total Power Antioxidant

Genetic Profile*

15 min. € 1.500

Other Clinical Exams*

(On request and subject to availability)

Check Ups*

(On request and subject to availability)

Inclusions

Longevity Holistic Health Check
€ 750

Anti-Ageing Longevity Check-Up
€ 2.050

Longevity Cardiovascular Check-Up
€ 1.200

Longevity Metabolic Check-Up
€ 2.850

Diabetes Longevity Check-Up
€ 3.250

Longevity Gastrointestinal Check-Up
€ 1.850

Andropause Longevity Check-Up
€ 2.250

Menopause Longevity Check-Up
€ 2.250

360° Premium Integrative Health Check-Up
€ 5.550

* Requires medical prescription

* Requires medical prescription

Type of Exame ▼	Anti Ageing	Cardio-vascular	Metabolic	Diabetes	Gastro-intestinal	Andropause	Menopause	Premium 360º
Blood, Urine, Stool*	Anti Ageing Profile	Cardio-vascular Profile	Metabolic Profile	Diabetes Profile	Gastroin-testinal 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 ande Arterial Ultrasound		X						X
Cardiology Consultation		X						X
Coronary Calcium Scan + Angio CT/EBT		Extra (opcional)						Extra (opcional)
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
Sleep Apneia Check Up (polisomnography)								X
Digital Panoramic Dental X-Ray (orthopantomography)								X

* Requires medical prescription

Medical Consultations

General Medical Consultation

40 min. € 160

General medical consultation with general clinical examination, with the aim of assessing the current state of health and detecting disease or pre-disease states with the prescription of auxiliary diagnostic methods.

Medical Consultation - Follow Up

25 min. € 95

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 our partnership with the HPA Health Group and there is a wide range of consultations with excellent and qualified professionals.

Functional Medicine and Smart Ageing Consultation

40 min. € 200

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

* Requires medical prescription

Cardiology Consultation

40 min. € 125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Diabetes Consultation

40 min. € 175

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Auto Immune Disease Consultation

40 min. € 175

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Immunoallergology Consultation

(With allergology test)

40 min. € 200

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Ophthalmology Consultation

(With ophthalmologic test)

40 min. € 125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Urology Consultation

40 min. € 125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Clinical and Health Psychology Consultation

40 min. € 175

Medical Dentist Consultation

40 min. € 125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

**Chinese Traditional Medicine Consultation with
Acupuncture Session**

40 min. € 275

(Without Consultation: € 175)

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.



**DETOX &
REGENERATION**

Our Medical Solutions

Ozone Therapies

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
with Medical Consultation (IV)***

40 min. + 30 min. € 300
(Without Consultation: € 200)

Ozone & Oxygen-Therapy Body Session (Sauna)*

30 min. € 200

* Requires medical prescription

Infusion Therapy with Medical Consultation*

40 min. + 30 min. € 300
(Without Consultation: € 200)

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

Immune Boost Infusion Therapy

Intensive Detox, Antiox, Cellular Regeneration Infusion Therapy

Energy Boost Infusion Therapy

Personalised Infusion Therapy

**The benefits of Longevity
Infusion therapies**

- Medically formulated and controlled
 - Premium substances
 - High concentration
 - Needs driven formulae
 - Guaranteed absorption
- Improve metabolism and weight loss
- Enhance detoxification
- Improve cell reparation and regeneration
- Boost immune system and antioxidant capacity
 - Boost energy and combats fatigue
 - Rejuvenate skin
 - Improve mental clarity
- Accelerate wound and injury healing factor
- Optimise disease prevention and well-being
 - Instantly Rehydrate

* Requires medical prescription

Colonic Hydrotherapy

Our intestines are permanently under stress due to our unbalanced nutrition, high level of processed foods, lack of vegetable fibre, high sugar and salt content, chemical additives and preservative agents. Our reduced chewing activity, fast eating habits and emotional stress cause digestive and intestinal dysfunction. Colon hydrotherapy is a therapeutic technique that helps to cleanse and eliminate the waste that accumulates in our intestines over the years. Using specialised and certified equipment, filtered water is introduced inside our intestine which aims to achieve the restoration of the balance of fluids, matter and gases. The removal of excess waste and exercise for the large intestine benefits absorption, assimilation and elimination, which are fundamental to maintaining the health and well-being of the body and mind.

