

LONGEVITY WOMEN'S HEALTH OPTIMISATION

MINIMUM DURATION 4 nights

Get a unique Longevity Menopause Check-Up. Rebalance and regenerate your holistic health and wellbeing, minimizing the negative effects of this stage of your life, boosting your self confidence and vitality.

. 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:

/ 4 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 Menopause Check Up

/ 1 Integrative Medicine and Anti-Ageing Consultation

/ 1 Gynecology and Obstetrics Consultation

/ 1 Traditional Chinese Medicine Consultation

/ 3 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

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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 Acupuncture Sessions

/ 1 Bioidentical Hormone Therapy

/ 1 Longevity Nutrition Consultation

/ 2 Energetic Healing Therapies

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5.333 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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