



longevity

WELLNESS RESORT
MONCHIQUE | ALGARVE

LONGEVITY ESSENTIAL WEIGHT MANAGEMENT | 7-Night Programme

You can control your weight by learning how to manage your diet and lifestyle. You'll meet with medical specialists, receive personalized long-term health, nutrition and fitness plans, and start the process of getting your weight under control.

Programme includes:

- ◆ 7 nights' accommodation in spacious, comfortable and fully fitted suites.
- ◆ Meal Plan according to profile during the stay (up to 5 meals a day).
- ◆ Access to the gym and wet areas of the Spa - Sauna, Turkish bath, Sensation showers and Indoor heated pool. *
- ◆ Access to the daily group activities of the Longevity Vitality Plan, which combines body and mind revitalization. **
- ◆ Return airport transfers (Faro).
- ◆ Medical Spa Programme:

- 1 PREVENTIVE MEDICINE CONSULTATION: an initial fact finding on health imbalances, dysfunctions, risk factors and lifestyle habits that can lead to poor health and premature ageing with the goal of implementing a long lasting Personalized Health Plan.
- 2 BIOPHYSICAL EVALUATIONS (initial and final): receive a complete summary report of your body composition (body fat, muscle, water, body mass index, basal metabolic rate, distribution of fat in the body).
- 1 NUTRITION CONSULTATIONS: learn about functional, balanced and anti-ageing nutrition and receive a Personalized Nutrition Plan.
- 1 BIOCHEMICAL ANALYSIS: allows for the identification of the early signs of inflammation and premature ageing (selected markers from adrenal, hormonal, stress, kidney, liver, metabolic, cardiovascular, immune and brain neurotransmitter functioning).
- 2 OXYGENTHERAPIES (inhalation): providing oxygen to the body enhances health and well-being.
- 2 PRESSOTHERAPIES: assists the body's natural toxin-clearing functions.
- 2 PERSONAL TRAINING SESSIONS: personalized coaching on cardio, resistance training, flexibility and balance and receive our Fitness recommendations.
- 2 SKIN BRUSHINGS: the dry brushing improves circulation and lymphatic drainage, stimulating the detoxifying process.
- 2 DETOX OCEAN BATH: a detoxifying therapeutic action that renews your sense of wellness.
- 1 CELLUTOX AROMA OCEAN WRAP: seaweeds and mineral salts help to decongest and stimulate the system.
- 1 BODY SCULPTING: a detoxifying fennel and birch peel-off mask cleanses the body and firms the skin.
- 3 LONGEVITY RELAXING MASSAGE RITUALS: the power of the essential oils combined with breathing techniques and drainage digital pressure create an absolute state of calm.

**Guests must be 16 years old to access the Medical Spa. | **Guests must be 16 years old to participate in activities. | Check-in any day except Saturday.*

PROGRAMME RATES IN EUROS

LOW SEASON

PREMIUM SEASON

1 person
2 persons

3,620 €
6,078 €

4,583 €
6,953 €

Low Season: 06.11.12 – 29.12.12 | 04.01.13 – 26.03.13 | 02.04.13 – 31.05.13 | 01.10.13 – 30.12.13

Premium Season: 30.12.12 – 03.01.13 | 27.03.13 – 01.04.13 | 01.06.13 – 30.09.13 | 31.12.13

More Information and Reservations: T +351 282 240 110 | E reservations@longevity.pt | www.longevitywellnessresort.com