

# Longevity

CEGONHA COUNTRY CLUB

VILAMOURA | ALGARVE



*Enjoy a quick getaway that will leave you feeling relaxed and revived.*

*Relax with pampering spa treatments, restore with reenergizing daily group activities, and enjoy delicious healthy meals.*

## LONGEVITY FEEL RELAX | 3 nights

- 3 Nights Accommodation
- Half Board: Fresh & Healthy Breakfast + Standard Healthy & Tasty Dinner (Low Calorie, Low Carb, Detox, Gluten Free)
- Longevity Relax Infusion, Alkaline Water pH 9.5 and Longevity Aromatherapy Essential Oil, in the room
- Complimentary access to the Detox & Relax Circuit (*Infra-Red Sauna, Steam Room, Ice Fountain, Salt Room, Sensations Showers Tunnel Experience, Relaxing Room, Outdoor Heated Multijet Pool*)
- Complimentary access to the Longevity Vitality Plan daily group activities (min. 6 activities per day) – Examples:
  - Body & Mind (Yoga, Pilates, Stretching, Tai Chi, Meditation)*
  - Body & Fitness (Core Training, Tone & Fit, Jump, Fitball)*
  - Sports & Leisure (Walks, Dance, Jogging, Bike Tour)*
- SPA Programme:
  - 1 Lavender and Rosemary Body Scrub
  - 1 Nourishing & Relax Body Treatment
  - 1 Relaxing Massage
  - 1 Floatation Session

2017 PROGRAMME PRICES PER ROOM, IN EUROS		SEPTEMBER	OCTOBER - NOVEMBER
CLASSIC ROOM	Single	757 €	687 €
	Double	1.218 €	1.148 €
SPA SUITE	Single	841 €	757 €
	Double	1.303 €	1.218 €

*Prices in Euros, including VAT at the current rate.*

*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 programme: 16 years old.*

*All information contained in this document may change without prior notice.*

### INFORMATION & RESERVATIONS:

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