

## LONGEVITY REJUVENATION & ANTI AGEING

MINIMUM DURATION 10 nights

Get a unique Longevity Anti Ageing Check-Up. Enjoy a high impact, intense detox, repair and regeneration programme for your holistic health and wellbeing, while boosting your immune system, cellular health and overall vitality.

+351 282 248 890 . [reservations@longevityalvor.com](mailto:reservations@longevityalvor.com)  
[longevityalvor.com](http://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:

/ 10 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

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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 Longevity Anti Ageing Check-Up

/ 1 Integrative Medicine and Anti-Ageing Consultation

/ 1 Traditional Chinese Medicine Consultation

/ 2 Ozone & Oxygen-Therapy Sessions

/ 2 Ozone & Oxygen-Therapy Body Sessions (Sauna)

/ 5 Personalised Infusion Therapies (our infusion therapies give you the nutrition boosts your body

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needs as quickly and efficiently as possible, bypassing the digestive process to ensure that supplements are delivered directly to the cells and 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)

/ 1 Premium Colonic Hydrotherapy with Coffee (intestinal+liver detox)

/ 1 Premium Colonic Hydrotherapy with Probiotics (intestinal detox + flora rebalance)

/ 1 Cryotherapy Session

/ 1 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 1 Osteopathy Session

/ 1 Microfisiotherapy

/ 1 Manual Lymphatic Drainage - Body

/ 1 Acupuncture Session

/ 1 Medical Pessotherapy

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/ 1 Himalaya Salt and Spirulina Body Scrub

/ 1 Cranio Sacral Therapy

/ 1 Detox Alkaline Bath

/ 1 Epsom Salt Flotation

/ 1 Detox & Re-energise Massage

/ 1 Longevity Nutrition Consultation

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

/ 1 MAAX Detox (supplement: 1 month supply)

/ 1 Balance & Strength Personal Training Session

/ 1 Energetic Healing Therapy

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8.355 EUR p.p.

(does not include accommodation)

Price in Euros per person, including VAT at the current rate, valid for 2020.

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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