

LONGEVITY SLEEP OPTIMISATION 7 nights programme

Get a unique holistic health check, including a sleep apnoea screening. Rebalance and regenerate your holistic health and wellbeing, by regaining your sleep quality with energy, stress management, mindfulness and meditation therapies.

- 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 Sleep Apnoea Check-Up (polysomnography)
 - 1 General Medical Consultation & Clinical Examination
 - 1 Longevity Integrative Nutrition Consultation
 - 1 Stress Relief Massage
 - 1 Relaxing Massage
 - 1 Yoga Personal Training Session
 - 1 Balance & Strength Personal Training Session
 - 1 Body & Mind Techniques for Stress Management
 - 1 Emotional Detox Therapy
 - 1 Guided Meditation
 - 1 Mindfulness Therapy - Mind, Body and Inner Self Relaxation
 - 1 Energetic Psychology Session
 - 1 Energetic Healing Therapy
 - 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.