

LONGEVITY NEW LIFE 21 nights programme

Get a unique Longevity Premium Integrative 360° Check-Up, including skin cancer and sleep apnoea screening and genetic testing. Enjoy the most complete high impact, intense detox, repair, regeneration and rejuvenation programme for your holistic health and wellbeing, while boosting your immune system, cellular health, energy fields, metabolic health, stress resistance and overall vitality.

- 21 Nights' accommodation
- 21 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
- 3 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 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 Genetic Profile
 - 1 Longevity Premium Integrative Health 360° Check Up, including: Advanced Biochemical Analysis, Clinical Exams
 - 1 Integrative Medicine and Anti-Ageing Consultation
 - 1 Traditional Chinese Medicine Consultation
 - 6 Ozone & Oxygen-Therapy Sessions
 - 6 Ozone & Oxygen-Therapy Body Sessions (Sauna)
 - 15 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)

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- 2 Standard Colonics Hydrotherapy with Herbal Tea
- 1 Premium Colonic Hydrotherapy with Coffee (intestinal+liver detox)
- 1 Premium Colonic Hydrotherapy with Probiotics (intestinal detox + flora rebalance)
- 6 Cryotherapy Sessions
- 6 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 3 Osteopathy Sessions
- 3 Microfisiotherapy Sessions
- 3 Manual Lymphatic Drainages – Body
- 4 Acupuncture Sessions
- 6 Medical Pressotherapy Sessions
- 1 Bioidentical Hormone Therapy
- 1 Dental Higiene & Tartar (double jaw) Removal Consultation
- 1 Fluoride Varnish Topical Application
- 1 External Intense Whitening in Consultation/Session
- 2 Himalaya Salt and Spirulina Body Scrubs
- 2 Detox Clay Rituals
- 2 Seaweed Detox Body Wrap Rituals

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- 1 Detox Alkaline Bath
- 1 Himalayan Pink Salt Bath
- 2 Detox & Re-energise Massages
- 1 Longevity Skin Deep Detox & Repair
- 1 Longevity Integrative Nutrition Consultation
- 1 Longevity Detox, Repair & Anti Inflammation (nutraceutical supplements: 3 month supply)
- 1 Longevity B12 Sublingual (nutraceutical supplements: 3 month supply)
- 1 Longevity Telomere Cell Health Enhancer (nutraceutical supplements: 3 month supply)
- 1 MAAX Detox (supplement: 1 month supply)
- 3 Balance & Strength Personal Training Sessions
- 2 Guided Meditation Sessions
- 3 Energetic Healing Therapies
- 2 Cranio Sacral Therapies
- 1 Facial Anti Ageing
- 1 Insta Body Beauty Personalised Package
- 1 Insta Face Beauty Personalised Package

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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.