

## LONGEVITY ANTI-STRESS & MINDFULNESS

MINIMUM DURATION 5 nights

Get a unique holistic health check. Rebalance body & mind, find your stress factors and learn how to live a more de-stressed life.

+351 282 248 890 . reservations@longevityalvor.com  
longevityalvor.com

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

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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 Full Board Wellness (up to 5 meals per day): including morning and afternoon snacks, and healthy and tasty lunch and dinner

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

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/ 1 Longevity Holistic Health Check, including:

- . Lifestyle evaluation
- . Biophysical Evaluation (weight, BMI, fat mass, muscle mass, visceral fat, abdominal perimeter, metabolic age)
- . Nutritional and Wellbeing Evaluation
- . Fitness Profile Evaluation
- . Heavy Metals Evaluation
- . Vertebral Dysfunction Evaluation
- . Thermographic Evaluation
- . General Cardiovascular Evaluation
- . Blood Pressure and Heart Rate
- . Basic Blood Analysis

. Integrative Medicine Evaluation

/ 1 Traditional Chinese Medicine Consultation

/ 1 Osteopathy Session

/ 2 Acupuncture Session

/ 1 Lemon and Olive Oil Body Scrub

/ 1 Himalayan Pink Salt Bath

/ 1 Shells Massage

/ 1 Sound Therapy

## LONGEVITY ANTI-STRESS & MINDFULNESS

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/ 2 Body & Mind Techniques for Stress  
Management

/ 1 Emotional Detox Therapy

/ 1 Guided Meditation

/ 1 Mindfulness Therapy - Mind, Body and Inner  
Self Relaxation

/ 1 Energetic Psychology Session

/ 1 Cranio Sacral Therapy

/ 1 Epsom Salt Flotation

## LONGEVITY ANTI-STRESS & MINDFULNESS

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3.072 EUR p.p.

(does not include accommodation)

Price in Euros per person, including VAT at the current rate, valid for 2021.

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@longevityalvor.com](mailto:reservations@longevityalvor.com)

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.

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