

LONGEVITY TOTAL FITNESS 5 nights programme

Get a quick fitness check, burn calories, boost your fitness levels and relax and unwind with Spa therapies.

- 5 Nights' accommodation
- 5 Half Board: healthy breakfast and standard fresh and tasty dinner
- Longevity infusions, alkaline water ph 9.5, and aromatherapy essential oil
- 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, training circuit, mobility, workshops, walks, among others
- Access to the gym

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- Health & Wellness programme:
 - 1 Daily morning Yoga Group Class
 - 2 Biophysical Evaluations
 - 1 Fitness Evaluation
 - 1 Vertebral Dysfunction Evaluation
 - 1 Blood Pressure (systolic, diastolic), Heart Rate Evaluation
 - 1 Fat Burner Personal Training Session
 - 1 Balance & Strength Personal Training Session
 - 1 HIIT Personal Training Session
 - 1 Body Shape Personal Training Session
 - 1 Cryotherapy Session
 - 1 Invigorating Bath
 - 1 Arnica Deep Tissue Massage

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Subject to availability at the time of reservation.

The packages/programmes inclusions are unbreakable and non-refundable. Unused items will be forfeited and cannot be reimbursed. Longevity Vitality Plan activities are subject to change and rotation, as well as seasonal adjustments.

Minimum age: 15 years old.

After written confirmation of a programme or package reservation by our reservations department, changes to the programme/package inclusions will be subject to a surcharge.

For price information please contact us.

All information contained in this document may change without prior notice.

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longevityalvor.com

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE