

LONGEVITY NEW LIFE

MINIMUM DURATION 21 nights

Get a unique Longevity Premium Integrative 360° Check Up, including skin cancer and sleep apnoea screening and genetic testing. Enjoy the most complete high impact, intense detox, repair, regeneration and rejuvenation programme for your holistic health and wellbeing, while boosting your immune system, cellular health, energy fields, metabolic health, stress resistance and overall vitality.

. 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:

/ 21 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

/ 3 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 Genetic Profile

/ 1 Longevity Premium Integrative Health 360° Check Up, including:

- . Advanced Biochemical Analysis
- . Clinical Exams

/ 1 Integrative Medicine and Anti-Ageing Consultation

/ 1 Traditional Chinese Medicine Consultation

/ 6 Ozone & Oxygen-Therapy Session (IV)

/ 6 Ozone & Oxygen-Therapy Body Session (Sauna)

/ 2 Metabolic/Weight Loss Boost

/ 2 Nutrients & Vitamins Therapy

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

/ 2 Chelation Infusion (Heavy Metals)

/ 3 CoQ10 Boost

/ 4 Glutathione Boost

/ 2 Standard Hydrocolon Therapy with Herbal Tea

/ 1 Premium Hydrocolon Therapy with Coffee (intestinal+liver detox)

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

/ 6 Metabolic Booster Treatment

/ 6 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 3 Osteopathy Session

/ 3 Microfisiotherapy

/ 3 Manual Lymphatic Drainage – Body

/ 4 Acupuncture Session

/ 6 Medical Pressotherapy

/ 1 Bioidentical Hormone Therapy

/ 1 Dental Higiene & Tartar (double jaw) Removal Consultation

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/ 1 Fluoride Varnish Topical Application

/ 1 External Intense Whitening in
Consultation/Session

/ 2 Himalaya Salt and Spirulina Body Scrub

/ 2 Detox Clay Rituals

/ 2 Seaweed Detox Body Wrap Ritual

/ 1 Detox Alkaline Bath

/ 1 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 B12 Sublingual (neutraceutical
supplements: 3 month supply)

/ 1 Longevity Telomere Cell Health Enhancer
(neutraceutical supplements: 3 month supply)

/ 1 MAAX Detox (supplement: 1 month supply)

/ 3 Balance & Strenght Personal Training Session

/ 2 Guided Meditation

/ 3 Energetic Healing Therapy

/ 2 Cranio Sacral Therapy

/ 2 Epsom Salt Flotation

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/ 1 Facial Anti Ageing

/ 1 Insta Body Beauty Personalised Package

/ 1 Insta Face Beauty Personalised Package

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27.144 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