

COCO ECO

M A G A Z I N E

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SMART. SEXY.
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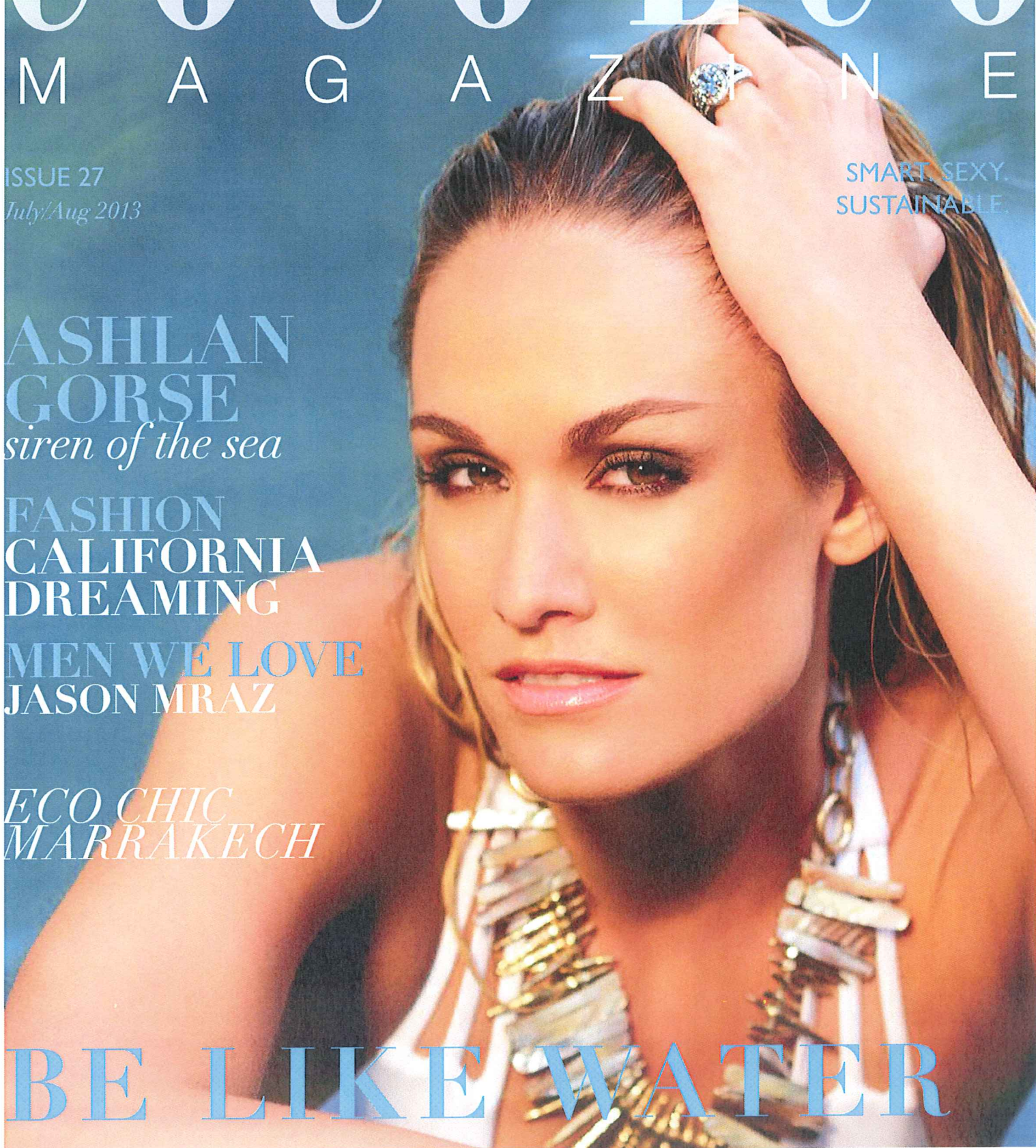
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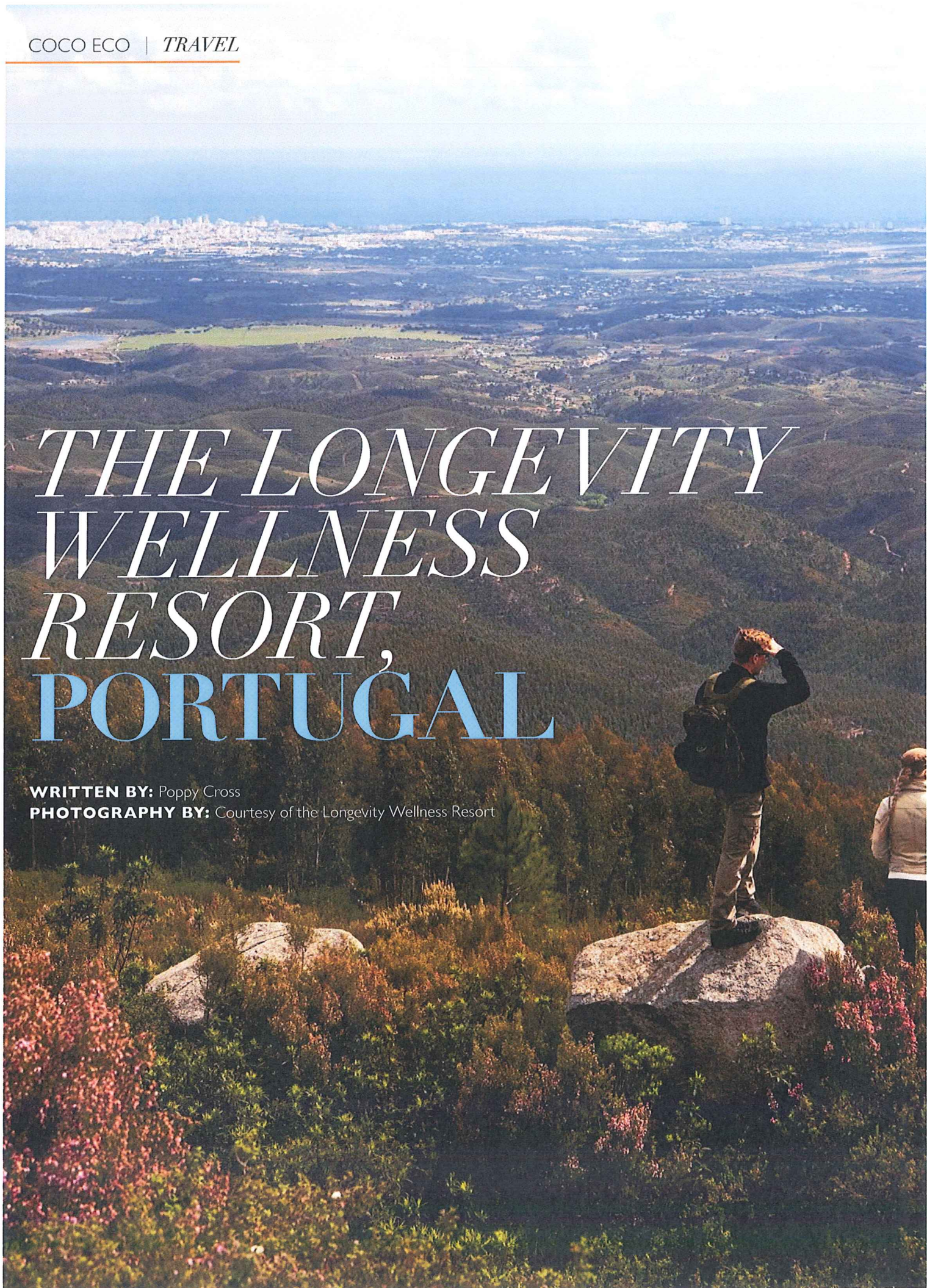
BE LIKE WATER