Standard Colonic Hydrotherapy with Herbal Tea

75 min. € 175

The tea can help combat colic in the colon and can also help to release stool more easily.

**Premium Colonic Hydrotherapy with Coffee
(Intestinal + Liver Detox)**

75 min. € 200

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

Premium Colonic Hydrotherapy with Probiotics (Intestinal Detox + Flora Rebalance)

75 min. € 225

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

Cryotherapy Session

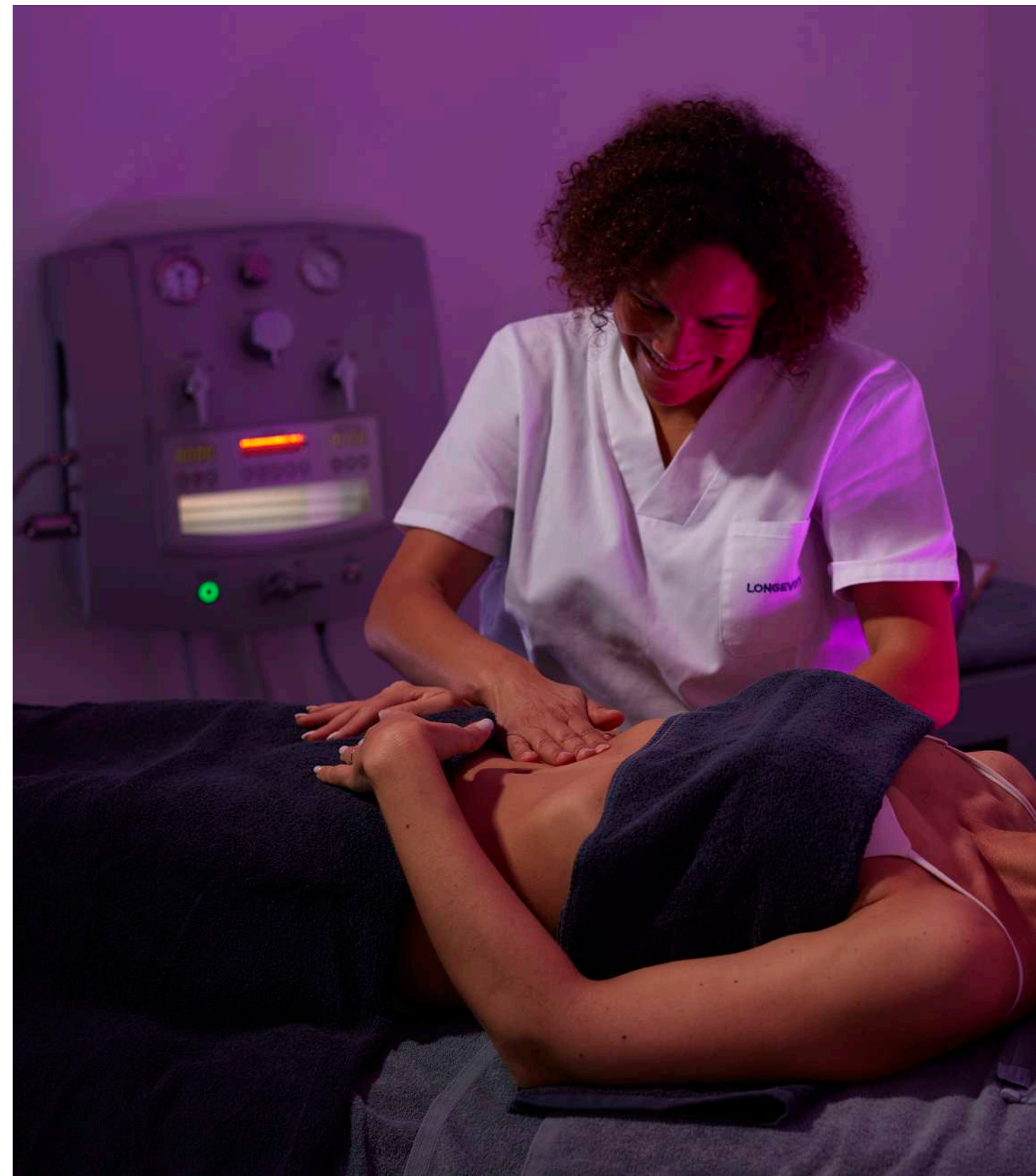
15 min. € 175

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". It is possible to burn up to 800 kcal per session.

IYASHI DOMME® - Intense Detox & Weight Loss Treatment (Calories, Toxins And Heavy Metals)

30 min. € 150

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



Osteopathy Session

50 min. € 150

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.

Microphysiotherapy Session

50 min. 150 €

Este tratamento consiste na identificação de vestígios produzidos por eventos ocorridos e não apagados pelo corpo, que mais tarde se manifestam de diferentes formas. Uma vez encontrados esses vestígios, um mecanismo natural de autocorreção é aplicado para restabelecer as funções do corpo, para eliminar doenças e promover o estado de saúde ideal. O tratamento pode ser preventivo ou corretivo, com o objetivo de ajudar o corpo a reagir e a autocorrigir-se. A Terapia Somática Emocional não causa uma ação direta sobre o sintoma, como uma medicação de emergência, mas sim sobre a própria raiz do problema.

Reflexology

50 min. € 125

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 areas it helps to relieve tension and increase blood circulation, establishing the balance and function of the whole body.

Manual Lymphatic Drainage - Body

25 min. € 70

