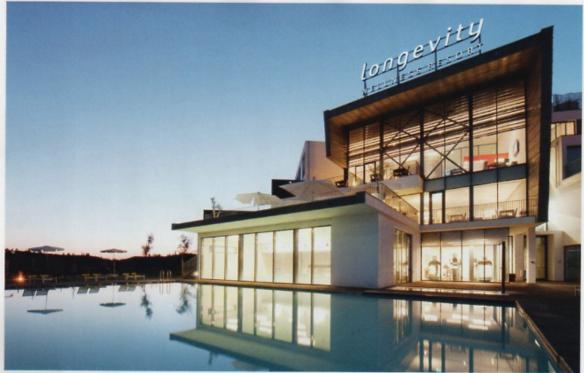


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Portugal

## LONGEVITY WELLNESS RESORT

Indulge in the wide range of innovative services on offer at this perfect escape destination

In a magical location, high above the Atlantic Ocean and positioned in a national park, the feelgood factor is palpable in the surrounds of Longevity Wellness Resort. It's in the air, it's part of the building's DNA and it's in the heart of every staff member. Longevity is dedicated to helping you feel better.

This award-winning integrated health resort in Monchique, the new wellness destination of Europe, offers the ultimate in rejuvenating spa treatments and therapies. With its exclusive partnership with Dr Claude Chauchard

of La Clinique de Paris, it is at the forefront of preventative medicine and state-of-the-art anti-ageing solutions.

Visits begin with an in-depth medical consultation; a bespoke programme is designed with specialists in fitness, nutrition and general well-being. Whether your visit is for two or 20 days, you are sure to leave feeling refreshed and rejuvenated. Simply relax and be pampered or take advantage of the range of healing, preventative and revitalising programmes—weight management, destress and anti-ageing, with treatments

such as Ozonotherapy, which is only offered at a few medical spas worldwide.

Longevity is also a luxury resort with all that implies—great food, serious comfort and exemplary service. The food is mostly locally sourced, fresh as the morning, and organic—and of course delicious. To refresh mind, body and spirit, Longevity has few equals.

AND DON'T MISS... The renowned Caldas de Monchique, the alkaline thermal water the area is known for.

www.longevitywellnessresort.com