LONGEVITY ENERGY REBALANCE

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

MINIMUM DURATION 5 nights
. 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 relax infusion, 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 Sessions

/ 1 Lemon and Olive Oil Body Scrub

/ 1 Himalayan Pink Salt Bath

/ 1 Herbal Sachets Massage

/ 1 Cranio Facial

/ 1 Ayurvedic Massage
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MINIMUM DURATION  5 nights

/ 1 Emotional Detox Therapy
/ 1 Guided Meditation
/ 1 Energetic Psychology Session
/ 2 Energetic Healing Therapies
/ 1 Cranio Sacral Therapy
/ 1 Reiki Session
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(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.
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.