

## LONGEVITY INSTA FACE & BODY REJUVENATION

MINIMUM DURATION 7 nights

Get an in-depth Facial, Dental and Body aesthetic evaluation. Enjoy a Spa and Aesthetic Medicine based dental, facial and body rejuvenation.

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. 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 Standard fresh and tasty dinners

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

/ 1 Face Evaluation

/ 1 Initial Dental Screening

/ 1 Digital Panoramic Dental X-Ray (orthopantomography)

/ 1 General Medical Consultation & Clinical Examination

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

/ 1 Manual Lymphatic Drainage - Body

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- / 1 Manual Lymphatic Drainage - Face
- / 1 Dental Higiene & Tartar (double jaw) Removal Consultation
- / 1 Fluoride Varnish Topical Application
- / 1 External Intense Whitening in Consultation/Session
- / 1 Flor de Sal and Matcha Body Scrub
- / 1 Longevity Skin Deep Detox & Repair
- / 1 Insta Body Beauty Personalised Package
- / 1 Insta Face Beauty Personalised Package

## LONGEVITY INSTA FACE & BODY REJUVENATION

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5.350 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](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.

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

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