



Vilalara Longevity Thalassa & Medical Spa

Vilalara Longevity Thalassa & Medical Spa is a unique fusion of Thalassa, Spa and state-of-the-art wellness and anti-ageing solutions in an exotic landscape of lush, tranquilising gardens surrounding a secluded Algarve beach. An integrated experience to help you relax, revitalize, reenergize and rejuvenate.

The Thalassa Centre represents the best of the Atlantic marine climate and its use for therapeutic purposes, providing modern equipment and exquisite treatments.

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

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

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



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Terms & Conditions

Prices in Euros inclusive of VAT at the current rate.
Prices are subject to change without prior notice.
Advance reservation is required, subject to availability.
Minimum admission age is 18 years old.

The full amount will be charged in case of cancellation with less than 24 hours warning.
All information contained in this document may change without prior notice.



MD. Joana Santos **Medical Spa Clinical Director**

Master in Functional Medicine & Anti Ageing

“For us, is not just about living until later, but living better. Quality of life is what matters most when we look to our future.”

Because of the rush of everyday life, people end up with a rushed routine, making unhealthy choices - stress, insufficient sleep hours, wrong nutritional choices, physical inactivity - which contributes to a sharp increase in chronic diseases, resulting in premature ageing.

Your health and well-being is our primary focus through a modern holistic medicine approach. Taking into account each individual's genetics, we develop specific programmes for improved health and wellness, where underlying causes of disease are analysed and nutrition, diet, detoxification, exercise strategies and

regenerative therapies are provided to heal, but essentially to prevent. Programmes vary in intensity and duration. These programs cover topics such as Relaxation/Spa, Detox, Weight Loss, Re-shaping, Stress, Energy Rebalancing, Beauty, Facial and Body Rejuvenation.

We believe that everyone has the right to enjoy a better quality of life, today and tomorrow.

Consultations

General Medical Consultation & Clinical Examination

40 min. € 168

General medical Consultation with General Clinical Examination, to assess the current state of health and detect disease or pre-disease states with the prescription of auxiliary diagnostic methods.

Functional Medicine & Smart Ageing Consultation

40 min. € 210

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

Medical Consultation – Follow up

25 min. € 100

Integrative Nutrition Consultation

40 min. € 168

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

Evaluations

Biophysical Evaluation

20 min. € 74

This diagnosis consists of assessing the body composition and identifying the biotype. In the biophysical assessment, 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.

Evaluation of Minerals and Heavy Metals with Consultation

15 min. + 20 min. € 231

(Without consultation: € 130)

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

Smart Ageing Tailor Made Biochemical Evaluation

(variable price)

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 Antioxidant Power

Genetic Tests

Telomere Length Evaluation with Medical Consultation

€ 893

(Without consultation: € 788)

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 age-related diseases.

Medical Treatments

Ozone & Oxygen Therapy with Medical Consultation

40 min. + 30 min. € 315
(€ 210 per additional session)

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.

Infusion Therapies with Medical Consultation

40 + 30 min. € 360
(€ 260 per additional session)

Infusion therapies are designed to give the nutrition boosts your body needs as quickly and efficiently as possible, bypassing the digestive process to ensure that supplements are delivered directly to the cells that need them.

Your digestive system expends energy metabolising supplements which significantly reduces the number of vitamins, nutrients, and medication that actually ends up entering your bloodstream. Infusion therapies ensure 100% absorption for maximum effect and minimal waste.

Because nutrients and supplements are delivered directly to the cells that need them, infusion therapies have the potential to impact and improve the function of a wide variety of body systems.

This decades-old technique is used to treat patients who are dehydrated or too sick to eat properly. Today, we use it to quickly manage vitamin, mineral and amino acid deficiencies, rehydrate your body, and optimise health wellbeing.

Longevity is partnered with the most credible suppliers in Europe, delivering highest quality supplements tailored for maximum impact and your needs.

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 combats fatigue
Rejuvenate skin
Improve mental clarity
Accelerate wound and injury healing factor
Optimise disease prevention and well-being
Instantly Rehydrate

Wellness Therapies

Stress & Lifestyle Evaluation

50 min. €184

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 wellbeing.

Mind-Body Therapy Techniques for Stress Management

50 min.

1 session € 184

2 sessions € 331

This consultation is tailored to design personalised tools to help build the best way to deal with stress. Personalised exercises for regular mind training are included. If you don't feel able to change your source of stress, you can certainly change yourself and the way you deal with stress. Learn simple tools that you can integrate into your daily life. The result is a much healthier and happier way of life.

Energetic Healing Therapy

50 min.

1 session € 184

2 sessions € 331

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.

Psychology Consultation (stress, phobias, anxiety, depressions)

50 min.

