

## 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.

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longevityalvor.com

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

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. 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:

/ 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

. Integrative Medicine Evaluation

/ 1 Digital Panoramic Dental X-Ray  
(orthopantomography)

/ 1 Ozone & Oxygen-Therapy Session

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

/ 2 Personalised Infusion Therapies (our infusion therapies give you the nutrition boosts your body needs as quickly and efficiently as possible, bypassing the digestive process to ensure that supplements are delivered directly to the cells and

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body systems that need them. Through a medical personalised prescription, we use it to quickly and effectively manage vitamin, mineral and amino acid deficiencies, rehydrate your body, detoxify important body systems, enhance anti-oxidative capacity, boost your immune system, regenerate cellular health, and overall optimise health and wellbeing)

/ 2 Premium Colonics Hydrotherapy with Coffee (intestinal+liver detox)

/ 1 Cryotherapy Session

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

/ 1 Osteopathy Session

/ 1 Manual Lymphatic Drainage - Body

/ 2 Medical Pressotherapies

/ 1 Himalaya Salt and Spirulina Body Scrub

/ 1 Detox Clay Ritual

/ 1 Seaweed Detox Body Wrap Ritual

/ 1 Detox Alkaline Bath

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/ 1 Himalayan Pink Salt Bath

/ 1 Detox & Re-energise 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 & Contour 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 2021.

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@longevityalvor.com](mailto:reservations@longevityalvor.com)

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.