

LONGEVITY STRESS RELIEF & MINDFULNESS 5 nights programme

Rebalance body & mind, find your stress factors and learn how to live a more de-stressed life.

- 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 (infra-red 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
 - 1 Group Guided Meditation
 - 1 Traditional Chinese Medicine Consultation
 - 1 Acupuncture Session
 - 1 Body & Mind Techniques for Stress Management
 - 1 Emotional Detox Therapy
 - 1 Mindfulness and Self-Awareness Therapy
 - 1 Energetic Psychology Session
 - 1 Osteopathy Session
 - 1 Lemon and Olive Oil Body Scrub
 - 1 Lavander and Flôr de Sal Relaxing Bath
 - 1 Cranial Sacral Therapy

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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