

LONGEVITY ADVANCED CARDIO HEALTH OPTIMISATION (OVER 45)

MINIMUM DURATION 14 nights

Get a unique Longevity Cardiovascular Check-Up, including an advanced Coronary Calcium Scan with Angio CT/EBT, for early detection of red flags which are usually silent and without symptoms. Find how to fix those red flags. Enjoy a comprehensive cardio-vascular health regeneration and rejuvenation programme, to prevent heart-related diseases and strokes and to revert chronic inflammatory processes.

+351 282 248 890 . reservations@longevityalvor.com
longevityalvor.com

LONGEVITY
HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE

. 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.

/ 2 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 Cardiovascular Check-Up

/ 1 Coronary Calcium Scan / EBT

/ 1 Sleep Apnoea Check Up (polisomnography)*

/ 1 Integrative Medicine and Anti-Ageing Consultation

/ 1 Cardiology Consultation

/ 2 Ozone & Oxygen-Therapy Sessions

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

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/ 11 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 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 Cryotherapy Sessions

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

/ 1 Osteopathy Session

/ 2 Manual Lymphatic Drainages – Body

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

/ 1 Gum Treatment (gingivectomy per quadrant)

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/ 2 Himalaya Salt and Spirulina Body Scrubs

/ 2 Detox Clay Rituals

/ 2 Detox Alkaline Baths

/ 2 Detox & Re-energise Massages

/ 1 Longevity Nutrition Consultation

/ 1 Longevity Multivitamin & Antiox Boost & Protect (nutraceutical supplements: 3 month supply)

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

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

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

/ 1 Longevity Cholesterol Control (nutraceutical supplements: 1 month supply)

/ 2 Balance & Strength Personal Training Sessions

/ 2 Body Shape Personal Training Sessions

/ 1 Body & Mind Techniques for Stress Management

/ 2 Guided Meditations

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/ 2 Cranio Sacral Therapies

/ 2 Epsom Salt Flotations

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10.918 EUR p.p.

(does not include accommodation)

* option to add in 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 2021.

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@longevityalvor.com

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.