

LONGEVITY

HEALTH & WELLNESS
CLINIC

MENU



Longevity Health & Wellness Hotel

Choosing Longevity means being proactive and making the right lifestyle and health choices today for a healthier, youthful, and longer life tomorrow. According to the best scientific knowledge available this approach is anchored on five fundamental pillars of Integrative Medicine: Preventive, Personalised, Holistic, Integrative, and Regenerative.

We aim to tackle and treat complex and chronic diseases before they occur. Therefore, we take into account an individual's unique genetic make-up as well as the influence that their modern lifestyle has on their health, looking at the underlying causes of disease and providing proper nutrition, diet, detoxification, and exercise tools and strategies as well as regenerative therapies not only to cure but foremost to prevent.

Our personalised and integrative approach helps us better understand how genetic, environmental, and lifestyle factors may affect your long-term health.

Our focus lies on the individual as a whole rather than on any existing disease. While we look at how the complex web of interactions between your history, physiology, and lifestyle may be at the root of certain health problems, we also consider the wider causes and influences, looking deeply at internal (mind, body, and spirit) and external (physical and social environment) factors that may be undermining your long-term health and well-being.

By integrating conventional Western medical practices with complementary medicine treatments, wellness practices, and ancient Eastern wisdom, we can act decisively and effectively on any early warning signs. In addition to treating and preventing illness, Longevity is dedicated to inspiring you to unlock the formidable capabilities of your body and mind by promoting detoxification and regeneration of tissues, organs, and cells while rebalancing their energy fields.

Welcome to Longevity Alvor.

6 | MONITORIZATION

- 9 Check Ups
- 11 Medical Consultations

14 | DETOX & REGENERATION

- 15 Ozone Therapies
- 17 Colonic Hydrotherapy
- 19 Body Scrubs Rituals
- 20 Detox Clay Rituals

24 | RELAX, ENJOY & PAMPER

- 25 Bath Rituals
- 26 Massages

28 | NUTRITION AND SUPPLEMENTS

- 30 Longevity Supplements

32 | FITNESS, YOGA AND SPORTS & PAIN MEDICINE

- 33 Fitness
- 34 Yoga
- 39 Sports & Pain Medicine

36 | REBALANCE MIND AND ENERGY

40 | AESTHETICS SLIMMING/ CONTOURING & BEAUTY

- 41 Body Remodelling Treatments (Cellulite Reduction, Fat Reduction Localized, Reset, Outline, Firmness)
- 43 Beauty, Rejuvenation & Facial Harmonization

48 | PACKAGES AND PROGRAMMES

Terms and Conditions

Prices in Euros with VAT included at the current rate.
Prices subject to change without notice.
Advance booking is mandatory and subject to availability.
The minimum age for admission is 18 years old.
The full amount will be charged on cancellation with less than 24 hours notice.
All information contained in this document is subject to change without notice.



MONITORIZATION

Lifestyle Evaluation

25 min. € 70

This consultation is primarily aimed at identifying and understanding the type of stressful agents that contribute to upsetting and unbalancing your general, emotional, mental and social well-being.

Biophysical Evaluation

25 min. € 90

This diagnosis consists of assessing the body composition and identifying the biotype. In the biophysical evaluation, we will analyse several parameters: fat mass, including visceral fat, muscle mass, body mass index (BMI), basal metabolism, water, distribution of fat mass and lean mass.

Vertebral Dysfunction Evaluation

25 min. € 90

This evaluation allows us to analyse the muscle compensation on the spine in order to evaluate in detail the health of the vertebral column.

Thermographic Evaluation

25 min. € 90

Thermography is a preventive and non-invasive diagnosis that through infrared spectra allows you to visualize the different temperatures that exist in an area or in the whole of our body. It is a painless test that does not emit any type of radiation.

Minerals and Heavy Metals Evaluation

15 min. + 20 min. € 220

(Without consultation: € 125)

This test assesses the bioavailability of minerals, trace elements and heavy metals present in our tissues.

Face Evaluation

25 min. € 90

A personalised consultation that allows the skin type to be assessed taking into consideration the characteristics of the hydrolipidic film, resistance, phototype and age of the skin, where these can be evaluated through a visual or tactile examination or by means of specific devices.

Telomere Length Evaluation*

15 min. € 850

(Additional test: 750 €)

Telomeres are protective covers for chromosomes, securing our genetic information (DNA). This test is the most accurate indicator of cellular ageing, with a wide range of applications focused on the prevention of chronological age-related diseases.

Smart Ageing tailor made Biochemical Evaluation*

15 min. Variable

A wide range of differentiated blood, urine and stool analytical profiles allows a thorough diagnosis of internal biochemical imbalances and the implementation of a Personalised, Preventive, Functional and Integrated Health and Smart Ageing Plan.

Examples of differentiated profiles:

Neurotransmitters (Brainscreen)

Cardiovascular

Oxidative Stress

Intestinal Dysbiosis

Chrono screen

Hepatic Detoxification Function

Hormonal

Fatty Acids

Food Intolerances

Total Power Antioxidant

* Requires medical prescription

Genetic Profile*

15 min. € 1.500

Other Clinical Exams*

(On request and subject to availability)

Check Ups*

(On request and subject to availability)

