

LONGEVITY
— CLINIC —
CASCAIS

LONGEVITY
Senses

CASCAIS BOUTIQUE HOTEL & CLINIC

Art of Wellness, Pleasure of Life



CONTENTS

| | |
|-----------|---|
| 3 | MISSION & CONCEPT |
| 5 | SERVICES & TREATMENTS |
| 6 | ❖ Medical Senses |
| 7 | Laboratory Diagnostics |
| 8 | Health Evaluation |
| 9 | Health Procedures |
| 15 | ❖ Body Senses |
| 16 | Musculoskeletal & Body Health |
| 22 | Physical Movement |
| 24 | HydroPhyto Therapy |
| 25 | Healing Baths |
| 26 | Body Wraps |
| 27 | Body Scrubs |
| 28 | Body Massages |
| 29 | ❖ Dietetic Senses |
| 33 | ❖ Serenity Senses |
| 35 | ❖ Aesthetic Senses |
| 36 | Body Aesthetics |
| 39 | Face Aesthetics |
| 39 | Facial Rejuvenation Injectable Treatments |
| 41 | Facial Rejuvenation Non-Injectable Treatments |
| 47 | Rules & Etiquette |
| 49 | LONGEVITY HEALTH & WELLNESS PROGRAMMES |
| 50 | Touch of Longevity Wellness |
| 52 | Touch of Longevity Fitness |
| 54 | Touch of Longevity Beauty |
| 56 | Essence of Longevity Senses |
| 58 | Art of Detox |
| 62 | Art of Detox & Optimal Weight |
| 66 | Art of Movement and Body Strength |
| 70 | Art of Longevity - Life Optimization |





MISSION & CONCEPT

At Longevity Clinic, we believe that true wellbeing is both an art and a science — a lifelong journey of balance, vitality, and self-discovery.

Guided by the principles of integrative medicine, we have shaped a unique experience around the **Diamond of Your Wellbeing**: five interconnected **Senses** — Medical, Body, Dietetic, Serenity, and Aesthetic — each essential to achieving lasting health, inner harmony, and the joy of living well.

Through tailored treatments, therapies, and immersive programmes, we invite you to embrace the art of living fully and the science of living longer.

The Diamond of Your Wellbeing

Art of Wellness. Pleasure of Life

At Longevity Senses, your wellbeing is a masterpiece shaped by science, soul,
and the timeless pleasure of living well.

BODY SENSES

*The Vitality
of Your Body*

MEDICAL SENSES

*The Foundation
of Your Health*



DIETETIC SENSES

*The Source
of Your Vitality*

SERENITY SENSES

*The Serenity
of Your Mind*

AESTHETIC SENSES

*The Radiance
of Your Beauty*

SERVICES & TREATMENTS



Medical Senses

Every journey begins with a foundation

Treatments include medical consultations and health procedures, laboratory diagnostics, perfusion therapies, and regenerative technologies designed to restore balance, boost vitality, and support long-term health and wellness.



Medical Senses

Laboratory Diagnostics *

| | |
|--|--------|
| Longevity Evaluation Test | €265 |
| Longevity Vitamins and Minerals Profile | €350 |
| Longevity Hormonal Profile (Male/Female) | €490 |
| Longevity Well-Ageing Profile (Male/Female) | €1,300 |
| Cardiovascular Risk Factors Assessment | €390 |
| Longevity Diabetic Profile | €185 |
| Longevity Anemia Profile | €290 |
| Longevity Thyroid Function Profile | €290 |
| Longevity Heavy Metals Exposure Profile | €360 |
| Liver Function Assessment | €490 |
| Fatty Acid Composition Profile | €280 |
| Oxidative Stress Evaluation | €346 |
| Sexually Transmitted Infections Profile | €580 |
| Longevity Intestinal Health and Microbiome Profile | €580 |
| Food Intolerance Study | €320 |
| Longevity Tumor Markers (Male/Female) | €320 |
| Telomere Length Analysis | €750 |
| NAD+ Health Evaluation | €450 |

Personalized Longevity lab profiles (upon request)

* Requires Medical Prescription (with Consultation)



Health Evaluation

Longevity Medical Consultation

Unlock the secret to a healthier, longer life with our Preventive, Functional, and Personalized Medicine Consultation. Through an integrative and intelligent approach, we uncover the root causes of imbalances — whether due to physiological changes or chronic inflammation. Our mission is to slow the aging process and elevate your quality of life, helping you thrive in every aspect of your well-being.

| | |
|-------------------------------|------|
| 40 min | €180 |
| 20 min Follow-Up Consultation | €90 |

Biophysical Evaluation

Discover a deeper understanding of your body with our comprehensive Biophysical Evaluation. This advanced diagnostic process assesses your unique body composition and biotype. We analyze key parameters such as visceral fat, muscle mass, body mass index (BMI), basal metabolic rate, water levels, and the distribution of fat and lean mass. Gain valuable insights to optimize your health and achieve your wellness goals.

| | |
|--------|-----|
| 15 min | €60 |
|--------|-----|



Health Procedures

Therapeutic Hydrogen Inhalation Therapy

Experience the rejuvenating power of Therapeutic Hydrogen Inhalation, an antioxidant and anti-inflammatory treatment. This innovative therapy offers a wide range of benefits to enhance your overall well-being, including:

- Boosting cognitive function for sharper focus and clarity
- Reducing inflammation for improved comfort and mobility
- Promoting cellular health to support longevity
- Increasing energy levels for a more vibrant life
- Enhancing skin health and tone for a youthful glow

| | |
|--------------------|------|
| 30 min - 1 session | €65 |
| 5-session Pack | -20% |

PREMIUM Colon Hydrotherapy (with personalized supplements) *

Colon hydrotherapy is a therapeutic technique that helps cleanse and eliminate the toxins that accumulate in our intestines. Using specialized and certified equipment, filtered water is introduced into our intestines to restore the balance 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.

The high concentration of probiotics introduced will strengthen and reinforce the intestinal flora population, 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 defense, constipation, and/or diarrhea.

Other substances can be used in combination with probiotics to meet the client's specific needs.

| | |
|--------------------|------|
| 55 min - 1 session | €185 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

* Requires Medical Prescription (with Consultation)



Ozone Therapy *

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.

With ozone therapy, the blood is enriched with ozone and this increases the oxygen content in the blood. The blood enriched in this way flows more easily through the capillary system. This process relieves the heart and circulation significantly and strengthens the body's own defenses.

| | |
|--------------------|------|
| 30 min - 1 session | €155 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Personalized Perfusion Therapy *

Perfusion therapies provide a rapid and efficient method for addressing the body's needs by bypassing the digestive system. Administered based on a personalized medical prescription, these therapies are designed to swiftly correct deficiencies in vitamins, minerals, and trace elements. This approach facilitates the rehydration of the body, detoxification of key physiological systems, enhancement of antioxidant capacity, stimulation of immune function, and promotion of cellular regeneration, ultimately leading to the optimization of overall health and well-being.

The principles underlying Longevity Infusion Therapies are as follows:

- Medically formulated and closely monitored
- Utilization of premium-grade substances
- High-concentration formulations
- Tailored to meet individual needs
- Ensured bioavailability for maximal absorption

| | |
|--------|------|
| 45 min | €245 |
|--------|------|

* Requires Medical Prescription (with Consultation)



Medical Senses

Myers Cocktail Drip

A nutrient infusion designed to promote overall wellness and strengthen the immune system.

45 min €215

Mood Enhancer Drip

Contains precursors to serotonin, the “feel-good” neurotransmitter, promoting relaxation, enhancing wellness, and providing protective benefits for the brain, heart, and nervous system.

45 min €215

Beauty & Hair Drip

Delivers essential vitamins and minerals to support strong hair, nails, and collagen production, contributing to healthy, glowing skin.

45 min €215

Radiant Recovery Drip

Aids in rapid recovery by reducing inflammation and enhancing cellular repair processes.

45 min €215

Metabolic Optimizer Drip

A powerful blend of amino acids and nutrients designed to increase energy, build muscle, and promote fat burning.

45 min €215

Ultimate Detox Drip

The highest antioxidant infusion to assist in detoxifying the body, targeting substances like heavy metals and alcohol, while improving circulation in the lungs, heart, and liver.