Manual lymphatic drainage is a technique whose goal is to stimulate the lymphatic system through gentle movements in order to eliminate excess fluids and toxins in our body. This technique induces the reduction of liquid retention, activation of blood circulation, treatment of edemas, combating cellulite and even body relaxation.

Medical Pressotherapy

30 min.

1 Session: € 60 2 Sessions: € 108 3 Sessions: € 130

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.

Dental Detox

(On request and subject to availability)

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Oral Hygiene Consultation and Bimaxillary Scaling

45 min. € 90

Topical Application of Fluorides

40 min. € 60

Removal of Dental Pigmentation - With Bicarbonate Jet

45 min. € 60

Gum Treatment (Quadrant Gingivectomy)

45 min. € 70

Intensive External Bleaching in Office/Session

45 min. € 210

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.

Himalayan Salt and Spirulina Scrub

40 min. € 75

Almond and Sweet Orange Scrub

40 min. € 75

Lemon, Olive Oil and Sugar Scrub

40 min. € 75

Honey and Oat Scrub

40 min. € 75

Epsom Salt and Lavender Scrub

40 min. € 75

Clay Therapies

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.

Yellow Clay Therapy with Anti-Ageing Effect

40 min. € 80

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

White Clay Therapy with Nourishing Effect

40 min. € 80

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

Zeolite Clay Therapy with Detoxifying Effect

40 min. € 80

A good detoxifier of heavy metals. Has anti-inflammatory and analgesic effects for joint pain.



Other Detox Therapies

Seaweed Detoxifying Treatment

40 min. € 75

Seaweed wrap that helps strengthen blood and lymphatic circulation, reducing pain and inflammation and purifies the body by restoring its balance. With a detoxifying, draining and remineralising effect, it helps combat cellulite, as well as reducing skin flaccidity and early wrinkles due to the action of collagen and mineral salts.

Detox and Purifying Bath

40 min. € 75

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

Detox Massage

50 min. € 105

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

Deep Skin Longevity “Detox & Repair” Facial

100 min. € 250

Facial Treatment that provides a deep Cleansing and Nutrition to the skin. Removes dead cells and roughness in the skin's texture, leading to increased collagen production, which will leave your skin more hydrated, radiant and rejuvenated.

**NUTRITION
AND SUPPLEMENTS**



Integrative Nutrition Consultation

40 min. € 125

Through an integrative approach focused on the gastro intestinal system, we aim to identify and prevent imbalances that may lead to the occurrence of inflammatory or pathological processes. The aim of the consultation is to provide tools through nutrition in order to attenuate gastro intestinal discomfort and consequently optimise health and quality of life.

Detox Kit

Enema, Detox Supplements, Detox Teas

Max. 7 Nights € 100

Maax Detox*

€ 350

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

* Requires medical 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 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.

Longevity Multivitamin and Antiox Boost and Protect (3 months plan)	€ 399
Longevity Detox, Repair and Anti Inflammation (3 months plan)	€ 449
Longevity Cellular and Cerebral Health Regeneration (3 months plan)	€ 299
Longevity Cardio Regenerate and Protect (1 month plan)	€ 449
Longevity Slim Kit (1 month plan)	€ 380
Longevity DHEA (3 months plan)	€ 125
Longevity B12 Sublingual (3 months plan)	€ 125
Longevity Omega 3 (3 months plan)	€ 125
Longevity Cholesterol Control (1 month plan)	€ 125
Longevity Memory, Focus and Intelligence Enhancer (1 month plan)	€ 175
Longevity Telomere Cell Health Enhancer (3 months plan)	€ 499
Longevity Magnesium and Calcium Boost (3 months plan)	€ 290
Longevity Probiotics (1 month plan)	€ 149
Longevity Selenium (3 months plan)	€ 125
Longevity B Complex (3 months plan)	€ 125
Longevity Digestive Enzymes (3 months plan)	€ 125
Longevity BCAA Aminoacids (3 months plan)	€ 125
Longevity Gluthatione 250 (3 months plan)	€ 175
Longevity Gluthatione 500 (3 months plan)	€ 200
Longevity COQ10 120mg (3 months plan)	€ 175
Longevity Turmeric (3 months plan)	€ 125
Longevity Magnesium Citrate (3 months plan)	€ 125

RELAX, ENJOY
& 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.”

Detox and Purifying Bath

40 min. € 75

Lavander and *Flôr de Sal* Relaxing Bath

40 min. € 75

Nourishing Rose Bath

40 min. € 75

Flotation Session

45 min. € 175

Eliminate fatigue, relax deeply and restore your energy. With a high amount of Epsom Salt, your body will float effortlessly and at the same time the properties of this salt help to reduce stress, deep relaxation of the body, relieve muscle and bone pain and eliminate toxins from your body.

EPSOM Salt Flotation with Massage

95 min. € 225

Our relax massages

Massages

Arnica Deep Tissue Massage

50 min. € 110

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

Relaxing Massage

50 min. € 105

A massage with pure relaxation that relieves tension from the body and leaves you feeling lighter.

Shells Massage

50 min. € 110

Massage with sea waves movements resulting in a muscular relaxation and body circulation activation.

Herbal Sachets Massage

50 min. € 110

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 and Shoulders, Face and Skull, Cranio Facial)

25 min. € 75

Sound Theraphy

50 min. € 110

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

“Mother to Be“ Massage

50 min. € 105

During pregnancy a woman feels special because it is such an important time in her life. To help you achieve the well-being indispensable in this phase, we provide a moisturizing, comforting and relaxing massage providing well-being for both mother and baby.

Ayurvedic Massage

75 min. € 110

A spiritual massage that balances the body, mind and energy.