1 session € 184

2 sessions € 331

Clinical psychology helps in the diagnostic of factors causing stress, phobias, anxieties, depressions and other states of psychologic unbalance, and provides techniques to effectively control and correct such dysfunctions.

Mindfulness & Self Awareness Therapy

50 min.

1 session € 168

2 sessions € 302

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

Guided Meditation Therapy

50 min.

1 session € 168

2 sessions € 302

By learning techniques to realize our inner self and breathing techniques to help us reduce stress, we can rejuvenate ourselves, our mind, body, and soul. These lessons become part of our daily life, tools that can be used every time we feel stressed or fatigued.

Traditional Chinese Medicine Consultation with Acupuncture Session

55 min. € 289

(€184 per additional session)

The treatment based on Traditional Chinese Medicine consists in the diagnosis and application of needles in specific points of the body ("Acupoints"), stimulating and generating positive responses in different therapeutic cases, also helping in pain relief.

Osteopathy

50 min. € 168

Holistic and natural therapy combines a series of manipulative techniques focused on the causes of problems and complaints, rather than on the symptoms, to reduce pain and promote health and well-being by rebalancing the body and stimulating its healing mechanisms. Osteopathic manipulative treatment improves the body's ability to regain normal function, restores balance, produces no side effects and generates a rapid and safe therapeutic response, providing relief or elimination of pain and allows the restoration of an optimal level of homeostasis.

Bowen Therapy

50 min. € 131

Bowen Therapy is a dynamic therapy system that uses small, precise stimuli to the body which stimulates its recovery and consequently enhances pain relief.



Cranio-Sacral Therapy

50 min.

1 session € 184

2 sessions € 331

Incorrect structural alignment of the Cranio-Sacral system -pelvis, spine and head -can compress our nerves, causing painful muscle spasms that will impair the body's normal functionality. This manual therapy aims to assess and improve the physiological function of the Cranio-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 that supports and reinforces natural resistance against illness, it is suitable for any age group and has no contraindications. Improves states associated with pain and dysfunction including migraines, chronic pain and neurovascular and immune system coordination.

Medical Pressotherapy

25 min.

1 session € 63

2 sessions € 113

3 sessions € 142

Pressotherapy is a detoxifying treatment that uses lymphatic drainage to help promote the body's natural functions of eliminating toxins. It promotes better blood flow and treats the symptoms of heavy legs and cellulite conditions.

Manual Lymphatic Drainage

50 min. € 105

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

Colon 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 balance restoration 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.

Standard Hydrocolon Therapy with Herbal Tea

75 min. € 194

Extra Probiotics Supplementation
€ 53

The tea can help combat colic in the colon and can also help to release stool more easily.

Premium Hydrocolon Therapy with Coffee

75 min. € 247

Extra Probiotics Supplementation
€ 53

The main benefit of coffee is to increase the elimination of toxins through the liver. The coffee is organic and specifically roasted to be used in Hydrotherapy.

Premium Hydrocolon Therapy with Probiotics

75 min. € 247

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 diarrhea.





Face Evaluation

25 min. € 90

A personalized evaluation 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 can be evaluated through a visual or tactile examination or using specific devices.

Aesthetic Medicine

Longevity Detox & Repair Facial with Hydrafacial®

50 min. € 250

A facial treatment with HYDRAFACIAL® that provides deep Cleaning and Nutrition to the skin. It removes dead cells and roughness in the skin's texture, boosting collagen production, which will leave your skin more hydrated, radiant and rejuvenated.

COOLSCULPTING® - Fat and Tone Reduction Session

From € 650

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

Mesolift – Facial Rejuvenation

40 min. € 350

It is an aesthetic treatment, done through intradermal micro injections 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.

Medical Chemical Peelings

30 min.

From € 200

A facial treatment that stimulates the renewal of skin cells through controlled peeling using chemical or physical substances. The procedure can be used to lighten spots and acne scars, as well as to treat wrinkles and expression lines.

Facial Biostimulation with Platelet Rich Plasma (PRP)

From € 500

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

Facial Harmonization - Facial Dermal Fillers

€ 450 per Ampoule

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

Botox

€ 400 per Ampoule

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

PDO Threads LIFT

30 min. Variable price

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.

Sculptra Bioestimulation Face or Body

From € 450

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

Radiesse Biostimulation

From € 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.

Skin Booster

From € 350

The Skin Booster is an injectable moisture booster 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.

Belkyra – fat reduction

From € 450

As we get older, we notice fat accumulation in the area under the chin, commonly called “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 performed with Belkyra will decrease the fat accumulation in this area and will also help with jaw definition.