THE LONGEVITY WELLNESS RESORT, PORTUGAL

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PHOTOGRAPHY BY: Courtesy of the Longevity Wellness Resort





At first sight of the Algarve and its signature blue sky, red sun kissed cliffs and the welcomed warm feel of hot air on my fair English skin, I immediately felt a sense of relief and anticipation of what was to come.

My mother and I had fled the dull and depressing start to the English summer just over two hours previously, and were now descending into sunny Portugal to partake in a four day Fitness and Health program at the Longevity Wellness Resort in Monchique – only an hour's drive from Faro.

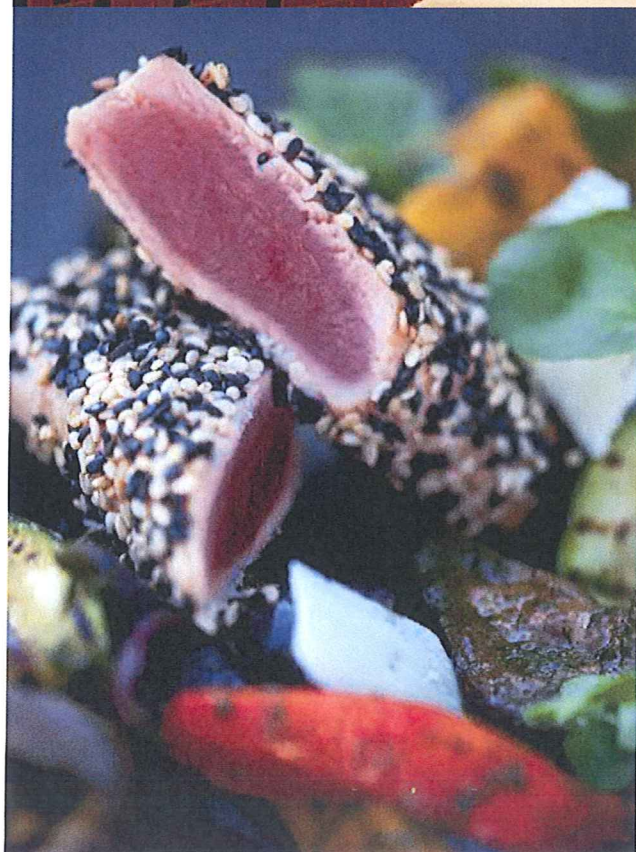
After our car had snaked and climbed up through the hills to the small town of Monchique, we arrived. The dark grey block exterior of the resort is functional rather than aesthetically pleasing but it does serve an important reminder, that this is a 'holiday' for the mind, body and soul where serious action to get all in tip-top condition is required. Inside, the intoxicating scent of local fresh lavender immediately engulfs you like the salty sea air does at the beach, lifting the spirits like an unannounced sugar rush. Views look exquisitely to the surrounding hills and forests, which stretch far and wide all the way to the coast – only twenty-minutes away by car.

