

LONGEVITY METABOLIC OPTIMISATION

MINIMUM DURATION 14 nights

Metabolic syndrome is a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels — that occur together, increasing your risk of heart disease, stroke and diabetes. Get a comprehensive holistic health check on your metabolic imbalances and regenerative therapies to optimise your metabolic health and prevent from heart disease, stroke and diabetes.

. 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:

/ 14 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
 - . Initial dental screening
 - . Integrative medicine evaluation

- / 1 Longevity Metabolic Check-Up
- / 4 Ozone & Oxygen-Therapy Session (IV)
- / 2 Ozone & Oxygen-therapy Body Session (Sauna)
- / 2 Metabolic/Weight Loss Boost
- / 1 Intense Detox Infusion (liver, pancreas, kidneys, gallbladder, lymphatic system)
- / 1 Detox, AntiOx & Cellular Regeneration Boost
- / 2 Premium Hydrocolon Therapy with Coffee (intestinal+liver detox)
- / 1 Premium Hydrocolon Therapy with Probiotics (intestinal detox + flora rebalance)
- / 2 Metabolic Booster Treatment

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

/ 1 Microfisiotherapy

/ 4 Manual Lymphatic Drainage – Body

/ 2 Medical Pressotherapy

/ 1 Flor de Sal and Matcha Body Scrub

/ 1 Himalaya Salt and Spirulina Body Scrub

/ 2 Detox Clay Rituals

/ 2 Seaweed Detox Body Wrap Ritual

/ 2 Detox Alkaline Bath

/ 2 Himalayan Pink Salt Bath

/ 3 Detox & Reenergize Massage

/ 1 Longevity Nutrition Consultation

/ 4 Balance & Strength Personal Training Session

/ 1 Energetic Healing Therapy

/ 2 Local Legs Drainage

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9.694 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