



**longevity**

WELLNESS RESORT  
MONCHIQUE | ALGARVE

## LONGEVITY FIT & FUN

*Discover Monchique and Experience Longevity*

Programme includes:

- 7 night's accommodation in spacious, comfortable and fully fitted suite.
- Suite upgrade (subject to availability).
- Slimming meal plan, including snacks.
- Slimming nutritional supplements.
- Access to the gym and wet areas of the Spa - Sauna, Turkish bath, Sensation showers and Indoor heated pool.
- Morning and sunset walks.
- Access to the daily group activities of the Longevity Vitality Plan – Yoga, Pilates, Nature hiking's, among others.

RATES PER PROGRAMME  
IN EUROS

LOW SEASON

PREMIUM SEASON

1 person

1,646 €

2,416 €

2 persons

2,523 €

3,223 €

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

**Special Offer 7=6**

**For stays between November 6<sup>th</sup> 2012 to May 31<sup>st</sup> 2013, as of October 8<sup>th</sup> 2012.**

Public rates per programme, based on single or double occupancy.

Longevity Vitality Plan – Activities are subject to pre-registration and subject to change without prior notice.

Guests must be 16 years old to participate in activities.

Guests must be 16 years old to access the Medical Spa.

More information and reservations: T +351 282 240 110 | E [reservations@longevity.pt](mailto:reservations@longevity.pt) | [www.longevitywellnessresort.com](http://www.longevitywellnessresort.com)