

## LONGEVITY OBESITY OPTIMISATION

MINIMUM DURATION 28 nights

Give us a month and we will help you start reversing your obesity levels and re-start a new healthy life. Get a comprehensive holistic health check on your imbalances and a high impact weight loss combination of fitness, juice and mild fasting meals, nutritional guidance, detoxifying and slimming Spa and wellness treatments and integrative health regeneration therapies.

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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:

/ 28 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.

/ 4 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 Longevity Metabolic Check-Up

/ 5 Ozone & Oxygen-Therapy Session (IV)

/ 5 Ozone & Oxygen-therapy Body Session (Sauna)

/ 8 Metabolic/Weight Loss Boost

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

/ 3 Premium Hydrocolon Therapy with Coffee (intestinal+liver detox)

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

/ 8 Metabolic Booster Treatment

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/ 8 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 8 Manual Lymphatic Drainage – Body

/ 2 Manual Lymphatic Drainage - Face

/ 2 Flor de Sal and Matcha Body Scrub

/ 2 Himalaya Salt and Spirulina Body Scrub

/ 4 Detox Clay Rituals

/ 4 Seaweed Detox Body Wrap Ritual

/ 4 Detox Alkaline Bath

/ 4 Himalayan Pink Salt Bath

/ 4 Detox & Reenergize Massage

/ 4 Longevity Nutrition Consultation

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

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

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

/ 1 MAAX Detox (supplement: 1 month supply)

/ 4 Arnica Deep Tissue Massage

/ 6 Balance & Strenght Personal Training Session

/ 6 HIIT Personal Training Session

/ 4 Body Shape Personal Training Session

## LONGEVITY OBESITY OPTIMISATION

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/ 2 Body & Mind Techniques for Stress Management

/ 1 Energetic Psychology Session

/ 8 Anti Cellulite & Reshape Massage

/ 6 Local Reshape Ritual

/ 6 Local Cellulite & Countour Ritual

/ 2 Local Legs Drainage

/ 1 Insta Body Beauty Personalised Package

## LONGEVITY OBESITY OPTIMISATION

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**22.729 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