LONGEVITY VITALITY
PLAN - Group Activities



Fitness

HIIT Personal Training Session
LIIT Personal Training Session
Body Shape Personal Training Session
Bootcamp Personal Training Session
Balance & Strenght 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 Persons

55 min. € 116

Yoga Personalized Training Session

(Pack 3 sessions)

2 Persons

55 min. € 295

Longevity Vitality Plan - Group Activities

45 min. € 30

Please contact the Thalassa & Medical Spa for more information

Yoga Personalized Training Session

55 min. € 116

Yoga Personalized Training Session

(Pack 3 sessions)

55 min. € 295

Yoga Personalized Training Session

2 Persons

55 min. € 142

Yoga Personalized Training Session

(Pack 3 sessions)

2 Persons

55 min. € 360





MD. Inês Galiza **Thalassotherapy Technical Director**

“ We would like to welcome you to our Thalassotherapy center in Vilalara, The Greek word “Thalassa” means “sea”.

This therapy combines the greatest qualities of sea water with the region's unmistakable Mediterranean climate to restore your well-being and re-energize your health.

Thalassotherapy comes in a variety of forms, each with physiological features and characteristics that benefit the human body. To prepare the body and skin and maximize the quality of the treatments, the sea water is heated to between 31 and 35 degrees Celsius.

The oligo-elements present in the sea water allow for a natural remineralization in our bodies.

The circulatory and lymphatic systems, joint and muscular pain, particularly rheumatic disorders, respiratory rehabilitation, sleep habits, and even weight loss might all benefit from this treatment.

With a privileged location in the heart of the Algarve, we will provide you with an unforgettable experience.

“ Thalassotherapy uses the healing and beneficial properties of the sea and the marine environment for your health and well-being.”

Multijet Bath

20 min. € 45

Hydro-massage in a heated seawater bathtub. The multiple circuit of sequential massages, stimulates circulation and relaxes the muscle mass, reducing stress and fatigue.

Bubble Bath

15 min. € 45

Hydro-massage in warm sea water enriched with soluble seaweed and essential oils. Thousands of tiny bubbles create strong turbulence which tones up the venous-lymphatic system. This bath helps fighting cellulite, invigorates and gives a deep sense of well-being.

Thalaxion

20 min. € 45

Subject to medical consultation (included)

A combination of sequential hydromassage with the principles of pressotherapy and cryotherapy. The cold and warm seawater jets apply alternating pressure to the legs and abdomen. This therapy is indicated to venous lymphatic circulatory problems, heavy legs relief and cellulite treatments.

Jet Shower

12 min. € 40

Hydro-massage with a strong percussion jet. Heated seawater is projected by the therapist, with variable pressure, from a distance of about 5 meters. Indicated in case of muscular tension and circulatory insufficiency.

Sprinkler Shower

12 min. € 40

Hydro-massage with a gentle percussion jet. The heated sea water is projected by the therapist with a variable pressure at a distance of about 5 metres. Indicated in case of muscle tension and cellulite.

Affusion Shower

20 min. € 45

Lying down it receives a fine rain of heated sea water. It has a sedative action on the central nervous system, activates the lymphatic, circulatory and respiratory systems.

Underwater Jet-Stream Pool

25 min. € 50

Group class carried out in a pool with heated seawater. The therapist indicates the movements to be performed against the jet current. This localized massage stimulates and relaxes the muscles and activates circulation.

Dynamic Pool

25 min. € 50

Gymnastics group class carried out in a heated seawater pool led by a physiotherapist. Exercises become easier due to water temperature and because the seawater density alleviates the mechanical stress of movement.

Seaweed Therapy

20 min. € 55

Involving seaweed in a sweating blanket, where heat is diffused, allowing vasodilation and increased uptake of trace elements. It promotes a calming, remineralizing and detoxifying effect.

Magnesium Therapy

20 min. € 60

Application of a thin layer of heated magnesium. An electric blanket diffuses heat and boosts remineralization. Decreased stress, anxiety, fatigue, irritability, muscle contraction and insomnia.

Calcium Therapy

20 min. € 60

Application of a thin layer of heated calcium. An electric blanket diffuses heat and boosts remineralization. Sedative decreased joint stiffness and wear traits of time.

Marine Mud Therapy

20 min. € 55

Local application of mud with anti-inflammatory and sedative effect activated by heat. Compulsory medical consultation included. Joint pain, rheumatism, arthritis and arthrosis.

Cure Day & Well-being /Anti-Stress

€145

Programme of 4 thalassotherapy treatments, includes a medical consultation where it is determined, for each person, the appropriateness of the treatments and their contraindications.





Signature Treatments

“ Absolute relaxation.”

“Thalassotherapy uses the healing properties of the sea and the marine environment. It promotes health and well-being.”

Lavender Treatment

80 min. € 125

Coconut Treatment

80 min. € 125

Citrus Treatment

80 min. € 125

Vilalara Rituals

Ritual Ocean

115 min. € 200

A unique ritual! Let yourself be carried away by the waves of the ocean in a revitalising body massage combined with an innovative facial, restoring the natural lines of your face.

Beauty Detox Ritual

80 min. € 140

A detoxifying ritual that combines face and body care, nourishes the skin with ultra-concentrated active ingredients for a perfect balance.

Marine Ritual

80 min. € 140

Dive into the sea and remineralize body and mind. Body scrub of calcium and magnesium minerals and a wrap. This followed by a massage with techniques of joint decompression, focused on the body extremities.

Vilalara Ritual for Two

110 min. € 370

Set off on a sensory journey, experiencing the peace and harmony of the Resort gardens, followed by a revitalizing dive in the sea. Close the journey with an ultra-relaxing massage.

Spa Massages

Blue & Green Massage

25 min. € 65

50 min. € 85

Relaxing massage with gentle massage techniques provides a feeling of tranquillity and general well-being.

Therapeutic or Sports Massage

25 min. € 70

50 min. € 90

Deep and invigorating massage that aims to tone muscle tissues, relieve muscular decompression and activate circulation.

Hot Stones Massage

80 min. € 110

Relaxing massage using volcanic stones, producing total relief from stress and a profound equilibrium between the body and mind.

Oriental Therapies

Ayurvedic Massage

80 min. € 115

Deep massage technique combining vigorous movements on the whole muscular mass with traction and stretching manipulation. Produces a feeling of freshness, lightness and tranquillity.

Shiatsu

80 min. € 110

Japanese therapeutic method that uses pressure on the meridians, promoting a state of energetic and physical balance.

Reflexology

50 min. € 80

Through digitopressura this therapy works the reflex points of the organs of the human body on the sole of the foot, providing well-being and balance.

Face Care

L'Expérience Anne Semonin

70 min. € 120

Personalised treatment. Let us assess the needs of your skin and restore your natural balance. Corrective solutions that combine active ingredients of neurocosmetic (indigo plant extract) with classic techniques. Awaken the splendour of the face, neckline and eye contour.

Ultra-lift Facial

80 min. € 200

Youth radiance elixir. It combines the anti-ageing cryotherapy effects and a new generation of high cosmetic with a lift massage technique. Revolutionary alternative to invasive anti-ageing techniques.

Skin Renew Facial

70 min. € 140

Cellular renewal treatment. Specific for devitalized and dull skins. An active and gentle formula that combines the power of micronized peeling with a deep exfoliation. Reduces visible imperfections such as spots and wrinkles (48 hours without sun exposure).

Men's Special

70 min. € 100

Specific treatment for man. It begins with exfoliation on the back, followed by a facial with essential oils, trace elements and a “made to measure” massage. (does not include extraction).

Mother to be Treatment

50 min. € 90

Facial treatment rejuvenating with a foot and leg massage to help drain and deplete all the swelling and fatigue.

Face Care

50 min. € 90

Hydration – Nourishing – Brightness

Relaxing Facial Massage

20 min. € 50

Facial Lymphatic Drainage

20 min. € 50

Body Care

Body Exfoliation

25 min. € 55

Marine – Coconut – Citrus – Lavender

Cellu-Contour

70 min. € 95

Localised anti-cellulite treatment on the abdomen, hips, thighs and knees with specific massage techniques to act on the localised cellulite and redefine contours from the first treatment.

Firming Perfection

70 min. € 95

Active treatment that combines massage techniques with marine active ingredients restoring the natural skin tone.

Sliming Treatment

70 min. € 95

Draining treatment that combines draining massage techniques with active marine principles, promoting detoxification of the skin and thinning of the silhouette.

Ventre Plat

40 min. € 70

The stomach is our second brain. It plays a key role in our mental figure and more widely, in our health. Several studies have shown that chronic stress leads to weight gain. An innovative answer to fight against localised body fat and its cause, through:

Organism relaxation
Firming & slimming action

Final Touches

Spa Manicure

60 min. € 45

Hand and nail treatment with exfoliation, application of a regenerating mask and hydrating cream, with special attention to cuticles. If you wish, finish with the application of nail polish.

Spa Pedicure

70 min. € 70

Foot and nail treatment with exfoliation and application of a regenerating mask and hydrating cream, with special attention to cuticles. If you wish, finish with the application of nail polish.

Epilação

Whole Leg

€ 50

Half Leg

€ 30

Bikini

€ 20

Full Bikini

€ 30

Underarms

€ 20

Upper Lip

€ 10

Eyebrows

€ 15





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