

LONGEVITY WELLNESS & WEIGHT LOSS 5 nights programme

Enjoy an optimal combination of detox, fitness, slimming therapies and meals and natural supplements to reboot that sustainable healthy weight loss process.

- 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

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- Health & Wellness programme:

- 1 Daily morning Yoga Group Class
- 1 Weight Loss Master Class
- 1 Longevity Integrative Nutrition Consultation
- 2 Biophysical Evaluations
- 1 Premium Colonic Hydrotherapy with Coffee (intestinal+liver detox)
- 1 Cryotherapy Session
- 1 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 1 Manual Lymphatic Drainage – Body
- 2 Medical Pressotherapies
- 1 Balance & Strength Personal Training Session
- 1 HIIT Personal Training Session
- 1 Body Shape Personal Training Session
- 1 Longevity Slim Kit (4 formulae nutraceutical supplements: 1 month supply)
- 1 Algotherapy
- 1 Anti-cellulite & Reshape Massage
- 1 Slimming Treatment - Flat Belly
- 1 Contouring, Cellulite and Firming Ritual - Hip and Thigh

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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.