45 min €215



Joint Support Drip

Promotes joint and bone strength, accelerates collagen production, and supports muscle repair and wound healing.

45 min €215

Immune Booster Drip

Enhances white blood cell function to help combat pathogens, allergies, and illness.

45 min €215

Vitality Drip

Known as the “anti-aging Hollywood secret,” this infusion supports DNA repair and promotes optimal function across all organ systems, with a special focus on the brain and central nervous system.

60 min €350

Neurobalance and Sleep Drip

A formulation designed to promote healthy sleep patterns and stabilize the nervous system.

45 min €215

Anti-aging Drip

A therapeutic infusion aimed at slowing the aging process and promoting cellular rejuvenation.

45 min €215

Chelation Therapy

A detoxifying treatment designed to remove heavy metals and other toxic substances from the body, improving overall health and circulation.

60 min €350

Personalized IV Treatment

A customized infusion therapy specifically tailored to meet your unique health needs.

45 min €245





Papimi® Cell Re-Energizing & Pain Management Therapy

Papimi® represents the safest method globally for inducing ion induction within cells. This therapy works by restoring the bioelectrical potential required for cellular recovery and overall health maintenance, aiding in the restoration of a biologically younger state.

Papimi® therapy is designed to strengthen weakened cells and is recognized as a new standard in pain reduction treatments. It is widely utilized to influence muscle tone, enhance blood circulation, and activate regenerative processes. Electromagnetic fields generated by Papimi® can penetrate cells, tissues, and organs, activating their electrochemical properties and improving cell and cell membrane function.

The primary objective of Papimi® therapy is to elevate the membrane potential of damaged cells to a physiological range of 70-90 mV, thereby activating the cells. This process restores the normal functioning of the cells, allowing ions to move freely across the cell membrane and enabling cells to resume their primary functions. Thus, the therapy is referred to as ion-induction therapy.

Papimi® therapy is painless, non-invasive, and non-contact. Due to its versatility, Papimi® therapy effectively “prepares” the cells, making them more receptive to other therapeutic modalities. As a result, Papimi® is frequently used in combination with other treatments to enhance their effectiveness.

| | |
|--------------------|------|
| 30 min - 1 session | €150 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Body Senses

Strength, flexibility, vitality: the living facets of your wellbeing

A curated collection of therapeutic treatments designed to relax, restore, and rebalance the body. From personalized massages and osteopathy to hydrotherapy rituals and advanced body therapies, each experience promotes deep renewal and physical well-being.



Musculoskeletal & Body Health

Standard Osteopathy Session

Our innovative systemic approach in osteopathic treatments is designed to restore balance, mobility, and optimal function throughout the body. Using a gentle, hands-on approach, our skilled osteopaths identify and treat the root causes of pain and dysfunction—whether musculoskeletal, visceral, or cranial. This holistic therapy supports relief from chronic pain, posture imbalances, stress-related tension, and a wide range of health concerns, including digestive, respiratory, and circulatory issues. Ideal for recovery, prevention, and long-term well-being, osteopathy aligns your body's natural healing mechanisms for lasting vitality.

| | |
|--------------------|------|
| 55 min - 1 session | €155 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Premium Osteopathy Session (with a Personalized Treatment)

This osteopathic session includes a personalized treatment using advanced technology equipment to address specific issues of the patient.

| | |
|--------------------|------|
| 75 min - 1 session | €185 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Physiotherapy Session (with a Personalized Treatment)

Physiotherapy involves the assessment and treatment of disorders affecting the neuro-musculoskeletal system, using advanced technology equipment to address specific issues of the patient. The primary focus of physiotherapy is the prevention, recovery, re-education, and rehabilitation of physical impairments. The objective is to optimize functional capacity and promote the highest possible level of functional independence for the individual.

| | |
|--------------------|------|
| 55 min - 1 session | €175 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |





Cranio-Sacral Therapy

This manual therapy is designed to assess and enhance the physiological function of the Cranio-Sacral system, which envelops and protects the brain and spinal cord. It works by alleviating abnormal tensions, correcting misalignments, and mitigating the adverse effects of stress on the central nervous system. Cranio-Sacral therapy is a preventative treatment that supports the body's natural defenses against illness. This therapy is particularly effective in improving conditions associated with pain and dysfunction, including migraines, chronic pain, and disorders involving neurovascular system coordination.

| | |
|--------------------|------|
| 50 min - 1 session | €175 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Advanced TECAR Therapy

The Gymna Care represents an advanced and effective application of TECAR therapy, specifically designed for the treatment of osteoarticular conditions and peripheral nervous system disorders. Unlike traditional TECAR therapy, the Gymna Care is capable of delivering high power without a significant increase in temperature. Similar to traditional diathermy, the device operates in pulsed mode, allowing the body time to dissipate the heat generated by the output during the short pause between pulses.

Three different pulse-pause ratios can be selected, offering enhanced flexibility to tailor the treatment for optimal patient outcomes.

TECAR therapy combines contact diathermy and electrotherapy, utilizing electromagnetic energy to stimulate biological tissue. The therapeutic wavelength spectrum ranges from 300 kHz to 1.2 MHz.

Main Applications for TECAR Therapy:

- Post-surgery rehabilitation
- Sports-related injuries
- Muscle and tendon disorders
- Spinal and peripheral joint conditions
- Neuropathies
- Scar tissue treatment
- Acute and chronic pain management
- Pelvic floor rehabilitation
- Physio-aesthetics

| | |
|--------------------|------|
| 30 min - 1 session | €125 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



TESLAChair™ for Pelvic Floor Therapy

The TESLAChair™ utilizes advanced Functional Magnetic Stimulation (FMS) technology to effectively treat weakened pelvic floor muscles and various typ. FMS treatment enhances the strength and endurance of the pelvic floor muscles. In addition to muscle strengthening, the therapy educates patients on proper exercise techniques to further reinforce these muscles. This approach provides effective, long-term relief from issues such as involuntary urine leakage and weakened pelvic floor muscles.

| | |
|--------------------|------|
| 30 min - 1 session | €100 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

TESLAChair™ for Lower Back Therapy

The TESLAChair™ treatment is a painless, non-invasive, and effective therapeutic modality designed to address issues in the lower back region. This therapy works by stimulating muscles and enhancing circulation, all without direct skin contact. The treatment procedure is straightforward and does not require special preparation from the patient. During the therapy, the patient simply sits in the chair, and the applicator's position in the backrest can be adjusted to precisely target the lower back area for optimal stimulation.

| | |
|--------------------|------|
| 30 min - 1 session | €100 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Infrared Light Energy Therapy

Infrared light energy therapy utilizes low-frequency electromagnetic waves delivered through infrared energy lamps to transmit heat for therapeutic purposes, promoting overall well-being and care of the body. The therapeutic effects of this treatment are primarily based on the generation of heat within the tissues, which can yield various beneficial outcomes, including:

- Antispasmodic effects
- Analgesic properties
- Reduction in joint stiffness

| | |
|--------------------|------|
| 30 min - 1 session | €75 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Electrotherapy treatment

Electrotherapy is a physiotherapeutic treatment that employs electrical currents to stimulate targeted areas of the body affected by nerve pain, inflammation, muscle atrophy, and musculoskeletal injuries. This therapeutic modality aims to promote healing, alleviate pain, and restore functional movement.

| | |
|--------------------|------|
| 30 min - 1 session | €100 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Percutaneous Neuromodulation

Percutaneous Neuromodulation (PNM) is a technique that involves the stimulation of neuro-reactive points in the body using dry needling or acupuncture needles, in conjunction with electrotherapy equipment. PNM is effective in the management of both acute and chronic pain, as well as neuro-musculoskeletal dysfunctions, by facilitating the restoration of normal nervous system function.

| | |
|--------------------|------|
| 30 min - 1 session | €125 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

High Intensity Laser Therapy

High Intensity Laser Therapy (HILT) utilizes laser light to induce biostimulation and accelerate cellular processes, contributing to pain reduction and promoting faster recovery following injury. The photomechanical waves generated by the laser stimulate nerve endings, leading to pain relief. Additionally, biostimulation of the affected tissue enhances oxygen absorption and improves blood circulation. The combination of 20 W power and a 1064 nm wavelength allows the laser to effectively target deep tissues, maximizing pain relief and providing potent thermic therapy in a short treatment duration.

| | |
|--------------------|------|
| 30 min - 1 session | €125 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Physical Movement



Physical Movement Classes

Group The Longevity Activity Plan (Body & Mind) offers daily group classes tailored to beginners and intermediate participants, focusing on both physical and mental well-being.