Longevity Holistic Health Check

€ 750

Anti-Ageing Longevity Check-Up

€ 2.951

Longevity Cardiovascular Check-Up

€ 1.700

Longevity Metabolic Check-Up

€ 3.839

Diabetes Longevity Check-Up

€ 4.726

Longevity Gastrointestinal Check-Up

€ 1.969

Andropause Longevity Check-Up

€ 3.165

Menopause Longevity Check-Up

€ 3.198

360° Premium Integrative Health Check-Up

€ 7.037

* Requires medical prescription

Inclusions →

Type of Exame	Anti Ageing	Cardio-vascular	Metabolic	Diabetes	Gastro-intestinal	Andropause	Menopause	Premium 360 ^o
Blood, Urine, Stool*	Anti Ageing Profile	Cardio-vascular Profile	Metabolic Profile	Diabetes Profile	Gastro-intestinal Profile	Andropause Profile	Menopause Profile	Premium Profile
Chest X-Ray		X	X	X				X
ECG		X						X
Stress Test		X		X				X
Carotid Ultrasound		X		X				X
Echocardiography		X						X
Venous and Arterial Ultrasound		X						X
Cardiology Consultation		X						X
Coronary Calcium Scan + Angio CT/EBT		Extra (opcional)						Extra (opcional)
Abdominal Ultrasound			X	X	X			X
Pelvic Ultrasound			X	X	X	X	X	X
Renal/Bladder Ultrasound			X	X				X
Thyroid Ultrasound			X	X				X
Metabolic Disease or Diabetes Exams and Consultations			X	X				X
Peripheral Neuropathy Tests				X				
Ophthalmologic Consultation				X				
Ophthalmologic Exams				X				
Total Colonoscopy + Upper Endoscopy + Anuscopy + General Anesthesia + Hospital Recovery (includes gastric biopsy to screen for H Pylori)					X			X
Gastro Intestinal Consultation					X			X
Sleep Apnea Check Up (polisomnography)								X
Digital Panoramic Dental X-Ray (orthopantomography)								X

* Requires medical prescription

Medical Consultations

General Medical Consultation

40 min. €160

General medical consultation with general clinical examination, with the aim of assessing the current state of health and detecting disease or pre-disease states with the prescription of auxiliary diagnostic methods.

Medical Consultation - Follow Up

25 min. € 95

Specialty Consultations*

(On request and subject to availability)

Specialty consultations are intended to complement and provide a more specialized response in various areas of medicine. Our offer is very comprehensive through our partnership with the HPA Health Group and there is a wide range of consultations with excellent and qualified professionals.

Functional Medicine and Smart Ageing Consultation

40 min. € 200

Preventive, Functional and Personalised Medicine consultation that aims to identify the causes of an imbalance, whether physiological or chronic inflammation, through an integrative and intelligent approach in order to provide a slower ageing and optimise the quality of life in all senses.

* Requires medical prescription

Cardiology Consultation

40 min. €125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Diabetes Consultation

40 min. €175

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Auto Immune Disease Consultation

40 min. €175

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Immunoallergology Consultation

(With allergology test)

40 min. €200

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Ophthalmology Consultation

(With ophthalmologic test)

40 min. €125

Consultation may have to be performed at the HPA
(Algarve | Alvor Private Hospital)

Clinical and Health Psychology Consultation

40 min. €175

Chinese Traditional Medicine Consultation with Acupuncture Session

40 min. €275

(Extra Acupuncture Session - €175)

Traditional Chinese Medicine is a set of millenarian therapies originating in China, which is based on the knowledge that, in addition to matter, we are energy (Qi), which circulates throughout our body in channels called acupuncture meridians. As such, the disease consists of an energy imbalance and, in order to treat it, it is essential to carry out an accurate, specific diagnosis, which consists of identifying which energy imbalance(s) are necessary to correct. From this diagnosis, a treatment plan is drawn, using acupuncture.



**DETOX &
REGENERATION**

Our Medical Solutions

Ozone Therapies

Ozone is a powerful antioxidant, analgesic, detoxifier and an important activator of the immune system. Introduced into the bloodstream it helps to activate and stimulate cells, fighting inflammatory and infectious processes present in our body.

**Ozone & Oxigen-Therapy Session
with Medical Consultation (IV)***

40 min. + 30 min. € 300
(Extra Ozone & Oxigen-theraphy session - € 200)

Ozone & Oxigen-Therapy Body Session (Sauna)*

30 min. € 200

Cryotherapy Session

15 min. € 175

By cooling the skin, your metabolism will accelerate and consequently will burn fat. In addition to eliminating localized fat, your skin will gain tonicity, reduce sagging and attenuate "orange peel". It is possible to burn up to 800 kcal per session.

**IYASHI DOMME ® - Intense Detox & Weight Loss
Treatment (Calories, Toxins And Heavy Metals)**

30 min. € 150

Purifying, regenerating and slimming is the basis of this cutting-edge technology, which with just 30 minutes of session, allows you to burn up to 600kcal. Its action is done through long infrared rays of organic plant origin, which allows the detoxification of toxins and heavy metals.

* Requires medical prescription

Infusion Therapy with Medical Consultation*

40 min. + 30 min. € 300

(Extra Infusion therapy - € 200)

Infusion therapies give you the boost your body needs as quickly and efficiently as possible, bypassing the digestive process. Following a personalised medical prescription, we use them to quickly and effectively make up for deficiencies in vitamins, minerals and trace elements. In this way it is possible to rehydrate your body, detoxify important body systems, increase the body's antioxidant capacity, boost your immune system, regenerate cellular health and ultimately optimise your health and well-being.

Immune Boost Infusion Therapy

Intensive Detox, Antiox, Cellular Regeneration Infusion Therapy

Energy Boost Infusion Therapy

Personalised Infusion Therapy

The benefits of Longevity Infusion therapies

Medically formulated and controlled

Premium substances

High concentration

Needs driven formulae

Guaranteed absorption

Improve metabolism and weight loss

Enhance detoxification

Improve cell reparation and regeneration

Boost immune system and antioxidant capacity

Boost energy and combat fatigue

Rejuvenate skin

Improve mental clarity

Accelerate wound and injury healing factor

Optimise disease prevention and well-being

Instantly Rehydrate

* Requires medical prescription

Colonic Hydrotherapy

Our intestines are permanently under stress due to our unbalanced nutrition, high level of processed foods, lack of vegetable fibre, high sugar and salt content, chemical additives and preservative agents. Our reduced chewing activity, fast eating habits and emotional stress cause digestive and intestinal dysfunction. Colon hydrotherapy is a therapeutic technique that helps to cleanse and eliminate the waste that accumulates in our intestines over the years. Using specialised and certified equipment, filtered water is introduced inside our intestine which aims to achieve the restoration of the balance of fluids, matter and gases. The removal of excess waste and exercise for the large intestine benefits absorption assimilation and elimination, which are fundamental to maintaining the health and well-being of the body and mind.

