



# LONGEVITY *Senses*

CASCAIS BOUTIQUE HOTEL & CLINIC

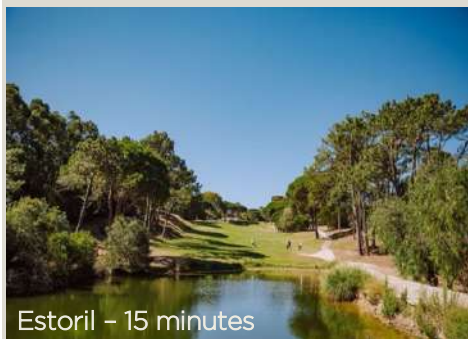




Oitavos Dunes – 3 minutes



Quinta da Marinha – 3 minutes



Estoril – 15 minutes



Penha Longa Resort – 20 minutes

An intimate seafront and adults-only retreat between Cascais and Guincho,

**Longevity Senses Cascais Boutique Hotel & Clinic.**

Experience the perfect fusion of **world-class golf and wellness therapies** at Longevity Senses Cascais Boutique Hotel & Clinic. Located in the heart of Cascais and just minutes from some of Portugal's finest golf courses, our boutique hotel is the ideal retreat for **golfers seeking performance, recovery, and wellbeing.**

Combine exceptional days on championship fairways with **advanced recovery therapies**, and refined spa experiences designed to help you **play and feel better for longer** —all in one of Portugal's most exclusive coastal destinations.



Key:

A: Longevity Senses Cascais  
Boutique Hotel & Clinic

B: Oitavos Dunes

C: Quinta da Marinha

D: Estoril

E: Penha Longa Resort

F: Lisbon airport (40m)





# Summary of Conditions

- Program 1:
    - 7 nights accommodation
    - 5-round golf passport
  - Program 2:
    - 5 nights accommodation
    - 4-round golf passport
  - Program 3:
    - 5 nights accommodation
    - 3-round golf passport
- Healthy and tasty breakfast
  - Access to spa, sauna, hammam, ice fountain, sensorial showers, heated indoor pool, relaxation area, outdoor pool, jacuzzi and gym
  - Golf Passport includes main golf courses in Cascais, Estoril and Sintra
  - **10% off** spa/clinic à la carte
  - **15% off** musculoskeletal and body health protocols



## *Special Golf Physio treatments – 15% off public prices*

- **Osteopathy** - Our innovative systemic approach in osteopathic treatments is designed to restore balance, mobility, and optimal function throughout the body.
- **Physiotherapy** - Physiotherapy involves the assessment and treatment of disorders affecting the neuro-musculoskeletal system, using advanced technology equipment to address specific issues of the patient.
- **Craniosacral therapy** - Cranio-Sacral therapy is a preventative treatment that supports the body's natural defenses against illness. This therapy is particularly effective in improving conditions associated with pain and dysfunction, including migraines, chronic pain, and disorders involving neurovascular system coordination.

# *Special Golf Physio treatments – 15% off public prices*

- **Advanced TECAR** - Main Applications for TECAR Therapy:
  - Sports-related injuries
  - Muscle and tendon disorders
  - Spinal and peripheral joint conditions
  - Scar tissue treatment
  - Acute and chronic pain management
- **Tesla CHAIR for the lumbar region** - The TESLAChair™ treatment is a painless, non-invasive, and effective therapeutic modality designed to address issues in the lower back region. This therapy works by stimulating muscles and enhancing circulation, all without direct skin contact.

## *Special Golf Physio treatments – 15% off public prices*

- **Infrared light energy therapy** - The therapeutic effects of this treatment are primarily based on the generation of heat within the tissues, which can yield various beneficial outcomes, including:
  - Antispasmodic effects
  - Analgesic properties
  - Reduction in joint stiffness
- **Electrotherapy** - Electrotherapy is a physiotherapeutic treatment that employs electrical currents to stimulate targeted areas of the body affected by nerve pain, inflammation, muscle atrophy, and musculoskeletal injuries. This therapeutic modality aims to promote healing, alleviate pain, and restore functional movement.

