

LONGEVITY DIABETES OPTIMISATION

MINIMUM DURATION 21 nights

To start reversing your diabetes and re-starting a new healthy life. Get a comprehensive holistic health check on your imbalances, a high impact combination of fitness, meals, nutritional guidance, detoxifying Spa and wellness treatments and integrative health regeneration therapies.

. 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:

/ 21 Full Board Wellness (up to 5 meals a day): including morning and afternoon snacks, and healthy and tasty lunch and dinner.

/ 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 Diabetes Check-Up

/ 2 Diabetes Consultations

/ 1 Ophthalmology Consultation (with ophthalmologic test)

/ 4 Ozone & Oxygen-Therapy Sessions

/ 4 Ozone & Oxygen-Therapy Body Sessions (Sauna)

/ 8 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)

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

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

/ 4 Cryotherapy Sessions

/ 4 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 6 Manual Lymphatic Drainages – Body

/ 2 Flor de Sal and Matcha Body Scrubs

/ 2 Himalaya Salt and Spirulina Body Scrubs

/ 3 Detox Clay Rituals

/ 3 Seaweed Detox Body Wrap Rituals

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/ 3 Detox Alkaline Baths

/ 3 Himalayan Pink Salt Baths

/ 3 Detox & Re-energise Massages

/ 3 Longevity Nutrition Consultations

/ 6 Balance & Strength Personal Training Sessions

/ 1 Body & Mind Techniques for Stress
Management

/ 2 Local Legs Drainages

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13.726 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.

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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