Premium Colonic Hydrotherapy with Probiotics (Intestinal Detox + Flora Rebalance)

75 min. € 225

The high concentration of probiotics introduced will strengthen and reinforce the population of the intestinal flora, as well as restore the balance of bacteria, bringing it to a normal, healthy state. Probiotics are especially useful for clients with IBS (Irritable Bowel Syndrome), gas, digestive problems, low immune defence, constipation and/or diarrhoea.

Osteopathy Session

50 min. € 150

Holistic and natural therapy combining a series of manipulative techniques focused on the causes of the problems and complaints, not the symptoms, with the aim of reducing pain and promote health and wellness, by rebalancing the body and stimulating its own self-healing mechanisms. The osteopathic manipulative treatment, improves the body's ability to regain normal function, restores balance, produces no side effects and generates a fast and safe therapeutic response, providing relief or elimination of pain and restoring an optimal level of homeostasis.

Microphysiotherapy Session

50 min. 150 €

This treatment consists of identifying traces produced by events that have occurred and not been erased by the body, which later manifest themselves in different ways. Once these traces have been found, a natural self-correcting mechanism is applied to re-establish the body's functions, eliminate illnesses and promote optimal health. Treatment can be preventative or corrective, with the aim of helping the body to react and self-correct. Somatic Emotional Therapy does not act directly on the symptom, like emergency medication, but rather on the very root of the problem.

Medical Pressotherapy

30 min.

1 Session: € 60 2 Sessions: € 108 3 Sessions: € 130

Pressotherapy is a detoxifying treatment using lymphatic drainage to help promote the body's natural toxin-eliminating functions. It promotes better blood flow and treats heavy legs and cellulite conditions.

Detox Spa Solutions

Body Scrubs Rituals

Body Scrub is one of the first steps to detox, it removes the dead skin cells, releases excess toxins and allows your skin to breath. Choose your body scrubs, according to your purposes for a silky and radiant skin.

Himalayan Salt and Spirulina Scrub

25 min. € 75

Almond and Sweet Orange Scrub

25 min. € 75

Lemon, Olive Oil and Sugar Scrub

25 min. € 75

Honey and Oat Scrub

25 min. € 75

Epsom Salt and Lavender Scrub

25 min. € 75

Clay Therapies

Natural clays have been used on the skin for centuries, and nowadays is a popular ingredient. Clays are considered one of the perfect natural detoxifier, acting as a natural magnet to remove toxins and impurities. Rich in several minerals, this magnificent ingredient can purify, detox, balance, oxygenate, revitalize, regenerate and soothe your skin.

Yellow Clay Therapy with Anti-Ageing Effect

40 min. € 80

Stimulates the skin to release toxins and impurities. Relieves skin irritation, redness and inflammation.

White Clay Therapy with Nourishing Effect

40 min. € 80

With a purifying effect, it helps with excess sebum and impurities. Reduces inflammation, with astringent and healing effect.

Zeolite Clay Therapy with Detoxifying Effect

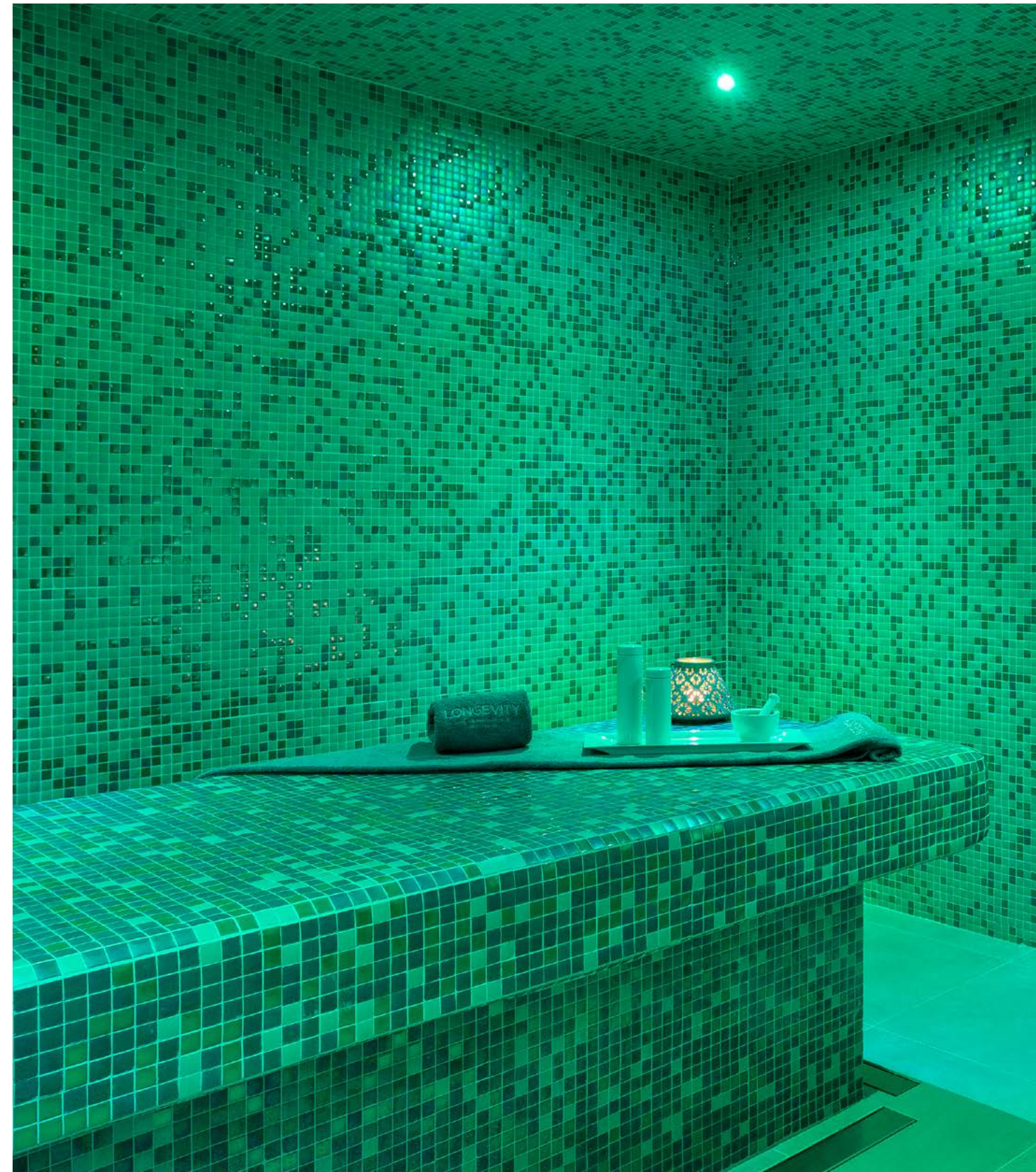
40 min. € 80

A good detoxifier of heavy metals. Has anti-inflammatory and analgesic effects for joint pain.

Algotherapy

40 min. € 75

Seaweed wrap that helps strengthen blood and lymphatic circulation, reducing pain and inflammation and purifies the body by restoring its balance. With a detoxifying, draining and remineralising effect, it helps combat cellulite, as well as reduce skin flaccidity and early wrinkles due to the action of collagen and mineral salts.





ENJOY, RELAX & PAMPER



Bath Rituals

“Sweating is an automatic body detox mechanism, but a warm bath is also useful for ridding the skin of toxic agents and for relaxing sore muscles. This is a millenarian technique used not only to eliminate toxins, but also to help the body absorb minerals and nutrients.”

Detox and Purifying Bath

25 min. € 75

Lavender and *Flor de Sal* Relaxing Bath

25 min. € 75

Nourishing Rose Bath

25 min. € 75

Citrus Invigorating Bath

25 min. € 75

Detox baths also promote body relaxation and due to the properties of salt can relieve inflammation as well as arthritis, back pain, skin problems and colds.

Our relax massages

Massages

Arnica Deep Tissue Massage

50 min. € 120

A stimulating, deep massage enhanced with the anti-inflammatory benefits of arnica oil to relieve day-to-day muscular stress.

Relaxing Massage

50 min. € 105

A massage with pure relaxation that relieves tension from the body and leaves you feeling lighter

Shells Massage

50 min. € 110

Massage with sea wave movements resulting in a muscular relaxation and body circulation activation.

Rebalancing Massage

50 min. € 125

Inspired by Ayurveda, this treatment combines marmatherapy with Hatha Yoga techniques and Ayurvedic tridoshic manoeuvres to holistically rebalance body and mind.

Local Massage (Legs, Neck, Back and Shoulders, Face and Skull, Craniofacial)

25 min. € 75

“Mother to Be“ Massage

From 3 months of pregnancy

50 min. € 120

During pregnancy a woman feels special because it is such an important time in her life. To help you achieve the well-being indispensable in this phase, we provide a moisturising, comforting and relaxing massage providing well-being for both mother and baby.

Revitalising Hot Jade Stone Massage

50 min. € 125

This massage deeply promotes relaxation, relieves muscle tension and pain, improves tissue oxygenation, and enhances toxin elimination.

Reflexology

50 min. € 125

Reflexology is an ancient Chinese pressure technique, based on the principle that all our organs and systems are reflected in the soles of our feet. Stimulating the corresponding areas helps to relieve tension and increase blood circulation, establishing the balance and function of the whole body.

Manual Lymphatic Drainage - Body

50 min. € 125

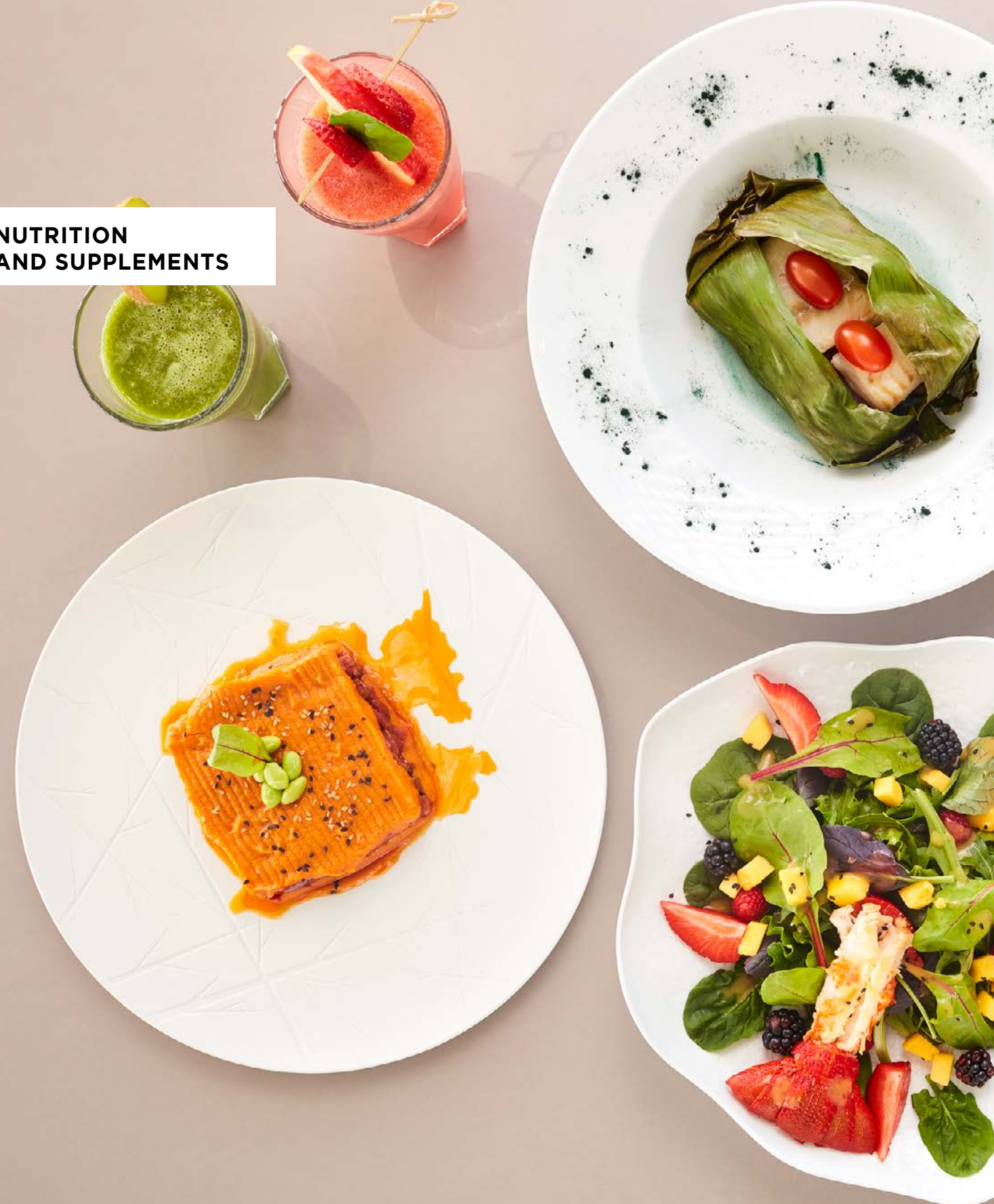
Manual lymphatic drainage is a technique whose goal is to stimulate the lymphatic system through gentle movements in order to eliminate excess fluids and toxins in our bodies. This technique induces the reduction of liquid retention, activation of blood circulation, treatment of edema, combating cellulite and even body relaxation.

Detox Massage

50 min. € 105

Body massage with active and detoxifying effects capable of modelling and reducing the measures and reducing the effects caused by cellulite.

**NUTRITION
AND SUPPLEMENTS**



Integrative Nutrition Consultation

40 min. €125

Through an integrative approach focused on the gastrointestinal system, we aim to identify and prevent imbalances that may lead to the occurrence of inflammatory or pathological processes. The aim of the consultation is to provide tools through nutrition in order to attenuate gastrointestinal discomfort and consequently optimise health and quality of life.

Detox Kit

Enema, Detox Supplements, Detox Teas

Max. 7 Nights €100

MAAX Detox*

€400

MAAX Detox is a highly effective medical device class II, made of 100 % pure and micronised lava mineral in a worldwide unique manufacturing process.

* Requires medical prescription

Longevity Supplements

Longevity believes that lifestyle changes towards a wellness driven way of life is the most sustainable strategy to optimise health and prevent disease.

Longevity provides educational tools and easy health tips to its customers to support them in their change. However, this requires some level of discipline and self-motivation and people do not always tackle this challenge in the optimal way. Furthermore, modern life is associated with several daily aggressions, which cause stress to our well-being and immune system, and even a good practise of regular exercise and nutrition may not be enough to counteract their negative effects.

Longevity has developed a series of exclusive nutraceutical formulas leveraged on the know-how of its customers' main areas of needs and the most appropriate substances and dosages for delivering high-impact and complementary health and wellness practices.

Unlike most commercial off-the-shelf supplements, all Longevity formulae are characterized by:

- High quality pharmaceutical producer, with over 30 years of experience;
- Rigorous quality control, with state of the art technology;
- Supervised by highly qualified pharmacists;
- Free from sugar, salt, wheat, soya, gluten, dairy products and of any animal source;
- Free from preservatives, artificial flavouring and colouring;
- Vegan Friendly;
- The right combination of substances and concentrations for maximum effectiveness.

Longevity Multivitamin and Antiox Boost and Protect (1 month plan)	€ 200
Longevity Detox, Repair and Anti Inflammation (1 month plan)	€ 138
Longevity Cellular and Cerebral Health Regeneration (1 month plan)	€ 125
Longevity Cardio Regenerate and Protect (1 month plan)	€ 221
Longevity Slim Kit (1 month plan)	€ 327
Longevity DHEA (1 month plan)	€ 75
Longevity B12 Sublingual (1 month plan)	€ 63
Longevity Omega 3 (1 month plan)	€ 38
Longevity Cholesterol Control (1 month plan)	€ 100
Longevity Memory, Focus and Intelligence Enhancer (1 month plan)	€ 113
Longevity Telomere Cell Health Enhancer (1 month plan)	€ 115
Longevity Magnesium and Calcium Boost (1 month plan)	€ 125
Longevity Probiotics (1 month plan)	€ 88
Longevity Selenium (1 month plan)	€ 94
Longevity B Complex (1 month plan)	€ 98
Longevity Digestive Enzymes (1 month plan)	€ 63
Longevity BCAA Aminoacids (1 month plan)	€ 94
Longevity Gluthatione 250 (1 month plan)	€ 113
Longevity Gluthatione 500 (1 month plan)	€ 125
Longevity COQ10 120mg (1 month plan)	€ 110
Longevity Turmeric (1 month plan)	€ 104
Longevity Magnesium Citrate (1 month plan)	€ 100

**FITNESS, YOGA AND
SPORTS &
PAIN MEDICINE**



Fitness

Fitness Evaluation

Body Shape Personal Training Session

Balance & Strength Personal Training Session

Assisted Stretching Personalized Session

Fat Burner Personal Training Session

Slimming Personal Training Session

Pilates Personal Training Session

Personalized Training Session

55 min. € 95

Personalized Training Session

(Pack 3 Sessions)

55 min. € 242

Personalized Training Session

2 person sessions

55 min. € 116

Personalized Training Session

(Pack 3 Sessions)

2 person sessions

55 min. € 295

Yoga

Yoga Training Session

55 min. € 116

Yoga Personalized Training Session

(Pack 3 Sessions)

55 min. € 295

Yoga Personalized Training Session

2 person sessions

55 min. € 142

Yoga Personalized Training Session

(Pack 3 Sessions)

2 person sessions

55 min. € 360

Sports & Pain Medicine

Physiotherapy*

50 min. € 150

Physical Rehabilitation*

50 min. € 150

* Requires medical prescription





**REBALANCE
MIND AND ENERGY**

Lifestyle Coaching

50 min. € 150

Lifestyle coaching looks for ways to improve our outlook and positivity. Using various techniques and methods of Therapy we help you create a strategy to suit your unique personality and needs.

