

*THE LIFESTYLE EXPERIENCE:
a sample Anti- Ageing week at
Longevity Wellness Resort Monchique*



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Longevity
Wellness Resort
Monchique

Friday



Welcome to Longevity Wellness Resort! I hope you've thought about what you'd like to accomplish during your stay here. You've come to a place where you can explore nature, wellness and health in ways that can truly start positive lifestyle changes. Your first step to be familiarized with our Integrated Anti-Ageing approach is the Wellness Questionnaire which will assess the different dimensions of your wellness status and define your personal goals.

After a tasty lunch at the Longevity Cuisine by, your Longevity Optimization Program will start with an appointment with our resident doctor for a physical examination, detailed medical history and proceed with the state-of-the-art Premium Anti-Ageing Diagnostic - an extensive blood and urine profiling that allows us to evaluate all hidden risk factors: more than 200 biomarkers are tested using cutting edge technology and know-how from La Clinique de Paris/Dr. Claude Chauchard. You will then have two further assessment consultations on Nutrition and on your Physical Image. Based on all the assessments and on the preliminary discussions with the doctor, you will get a holistic, personalized Plan to be followed during your stay. The plan will include Meals Detoxifying infusions, SPA therapies and Exercise activities. You will finish your assessment day with an anti-stress detox infusion, starting your rebalancing, rejuvenating and cleansing journey.



Your personalized diet plan will involve 5 meals per day covering an early morning fruit snack, a full breakfast and lunch, an afternoon snack and an early dinner. And every night before sleeping you can enjoy an Anti-oxidant tea!

In the evening, relax travelling through the Seventh Art at our Cinema Room...



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Saturday



You wake up breathing the pure and invigorating air of the Monchique Hills and you can start your day with an early morning walk or a relaxing Yoga session in our Meditation room.

After an invigorating breakfast, our certified personal fitness trainer takes you to a private session in order to prepare a simple, versatile program adapted to your needs and desires. This program is focused in four basic areas: cardiovascular, muscular, flexibility and balance and agility.



Next, it's time to go to the Spa and initiate body cleansing with an invigorating body exfoliation, a ritual with salt crystals, lime and ginger to remove dead cells and impurities. Skin is deeply cleansed and moisturised.

After lunch, you may choose to have a Carboxytherapy treatment to get rid of those dark circles around your eyes and improve your appearance. Follow with a special facial selected according to your skin's specific needs. Your skin becomes deeply cleansed, stimulated by special massage techniques and radiant.



In the afternoon, indulge yourself with a Shiatsu session. In this active, rhythmic Japanese technique, the therapist uses thumbs, fingers and palms to stimulate acupressure points on the body. Pressure is applied along meridians and energetic points to tone, relax and balance. Carried out on a comfortable futon, it helps to relieve painful conditions, stress and insomnia.

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Sunday



Start your day with a hydro-gymnastic session in our swimming pool.

After breakfast, enjoy a sunny morning developing your Golf skills: at the driving range you will be able to improve your swing and your putter will be much refined after a session in our putting green. If you wish to play Golf the Resort will happily book your green fees in one of the surrounding Golf courses.



Enjoy lunch on the panoramic pool terrace bar and try one of our signature drinks and locally inspired salads!

In the afternoon, take a break and enjoy sightseeing in and around Monchique. Or if you prefer, join us at the Spa, experiment the Hammam ritual and relax at the Lounge enjoying one of our special aromatic herbal teas.



After dinner, take your daily half an hour walk in the garden trails and contemplate the sounds of nature in our outdoor meditation deck – to improve wellbeing and relief stress.

Finish off the night with a broad choice of games in the beautiful settings of the Games Room.



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Monday

After breakfast it's time for fitness. Follow your personalized Exercise Plan which may also contemplate Pilates classes. Pilates yields a great deal of benefits, such as balance, body control and all these abilities have positive impacts in other areas of your body.



It's time to follow your doctor's aesthetical suggestions; maybe you will have a medical microdermabrasion session to remove the superficial damaged skin layers, fight environmental ageing and restore the skin's youthful look...

In the afternoon, optimize your detoxification experience. When you are in balance, your body detoxifies normally without any extra help. The problem arises with today's lifestyle because there is simply too much for the body to cope with. A Cellutox – Cellulite and Detoxifying Bath, containing a powerful synergy of body cleansing essential oils, fennel and algae in a sea salt base cleanses the body from inside out helping to expel impurities.



After your afternoon snack, enjoy a deep tissue massage to get rid of those tensed muscles and back pains, followed by a rebalancing infusion of vitamins and minerals.

The Human Body is programmed to live up to 120 years with quality so why don't we live up to this age? Discover how we can fight the Ageing Process at the workshop "Live Longer, Live Better".



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Tuesday



The anti-stress and detox treatments and massages that you have been following are certainly having positive impacts, like waking up full of energy and with enhanced self-confidence: the perfect mood for a morning at the Pool or perhaps some water sports by the beach.

Bathing and showering are an important part of health and wellbeing... Not only for keeping our body clean but for the added relaxation that involves a long soak in the bath or an invigorating shower. The salt body scrub under Vichy shower is the perfect combination of a body exfoliation with aromatic relaxing massage. Pine, lemon and bitter orange essential oils, you will feel fresh and rejuvenated.



After lunch, indulge yourself in an Oxygen Skin Calming treatment and a restructuring silk mask impregnated with Absolute Skin Calm Booster Serum to help rebalance and add comfort.. A pure, soothing heaven for your sensitive skin.

After your afternoon snack, enjoy a total sensory experience for your feet. - The Sole Delight Ritual. Warmed aroma-therapeutic oils nourish and condition feet and nails. The extra-rich hydration replenishes and softens your heels and promotes a rich and healing action on your skin.

Finalise your spa journey at the relaxation lounge with your detox infusion to further remove toxins from your body.



An inspiring moment... reading a book at the Library and enjoying the stunning sunset at the Monchique hills!

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Wednesday

This morning, after your hydro-gymnastics session followed by a refreshing breakfast while breathing the pure air of Monchique, you will have a free consultation on how you can improve your overall Image on a regular and systematic basis with simple, non-invasive and non-expensive tools and procedures.



Next, it's time for you to exercise at the fitness centre with the personal trainer! End your morning in the thermal garden between the hammam ritual and the sensation showers. You will leave fresh and energized, ready for a tasty lunch at the terrace bar.

During the afternoon, indulge yourself in a Pro-Collagen Quartz Lift facial treatment, clinically proven to reduce the number of wrinkles and improve skin firmness. It provides immediate results in the fight against time, helps to slow down the signs of premature ageing, reduces the appearance of fine lines and wrinkles, and restructures the eye contour. The power of Padina Pavonica is accelerated by the energy of precious minerals: Quartz, Tourmaline, Rhodochrosite and Malachite to re-energize cell communication, whilst Laminaria Digitata and Red Coral optimize cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.



Take your rebalancing infusions of vitamins and minerals prior to dinner and afterwards don't miss your half an hour walk around the gardens.

At night learn how we can Manage Stress more effectively in a workshop setting or if you're in a mood for something different why not visiting Portimão? Only 15 minutes from the Resort, this city offers a vibrant nightlife.



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Thursday



After breakfast, you will have a doctor's appointment – it is a follow-up consultation to monitor your health improvements – the quality of your sleep, your skin, your mood, your energy, your digestive function.

You will also get the preliminary results on your Anti-Ageing Diagnostic and it is now time to listen to the recommendations you should follow once you are back home. The SPA Manager will also provide you with a personalized 4 month pack of Anti-Ageing supplements (Vitamins, Minerals, Anti-oxidants & Fatty Acids). Your final medical report will be mailed to you and our team will be in touch shortly.

In the afternoon, enjoy the healing and energizing effects of the hydromassage bath that stimulates the lymphatic and circulatory systems using powerful water pressure and appropriate therapeutic oils, herbal and sea extracts. This Spa ritual finishes with an indulgent and unique massage which induces deep relaxation and perfect balance of mind, body and spirit.



After your snack, we will offer you our Exclusive Signature Facial. Combined with a hydrating mask, this is an amazing preventive and restorative Anti-Ageing treatment which unveils an instant glow. This treatment includes a craniofacial massage based on manual pressure, to release neck and shoulder tension and relax face and scalp. The Relaxation lounge awaits you for a detox infusion, to further remove toxins and chemical build up from your body.

At dinner, you'll be both excited and unable to make a choice while looking at the Menu. Chef Olivier's team will surprise you with healthy, nourishing dishes using local ingredients in a glamorous environment.



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It is farewell time and you will feel Rejuvenated, Recharged, Rebalanced and Relaxed! You must obviously be aware and try to work on all that you have achieved in a daily basis with moderation. It should become a way of life, a new attitude in dealing with your most precious asset, your Health.

However, we also know that our daily hectic lives require us to seek for professional help and coaching from time to time. Therefore, Longevity team will be delighted to welcome you back and guide you in your path towards Living Longer and Better!

... *“The same rule that applies to running a company is true for the “management” of our body. A well-organized structure regularly maintained is always better than crisis management.”*
La Clinique de Paris/ Dr. Claude Chauchard