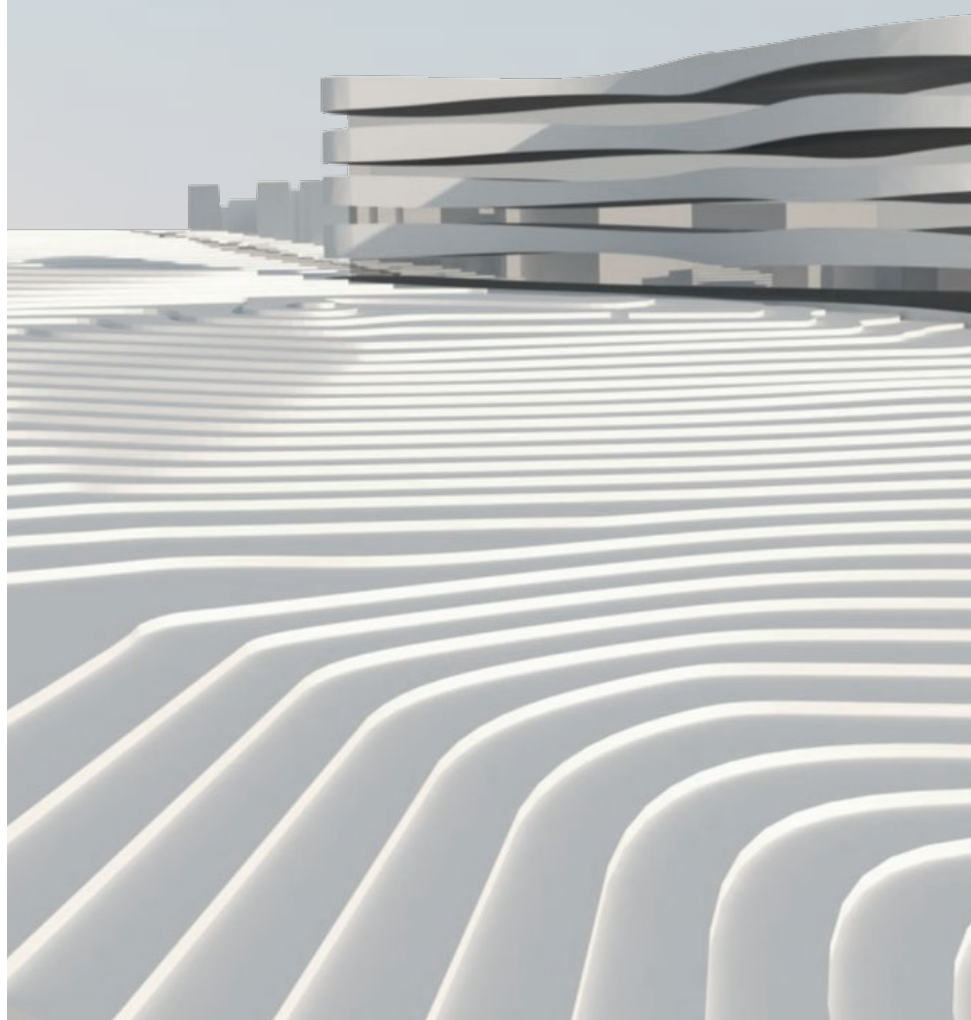


LONGEVITY

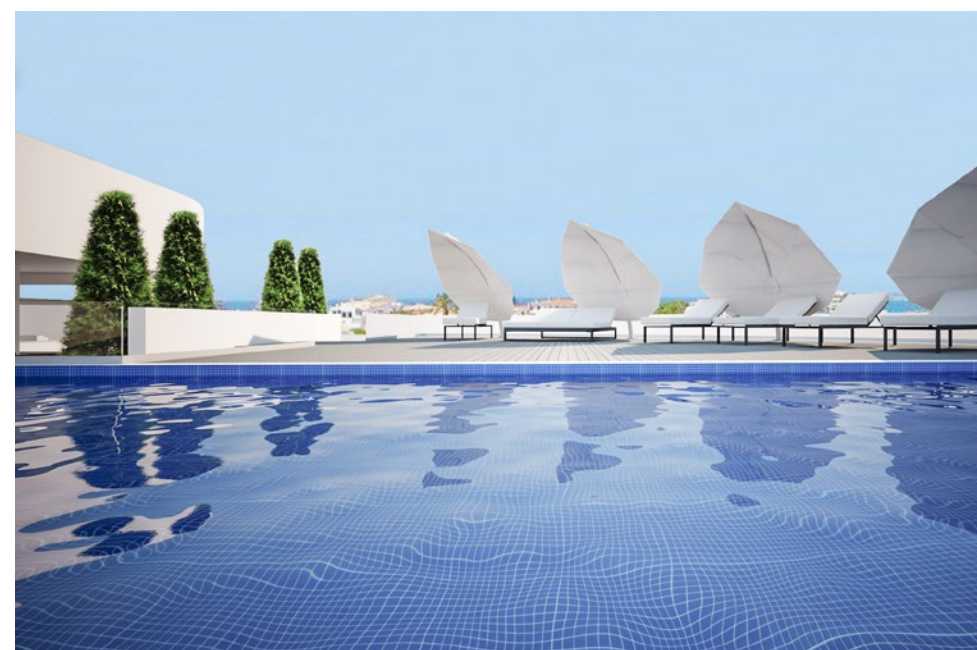
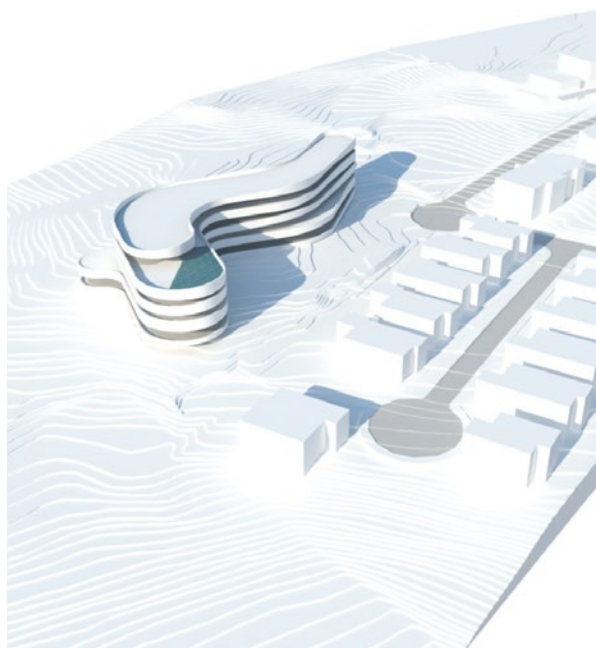
HEALTH & WELLNESS HOTEL

ALVOR · ALGARVE





A perfect
fusion of
Holidays
and Wellness



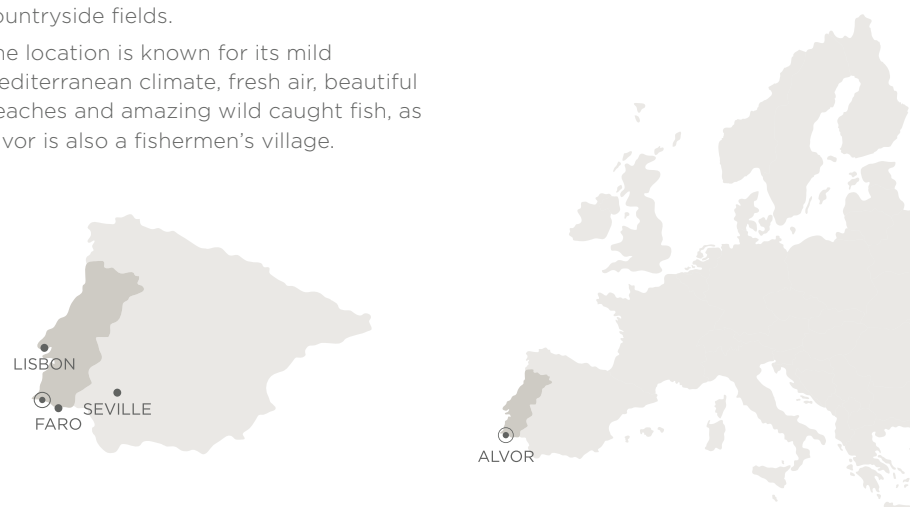


LOCATION

Located in Western Algarve and nestled in the beautiful and picturesque Alvor villa, Longevity is built on a slight hill facing South, with a panoramic view of the gorgeous bay of Alvor and surrounded by countryside fields.

The location is known for its mild Mediterranean climate, fresh air, beautiful beaches and amazing wild caught fish, as Alvor is also a fishermen's village.

PANORAMIC VIEW OF THE GORGEOUS ALVOR BAY



Alvor Beaches 1 km · Portimão City 5 km · Lagos City 30 km
Faro Airport 70 km · Lisbon Airport 280 km · Seville Airport 270 km





OVERVIEW



- Unique architecture with a wave pattern symbolizing Longevity's focus on client's harmony and balance and on water used in Spa (Salus per Aquae) as a source of health
- State of the art Wellness and Spa Areas
- Detox & Relax Circuit
- Indoor heated pools
- Infinity rooftop pool and Pure Cafe by Longevity, with panoramic view of the Alvor bay
- Mediterrânico Restaurant by Longevity
- Chill out and relaxation tea lounge
- Gym equipped by Technogym® and functional training
- Personal training studio
- Body and Mind nature deck
- Free WIFI
- Indoor and outdoor parking



ACCOMMODATION

36 Standard Rooms
24 Longevity Rooms
4 Junior Suites
5 Longevity Suites
1 Longevity "The One" Suite

- Premium acoustics and noise protection features
- King and Queen size beds
- Portuguese bedlinen and bath terry with traditional Embroidery
- Private balcony
- Air-conditioning / Central heating
- Flat Screen TV
- Wellness mini bar
- Tea and coffee facilities
- WIFI, telephone and safe
- Room service



