

## LONGEVITY CARDIO HEALTH OPTIMISATION 7 nights programme

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*Get a unique Longevity Cardiovascular Check-Up for early detection of red flags which are usually silent and without symptoms. Find how to fix those red flags. Enjoy a comprehensive cardiovascular health regeneration and rejuvenation programme, to prevent heart-related diseases and strokes and to revert chronic inflammatory processes.*

- 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

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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 Cardiovascular Check-Up
  - 1 Integrative Medicine and Anti-Ageing Consultation
  - 1 Cardiology Consultation
  - 1 Ozone & Oxygen-Therapy Session
  - 1 Ozone & Oxygen-Therapy Body Session (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)
  - 1 Cryotherapy Session

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- 1 Iyashi Dome - Intense Detox & Weight Loss Treatment (Calories, Toxins & Heavy Metals)
- 1 Osteopathy Session
- 1 Manual Lymphatic Drainage – Body
- 1 Dental Higiene & Tartar (double jaw) Removal Consultation
- 1 Himalaya Salt and Spirulina Body Scrub
- 1 Detox Clay Ritual
- 1 Detox Alkaline Bath
- 1 Detox & Re-energise Massage
- 1 Longevity Integrative Nutrition Consultation
- 1 Longevity Detox, Repair & Anti Inflammation (nutraceutical supplements: 3 month supply)
- 1 Longevity Cardio Regenerate & Protect (nutraceutical supplements: 1 month supply)
- 1 Longevity Omega 3 (nutraceutical supplements: 3 month supply)
- 1 Balance & Strength Personal Training Session
- 1 Body Shape Personal Training Session
- 1 Body & Mind Techniques for Stress Management
- 1 Guided Meditation
- 1 Cranio Sacral Therapy

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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.