

LONGEVITY SUPER INTENSIVE DETOX

MINIMUM DURATION 14 nights

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 cellular 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:

/ 14 Full Board Wellness (up to 5 meals a 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

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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
- . Initial dental screening
- . Integrative medicine evaluation

/ 1 Digital Panoramic Dental X-Ray
(orthopantomography)

/ 4 Ozone & Oxygen-Therapy Session (IV)

/ 2 Ozone & Oxygen-therapy Body Session
(Sauna)

/ 2 Intense Detox Infusion (liver, pancreas,
kidneys, gallbladder, lymphatic system)

/ 1 Chelation Infusion (Heavy Metals)

/ 2 Detox, AntiOx & Cellular Regeneration Boost

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

/ 1 Premium Hydrocolon Therapy with Probiotics
(intestinal detox + flora rebalance)

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- / 4 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- / 2 Osteopathy Session
- / 3 Manual Lymphatic Drainage - Body
- / 3 Medical Pressotherapy
- / 1 Dental Higiene & Tartar (double jaw) Removal Consultation
- / 1 Fluoride Varnish Topical Application
- / 1 Himalaya Salt and Spirulina Body Scrub
- / 1 Jojoba and Lavander Body Scrub
- / 2 Detox Clay Rituals
- / 2 Seaweed Detox Body Wrap Ritual
- / 2 Detox Alkaline Bath
- / 2 Himalayan Pink Salt Bath
- / 2 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 MAAX Detox (supplement: 1 month supply)

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/ 2 Anti Ox Body Wrap Ritual

/ 2 Epsom Salt Flotation

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8.427 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.

+351 935 619 759 . management@longevity.pt

longevityalvor.com

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE