

## LONGEVITY FITNESS

MINIMUM DURATION 5 nights

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

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. 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:

/ 5 Standard fresh and tasty dinners

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

/ 1 Biophysical Evaluation

/ 1 Fitness Evaluation

/ 1 Vertebral Dysfunction Evaluation

/ 1 Blood Pressure (systolic, diastolic), Heart Rate Evaluation

/ 1 Cryotherapy Session

/ 1 Invigorating Bath

/ 1 Arnica Deep Tissue Massage

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/ 1 Fat Burner Personal Training Session (60min)

/ 1 Balance & Strength Personal Training Session (60min)

/ 1 HIIT Personal Training Session (60min)

/ 1 Body Shape Personal Training Session (60min)

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1.010 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 to the email [reservations@longevity.pt](mailto:reservations@longevity.pt).

The 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.

+351 935 619 759 . [management@longevity.pt](mailto:management@longevity.pt)

[longevityalvor.com](http://longevityalvor.com)

**LONGEVITY**  
HEALTH & WELLNESS HOTEL  
ALVOR · ALGARVE