**FITNESS &
MEDICINE OF
SPORT AND PAIN**

Fitness

HIIT Personal Training Session

LIIT Personal Training Session

Body Shape Personal Training Session

Bootcamp Personal Training Session

Balance & Strenght Personal Training Session

Assisted Stretching Personalized Session

Fat Burner Personal Training Session

Slimming Personal Training Session

Pilates Personal Training Session

Personalized Training Session

55 min. € 95

Personalized Training Session (Pack 3 Sessions)

55 min. € 242

Personalized Training Session

2 person sessions

55 min. € 116

Personalized Training Session (Pack 3 Sessions)

2 person sessions

55 min. € 295

Yoga Training Session

55 min. € 116

Yoga Personalized Training Session (Pack 3 Sessions)

55 min. € 295

Yoga Personalized Training Session

2 person sessions

55 min. € 142

Yoga Personalized Training Session (Pack 3 Sessions)

2 person sessions

55 min. € 360

Sports Medicine

Injurie Intervention Treatment Session*

(On request and subject to availability)
30 min. € 150

Preventive Treatment for Injuries*

(On request and subject to availability)
30 min. € 150

Physiotherapy*

(On request and subject to availability)
50 min. € 150

Physical Rehabilitation*

(On request and subject to availability)
50 min. € 150

Sports Diagnosis for Performance Optimization Session*

(On request and subject to availability)
50 min. € 150

Ozonotherapy for Muscles, Joints and Similar Injuries*

(On request and subject to availability)
20 min. € 125

Pain Medicine

Pain Intervention Treatment Session*

(On request and subject to availability)
30 min. € 150

Preventive Treatment for Pain*

(On request and subject to availability)
30 min. € 150

Physiotherapy*

(On request and subject to availability)
50 min. € 150

Physical Rehabilitation*

(On request and subject to availability)
50 min. € 150

Ozone Therapy for Joint Pain and Related*

(On request and subject to availability)
20 min. € 125

* Requires medical prescription

* Requires medical prescription



**REBALANCE
MIND AND ENERGY**

Lifestyle Coaching

50 min. € 150

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

Body and Mind Techniques for Stress Management

50 min. € 175

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 way of living.

Sound Therapy

50 min. € 110

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

Emotional Detox Therapy

50 min. €150

Emotional balance is also essential for a healthy lifestyle and can improve energy levels and promote emotional growth and development. Stress and emotional tensions manifest themselves in our bodies, so this integrated therapy can help us achieve a true mental and physical balance.

Guided Meditation

50 min. €150

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 and Self-Awareness Therapy

50 min. €150

Guided Meditation Session, followed by meditation techniques for the realisation of the inner self, combined with breathing techniques that help to relax, rejuvenate and revitalise body, mind and soul for everyday life. These techniques can be used in your everyday life, anywhere, anytime.

Energetic Healing Therapy

50 min. €150

Energy medicine focuses on the body's energy fields that organise 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. Energy medicine techniques correct imbalances and awaken energies that give us resilience and improve the vitality of the body, cells and mind.

Reiki

50 min. 150 €

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

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

Cranial Sacral Therapy

50 min. €175

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

Sleep Apnoea Equipment (CPAP) *

€ 2.000

(On request, subject to availability and requires Sleep Apnoea Check-up)





Body Reshaping Treatments
(Cellulite Reduction, Localized Fat Reduction,
Reset, Contouring, Firming)

VENUS LEGACY® - Slimming, Firming and
Contouring
30 min. € 125

Exclusive Technology (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.

- Abdomen
- Thighs
- Buttocks
- Arms

COOLSCULPING® - Fat and Tone Reduction Session

From € 650

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.

Anti-Cellulite & Reshape Massage

50 min. € 105

A detoxifying massage to help thin and tone the silhouette while also improving blood circulation an excellent companion to targeted cellulite treatments.

Slimming Treatment - Flat Belly

40 min. € 80

Wrapping with firming massage in the stomach and hip area.

