

LONGEVITY CORE RESTORE DETOX 5 nights programme

Enjoy your seasonal juice detox holiday, cleansing your gastro-intestinal, visceral and lymphatic systems with detoxifying Wellness and Spa therapies.

- 5 Nights' accommodation
- 5 Full Board Wellness (up to 5 meals per day): including healthy breakfast, 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
- 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

LONGEVITY CORE RESTORE DETOX 5 nights programme

- Health & Wellness programme:
 - 1 Daily morning Yoga Group Class
 - 1 Detox Master Class
 - 1 Longevity Integrative Nutrition Consultation
 - 1 Biophysical Evaluation
 - 1 Vertebral Dysfunction Evaluation
 - 1 Ozone & Oxygen-Therapy Body Session (Sauna)
 - 1 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
 - 1 Osteopathy Session
 - 1 Manual Lymphatic Drainage – Body
 - 1 Zeolite Clay Therapy with Detoxifying Effect
 - 1 Himalayan Salt and Spirulina Body Scrub
 - 1 Detox and Purifying Bath
 - 1 Detox Massage

LONGEVITY CORE RESTORE DETOX 5 nights programme

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.

+351 282 248 890 | reservations@longevityalvor.com

[longevityalvor.com](https://www.longevityalvor.com)

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR - ALGARVE