



## LONGEVITY QUICK DETOX | 3-Night Programme

You can regain your vitality, in just a few days. Escape from the stress and demands of your busy life and take advantage of medical consultations, detoxifying therapies and well being-enhancing treatments that will rejuvenate you.

Programme includes:

- ◆ 3 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. \*\*
- ◆ 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): 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 CONSULTATION: learn about functional, balanced and anti-ageing nutrition and receive a Personalized Nutrition Plan.

2 OXYGENTHERAPIES (inhalation): providing oxygen to the body enhances health and well-being.

2 PRESSOTHERAPIES: assists the body's natural toxin-clearing functions.

1 PERSONAL TRAINING SESSION: personalized coaching on cardio, resistance training, flexibility and balance and receive our Fitness recommendations.

1 LONGEVITY BODY SCRUB WITH SEA SALTS AND CITRUS: an invigorating full body aromatic exfoliation.

1 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 LONGEVITY RELAXING MASSAGE RITUAL: the power of essential oils combined with breathing techniques and drainage digital pressure create an absolute state of calm.

1 EXOTIC MOISTURE DEW FACIAL TREATMENT: for dry, thirsty skin in need of a hydrating urge.

*\*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.*

*Longevity*

WELLNESS RESORT

MONCHIQUE | ALGARVE

PROGRAMME RATES IN EUROS

LOW SEASON

PREMIUM SEASON

1 person

1,819 €

2,232 €

2 persons

3,151 €

3,601 €

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](mailto:reservations@longevity.pt) | [www.longevitywellnessresort.com](http://www.longevitywellnessresort.com)