Contouring, Cellulite and Firming Ritual - Hip and Thigh

40 min. € 80

Wrapping with draining and anti-cellulite massage in the belly and hip area.

Drainage Treatment - Heavy Legs

25 min. € 75

Drainage massage in the leg area for the relief and discomfort of tired legs.

Beauty Treatments, Rejuvenation & Facial Harmonization

VENUS LEGACY® - Anti-Wrinkle, Elasticity and Firmness

2 Sessions
€ 200

Exclusive Tecnology (MP)2 is the synergistic combination of Multipolar Radio Frequency and PEMF. The Multipolar RF and intelligent electrode coupling algorithm produce rapid and homogeneous heating for tissue at multiple depths, which promotes exceptional clinical results and comfortable treatments with no patient downtime. A safe, pleasant and painless 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 fibres to eliminate wrinkles and expression lines, giving greater elasticity and firmness to the skin.

Medical Peelings

Desde € 200

It is an aesthetic treatment, done through intradermal microinjections of active biological substances, selected according to the needs of the facial skin. This method moisturises, stimulates cell renewal and collagen production, slowing down the ageing process. The skin is smoothed of superficial wrinkles and has a younger appearance.

Facial Express

25 min. € 80

A hydrating and invigorating facial treatment that leaves skin energized and glowing.

Facial Anti-Ageing

50 min. € 125

A revitalizing and relaxing draining treatment that stimulates skin renewal to fight the signs of ageing.

Belkyra - Fat Redution

From € 450

As we get older we find fat accumulating in the area below the chin commonly referred to as the "jowls" or "double chin". However this fat accumulation may not be directly related to weight or lifestyle and may run in families as a genetic trait. Treatment with Belkyra will decrease the accumulation of fat in this area and will also help with jaw definition.

Radiesse

€ 450

Radiesse is an injectable product that stimulates the production of collagen in the skin. In addition to providing volume to the face, it increases its firmness and contour. There is a significant improvement in skin elasticity and tone.

Biostimulation Sculptra - Face or Body

€ 450

Sculptra® is a biostimulator that stimulates the natural production of the body's own collagen that will help to reduce sagging and increase the firmness, structure and support of the skin, whether face or body.

Skin Booster

From € 350

Skin Booster is an injectable moisturiser that deeply treats the skin. The benefits of this treatment are visible as it provides elasticity, improves texture and gives a healthy look to the face.

Facial Mesolift

40 min. € 350

It is an aesthetic treatment, done through intradermal microinjections of active biological substances, selected according to the needs of the facial skin. This method moisturises, stimulates cell renewal and collagen production, slowing down the ageing process. The skin is smoothed of superficial wrinkles and has a younger appearance.

Beautification using Derma Fillers

Per Ampoule € 450

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

Botox

€ 400 per Ampoule

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

Magical Threads Lift

Variable per Thread

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

Facial Biostimulation with Platelet Rich Plasma (PRP)

From € 600

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

Dental Aesthetics Medical Treatments

Aesthetics Restoration

(On Request and Subject to Availability)

From € 60

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Ceramic Crowns

(On Request and Subject to Availability)

From € 500

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Aesthetic Transformation / Plastic Surger

Evaluation and Plastic Surgery Simulation*

(On Request and Subject to Availability)

25 min. € 70

Plastic Surgery Consultation*

(On Request and Subject to Availability)

25 min. from € 70

Facial Surgeries

(Requires Evaluation Consultation)

Price depending on the Evaluation

Breast Surgeries

(Requires Evaluation Consultation)

Price depending on the Evaluation

Body Surgeries

(Requires Evaluation Consultation)

Price depending on the Evaluation

Transformation Surgeries (Pack)

(Requires Evaluation Consultation)

Price depending on the Evaluation

Intimate Surgeries

(Requires Evaluation Consultation)

Price depending on the Evaluation

Other Surgeries

(Requires Evaluation Consultation)

Price depending on the Evaluation

* Requires medical prescription



Spa Packages

Longevity Relax & Spa

(Minimum 2 nights)

To relax, pamper and enjoy a Spa break.

