



ESCAPE to SERENITY | 7-Night Programme

Renew your inner vitality and well being, restore and enhance your outer beauty.

Programme includes:

- ◆ 7 nights' accommodation in spacious, comfortable and fully fitted suites.
- ◆ Wellness buffet breakfast at Longevity Cuisine by Olivier.
- ◆ 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. **
- ◆ Spa Programme:

Day 1: Start your spa experience with a relaxing walk, breathing the pure air of Monchique Hills.

DETOX EXPERIENCE: TURKISH BATH, SHOWER SENSATIONS AND RELAXATION

LONGEVITY BODY SCRUB WITH SEA SALTS AND WILD LAVENDER: mineral-rich sea salt crystals, wild lavender flowers and aromatic oils join forces for this rebalancing exfoliation that leaves your body feeling fresh, your skin glowing and your senses totally surrendered to relaxation.

AROMASTONE MASSAGE RITUAL (GEOTHERMAL THERAPY): the smooth touch of the warm basaltic stones and the long massage strokes relieve tension and pain, and promote flexibility. This ritual calms and harmonizes body and mind.

LONGEVITY FOUNTAIN OF YOUTH FACE RITUAL: a highly effective treatment to revitalize, relax and drain, encouraging skin renewal to fight the signs of ageing.

RELAXATION RETREAT WITH HERBAL TEA

Day 2:

DETOX EXPERIENCE: TURKISH BATH, SHOWER SENSATIONS AND RELAXATION

DETOX OCEAN BATH: discover the healing and energizing effects of a water massage combined with marine ingredients, juniper and lemon essential oils.

WARM HERBAL SYMPHONY FULL BODY MASSAGE: stimulates the metabolism, activates blood circulation and loosens tension.

A highly relaxing experience with refreshing scents and nurturing warmth.

SPA COMFORT FOOT RITUAL: experience a very deep feeling of relaxation and increased energy.

OXYGENTHERAPY: provides oxygen to the body as a medical intervention, enhances health and well being, strengthens the immune system, enhances concentration, reduces stress, increases energy and generally relaxes the body.

RELAXATION RETREAT WITH HERBAL TEA

**Guests must be 16 years old to access the Medical Spa. | **Guests must be 16 years old to participate in activities.*

Longevity

WELLNESS RESORT

MONCHIQUE | ALGARVE

PROGRAMME RATES IN EUROS

LOW SEASON

PREMIUM SEASON

1 person

1,654 €

2,424 €

2 persons

2,538 €

3,238 €

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