

LONGEVITY RELAX & DETOX

MINIMUM DURATION 3 nights

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

. Access to the Detox & Relax wet area circuit (infrared sauna, hammam, ice fountain, Epsom salt room, sensations showers, relaxing room, relax walking path, indoor heated detox pool, indoor sensation relax pool)

. Access to the Longevity Vitality Plan daily group activities – Examples of activities: yoga, pilates, stretching, core training, tone & fit, jump, fit ball, walks, among others

. Access to the gym

. Health & Wellness programme:

/ Longevity infusions, alkaline water ph 9.5, and aromatherapy essential oil

/ 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

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396 EUR p.p.

(does not include accommodation)

Price in Euros per person, including VAT at the current rate, valid for 2020. Programme price does not include accommodation.

Subject to availability at the time of reservation. Not cumulative with other official offers or promotions.

The programme inclusions are unbreakable and non-refundable. Unused items will be forfeited and cannot be reimbursed.

After written confirmation of your health & wellness programme by our reservations department, changes to the programme inclusions will be subject to a surcharge.

Longevity Vitality Plan activities are subject to change and rotation, as well as seasonal adjustments.

Minimum age for programme: 16 years old.

All bookings and cancellations must be requested in writing by email. Cancellation policies deadlines are only valid within Lisbon time zone (GMT 00:00) office working hours (9am to 6pm).

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

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LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE