

LONGEVITY CARDIO HEALTH OPTIMISATION

MINIMUM DURATION 7 nights

Get a unique Longevity Cardiovascular Check Up for early detection of red flags which are usually silent and without symptoms. Find how to fix those red flags. Enjoy a comprehensive cardiovascular health regeneration and rejuvenation programme, to prevent heart related diseases and strokes and to revert chronic inflammatory processes.

. 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:

/ 7 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 Cardiovascular Check-Up

/ 1 Sleep Apnoea Check Up (polisomnography)*

/ 1 Integrative Medicine and Anti-Ageing Consultation

/ 1 Cardiology Consultation

/ 1 Ozone & Oxygen-Therapy Session (IV)

/ 1 Ozone & Oxygen-therapy Body Session (Sauna)

/ 1 Intense Detox Infusion (liver, pancreas, kidneys, gallbladder, lymphatic system)

/ 1 Vitamin B12 Boost

/ 1 CoQ10 Boost

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/ 1 Glutathione Boost

/ 1 Metabolic Booster Treatment

/ 1 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)

/ 1 Osteopathy Session

/ 1 Manual Lymphatic Drainage – Body

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

/ 1 Himalaya Salt and Spirulina Body Scrub

/ 1 Detox Clay Ritual

/ 1 Detox Alkaline Bath

/ 1 Detox & Reenergize Massage

/ 1 Longevity Nutrition Consultation

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

/ 1 Longevity Cardio Regenerate & Protect (neutraceutical supplements: 1 month supply)

/ 1 Longevity Omega 3 (neutraceutical supplements: 3 month supply)

/ 1 Balance & Strenght Personal Training Session

/ 1 Body Shape Personal Training Session

/ 1 Body & Mind Techniques for Stress Management

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/ 1 Guided Meditation

/ 1 Cranio Sacral Therapy

/ 1 Epsom Salt Flotation

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6.498 EUR p.p.

(does not include accommodation)

* option to add to the program at an additional cost and subject to doctor's approval.

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