Body and Mind Techniques for Stress Management

50 min. € 175

This consultation is tailored to design personalized tools to help improve the way stress is coped with. It includes personalized exercises for regular mind training. If you do not feel able to change the source of stress, you are certainly able to change yourself and the way you deal with it. Learn simple tools that you can integrate into your daily life. The result is a much healthier way of living.

Sound Therapy

50 min. € 110

With the power of sound this therapy will act on the human organism, harmonizing it energetically helping to awaken the spiritual, emotional, mental and physical power.

Emotional Detox Therapy

50 min. € 150

Emotional balance is also essential for a healthy lifestyle and can improve energy levels and promote emotional growth and development. Stress and emotional tensions manifest themselves in our bodies, so this integrated therapy can help us achieve a true mental and physical balance.

Guided Meditation

50 min. € 150

By learning techniques to realise our inner self and breathing techniques to help us de-stress, we can rejuvenate ourselves, mind, body and soul. These lessons become a part of our daily lives, tools that can be used whenever we become stressed or fatigued.

Mindfulness and Self-Awareness Therapy

50 min. € 150

Guided Meditation Session, followed by meditation techniques for the realisation of the inner self, combined with breathing techniques that help to relax, rejuvenate and revitalise body, mind and soul. These techniques can be used in your everyday life, anywhere, anytime.

Energetic Healing Therapy

50 min. € 150

Energy medicine focuses on the body's energy fields that organise and control the growth and repair of cells, tissues and organs. The flow, balance and harmony of the energy system can be restored and maintained non-invasively. Energy medicine techniques correct imbalances and awaken energies that give us resilience and improve the vitality of the body, cells and mind.

Reiki

50 min. 150 €

Working on an emotional, mental and spiritual level, Reiki uses light or even non-contact massage to realign the flow of vital energy, rebalance the body and leave you with an improved sense of well-being.

Shiatsu

50 min. € 150

An ancient Eastern therapy that literally means "finger pressure," this massage targets strategic points of the body including the fingers, feet and palms.

Cranial Sacral Therapy

50 min. € 175

Incorrect structural alignment of the cranial sacral system – pelvis, spine and head – can compress our nerves, causing painful muscle spasms that will impair the normal functionality of the body. This manual therapy, whose objective is to evaluate and improve the physiological function of the cranial sacral system that surrounds and protects the brain and spinal cord, attenuates and corrects abnormal tensions and dissipates the negative effects of stress on the central nervous system. It is a beneficial preventive therapy in supporting and reinforcing the natural resistance against the disease, indicated in any age group, and without contraindications. It improves conditions associated with pain and dysfunction, including: migraines, chronic pain, neurovascular coordination difficulties and the immune system.



**AESTHETICS SLIMMING/
CONTOURING & BEAUTY**

Body Reshaping Treatments
(Cellulite Reduction, Localized Fat Reduction,
Reset, Contouring, Firming)

**VENUS LEGACY® - Slimming, Firming and
Contouring**
2 Sessions
€ 200

Exclusive Technology (MP)2 is the synergistic combination of Multipolar Radio Frequency and PEMF. The Multipolar RF and intelligent electrode coupling algorithm produce rapid and even heating for tissues at multiple depths, which promotes exceptional clinical results and comfortable treatments without patient downtime. A safe, pleasant and pain-free experience. Effective treatment in reducing abdominal circumference, improving cellulite and skin tightening, leaving your body more contoured and firm.

- Abdomen
- Thighs
- Buttocks
- Arms

**COOLSCULPTING® - Fat and Tone Reduction
Session**
From € 650

Coolsculpting® is a non-invasive cryolipolysis treatment that eliminates up to 30% of the fat located in the treated area. It is a medical treatment, developed by scientists at Harvard Medical School and is the only cryolipolysis approved by the FDA (Food and Drug Administration) for safety and efficacy. It is a non-surgical procedure that allows you to achieve definitive results without resorting to liposuction. The results of Coolsculpting® are definitive, as the treated fat cells die, are eliminated, and the body does not renew them. However, as with any other non-invasive treatment for localized fat or liposuction, it is essential to have a healthy diet and exercise so as not to compromise the results.

Anti-Cellulite & Reshape Massage
50 min. € 105

A detoxifying massage to help thin and tone the silhouette while also improving blood circulation. An excellent companion to targeted cellulite treatments.

Local Reshape Ritual - Flat Belly
40 min. € 80

Wrapping in the stomach and hip area.

**Contouring, Cellulite and Firming Ritual - Hip and
Thigh**
40 min. € 80

Wrapping in the hip area and legs.

Drainage Treatment - Heavy Legs
25 min. € 75

Drainage massage in the leg area for the relief and discomfort of tired legs.

**Beauty Treatments, Rejuvenation & Facial
Harmonization**

**VENUS LEGACY® - Anti-Wrinkle, Elasticity
and Firmness**
1 Sessions
€125

Exclusive Technology (MP)2 is the synergistic combination of Multipolar Radio Frequency and PEMF. The Multipolar RF and intelligent electrode coupling algorithm produce rapid and homogeneous heating for tissue at multiple depths, which promotes exceptional clinical results and comfortable treatments with no patient downtime. A safe, pleasant and painless experience. Radiofrequency is an aesthetic treatment used to combat sagging of the face. It activates blood microcirculation and helps stimulate the production of new collagen fibres to eliminate wrinkles and expression lines, giving greater elasticity and firmness to the skin.

Medical Peelings
From € 200

It is an aesthetic treatment, done through intradermal microinjections of active biological substances, selected according to the needs of the facial skin. This method moisturises, stimulates cell renewal and collagen production, slowing down the ageing process. The skin is smoothed of superficial wrinkles and has a younger appearance.

Facial Express
25 min. € 80

A hydrating and invigorating facial treatment that leaves skin energized and glowing.

Facial Anti-Ageing

50 min. € 125

A revitalizing and relaxing draining treatment that stimulates skin renewal to fight the signs of ageing.

Deep Skin Longevity “Detox & Repair” Facial

100 min. € 250

Facial Treatment that provides a deep Cleansing and Nutrition to the skin. Removes dead cells and roughness in the skin's texture, leading to increased collagen production, which will leave your skin more hydrated, radiant and rejuvenated.

Belkyra - Fat Reduction

From € 450

As we get older we find fat accumulating in the area below the chin commonly referred to as the “jowls” or “double chin”. However this fat accumulation may not be directly related to weight or lifestyle and may run in families as a genetic trait. Treatment with Belkyra will decrease the accumulation of fat in this area and will also help with jaw definition.

Radiesse

€ 450

Radiesse is an injectable product that stimulates the production of collagen in the skin. In addition to providing volume to the face, it increases its firmness and contour. There is a significant improvement in skin elasticity and tone.

Biostimulation Sculptra - Face or Body

€ 450

Sculptra® is a biostimulator that stimulates the natural production of the body's own collagen that will help to reduce sagging and increase the firmness, structure and support of the skin, whether face or body.

Skin Booster

From € 350

Skin Booster is an injectable moisturiser that deeply treats the skin. The benefits of this treatment are visible as it provides elasticity, improves texture and gives a healthy look to the face.

Facial Mesolift

40 min. € 350

It is an aesthetic treatment, done through intradermal microinjections of active biological substances, selected according to the needs of the facial skin. This method moisturises, stimulates cell renewal and collagen production, slowing down the ageing process. The skin is smoothed of superficial wrinkles and has a younger appearance.

Beautification using Derma Fillers

Per Ampoule € 450

Dermal fillers can help minimise the signs of ageing to help smooth out skin and wrinkles.

Botox

€ 400 per Ampoule

Cosmetic “Botox” is a purified, medically administered protein that reduces muscle activity decreasing frown lines for a smoother, more youthful appearance.

Magical Threads Lift

Variable per Thread

A simple and safe procedure that uses dissolving PDO threads (Polydioxanone threads - a medical grade thread used for suturing for over 20 years) to rejuvenate the face without the need for surgery.

Facial Biostimulation with Platelet Rich Plasma (PRP)

From € 600

Advanced medical treatment to provide Skin Rejuvenation for the treatment of wrinkles, sagging and increased skin tone.

Laser Chrome

From € 250

The Laser Chrome is an advanced technology that combines precision and effectiveness for aesthetic and dermatological treatments. This versatile system is used in a wide range of procedures, including facial rejuvenation, reduction of blemishes, scars, rosacea, and collagen stimulation.

NaturaPeel® Treatment

From € 350

The NaturaPeel® is an innovative laser peel that uses a natural bamboo mask to enhance results. Safe and effective for all seasons, including summer, this treatment improves skin texture, minimizes enlarged pores, and provides an instant glow. Perfect for those seeking radiant and revitalized skin with no downtime.





PACKAGES AND PROGRAMMES

Packages and Programmes

Longevity Relax & Spa 2 Nights

To relax, pamper and enjoy a Spa break.

Longevity Relax & Detox 3 Nights

To enjoy a Spa-based detox with scrubs, baths, wraps and massages.

Longevity Beauty Care 4 Nights

To enjoy a Spa-based facial and body beauty care.

Longevity Yoga 3 Nights

Our Yoga Retreat offers daily yoga, meditation, and holistic practices for all levels. Enjoy nature's serenity, leaving you feeling revitalized, centred, and renewed.

Longevity Yoga & Surf 4 Nights

Enjoy energizing yoga sessions, surf lessons for all levels, and a connection with nature, leaving you revitalized, balanced and inspired.

Longevity Total Fitness 5 Nights

Get a quick fitness check, burn calories, boost your fitness levels, and relax and unwind with our Spa therapies.

For more information and prices, visit our website at longevityalvor.com

Longevity OsteoAlign & Rebalance 5 Nights

Repair, regenerate and rebalance your muscles, joints, skeleton, neuro and visceral systems.

Longevity Stress Relief & Mindfulness 5 Nights

Rebalance body and mind, find your stress factors and learn how to live a more de-stressed life.

Longevity Vitality Health & Wellness 5 Nights

Enjoy your seasonal general wellness holiday to repair, regenerate and rebalance your overall health and well-being.

Longevity Core Restore Detox 5 Nights

Enjoy your seasonal juice detox holiday, cleansing your gastrointestinal, visceral and lymphatic systems with detoxifying Wellness and Spa therapies.

Longevity Wellness & Weight Loss 5 Nights

Enjoy an optimal combination of detox, fitness, slimming therapies, meals and natural supplements to reboot a sustainable healthy weight loss process.

Longevity Total Detox 7 Nights

Get a unique holistic health check. Enjoy a high-impact, intense detox holiday, cleansing your skin, gastrointestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying medical, wellness and Spa therapies. Combat chronic inflammation, reduce toxins, heavy metals and free radicals, and regenerate your immune system and cellular health.

For more information and prices, visit our website at longevityalvor.com

Longevity Deep Cleanse Detox & Weight Loss 7 Nights

Get a unique holistic health check. Enjoy a high-impact, intense detox and weight loss holiday, cleansing your skin, gastrointestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying medical, wellness and Spa therapies, while boosting your metabolism and weight loss in a healthy and sustainable way.

Longevity Ultimate Detox, Weight Loss & Reshape 14 Nights

Get a unique holistic health check with full dental screening. Enjoy the most complete high-impact, intense detox and weight loss and body reshaping programme, cleansing your skin, dental, gastrointestinal, visceral, lymphatic, circulatory and cellular systems with detoxifying medical, wellness and Spa therapies, while boosting your metabolism, losing weight in a healthy and sustainable way and reshaping your body.

Longevity Rejuvenation & Anti-Ageing 10 Nights

Get a unique Longevity Anti-Ageing Check-Up. Enjoy a high-impact, intense detox, repair and regeneration programme for your holistic health and well-being, while boosting your immune system, cellular health and overall vitality.

Longevity New Life 21 Nights*

Get a unique Longevity Premium Integrative 360° Check-Up, including skin cancer and sleep apnoea screening and genetic testing. Enjoy the most complete high-impact, intense detox, repair, regeneration and rejuvenation programme for your holistic health and well-being, while boosting your immune system, cellular health, energy fields, metabolic health, stress resistance and overall vitality.