- 1 Jojoba and Lavander Body Scrub
- 1 Relaxing Massage
- 1 Facial Express

Longevity Relax & Detox

(Minimum 3 nights)

To enjoy a Spa-based detox with scrubs, baths, wraps and massages.

- 1 Himalaya Salt and Spirulina Body Scrub
- 1 Seaweed Detox Body Wrap Ritual
- 1 Detox Alkaline Bath
- 1 Detox & Re-energise Massage
- 1 Herbal Sachets Massage

Longevity Beauty Care

(Minimum 4 nights)

To enjoy a Spa-based facial and body beauty care.

- 1 Face Evaluation
- 1 Detox Clay Rituals
- 1 Longevity Skin Deep Detox & Repair
- 1 Local Reshape Ritual
- 1 Local Cellulite & Contour Ritual
- 1 Local Legs Drainage
- 1 Longevity Pedicure



Health & Wellness Programmes

Longevity Fitness

(Minimum 5 nights)

Get a quick fitness check, burn calories, boost your fitness levels while you relax and unwind with our Spa therapies.

Longevity Anti-Stress & Mindfulness

(Minimum 5 nights)

A unique holistic health check. Rebalance body and mind, find your stress factors and learn how to live a more stress-free life.

Longevity Energy Rebalance

(Minimum 5 nights)

A unique holistic health check. Repair, regenerate and rebalance your energy fields boosting the vitality of your organs, cells and psyche.



More Information

Longevity Wellness

(Minimum 5 nights)

A unique holistic health check. Enjoy a seasonal general wellness holiday to repair, regenerate and rebalance your overall health and wellbeing.

Longevity Osteo Rebalance

(Minimum 5 nights)

A unique holistic health check. Repair, regenerate and rebalance your muscles, joints, skeleton, neuro and visceral systems.

Longevity Sleep Optimization

(Minimum 7 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

Get a unique holistic health check, including a sleep apnoea screening. Rebalance and regenerate your holistic health and wellbeing, by regaining your sleep quality with energy, stress managment, mindfulness and meditation therapies.

Longevity Essential Detox

(Minimum 5 nights)

A unique holistic health check. Enjoy a seasonal juice detox holiday, cleansing your gastro-intestinal, visceral and lymphatic systems with detoxifying Wellness ans Spa therapies.

Longevity Intense Detox

(Minimum 7 nights)

A unique holistic health check with full dental screening. Enjoy a high impact, intense detox holiday, cleansing your skin, dental, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying Medical, Wellness and Spa therapies. Combat chronic inflammation, reduce toxins, heavy metals and free radicals...regenerate your immune system and celular health.

Longevity Super Intense Detox

(Minimum 14 nights)

A unique holistic health check with full dental screening. Enjoy a high impact, intense detox holiday, cleansing your skin, dental, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying Medical, Wellness and Spa therapies. Combat chronic inflammation, reduce toxins, heavy metals and free radicals...regenerate your immune system and celular health.

Longevity Weight Loss

(Minimum 5 nights)

A unique holistic health check. Enjoy an optimal combination of detox, fitness, slimming therapies with meals and natural supplements to reboot a sustainable healthy weight-loss process.

Longevity Intense Detox & Weight Loss

(Minimum 7 nights)

A unique holistic health check with full dental screening. Enjoy a high impact, intense detox holiday and weight loss holiday, cleansing your skin, dental, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying Medical, Wellness and Spa therapies, while boosting your metabolism and weight loss in a healthy, sustainable way.

Longevity Ultimate Detox, Weight Loss & Reshape

(Minimum 14 nights)

A unique holistic health check with full dental screening. Enjoy a high impact, intense detox and weight loss and body reshaping programme, cleansing your skin, dental, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying Medical, Wellness and Spa therapies, while boosting your metabolism and weight loss in a healthy, sustainable way and reshaping your body.

