

LONGEVITY DIABETES OPTIMISATION 21 nights programme

To start reversing your diabetes and re-starting a new healthy life. Get a comprehensive holistic health check on your imbalances, a high impact combination of fitness, meals, nutritional guidance, detoxifying Spa and wellness treatments and integrative health regeneration therapies.

- 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.
- 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 DIABETES OPTIMISATION 21 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 Diabetes Check-Up
 - 2 Diabetes Consultations
 - 1 Ophthalmology Consultation (with ophthalmologic test)
 - 4 Ozone & Oxygen-Therapy Sessions
 - 4 Ozone & Oxygen-Therapy Body Sessions (Sauna)
 - 8 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)
 - 2 Premium Colonics Hydrotherapy with Coffee (intestinal+liver detox)

LONGEVITY DIABETES OPTIMISATION 21 nights programme

- 1 Premium Colonic Hydrotherapy with Probiotics (intestinal detox + flora rebalance)
- 4 Cryotherapy Sessions
- 4 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 6 Manual Lymphatic Drainages – Body
- 2 Flor de Sal and Matcha Body Scrubs
- 2 Himalaya Salt and Spirulina Body Scrubs
- 3 Detox Clay Rituals
- 3 Seaweed Detox Body Wrap Rituals
- 3 Detox Alkaline Baths
- 3 Himalayan Pink Salt Baths
- 3 Detox & Re-energise Massages
- 3 Longevity Integrative Nutrition Consultations
- 6 Balance & Strength Personal Training Sessions
- 1 Body & Mind Techniques for Stress Management
- 2 Local Legs Drainages

LONGEVITY DIABETES OPTIMISATION 21 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.