



## LONGEVITY RELAX & PAMPER | 7-Night Programme

Return to harmony and balance with the perfect combination of healthy nourishing food and healing spa rituals.

Programme includes:

- ◆ 7 nights' accommodation in spacious, comfortable and fully fitted suites.
- ◆ Standard Wellness Meal Plan (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).
- ◆ Spa Programme:

1 EXOTIC LIME AND GINGER SALT GLOW: a combination body exfoliation and relaxing moisturizer that becomes an exotic and luxurious body ritual.

1 FOOT MASSAGE: experience a very deep feeling of relaxation and increased energy.

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

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

1 STRESS AWAY FULL BODY MASSAGE: to wind down and release all body tensions.

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

### PROGRAMME RATES IN EUROS

### LOW SEASON

### PREMIUM SEASON

1 person

2,121 €

2,891 €

2 persons

3,273 €

3,973 €

*longevity*

WELLNESS RESORT  
MONCHIQUE | ALGARVE

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