

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 (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:

/ 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

. Integrative Medicine Evaluation

/ 1 Longevity Metabolic Check-Up

/ 4 Ozone & Oxygen-Therapy Sessions

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

/ 4 Personalised Infusion Therapies (our infusion therapies give you the nutrition boosts your body 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

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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)

/ 2 Metabolic Booster Treatment

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

/ 1 Microfisiotherapy Session

/ 4 Manual Lymphatic Drainages – Body

/ 2 Medical Pressotherapy Sessions

/ 1 Flor de Sal and Matcha Body Scrub

/ 1 Himalaya Salt and Spirulina Body Scrub

/ 2 Detox Clay Rituals

/ 2 Seaweed Detox Body Wrap Rituals

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/ 2 Detox Alkaline Baths

/ 2 Himalayan Pink Salt Baths

/ 3 Detox & Re-energise Massages

/ 1 Longevity Nutrition Consultation

/ 4 Balance & Strength Personal Training Sessions

/ 1 Energetic Healing Therapy

/ 2 Local Legs Drainages

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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 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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