LONGEVITY INTENSE DETOX

Get 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 and regenerate your immune system and celullar health.

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

. Access to the Longevity Vitality activity 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:

/ 7 Full Board Wellness (up to 5 meals per day): including morning and afternoon snacks, and healthy and tasty lunch and dinner. Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor or nutritionist's approval

/ 1 Detox Kit (enema, detox supplements, detox teas)

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

LONGEVITY INTENSE DETOX

/ 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

. Initial dental screening

. Integrative medicine evaluation

/ 1 Digital Panoramic Dental X-Ray (orthopantomography)

/ 2 Ozone & Oxygen-Therapy Session (IV)

/ 1 Ozone & Oxygen-therapy Body Session (Sauna)

/ 1 Intense Detox Infusion (liver, pancreas, kidneys, gallbladder, lymphatic system)

/ 1 Chelation Infusion (Heavy Metals)

/ 1 Detox, AntiOx & Cellular Regeneration Boost

LONGEVITY INTENSE DETOX

/ 2 Premium Hydrocolon Therapy with Coffee (intestinal+liver detox)

/ 2 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 1 Osteopathy Session

/ 1 Manual Lymphatic Drainage - Body

/ 2 Medical Pressotherapy

/ 1 Dental Higiene & Tartar (double jaw) Removal Consultation

/ 1 Himalaya Salt and Spirulina Body Scrub

/ 1 Detox Clay Ritual

/ 1 Seaweed Detox Body Wrap Ritual

/ 1 Detox Alkaline Bath

/ 1 Himalayan Pink Salt Bath

/ 1 Detox & Reenergize Massage

/ 1 Longevity Skin Deep Detox & Repair

/ 1 Longevity Nutrition Consultation

/ 1 Longevity Detox, Repair & Anti Inflammation (neutraceutical supplements: 3 month supply)

/ 1 Longevity Probiotics (neutraceutical supplements: 1 month supply)

/ 1 Anti Ox Body Wrap Ritual

/ 1 Epsom Salt Flotation

5.004 EUR p.p.

(does not include accommodation)

Price in Euros per person, including VAT at the current rate, valid for 2019.
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.