

LONGEVITY METABOLIC OPTIMISATION 14 nights programme

Metabolic syndrome is a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels — that occur together, increasing your risk of heart disease, stroke and diabetes. Get a comprehensive holistic health check on your metabolic imbalances and regenerative therapies to optimise your metabolic health and prevent from heart disease, stroke and diabetes.

- 14 Nights' accommodation
- 14 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 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 Metabolic Check-Up
 - 4 Ozone & Oxygen-Therapy Sessions
 - 2 Ozone & Oxygen-Therapy Body Sessions (Sauna)
 - 4 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)
 - 1 Premium Colonic Hydrotherapy with Probiotics (intestinal detox + flora rebalance)

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- 2 Cryotherapy Sessions
- 2 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 1 Microfisiotherapy Session
- 4 Manual Lymphatic Drainages – Body
- 2 Medical Pressotherapy Sessions
- 1 Flor de Sal and Matcha Body Scrub
- 1 Himalaya Salt and Spirulina Body Scrub
- 2 Detox Clay Rituals
- 2 Seaweed Detox Body Wrap Rituals
- 2 Detox Alkaline Baths
- 2 Himalayan Pink Salt Baths
- 3 Detox & Re-energise Massages
- 1 Longevity Integrative Nutrition Consultation
- 4 Balance & Strength Personal Training Sessions
- 1 Energetic Healing Therapy
- 2 Local Legs Drainages

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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.

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longevityalvor.com

LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR - ALGARVE