

## LONGEVITY SLEEP OPTIMISATION

MINIMUM DURATION 7 nights

Get a unique holistic health check, including a sleep apnoea screening. Rebalance and regenerate your holistic health and wellbeing, by regaining your sleep quality with energy, stress management, mindfulness and meditation therapies.

+351 282 248 890 . [reservations@longevityalvor.com](mailto:reservations@longevityalvor.com)  
[longevityalvor.com](http://longevityalvor.com)

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HEALTH & WELLNESS HOTEL  
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. 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:

/ 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

. Integrative Medicine Evaluation

/ 1 Sleep Apnoea Check-Up (polysomnography)

/ 1 General Medical Consultation & Clinical Examination

/ 1 Longevity Nutrition Consultation

/ 1 Stress Relief Massage

/ 1 Relaxing Massage

/ 1 Yoga Personal Training Session

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/ 1 Balance & Strength Personal Training Session

/ 1 Cranio Sacral Therapy

/ 1 Body & Mind Techniques for Stress Management

/ 2 Epsom Salt Flotations

/ 1 Emotional Detox Therapy

/ 1 Guided Meditation

/ 1 Mindfulness Therapy - Mind, Body and Inner Self Relaxation

/ 1 Energetic Psychology Session

/ 1 Energetic Healing Therapy

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3.644 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](mailto: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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