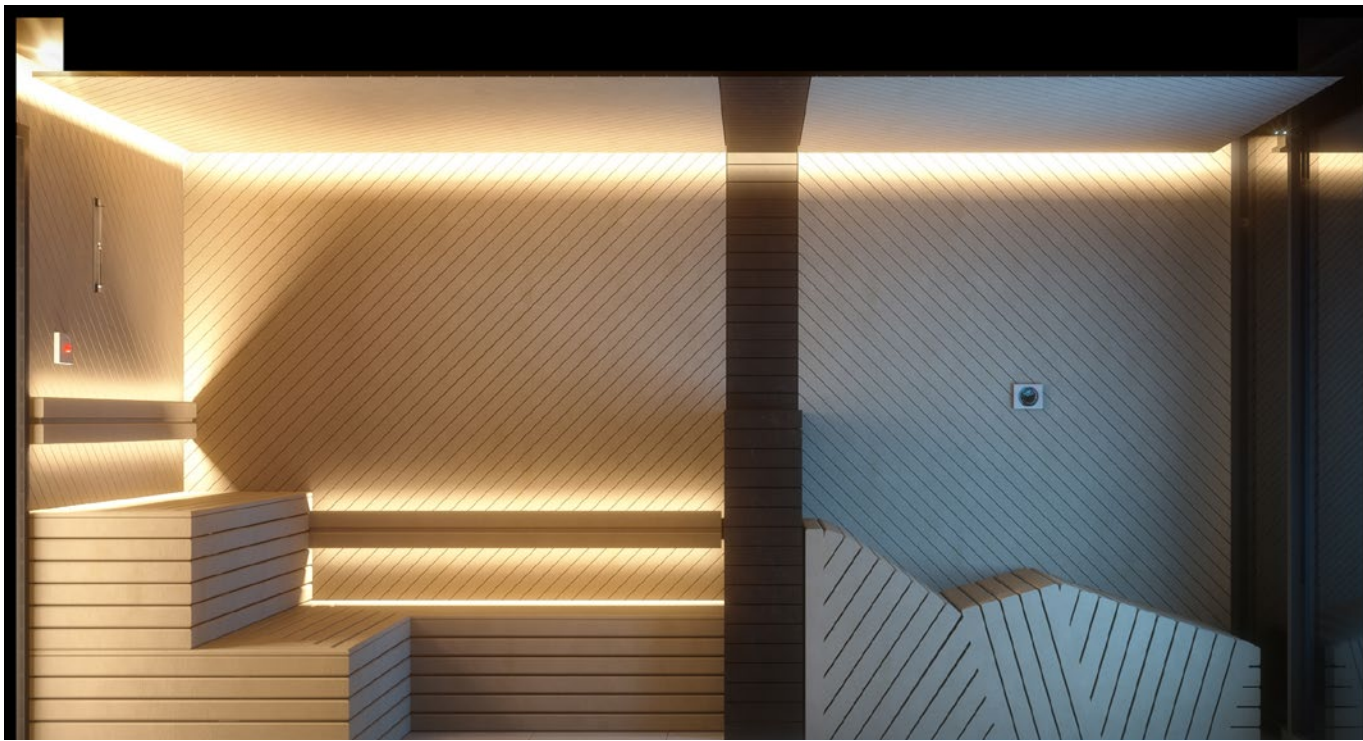
66
70 ROOMS
AND SUITES



STATE OF THE ART HEALTH AND WELLNESS

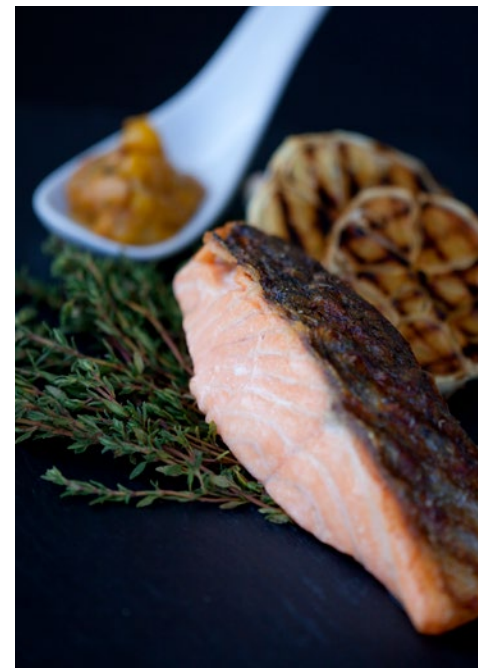
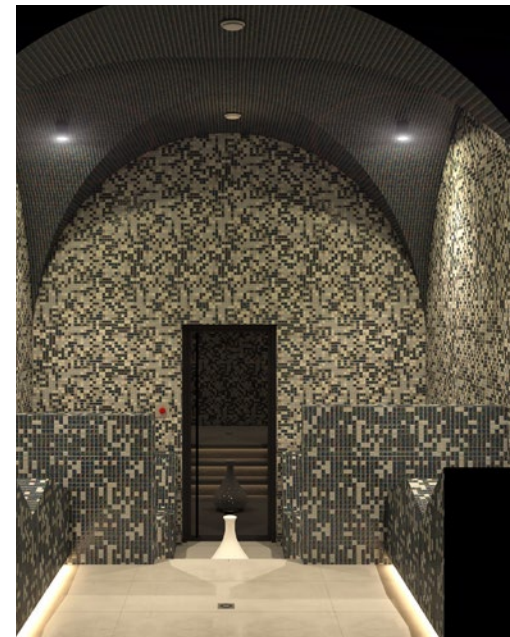
FACILITIES

