

LONGEVITY INTENSIVE DETOX & WEIGHT LOSS

MINIMUM DURATION 7 nights

Get a unique holistic health check with full dental screening. Enjoy a high impact, intense detox and weight loss holiday, cleansing your skin, dental, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying medical, wellness and Spa therapies, while boosting your metabolism and weight loss in a healthy and sustainable way.

. 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 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)

/ 1 Ozone & Oxygen-Therapy Session (IV)

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

/ 1 Metabolic/Weight Loss Boost

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

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

/ 1 Metabolic Booster Treatment

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

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/ 1 Osteopathy Session

/ 1 Manual Lymphatic Drainage - Body

/ 2 Medical Pressotherapy

/ 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 Slim Kit (4 formulae nutraceutical supplements: 1 month supply)

/ 1 Balance & Strength Personal Training Session

/ 1 HIIT Personal Training Session

/ 1 Body Shape Personal Training Session

/ 1 Body & Mind Techniques for Stress Management

/ 1 Anti Cellulite & Reshape Massage

/ 1 Local Reshape Ritual

/ 1 Local Cellulite & Countour Ritual

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4.930 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.

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longevityalvor.com

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE