Programmes 2017

HEALTH & WELLNESS

Programmes 2017
Building on its experience, Longevity has partnered up with Blue & Green Vilalara Thalassa Resort, to jointly offer a superb new range of health & wellness services and holiday retreats.

Located at Vilalara Thalassa Resort, Vilalara Longevity Thalassa & Medical Spa is a unique fusion of Thalassa, Spa and state of the art Wellness and Anti-Ageing Solutions, within an exotic landscape of tranquilizing lush gardens surrounding a secluded algarvian beach. An integrated experience to help you Relax, Revitalize, Reenergize and Rejuvenate.

Both concepts are enhanced and enriched by this perfect unique combination to let you experience the best of it: cutting edge anti-ageing medicine and the healing power of the marine therapies, to support you on your way to a healthier life with vitality.

The Thalassa Centre represents the best in how the marine climate of the Atlantic and its derivatives are used for therapeutic purposes, providing modern equipment and exquisite treatments.

Longevity Medical Spa is a pioneer in preventive anti-ageing medicine – an integrated approach based on advanced scientific and medical technologies for early detection, diagnosis, prevention and correction of age-related imbalances.

About VILALARA LONGEVITY

The Longevity concept is based on a preventive, personalised, predictive and participatory medicine. By choosing this approach we are having an active role in avoiding diseases, using simple, easy to implement methods that involve our participation. We are protecting our most precious asset - Health!

Through a synergy of diagnostics and assessments, anti-ageing therapies, postural realignment, monitoring of the physical condition, nutraceutical supplementation, regular detoxification and correct nutrition habits, Longevity promotes deep understanding of the causes of imbalances and offers individualised strategies to improve health and well-being.

Named one of the Best Medical Spas in the World by Condé Nast Traveller, the Longevity concept and brand has achieved success and recognition across borders consistently. Voted “Most Life Changing Spa” in the world by the prestigious Tatler Awards, Longevity was also named Best Medical Spa by Seven Star Luxury Awards, “Best for Weight Loss”, “Best Medical Spa” and “Favorite Spa in Portugal” by SpaFinder® Awards; and was also nominated for “Leading Spa & Wellness Resort”, “World’s Leading Medical / Wellness Spa” and “World’s Leading Wellness Hotel” by World Travel Awards”. 

About LONGEVITY
Located by the sea where nature is found in its purest state, Vilalara Thalassa Resort, in the Algarve - Portugal, is the perfect choice for a Health & Wellness holiday retreat.

Set within 11 hectares of lush gardens and with a direct access to a secluded golden sand beach, this luxury resort is a seaside haven of style, comfort and exclusivity, featuring:

• 104 Junior Suites and 7 Suites overlooking the gardens, pools or sea;
• Thalassa & Medical Spa with a unique fusion of Thalassa, Spa and state of the art Wellness and Anti-Ageing Solutions;
• 2 Restaurants (1 seasonal) and 2 Bars (1 seasonal);
• Direct access to Praia das Gaivotas beach and its facilities;
• 4 Seawater outdoor swimming pools (one is heated seasonally) + 1 Fresh water outdoor swimming pool;
• 4 Tennis courts;
• Covered parking;
• Wi-Fi in all guestrooms and public areas;
• Kids Club (seasonal) and Babysitting Services.

Closest Airport: Faro International Airport (approx. 50 Km away).

Important Information:
Vilalara Thalassa Resort is not an “Adults Only” Resort. Therefore, kindly expect to find families in the resort, especially during Easter and summer holidays. Our beautiful and tranquil setting offers abundant relaxation & garden areas for peace and tranquility of our Wellness guests and the Thalassa & Medical Spa is an “Adults Only” facility.
Vilalara Thalassa Resort has 104 Junior Suites and 7 Suites. Spacious, comfortable, decorated in cool neutral shades, fully equipped and with free wireless internet access, all Junior Suites and Suites feature a private balcony.

### Junior Suite Garden View
Elegant 55 m² rooms furnished with one or two very comfortable large beds, with a modern and welcoming decor. The living room is an extension of the bedroom, and the bathroom includes a shower and a bathtub. The ample balcony offers a view of the resort gardens, or of the resort pools, or of the sea (depending on the room type).

### Junior Suite Emotion
With 74 m², this room features a spacious living room and an innovative architectural bathroom concept, with shower or bathtub integrated in the room. The Junior Suite Emotion also includes a comfortable day bed in the large balcony, offering outstanding views of the resorts’ magnificent gardens.

### Junior Suite SPA
Exclusive luxury Junior Suite with 110 m² featuring a hydro massage bathtub in the room or a private Jacuzzi in the extra large terrace with a magnificent view of the resorts’ gardens.

### One Bedroom Suite
Suite with 115 m² featuring a spacious bedroom, living room and two bathrooms. This suite includes a spacious terrace overviewing the resorts’ magnificent gardens.

### Suite Prestige
This magnificent Suite offers a total area of 140 m², featuring a spacious bedroom with master bathroom, an independent generous living room with dining area, guest bathroom, separate kitchen, and a comfortable day bed in the large balcony with pool or garden views.
Healthy CUISINE

The B&G Restaurant

Located on the cliff top with a stunning view overlooking the Atlantic Ocean, the B&G Restaurant offers a menu of reinvented Portuguese cuisine, serving innovative recipes with an emphasis on local, quality produce. Buffet service at breakfast and “à La Carte” menu is available at lunch and dinner.

For guests taking Longevity programmes or Thalassotherapy cures, B&G features gourmet standard healthy & tasty low-calorie menus.

The high impact and structured Longevity Detox, Fitness, Weight Loss and Anti-Ageing programmes include a standard Healthy & Tasty Low Calorie Meal Plan, of up to 5 meals per day. A Liquid Diet (detoxifying and anti-inflammatory shakes, juices and soups) may be recommended and is subject to doctor’s approval (extra charge applies when medical consultation is not included in the programme).

Programmes including just buffet breakfast or with Half Board (buffet breakfast + 1 Standard & Tasty Low Calorie Meal, per night) are also available. Please check the programmes details for more information on the meals included.

The Terrace Grill (seasonal)

With nature as a backdrop and a magnificent view of the sea and the swimming pool by the cliff, this seasonal restaurant serves fresh fish, seafood and barbecues, and has live music during the summer.
Resort ACTIVITIES

Longevity Vitality Activity Plan (7 days a week)
Enjoy a variety of Body, Mind and Fitness group activities.
Examples:
• Body and Mind (Yoga, Pilates, Stretching, Tibetan Bowls)
• Body and Fitness (Longevity Slim Circuit*, Fitball)

* Longevity Slim Circuit (H.I.I.T., Shape it, Burn it, Aquapilates, Aquaboost, Walks, Power hikes)

Access to the Longevity Vitality Plan daily group activities is included in the Longevity Programmes, where specified.
Access for other resort guests or visitors is also available at an additional fee.

Tennis Facilities & Lessons
In a space where physical well-being is a priority, Vilalara Thalassa Resort features four tennis courts, and Professional coaching is available upon request.

With 28 years’ experience as a practitioner and teacher, Eduardo Beldade aims to get people engaged in the sport and to support those guests who, even on holiday, cannot go without practicing tennis.
Sustaining health, happiness and vitality is possible through proactive lifestyle choices: proper nutrition, regular exercise, natural supplements, hydration, rest, regular monitoring, regular detoxification, quality sleep, and taking responsibility for your health and wellness.

Vilalara Longevity Thalassa & Medical Spa offers integrated solutions that provide an improvement in:

- Vitality and Energy
- States of Pain and Numerous Pathologies
- Weight Management
- Brain, Cardiovascular and Gastro-intestinal Health
- Hormone Balance
- Resistance to Stress
- Immune System
- Quality of Skin
- Inflammatory States
- Cell Regeneration
- Health, Wellness, Self-Esteem and Quality of Life

Thalassa & Medical Spa Facilities:

- Total area - 2.600 m2
- Medical Area
- 2 Seawater dynamic pools
- 20 Rooms dedicated to thalassotherapy treatments
- Multipurpose rooms dedicated to wet and dry treatments
- Beauty salon and hairdresser
- Fitness Centre
Various Wellness & Anti-Ageing Preventive Diagnosis:

- Personal Health Check (health and lifestyle questionnaire, blood pressure, basic blood analysis)
- Medical Consultation & General Clinical Examination
- Integrative Medicine and Anti-Ageing Consultation
- Biophysical Evaluation
- Nutrition & Wellbeing Consultation
- Stress & Lifestyle Evaluation
- Osteopathic Evaluation
- Oxidative Stress & Anti-Oxidant Capacity Test
- Cardio Health Check
- Evaluation of Heavy Metals and Trace Elements
- Skin Evaluation
- Longevity Biochemical Profile Premium: basic analytical profile, body antioxidant power, fatty acids profile, cardiovascular profile, lipid profile, evaluation of neurotransmitters and its function in the brain, cofactors of the inflammatory process, study of intestinal flora, fungi, parasites and viruses.
- Longevity Biochemical Profile Premium Plus: Longevity Biochemical Profile Premium, wide hormonal profile, study of liver detoxification function, in depth study of the oxidative stress.
- Life Length Telomere Evaluation
- Bio Resonance energy based Test for Body Screening
- Various Clinical Exams
- Genetic Tests
- Longevity Full Body Premium Check-Up (see page 32)
- Longevity Cardio-Vascular Mini Check-Up
- Longevity Gastro-Intestinal Mini Check-Up

Guests can choose between adding single therapeutics, treatments and consultations from the extensive À La Carte Menu to their relaxing stay at the resort, or booking one of the wide range of integrated Health & Wellness holiday programmes available.

The Thalassa & Medical Spa À La Carte Menu covers the following areas:

- Various Wellness & Anti-Ageing preventive diagnosis
- Spa Therapies
- Thalassa, Wellness & Anti-Ageing Clinical Therapeutics
- Beauty and Aesthetic Medicine
- Fitness and Body & Mind activities
- Longevity Exclusive Formulae & Supplements

The Thalassa & Medical Spa À La Carte Menu covers the following areas:
Thalassa, Wellness & Anti-Ageing Clinical Therapeutics:

- **Hydrotherapy**: Hydromassage Baths, Jet Shower, Underwater Showers, Affusion Shower
- **Drainages**: Marine Cellulite Drainage, Hydropressotherapy
- **Seaweed Body Wraps**
- **Marine Mud Treatments**
- **Thalassa Cures** (Toned Legs, Back Special, Marine Slimming, Anti-Stress)
- **Osteopathy**
- **Lymphatic Drainage**
- **Medical Pressotherapy**
- **Microphysiotherapy**
- **Cranio Sacral Therapy**
- **Acupuncture**
- **Body Regeneration**
- **Mind-Body Techniques for Stress Management**
- **Intravenous Nutrient Rebalancing Therapy**
- **Detox Infusion for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System**
- **Personalized Infusion for Detox, Anti-Oxidation and Cellular Regeneration**
- **Ozonotherapy**
- **Colon Hydrotherapy**
- **Energetic Healing**
- **Mindfulness**
- **Yoga**
Beauty and Aesthetic Medicine:

- Non-medical Facials
- Body contouring and toning
- Longevity Skin Deep Cleansing
  (microdermabrasion + ultrasonic exfoliation)
- Longevity Microneedling Skin Nourishing
- Hyaluronic Acid Dermal Filler
- Botulinum Toxin
- PDO Threads LIFT
- Total Facial Rejuvenation
- Facial and Body Mesotherapy
- Plasma Enriching Therapy
- Plastic Surgery (by appointment only)

Fitness:

- Core Training
- Body Toning
- Interval Training
- Pilates
- Stretching
- Cardio Boxing
- Mixed Training

Longevity Exclusive Formulae & Supplements:

**Longevity Multivitamin & Antiox Boost & Protect**
To rebalance vitamin & mineral levels and body anti-oxidant power and to protect cellular DNA.

**Longevity Detox, Repair & Anti-Inflammation**
To repair damaged cells and organs, to defend body from chronic inflammation (caused by stress, unbalanced nutrition, sedentarism, pollution, toxins).

**Longevity Cellular & Cerebral Health Regeneration**
To detoxify and regenerate cells and brain.

**Longevity Cardio Regenerate & Protect**
To regenerate the inflammation and oxidation effects on the cardio-vascular system and to protect the cardio-vascular health against daily aggressions of modern lifestyle.

**Longevity Slim Kit**
To help weight loss process, enhancing fat burning, toxin elimination and vitamin replenishment.

**Longevity Bioidentical Hormonal Creams (Day and Night)**
To prevent skin problems (wrinkles, nutrition, firmness and dead cells) resulting from pre-menopause and menopause.
HOW CAN THALASSA & MEDICAL SPA HELP YOU?

Examples:

• “I would you like to know my predisposition for a specific disease. How can I prevent?”

• “Despite feeling healthy, I feel that I am losing my mental and physical capabilities, like memory, muscle mass, sexual performance...! How can I regain my optimal capabilities?”

• “I would like to get a fresh new medical perspective on health issues that are bothering me over time, finding out more deeply what is actually happening inside my body?”

• “I exercise regularly and have an apparent adequate diet, but somehow the results fall behind my expectations... Is there a personalised formula to help me achieve what I want?”

• “I do not sleep well, I feel stressed, exhausted, anxious, with poor concentration and productivity.. What are the causes and how may I rebalance?”

• “I have an autoimmune disease and am recovering from a cancer or from a cardiovascular disease... What else can I do to boost my immune system response and quality of life?”

• “I am worried about my physical aspect... the wrinkles, the skin quality, the tummy, the cellulite... How can I fix this without invasive procedures?”

• “I frequently feel bloated, have poor digestion, suffer from acid reflux, have liquid retention, chronic constipation... I have migraines, bad breath, I catch colds frequently... Do I need a Detox?”

• “My diabetes, cholesterol, triglycerides and uric acid levels are out of their normal range, how do I rebalance to maintain my quality of life?”

Vilalara Longevity features a broad selection of Health & Wellness integrated Holiday Programmes in the areas of:

• Relax, Pamper, Wellbeing
• Mindfulness & Stress Management
• Fitness
• Weight Loss
• Detox
• Detox & Weight Loss
• Rejuvenation & Anti-Ageing
• Check-ups.

More details from next page.
HEALTH & WELLNESS PROGRAMMES 2017
DISCOVER VILALARA LONGEVITY | 2 Nights

- Accommodation for a 2 nights stay at Vilalara Thalassa Resort
- Buffet Breakfast in the resort restaurant
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching

- Thalassa & Medical Spa programme, per person:
  - 1 Cranio Sacral Therapy: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
  - 1 Multijet Bath: relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  - 1 Bubble Bath: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.

### 2017 PROGRAMME PRICES PER ROOM, IN EUROS:

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| Supplement for Junior Suite Pool View (2 nights) | 50 € | 54 € | 54 € | 54 € |
| Supplement for Junior Suite Sea View (2 nights) | 175 € | 187 € | 187 € | 187 € |
VILALARA LONGEVITY THALASSA BREAK | 2 Nights

- Accommodation for a 2 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan - up to 5 Meals a day
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1 Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1 Medical Consultation
  2 Customized Thalassotherapy 30 min treatments that combine relaxation and seawater benefits for body detox.
  1 Slimming Express 30 min: innovative treatment with double action, exfoliating and sculpting the silhouette with visible results from the first session.

Enjoy a 2 night’s short break in a unique setting, combining relaxing Thalassa treatments, healthy & tasty meals, and reenergizing daily group activities.

### 2017 PROGRAMME PRICES

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**VILALARA LONGEVITY THALASSA BREAK | 3 Nights**

- Accommodation for a 3 nights stay at Vilalara Thalassa Resort
- Standard **Healthy & Tasty Low Calorie Meal Plan** – up to 5 Meals a day
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the **Longevity Vitality Plan** daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  - **1 Biophysical Evaluation**: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  - **1 Medical Consultation**
  - **4 Customized Thalassotherapy 30 min treatments** that combine relaxation and seawater benefits for body detox.
  - **2 Slimming Express 30 min**: innovative treatment with double action, exfoliating and sculpting the silhouette with visible results from the first session.
  - **1 Medical Pressotherapy**: assists the body’s natural toxin-clearing functions.

**2017 PROGRAMME PRICES PER ROOM, IN EUROS:**

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<td>263 €</td>
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LONGEVITY WELLNESS BOOSTER | 5 Nights

- Accommodation for a 5 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 Standard Healthy & Tasty Low Calorie Meal/ per night
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn it, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1. Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1. Evaluation of Heavy Metals and Trace Elements.
  1. General Medical Consultation and Clinical Examination.
  1. Nutrition & Wellbeing Consultation.
  1. Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  1. Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  1. Cranio Sacral Therapy: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
  1. Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation: guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
  1. Medical Pressotherapy: assists the body’s natural toxin-clearing functions.
  1. Exfoliation in the Tepidarium: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
  1. Multijet Bath: relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  1. Bubble Bath: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.
  1. Aromatherapy Massage: personalized massage with essential oils which produces a deep state of harmony.

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LONGEVITY RELAX & WELLNESS | 7 Nights

- Accommodation for a 7 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 Standard Healthy & Tasty Low Calorie Meal/ per night
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1. Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1. Evaluation of Heavy Metals and Trace Elements.
  1. General Medical Consultation and Clinical Examination.
  1. Nutrition & Wellbeing Consultation.
  1. Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  1. Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  1. Cranio Sacral Therapy: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
  1. Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation: guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
  1. Longevity Skin Deep Cleansing.
  4. Thalassa Treatments (1 Day Thalassa Cure): one set of 4 thalassotherapy treatments lasting approximately 2h30 in total. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.
  1. Aromatherapy Massage: personalized massage with essential oils which produces a deep state of harmony.

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<td>613 €</td>
<td>654 €</td>
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Experience a renewed sense of wellbeing.
Assess your health status and enjoy a unique combination of high impact relaxing Spa & Thalassa treatments and invigorating daily group activities.
LONGEVITY MINDFULNESS | 3 Nights

- Accommodation for a 3 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 Standard Healthy & Tasty Low Calorie Meal/ per night
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- 1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
- Longevity Mindfulness Programme (2 days/ 4 hours per day):
  
  **Day 1**
  - Introduction do Mindfulness
  - Breathing Meditation
  - Mindful Movement (walking & stretching)
  - Body scan Meditation
  - Mindful Eating
  
  **Day 2**
  - Breathing Meditation
  - Mindful Communication
  - Mindful Movement (walking & stretching)
  - Body scan Meditation
  - Integrating Mindfulness in daily Life

2017 PROGRAMME PRICES
PER ROOM, IN EUROS:

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Embrace yourself with Mindfulness and experience a greater sense of inner space, freedom and joy.

Learn about the practice of Mindfulness, enabling you to use it every day effectively, as a tool to enhance your life in every way.
LONGEVITY HOLISTIC REBALANCE | 5 Nights

- Accommodation for a 5 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 Standard Healthy & Tasty Low Calorie Meal/ per night
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. **Personal Health Check**: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  2. **Nutrition & Wellbeing Consultation**.
  3. **Osteopathy Session**: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  4. **Microphysiotherapy**: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  5. **Cranio Sacral Therapy**: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
  6. **Energetic Healing Session**: awakens energies that bring resilience, joy, and enthusiasm to our life – and greater vitality to our body, mind, and spirit.
  7. **Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation**: guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
  8. **Exfoliation in the Tepidarium**: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
  9. **Multijet Bath**: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.
  10. **Bubble Bath**: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.
  11. **Aromatherapy Massage**: personalized massage with essential oils which produces a deep state of harmony.

**2017 PROGRAMME PRICES PER ROOM, IN EUROS:**

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LONGEVITY FITNESS BOOSTER | 3 Nights

- Accommodation for a 3 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. **Personal Health Check**: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  2. **Biophysical Evaluation**: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  3. **Nutrition & Wellbeing Consultation**.
  4. **Microphysiotherapy**: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  5. **Fitness Assessment with Personalized Fitness Plan**.
  6. **Personal Training Sessions**.
  7. **Multijet Bath**: relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  8. **Bubble Bath**: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.
  9. **Sports Massage**: refreshing massage aimed at toning the muscle tissue by acting through muscular decompression.

### 2017 PROGRAMME PRICES

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<td>263 €</td>
<td>280 €</td>
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_Take time out for a fitness booster short break._

_Get a quick body health check, and boost your fitness levels with personalized training sessions and invigorating daily group activities._

_Unwind with soothing Spa and Thalassa therapies and enjoy a healthy & tasty low calorie meal plan._
WEIGHT LOSS

LONGEVITY THALASSA WEIGHT LOSS | 7 Nights

• Accommodation for a 7 nights stay at Vilalara Thalassa Resort
• Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
  Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
• Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
• Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
• Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
• Thalassa & Medical Spa programme, per person:
  1 Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1 Biophysical Evaluation with Personalized Fitness Plan.
  1 Final Biophysical Evaluation.
  1 Nutrition & Wellbeing Consultation.
  1 Longevity Slim Supplement Kit: supplements (exclusive formula) which combine fat burn (Longevity Slim Fit), excess and toxin elimination (Longevity Laxative Boost) and vitamin replenish (Longevity Vitamin Plus), in a one month treatment plan.
  1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  1 Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  1 Medical Pressotherapy: assists the body’s natural toxin-clearing functions.
  1 Personal Training Session.
  8 Thalassa Treatments (2 Days Thalassa Cure): two sets of 4 thalassotherapy treatments/each, lasting approximately 2h30/per set. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.

2017 PROGRAMME PRICES PER ROOM, IN EUROS:

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<td>613 €</td>
<td>654 €</td>
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Get back on track and kick-start a sustainable and healthy weight loss process.

Check your health imbalances and learn how to improve your wellbeing.

Enjoy the perfect combination of fitness, detoxifying and marine based treatments, slimming meals, and natural supplements for optimal results.
LONGEVITY JUICE FASTING DETOX | 4 Nights

• Accommodation for a 4 nights stay at Vilalara Thalassa Resort
• Mild Detoxifying Diet or Liquid/Juice Fasting Diet (detoxifying & anti-inflammatory shakes, juices and soups) - up to 5 Meals a day (Liquid/Juice Fasting Diet subject to doctor’s approval)
• Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
• Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
• Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
• Thalassa & Medical Spa programme, per person:
  1 Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1 Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1 General Medical Consultation and Clinical Examination.
  1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  1 Exfoliation in the Tepidarium: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
  1 Multijet Bath: relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  1 Bubble Bath: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.

Take the first step to improving your overall health with a Juice Fasting Detox retreat.

Cleanse your body through a detoxifying meal plan or a medically approved Juice Fasting, Spa and marine based therapies and invigorating daily group activities.

2017 PROGRAMME PRICES PER ROOM, IN EUROS:

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LONGEVITY QUICK DETOX | 5 Nights

- Accommodation for a 5 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan - up to 5 Meals a day
  - Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
- Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. **Personal Health Check**: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  2. **Biophysical Evaluation**: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  3. **Evaluation of Heavy Metals and Trace Elements**.
  4. **General Medical Consultation and Clinical Examination**.
  5. **Nutrition & Wellbeing Consultation**.
  6. **Osteopathy Session**: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  7. **Microphysiotherapy**: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  9. **Medical Pressotherapy**: assists the body’s natural toxin-clearing functions.
  10. **Exfoliation in the Tepidarium**: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
  11. **Multijet Bath**: relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  12. **Bubble Bath**: to treat cellulite and relax the muscular mass, giving a sense of wellbeing.

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<tr>
<td>Supplement for Junior Suite Sea View (5 nights)</td>
<td>438 €</td>
<td>467 €</td>
<td>467 €</td>
<td>467 €</td>
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Feel lighter, refreshed and revitalized with a detox short break.
Get a quick health assessment and learn how to improve your wellbeing.
Take advantage of soothing and cleansing therapies, a medically approved Juice Fasting and detoxifying meal plan, and reenergizing daily activities.
LONGEVITY ACTIVE DETOX | 7 Nights

- Accommodation for a 7 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
  Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
- Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  1. Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1. Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1. Evaluation of Heavy Metals and Trace Elements.
  1. General Medical Consultation and Clinical Examination.
  1. Nutrition & Wellbeing Consultation.
  1. Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  1. Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
  1. Medical Pressotherapy: assists the body’s natural toxin-clearing functions.
  1. Longevity Skin Deep Cleansing.
  1. Exfoliation in the Tepidarium: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
  4. Thalassa Treatments (1 Day Thalassa Cure): one set of 4 thalassotherapy treatments lasting approximately 2h30 in total. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.

2017 PROGRAMME PRICES PER ROOM, IN EUROS:

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<td>613 €</td>
<td>654 €</td>
<td>654 €</td>
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Increase your vitality and improve your overall health with a 7 night's intensive detox and weight loss programme.

Get a personal health assessment and learn how to enhance your wellbeing.

Detox and kick-start a healthy weight loss process through a medically approved Juice Fasting and detoxifying meal plan, cleansing and slimming therapies, and invigorating daily activities.