Longevity Insta Face & Body Rejuvenation

(Minimum 7 nights)

An in-depth Facial, Dental and Body aesthetic evaluation. Enjoy a Spa and Aesthetic Medicine based dental, facial and body rejuvenation.

Longevity Rejuvenation & Anti-Ageing

(Minimum 10 nights)

A unique Longevity Anti-Ageing Check Up. Enjoy a high impact, intense detox, repair and regeneration program for your holistic health and well-being, while boosting your immune system, cellular health and overall vitality.

Longevity New Life

(Minimum 21 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

Get a unique Longevity Premium Interactive 360° Check Up, including skin cancer and sleep apnea screening and genetic testing. Enjoy the most complete high impact, intense detox, repair, regeneration and rejuvenation program for your holistic health and wellbeing, while boosting your immune system, cellular health, energy fields, metabolic health, stress resistance and overall vitality.

Longevity Women's Health Optimization

(Minimum 4 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

A unique Longevity Menopause Check Up. Rebalance and regenerate your holistic health and wellbeing, minimizing the negative effects of this stage of your life, boosting your self confidence and vitality.

Longevity Obesity Optimization

(Minimum 28 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

Give us a month and we will help you start to reverse obesity and re-start a new, healthy life. A comprehensive holistic health check of imbalances and a high impact weight loss combination of fitness, juice and mild fasting meals, nutritional guidance, detoxifying, slimming Spa and wellness treatments and integrative health regeneration therapies.

Longevity Diabetes Optimization

(Minimum 21 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

To start reversing you diabetes and re-starting a new healthy life. Get a comprehensive holistic health check on your imbalances, high impact combination of fitness, meals, nutritional guidance, detoxifying Spa and wellness treatments and integrative health regeneration therapies.

Longevity Metabolic Optimization

(Minimum 14 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

Metabolic syndrime is a cluster of conditions that include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. Occuring together they can increase your risk of heart disease, stroke and diabetes. Get a comprehensive holistic health check on your metabolic health and prevent disease.

Longevity Cardio Health Optimization

(Minimum 7 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

A unique Longevity Premium Cardiovascular Check Up for early detection of red flags which are usually silent and without symptoms. Find out how to deal with these warning signs. Enjoy a comprehensive cardiovascular health regeneration and rejuvenation program, to prevent heart related diseases or strokes and combat the cronic inflammatory processes.

Longevity Advanced Cardio Health Optimization (Over 45 years)

(Minimum 14 nights)

(Requires a minimum of 1 week between booking confirmation date and check-in date)

Get an exclusive Longevity cardiovascular scan, including an advanced coronary calcium scan with Angio CT/EBT to detect what are usually silent signs early. Find out how to fix these signs. Enjoy a comprehensive cardiovascular health regeneration and rejuvenation program to prevent heart-related diseases, especially strokes, while also learning how to reverse chronic inflammatory processes.



More Information

The Longevity Health and Wellness Programmes inclusions are unbreakable and non-refundable and must be sold with accomodation. Programmes are in € and per person including all taxes. Unused items will be forfeited and cannot be reimbursed. Longevity reserves the right to modify, amed, suspend and/or discontinue any programmes, programmes prices and conditions, at any time.



Chronic Pain
RESTORE **Relax** FITNESS Weigh loss
REBALANCE **Facial** MINDFULNESS
Wellness Nutrition
CHRONIC PAIN
Rejuvenate
Immunity
Nutrition
WEIGH LOSS
REJUICE
Inflammaging
Obesity Fitness
Health Rejuvenate Detox
Rebalance WELLNESS
RESTORE **Relax**
Mindfulness
Obesity
ELEGANT
RELAX **Health**
Chronic Pain
HEALTHY
DIAGNOSIS
Wellness Nutrition
Weigh loss

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#staylongevity
#longevityalvor



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