

# Longevity

CEGONHA COUNTRY CLUB

VILAMOURA | ALGARVE



## LONGEVITY FEEL RELAX | 3 nights

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

*Relax with pampering spa treatments, float yourself in total deep relaxation and enjoy delicious healthy meals.*

- 3 Nights Accommodation
- Fresh & Healthy Breakfast
- Standard Healthy & Tasty Dinner
- Longevity Relax Infusion, Alkaline Water pH 9.5 and Aromatherapy Essential Oil
- Complimentary access to the Detox & Relax Wet Area 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 - Examples:
  - Body & Mind (Yoga, Pilates, Stretching, Meditation)*
  - Body & Fitness (Core Training, Tone & Fit, Jump, Fitball)*
  - Sports & Leisure (Walks, Zumba, Jogging, Bike Tour)*
- Complimentary access to the Gym
- SPA Programme:
  - 1 Body Scrub
  - 1 Nourishing & Relax Body Treatment
  - 1 Relaxing Massage
  - 1 Floatation Session

2018 PROGRAMME PRICES PER ROOM, IN EUROS		06 JAN. - 23 MAR. 01 OCT. - 31 DEC.	24 MAR. - 31 MAY	01 JUNE - 14 JULY 01 - 30 SEPT.	15 JULY - 31 AUG.
CLASSIC ROOM	Single	654 €	759 €	882 €	<i>Not available</i>
	Double	1.128 €	1.242 €	1.369 €	<i>Not available</i>
SPA SUITE	Single	710 €	838 €	966 €	<i>Not available</i>
	Double	1.184 €	1.321 €	1.454 €	<i>Not available</i>

*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. Longevity Vitality Plan 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:

+351 967 108 244 | reservations@longevityvilamoura.com | longevityvilamoura.com | longevitywellnessworldwide.com