- Detox sensation indoor pool
- Relax heated dynamic indoor pool
- Infrared sauna with aromatherapy
- Hammam with chromotherapy
- Ice fountain
- Sensations showers with sound and aromatherapy
- Epsom salt room with salt infusion
- Reflexology walking hydropath
- Relaxation rooms
- Longevity Detox & Hammam rooms
- Floatation room
- VIP Spa room with steam, ghassoul and jacuzzi
- Detox, relax and nourishing rooms
- Individual and double Spa rooms
- Gym equipped by Technogym® and functional training
- Personal training studio
- Body & Mind nature deck



SERVICES

- Ozone therapies
- IV Detox and Regeneration therapies
- IV Reboosting and Rebalancing therapies
- Personalized IV nutrient therapies
- Metabolic boost therapy
- Osteopathy, sports and pain medicine
- Premium Detox & Slim treatment
- Premium hydrocolon therapy
- Facial and body Rejuvenation with aesthetic premium medical treatments
- Body reshaping
 - Fat freezing and burner
 - Reshaping silhouette and contour
- Dental Check Up and Detox
- Mind and Energy therapies
- Manicure, pedicure and hairdresser



FOOD & BEVERAGE

- Fresh, delicious and colorful
- Mediterranean
- Sourced from local markets
- Mild and Juice Detox diets
- Organic and chemical free products (depending on availability)



ROOFTOP PURE CAFE BY LONGEVITY

Casual and relaxed atmosphere, with a panoramic view of the Alvor Bay
capacity: 50 people

MEDITERRÂNICO RESTAURANT BY LONGEVITY

Main Restaurant on ground floor
capacity: 80 people

CHILL OUT & RELAXATION TEA LOUNGE

On ground floor
capacity: 10 people



CONCEPT AND SOLUTIONS

MONITOR

premium differentiated diagnostics

DETOX & REGENERATION

high impact premium solutions to cleanse and protect

NUTRITION & SUPPLEMENTS

Longevity based nutrition, with fresh and local ingredients

SOOTHE, RELAX & PAMPER

the Spa touch with 100% natural products

FITNESS, SPORTS & PAIN MEDICINE

movement and exercise as essential for good health and vitality

MIND & ENERGY REBALANCE

Western and Eastern wisdom to address stress

AESTHETICS, RESHAPING & BEAUTY

for outer rejuvenation and self-esteem



LIGHT

- Longevity Relax & Spa 2 nights
- Longevity Relax & Detox 4 nights
- Longevity Beauty Care 4 nights
- Longevity Fitness 5 nights

FOR BEGINNERS
OR SIMPLE
BREAKS

MEDIUM INTENSITY

- Longevity Essential Detox 5 nights
- Longevity Wellness 5 nights
- Longevity Weight Loss 5 nights
- Longevity Anti-Stress & Mindfulness 5 nights

FOR THAT
SEASONAL
WELLNESS
BREAK

INTENSE & SPECIALIZED

- Longevity Women's Health Optimisation 4 nights
- Longevity Insta Face & Body Rejuvenation 7 nights
- Longevity Intense Detox & Weight Loss 7 nights
- Longevity Ultimate Detox, Weight Loss & Reshape 14 nights

FOR YEARLY
RESET OR
SPECIAL NEEDS

PROGRAMME SELECTION

Minimum number
of nights





01

Uniqueness of the authentic Algarve present in the picturesque Alvor lifestyle

02

Incredible views of Alvor bay and sea

03

Infinity rooftop pool with panoramic view of the Alvor bay

04

Rooms and Suites with premium acoustics and noise protection features for superior relaxation and sleep

05

Premium exclusive solutions for Weight Loss and body Reshaping

06

Pure Spa and room amenities' products (100% natural)

07

The real genuine Portuguese hospitality will make you feel at home

08

Exclusive Beginners' Wellness programmes to help reset and rebalance

09

Adults focus 5 star Health & Wellness Hotel, offering from light & short breaks to Wellness structured programmes

10

Advanced Facial and Body Rejuvenation solutions

10 REASONS TO STAY WITH US



LONGEVITY

HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE

+351 935 619 759
management@longevity.pt

longevityalvor.com
longevitywellnessworldwide.com

LONGEVITY

WELLNESS WORLDWIDE

