

LONGEVITY TOTAL DETOX 7 nights programme

Get a unique holistic health check. Enjoy a high impact, intense detox holiday, cleansing your skin, gastro-intestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying medical, wellness and Spa therapies. Combat chronic inflammation, reduce toxins, heavy metals and free radicals and regenerate your immune system and cellular health.

- 7 Nights' accommodation
- 7 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 TOTAL DETOX 7 nights programme

- Health & Wellness programme:
 - 1 Longevity Holistic Health Check, including: Lifestyle Evaluation, Biophysical Evaluation (weight, BMI, fat mass, muscle mass, visceral fat, abdominal perimeter), Nutritional and Wellbeing Evaluation, Fitness Profile Evaluation, Heavy Metals Evaluation, Vertebral Dysfunction Evaluation, Thermographic Evaluation, General Cardiovascular Evaluation, Blood Pressure and Heart Rate, Basic Blood Analysis, Integrative Medicine Evaluation.
 - 1 Longevity Integrative Nutrition Consultation
 - 2 Ozone & Oxygen-Therapy Sessions
 - 1 Ozone & Oxygen-Therapy Body Session (Sauna)
 - 2 Personalised Infusion Therapies (our infusion therapies give you the nutrition boosts your body needs as quickly and efficiently as possible, bypassing the digestive process to ensure that supplements are delivered directly to the cells and body systems that need them. Through a medical personalised prescription, we use it to quickly and effectively manage vitamin, mineral and amino acid deficiencies, rehydrate your body, detoxify important body systems, enhance anti-oxidative capacity, boost your immune system, regenerate cellular health, and overall optimise health and wellbeing)
 - 1 Premium Colonic Hydrotherapy with Coffee (intestinal+liver detox)

LONGEVITY TOTAL DETOX 7 nights programme

- 2 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 1 Osteopathy Session
- 1 Manual Lymphatic Drainage - Body
- 1 Medical Pressotherapy Session
- 1 Longevity Probiotics (nutraceutical supplements: 1 month supply)
- 1 Longevity Detox, Repair & Anti Inflammation (nutraceutical supplements: 3 month supply)
- 1 Himalaya Salt and Spirulina Body Scrub
- 1 Zeolite Clay Therapy with Detoxifying Effect
- 1 Detox and Purifying Bath
- 1 Detox Massage
- 1 Deep Skin Longevity "Detox & Repair" Facial
- 1 Slimming Treatment - Flat Belly
- 1 Anti Ox Body Wrap Ritual

LONGEVITY TOTAL DETOX 7 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

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR - ALGARVE