Once both sight and taste had been appeased, (the signature drink is a sublime yet subtle mix of Monchique's own mineral water, hibiscus, orange and honey which is, incredibly refreshing for a weary traveler), it was time for a tour around the resort. The beautiful Chief Wellness Manager Teresa Malheiro facilitated this – her glowing appearance making us ever more eager to get started on our programs. The resort is equipped with two restaurants, medical rooms, spa, indoor heated pool and outdoor unheated pool, gym, steam and sauna rooms, and the best of all – rain showers – which shine warm infra-red light while spraying a mild "rain", which is intensely scented with tropical

Throughout our five days we enjoyed nature walks, sessions of stretching, Pilates, yoga, Swiss ball, personal training, healthy cooking workshops

fruits, making you feel as if you're in a Herbal Essence ad. Our garden suite was complete with two bathrooms, a kitchenette, living area and balcony. After settling in we ate our first Longevity meal – grilled free-range chicken breast on leguminous, bell peppers and herbs. Light, yet, satisfying and deliciously fresh and aromatic. It was then time to savor the sun for a few hours by the pool while harmoniously listening to the gushing water from the waterfall that hypnotically feeds the pool beneath it.

Next up was my initial Biophysical Evaluation & Fitness Assessment where my fitness, fat, muscle, water and body mass index were measured. From this, the staff devises a tailor made fitness and food program and you don't have to think about a thing. Not even if you fancy a snack, because even these are prescribed twice daily. Every single, teeny weenie aspect is meticulously calculated to get you in the healthiest nic of your



life. Including spa treatments. Today, mine was the Longevity body scrub with sea salts and lemon, which is sweet smelling and leaves you buffed to perfection, not to mention incredibly relaxed and only good for dinner and bed – the former of which my mother and I ate luxuriously in our bathrobes at our own dining table in our suite, before we bid bon nuit.

Throughout our five days we enjoyed nature walks, sessions of stretching, Pilates, yoga, Swiss ball, personal training, healthy cooking workshops (and of course spa time)! A firm favorite was the Swiss ball class led by fitness trainer, Elier (who is brilliant, funny and full of energy and enthusiasm). You line up sitting on the ball facing her, and when the music starts you bounce on the ball to the beat – the trick being to do it slowly while engaging your core muscles. Of course we all wanted to bounce nineteen to the dozen, at which point Elier comically remarked to my mother; “Josephine you are getting over excited on your ball!” and at which point we all broke down into fits of giggles.

Before leaving on day 5, I had my final Biophysical and was excited to see that I'd gained more muscle and lost fat. I looked and felt so much better in my mind, body and soul and we wished forlornly that we could stay forever.



The Longevity Wellness Resort is a very special place that nourishes, nurtures, soothes, inspires and energizes. It is a life changing and life-enhancing place, which has changed the way I eat and exercise for the better.

A DAY IN THE LIFE ON THE HEALTH AND LONGEVITY PLAN:

8:00 AM: Breakfast; Celery, parsley and pear smoothie, natural plain yoghurt, pineapple, and oats with a sprinkling of mint. Delicious and nourishing like all the food here.

9:30 – 10.00 AM: Morning Stretch by the pool
An interesting and varied combination of stretches, which was a great way to wake up, tired muscles.

10.30 – 11.30AM: Nature Walk
A beautiful, peaceful walk through the hills with some steep inclines to get the circulation and heart rate up.

12.00PM: My First Personal Training Session.
We did part of this session outside in the sun which was both novel and inspiring in comparison to the confines of my London

gym. I was taken through several different strengthening exercises after 7 minutes run on the treadmill. Hard work but enjoyable.

1.00PM: Lunch; Smoked tofu with rocket salad, beetroot, soy sprouts, radish, cherry tomatoes and whole wheat rice. The portion at lunch is small leaving you feeling light and energized. The smoked tofu was very flavorful.

15.00 – 16.00: Pilates; A challenging class focused on strengthening the abs.

16.00 – 16.30: Nutritional Consultation; Advice and answers to all your nutritional questions.

18.00 – 19.00: A Longevity Signature treatment in the spa.

www.longevitywellnessresort.com