## *Special Golf Physio treatments – 15% off public prices*

- **Percutaneous neuromodulation** - Percutaneous Neuromodulation (PNM) is a technique that involves the stimulation of neuro-reactive points in the body using dry needling or acupuncture needles, in conjunction with electrotherapy equipment. PNM is effective in the management of both acute and chronic pain, as well as neuro-musculoskeletal dysfunctions, by facilitating the restoration of normal nervous system function.
- **High intensity laser therapy** - High Intensity Laser Therapy (HILT) utilizes laser light to induce biostimulation and accelerate cellular processes, contributing to pain reduction and promoting faster recovery following injury.



		Low Season	Mid Season	Mid High Season	High Season	Peak Dates
<b>Public Prices 2026</b>		04/01/2026 a 31/03/2026 02/11/2026 a 26/12/2026	01/04/2026 a 30/04/2026 19/10/2026 a 01/11/2026	01/05/2026 a 31/05/2026 28/09/2026 a 15/10/2026	01/06/2026 a 10/07/2026 21/09/2026 a 27/09/2026 15/10/2026 a 18/10/2026 27/12/2026 a 03/01/2027	11/07/2026 a 20/09/2026
<b>Public Prices 2027</b>		04/01/2027 a 31/03/2027 02/11/2027 a 26/12/2027	01/04/2027 a 30/04/2027 19/10/2027 a 01/11/2027	01/05/2027 a 31/05/2027 28/09/2027 a 15/10/2027	01/06/2027 a 10/07/2027 21/09/2027 a 27/09/2027 15/10/2027 a 18/10/2027 27/12/2027 a 03/01/2027	11/07/2027 a 20/09/2027
5 night Package Deluxe Terrace w 3 round Golf pass	SGL	1 135 €	1 398 €	1 643 €	1 815 €	1 988 €
	DBL	1 580 €	1 843 €	2 088 €	2 260 €	2 433 €
5 night Package Deluxe Terrace w 4 round Golf pass	SGL	1 197 €	1 460 €	1 705 €	1 877 €	2 050 €
	DBL	1 704 €	1 967 €	2 212 €	2 384 €	2 557 €
7 night Package Deluxe Terrace w 5 round Golf pass	SGL	1 555 €	1 924 €	2 266 €	2 508 €	2 749 €
	DBL	2 144 €	2 513 €	2 855 €	3 097 €	3 338 €
5 night Package Deluxe Terrace parcial Sea View w 3 round Golf pass	SGL	1 192 €	1 473 €	1 735 €	1 920 €	2 105 €
	DBL	1 637 €	1 918 €	2 180 €	2 365 €	2 550 €
5 night Package Deluxe Terrace parcial Sea View w 4 round Golf pass	SGL	1 254 €	1 535 €	1 797 €	1 982 €	2 167 €
	DBL	1 761 €	2 042 €	2 304 €	2 489 €	2 674 €
7 night Package Deluxe Terrace parcial Sea View w 5 round Golf pass	SGL	1 634 €	2 029 €	2 395 €	2 654 €	2 912 €
	DBL	2 223 €	2 618 €	2 984 €	3 243 €	3 501 €
5 night Package Deluxe Sea View w 3 round Golf pass	SGL	1 338 €	1 540 €	1 837 €	2 113 €	2 321 €
	DBL	1 783 €	1 985 €	2 282 €	2 558 €	2 766 €
5 night Package Deluxe Sea View w 4 round Golf pass	SGL	1 400 €	1 602 €	1 899 €	2 175 €	2 383 €
	DBL	1 907 €	2 109 €	2 406 €	2 682 €	2 890 €
7 night Package Deluxe Sea View w 5 round Golf pass	SGL	1 839 €	2 122 €	2 538 €	2 925 €	3 215 €
	DBL	2 428 €	2 711 €	3 127 €	3 514 €	3 804 €
5 night Package Premium Sea View w 3 round Golf pass	SGL	1 641 €	1 905 €	2 291 €	2 650 €	2 920 €
	DBL	2 086 €	2 350 €	2 736 €	3 095 €	3 365 €
5 night Package Premium Sea View w 4 round Golf pass	SGL	1 703 €	1 967 €	2 353 €	2 712 €	2 982 €
	DBL	2 210 €	2 474 €	2 860 €	3 219 €	3 489 €
7 night Package Premium Sea View w 5 round Golf pass	SGL	2 264 €	2 632 €	3 173 €	3 676 €	4 053 €
	DBL	2 853 €	3 221 €	3 762 €	4 265 €	4 642 €



**The Art of Wellness. The Pleasure of Life.**

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**[www.longevitycascais.com](http://www.longevitycascais.com)**