For more information and prices, visit our website at longevityalvor.com



Longevity Obesity Optimisation 28 Nights*

Give us a month and we will help you start reversing your obesity levels and re-start a new healthy life. Get a comprehensive holistic health check on your imbalances and a powerful weight loss combination of fitness, juice and mild fasting meals, nutritional guidance, detoxifying and slimming Spa and wellness treatments and integrative health regeneration therapies.

Longevity Diabetes Optimisation 21 Nights*

To start reversing your diabetes and re-starting a new healthy life. Get a comprehensive holistic health check on your imbalances, a powerful combination of fitness, meals, nutritional guidance, detoxifying Spa and wellness treatments and integrative health regeneration therapies.

Longevity Metabolic Optimisation 14 Nights*

Metabolic syndrome is a cluster of conditions that include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. Occurring together they can increase your risk of heart disease, stroke and diabetes. Get a comprehensive holistic health check on your metabolic health and prevent disease.

Longevity Cardio Health Optimisation 7 Nights*

Get a unique Longevity Cardiovascular Check-Up for early detection of red flags which are usually silent and without symptoms. Find how to fix those red flags. Enjoy a comprehensive cardiovascular health regeneration and rejuvenation programme, to prevent heart-related diseases and strokes and to revert chronic inflammatory processes.

For more information and prices, visit our website at longevityalvor.com

Longevity Sleep Optimisation 7 Nights*

Get a unique holistic health check, including a sleep apnoea screening. Re-balance and regenerate your holistic health and well-being, by regaining your sleep quality with energy, stress management, mindfulness and meditation therapies.

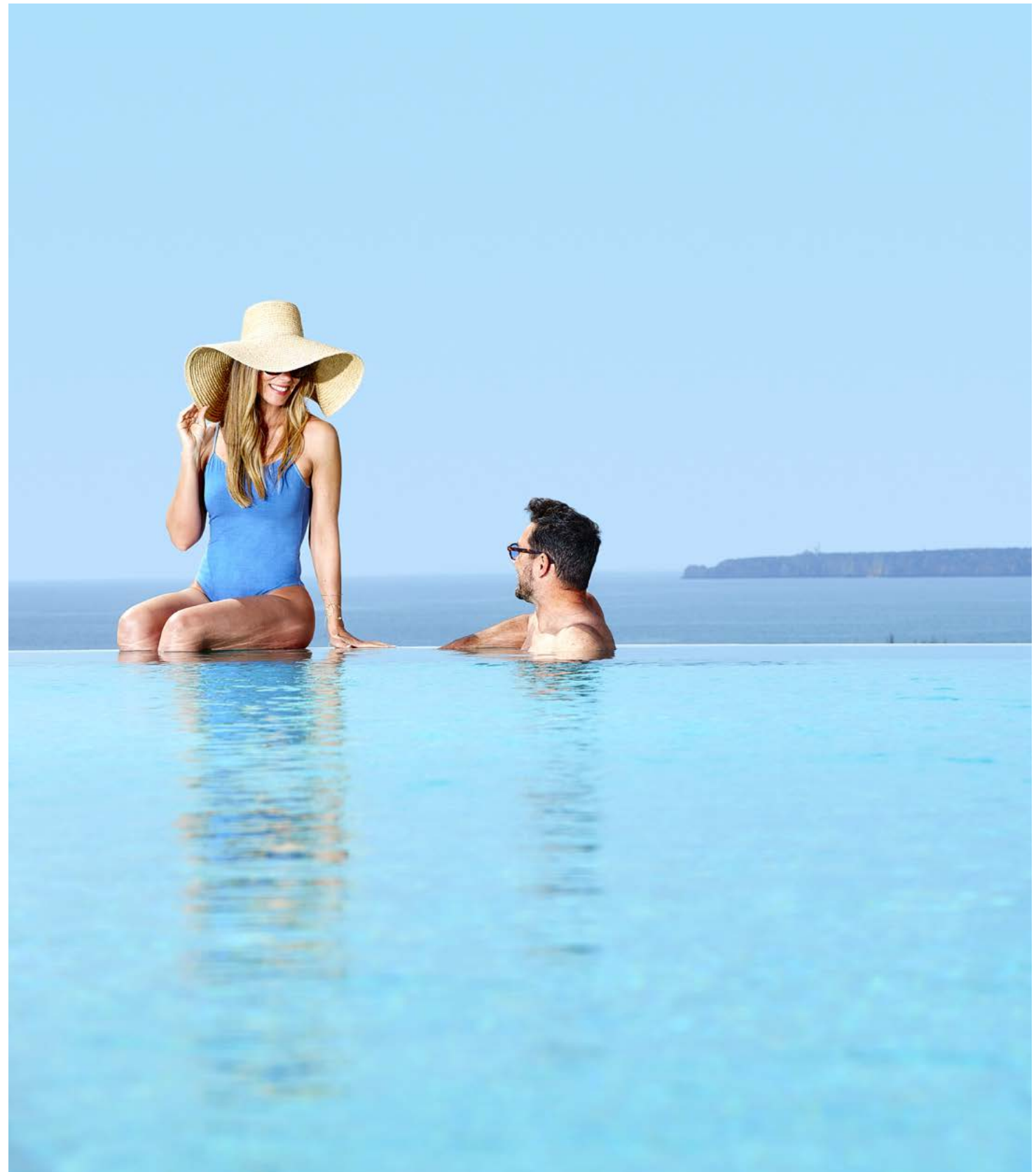
* Requires an advance booking of minimum 8 days prior to arrival date.

The Longevity Health and Wellness Packages and Programmes inclusions are unbreakable and non-refundable and must be sold with accommodation. Unused items will be forfeited and cannot be reimbursed. Longevity reserves the right to modify, amend, suspend and/or discontinue any services, packages, programmes, prices and conditions, at any time.

For more information and prices, visit our website at longevitylvor.com



More information







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#staywell #staylongevity #longevityalvor

LONGEVITY
HEALTH & WELLNESS HOTEL
ALVOR - ALGARVE