LONGEVITY INTENSE DETOX & WEIGHT LOSS | 7 Nights

- Accommodation for a 7 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
  Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
- Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples:
  SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person: (details in the next page)
  1 Personal Health Check
  2 Biophysical Evaluations (initial and final)
  1 Evaluation of Heavy Metals and Trace Elements
  1 General Medical Consultation and Clinical Examination
  1 Stress and Lifestyle Assessment
  1 Nutrition & Wellbeing Consultation
  1 Longevity Detox, Repair & Anti-Inflammation Supplements
  1 Longevity Slim Supplement Kit
  1 Osteopathy Session
  1 Microphysiotherapy
  1 Cranio Sacral Therapy
  2 Ozonetherapies (autohemotherapy)
  2 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral)
  2 Manual Lymphatic Drainages
  1 Medical Pressotherapy
  2 Personal Training Sessions
  1 Longevity Skin Deep Cleansing
  1 Exfoliation in the Tepidarium
  8 Thalassa Treatments (2 Days Thalassa Cure)
  1 Body Drainage
  1 Cellu-Contour
LONGEVITY INTENSE DETOX & WEIGHT LOSS | 7 Nights
Thalassa & Medical Spa Programme Details:

1 Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.

2 Biophysical Evaluations (initial and final): measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.

1 Evaluation of Heavy Metals and Trace Elements.
1 General Medical Consultation and Clinical Examination.
1 Stress and Lifestyle Assessment.
1 Nutrition & Wellbeing Consultation.

1 Longevity Detox, Repair & Anti-Inflammation Supplements: exclusive formula to repair damaged cells and organs, and to defend body from chronic inflammation (caused by stress, unbalanced nutrition, sedentarism, pollution, toxins).

1 Longevity Slim Supplement Kit: supplements (exclusive formula) which combine fat burn (Longevity Slim Fit), excess and toxin elimination (Longevity Laxative Boost) and vitamin replenish (Longevity Vitamin Plus), in a one month treatment plan.

1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.

1 Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.

1 Cranio Sacral Therapy: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.

2 Ozonetherapies (Autohemotherapy): intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.

2 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral): therapy combining oral and IV intake, with the right detoxifying and rebalancing substances, producing an effective detoxification of these organs and promoting health and wellbeing.


1 Medical Pressotherapy: assists the body’s natural toxin-clearing functions.

2 Personal Training Sessions.

1 Longevity Skin Deep Cleansing.

1 Exfoliation in the Tepidarium: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.

8 Thalassa Treatments (2 Days Thalassa Cure): two sets of 4 thalassotherapy treatments/each, lasting approximately 2h30/per set. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.

1 Body Drainage: localized treatment on the abdomen, hips, thighs, knees. Several techniques to slim the silhouette drain and eliminate toxins.

1 Cellu-Contour: localized treatment on the abdomen, hips, thighs, knees. Massage with specific techniques to act in the localized cellulite.

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<td>613 €</td>
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LONGEVITY INTENSE DETOX & WEIGHT LOSS | 14 Nights

Increase your vitality and improve your overall health with a 14 night’s intensive detox and weight loss programme.

Get a personal health assessment and learn how to enhance your wellbeing.

Detox and kick-start a healthy weight loss process through a medically approved Juice Fasting and detoxifying meal plan, cleansing and slimming therapies, and invigorating daily activities.

- Accommodation for a 14 nights stay at Vilalara Thalassa Resort
- Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
  Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
- Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples:
  SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person: (details in the next page)
  2 Personal Health Checks (initial and follow-up)
  2 Biophysical Evaluations (initial and follow-up)
  1 Evaluation of Heavy Metals and Trace Elements
  1 General Medical Consultation and Clinical Examination
  1 Follow-up General Medical Consultation
  1 Stress and Lifestyle Assessment
  2 Nutrition & Wellbeing Consultations (initial and follow-up)
  1 Longevity Detox, Repair & Anti-Inflammation Supplements
  1 Longevity Slim Supplement Kit
  2 Osteopathy Sessions
  2 Microphysiotherapies
  2 Cranio Sacral Therapies
  4 Ozonetherapies (autohemotherapy)
  4 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral)
  4 Manual Lymphatic Drainages
  4 Personal Training Sessions
  1 Longevity Skin Deep Cleansing
  1 Marine Slimming Cure | Anti-Cellulite
  8 Thalassa Treatments (2 Days Thalassa Cure)
LONGEVITY INTENSE DETOX & WEIGHT LOSS | 14 Nights
Thalassa & Medical Spa Programme Details:

2 Personal Health Checks (initial and follow-up): including a health and lifestyle questionnaire, blood pressure, basic blood analysis.

2 Biophysical Evaluations (initial and follow-up): measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.

1 Evaluation of Heavy Metals and Trace Elements.

1 General Medical Consultation and Clinical Examination.

1 Follow-up General Medical Consultation.

1 Stress and Lifestyle Assessment.

2 Nutrition & Wellbeing Consultations (initial and follow-up).

1 Longevity Detox, Repair & Anti-Inflammation Supplements: exclusive formula to repair damaged cells and organs, and to defend body from chronic inflammation (caused by stress, unbalanced nutrition, sedentarism, pollution, toxins).

1 Longevity Slim Supplement Kit: supplements (exclusive formula) which combine fat burn (Longevity Slim Fit), excess and toxin elimination (Longevity Laxative Boost) and vitamin replenish (Longevity Vitamin Plus), in a one month treatment plan.

2 Osteopathy Sessions: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.

2 Microphysiotherapies: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.

2 Cranio Sacral Therapies: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.

4 Ozonetherapies (autohemotherapy): intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.

4 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral): therapy combining oral and IV intake, with the right detoxifying and rebalancing substances, producing an effective detoxification of these organs and promoting health and wellbeing.


4 Personal Training Sessions.

1 Longevity Skin Deep Cleansing.

1 Marine Slimming Cure | Anti-Cellulite: includes 1 Peeling, 5 sessions of personalized specific techniques and 2 Medical Pressotherapies. A mandatory thalassotherapy consultation is included.

8 Thalassa Treatments (2 Days Thalassa Cure): two sets of 4 thalassotherapy treatments/each, lasting approximately 2h30/per set. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.

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DETOX & WEIGHT LOSS
Indulge in a high impact health rejuvenating holiday programme, containing in depth diagnostics and therapeutics.

The total you is addressed: from your personal health status, imbalances and risk factors, to lifestyle and holistic strategies to slow ageing.

Prevent disease and enhance your quality of life with this innovative life rejuvenation and health-maintenance programme.

LONGEVITY LIFE REJUVENATION & ANTI-AGEING | 7 Nights

• Accommodation for a 7 nights stay at Vilalara Thalassa Resort
• Standard Healthy & Tasty Low Calorie Meal Plan – up to 5 Meals a day
  Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor’s approval
• Daily supply of Alkaline Water 9.5pH, Herbal Teas and Detox Supplements
• Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
• Access to the Longevity Vitality Plan daily group activities - examples:
  SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
• Thalassa & Medical Spa programme, per person: (details in the next page)
  1 Personal Health Check
  1 Biophysical Evaluation
  1 Evaluation of Heavy Metals and Trace Elements
  1 Longevity Biochemical Profile Premium
  1 Life Length Telomere Evaluation
  1 Integrative Medicine and Anti-Ageing Consultation
  1 Nutrition & Wellbeing Consultation
  1 Stress and Lifestyle Assessment
  1 Session of Mind-Body Techniques for Stress Management
  1 Energetic Healing Session
  2 Mindfulness Therapy Sessions - Mind, Body and Inner Self Relaxation
  2 Osteopathy Sessions
  1 Microphysiotherapy
  1 Cranio Sacral Therapy
  1 Body Regeneration
  2 Ozonetherapies (autohemotherapy)
  2 Intravenous Nutrient Rebalancing Therapies (IV)
  1 Detox Infusion for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral)
  1 Manual Lymphatic Drainage
  1 Medical Pressotherapy
  1 Personal Training Session
  1 Longevity Skin Deep Cleansing
  1 Longevity Microneedling Skin Nourishing
  1 Medical Facial Mesotherapy (intradermal therapy)
  1 Exfoliation in the Tepidarium
  1 Seaweed Therapy
  4 Thalassa Treatments (1 Day Thalassa Cure)
  1 Therapeutic or Sports Massage
  1 Aromatherapy Massage
LONGEVITY LIFE REJUVENATION & ANTI-AGEING | 7 Nights
Thalassa & Medical Spa Programme Details:

1. Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
2. Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
3. Evaluation of Heavy Metals and Trace Elements.
4. Longevity Biochemical Profile Premium: includes basic analytical profile, body antioxidant power, fatty acids profile, cardiovascular profile, lipid profile, evaluation of neurotransmitters and its function in the brain, cofactors of the inflammatory process, study of intestinal dysbiosis (study of intestinal flora, fungi, parasites and viruses).
5. Life Length Telomere Evaluation: telomeres are structures at the ends of chromosomes whose main function is to act as “caps” to protect genes in process of cellular division. Each time a cell divides a portion of the telomere is eroded slightly. Critically short telomeres contribute to the onset of chronic and age-related diseases.
8. Stress and Lifestyle Assessment.
10. Mindfulness Therapy Sessions - Mind, Body and Inner Self Relaxation: guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
11. Osteopathy Sessions: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
12. Microphysiotherapy: this treatment consists in identifying traces produced by occurred events and not erased by the body. This treatment can be preventive or corrective, with the goal of helping the body react and self-heal, eliminating diseases and promoting good health.
13. Cranio Sacral Therapy: a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
14. Body Regeneration: the introduction of Ozone on the energetic spots of your back, stimulates the entire nervous system and promotes the body general regeneration.
15. Ozonetherapies (Autohemotherapy): intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.
16. Intravenous Nutrient Rebalancing Therapies (IV): boosts your antioxidant, vitamin and mineral levels much more effectively than oral supplements, helping the body to repair damage, recover tone and prevent ageing related diseases.
17. Detox Infusion for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System (IV+Oral): therapy combining oral and IV intake, with the right detoxifying and rebalancing substances, producing an effective detoxification of these organs and promoting health and wellbeing.
20. Personal Training Session.
22. Longevity Microneedling Skin Nourishing: deep facial hydration and nutrition with microneedling.
23. Medical Facial Mesotherapy (intradermal therapy): multiple intradermal microinjections of vitamins, mineral and amino acids directly into the skin, stimulate the production of collagen and elastin, improves skin texture, tone, nourish and rejuvenate. It creates a fresher and healthier appearance of the entire skin surface.
24. Exfoliation in the Tepidarium: the sea salt crystals eliminate impurities and dead cells. Enriches the skin with essential minerals and trace elements, returns its shine and healthy look.
26. Thalassa Treatments (1 Day Thalassa Cure): one set of 4 thalassotherapy treatments lasting approximately 2h30 in total. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.
27. Therapeutic or Sports Massage: refreshing massage aimed at toning the muscle tissue by acting through muscular decompression.
28. Aromatherapy Massage: personalized massage with essential oils which produces a deep state of harmony.

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LONGEVITY ANTI-AGEING CHECK-UP | 4 Nights

- Accommodation for a 4 nights stay at Vilalara Thalassa Resort
- Buffet Breakfast in the resort restaurant
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Longevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Longevity Anti-Ageing Check-up, per person:
  1 Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  1 Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  1 Evaluation of Heavy Metals and Trace Elements.
  1 Longevity Biochemical Profile Premium: includes basic analytical profile, body antioxidant power, fatty acids profile, cardiovascular profile, lipid profile, evaluation of neurotransmitters and its function in the brain, cofactors of the inflammatory process, study of intestinal dysbiosis (study of intestinal flora, fungi, parasites and viruses).
  1 Integrative Medicine and Anti-Ageing Consultation.
  1 Nutrition & Wellbeing Consultation.
  1 Stress and Lifestyle Assessment.
  1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.

Recommendation for additional Clinical Exams, if necessary.
Full report and medical recommendations (post stay).

2017 PROGRAMME PRICES PER ROOM, IN EUROS:

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LONGEVITY PREMIUM
MEDICAL & ANTI-AGEING CHECK-UP | 5 Nights

- Accommodation for a 5 nights stay at Vilalara Thalassa Resort
- Buffet Breakfast in the resort restaurant
- Daily supply of Alkaline Water 9.5pH and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the Lengthevity Vitality Plan daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Longevity Premium Medical & Anti-Ageing Check-up, per person:
  - Longevity Full Body Premium Check-Up at HPA (1 full day) (see next page)
  - 1 Personal Health Check: including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  - 1 Biophysical Evaluation: measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  - 1 Longevity Biochemical Profile Premium PLUS: includes basic analytical profile, body antioxidant power, fatty acids profile, cardiovascular profile, lipid profile, evaluation of neurotransmitters and its function in the brain, cofactors of the inflammatory process, wide hormonal profile, study of liver detoxification function, study of intestinal dysbiosis (study of intestinal flora, fungi, parasites and viruses), study of the oxidative stress.
  - 1 Integrative Medicine and Anti-Ageing Consultation.
  - 1 Nutrition & Wellbeing Consultation.
  - 1 Stress and Lifestyle Assessment.
  - 1 Osteopathy Session: manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  - Recommendation for additional Clinical Exams, if necessary.
  - Full report and medical recommendations (post stay).

Combine a relaxing short break away from your busy life with an annual Check-up.

Get a premium Full Body Check-up with state of the art technology: complete, informative and preventive, enhanced by anti-ageing premium biochemical markers.

Assess risk factors and potential need for any lifestyle changes to prevent disease, and define strategies to rebalance, strengthen the immune system, and improve your wellbeing and quality of life.

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LONGEVITY FULL BODY PREMIUM CHECK-UP AT HPA (1 FULL DAY)
Details:

- Medical History Questionnaire
- Initial Medical Consultation with clinical examination
- Cranioencephalic: Angio MRI, including Carotid Arteries
- Ophthalmology: Complete Ophthalmologic Examination
- Cervical: Carotid Ultrasound
- Respiratory System: Chest CT Scan + Respiratory Function Test
- Bones: Bone Densitometry
- Urology/Gynaecology: Renal/Bladder/Prostatic/Ovaries/Womb Ultrasound
- Breast: Breast Ultrasound + Mammography (Female Patient)
- Hearing System: Complete Hearing Evaluation
- Dental: Dental Examination
- Thyroid: Thyroid Ultrasound
- Cardiac System: ECG + Echocardiography + Coronary Calcium Scan/EBT
- Abdominal: Abdominal Ultrasound
- Intestinal: Sigmoidoscopy (colon)
- Pelvic System: Pelvic Ultrasound
- Lower Limbs: Venous and Arterial Ultrasound
- Final Consultation (results and prognosis of clinical exams)
- Transfers to/from HPA
TERMS & CONDITIONS:

Prices in Euros, including VAT at the current rate. Programmes, room categories and prices are subject to availability at the time of reservation. Not cumulative with other official offers or promotions. The programme inclusions are unbreakable and non-refundable. Activities may change without prior notice. Minimum age for Health & Wellness Programmes: 18 years old.

All information contained in this document may change without prior notice.
“MOST LIFE-CHANGING SPA”
TATLER SPA AWARDS 2013

“THE BEST SPAS IN THE WORLD”
CONDÉ NAST TRAVELLER – THE SPA GUIDE 2013 and 2016

“BEST FOR ANTI-AGEING”
HARRODS MAGAZINE 02.13

Vilalara longevity
THALASSA & MEDICAL SPA

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T +351 967 108 244 | reservations@longevity.pt