Duration: 50 min

Price: €30 per person, per class

Individual Classes Personal Training
We provide personalized indoor and outdoor training sessions, designed to accommodate various fitness levels and tailored to individual needs.



Class Offerings:

| | |
|-----------------------------|--|
| Flow Motion | A class combining the fundamentals of Tai Chi, stretching, power yoga, and Pilates. Ideal for enhancing flexibility, relieving stress, stretching deep muscles, and improving posture. |
| Yoga | A practice focused on flexibility, strength, and mindfulness. |
| Pilates Mat | Targeted exercises to improve core strength, flexibility, and overall body awareness. |
| Intense Fat Burning | A high-intensity class designed to accelerate fat loss and improve cardiovascular health. |
| Body Shape | A class focusing on toning and sculpting the body. |
| Balance and Strength | Exercises designed to improve stability, muscle strength, and coordination. |
| Total Stretch | A comprehensive stretching session to enhance flexibility and muscle relaxation. |
| Outdoor Walking | A walking programme conducted outdoors to improve cardiovascular health and endurance. |

| | 1 Pax | 2 Pax |
|--------------------|--------------|--------------|
| 55 min - 1 session | €95 | €125 |
| 3-session Pack | -10% | -10% |
| 6-session Pack | -20% | -20% |



HydroPhyto Therapy

Charcot Shower Therapy

Charcot Shower Therapy operates on the principle of directing a jet of water with varying impact force at the patient's body. The water alternates in temperature between 20°C and 40°C. These temperature fluctuations stimulate the desired effects: enhancing blood and lymph flow to tissues, strengthening blood vessels, and accelerating metabolism, which aids in the removal of toxins from the body. The therapeutic benefits of Charcot Shower Therapy include:

- Improved skin and muscle tone
- Enhanced circulation of blood and lymph
- Reduction in the appearance of cellulite
- Increased elimination of excess water and metabolic waste products
- Restoration of energy levels
- Enhancement of both physical and mental well-being
- Alleviation of chronic fatigue
- Rehabilitation following musculoskeletal disorders
- Relief from joint diseases and fibromyalgia

15 min - 1 session

€75

Hydrotherapy Ritual: "Senses of Water"

This comprehensive hydrotherapy ritual includes a sensorial multijet bath, a flotation body treatment with a wrap, and Charcot shower therapy. Each component of the treatment is designed to promote relaxation, improve circulation, and enhance overall well-being through the therapeutic effects of water-based therapies.

60 min - 1 session

€175

3-session Pack

-10%

6-session Pack

-20%



Body Senses

Healing Baths

Thermal Magnesium Bath

A Thermal Magnesium Bath combines the therapeutic properties of warm water with the detoxifying and healing effects of magnesium. This treatment offers numerous benefits for both physical and mental well-being such as muscle relaxation and pain relief, stress reduction and mental relaxation, detoxification.

| | |
|--------------------|------|
| 30 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Detoxifying Bath

A Detoxifying Bath is designed to cleanse the body by removing toxins, enhancing overall health, and rejuvenating the skin. The therapeutic properties of the bath promote a holistic sense of well-being.

| | |
|--------------------|------|
| 30 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Draining Bath

A Draining Bath is designed to improve lymphatic drainage, reduce fluid retention, and promote detoxification. The therapeutic effects of this bath support overall wellness and help to Improved Skin Tone, achieve a more sculpted and refreshed body.

| | |
|--------------------|------|
| 30 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Body Senses

Body Wraps

Therapeutic Mud Body Wrap

A Therapeutic Mud Body Wrap utilizes the healing properties of natural therapeutic mud to deliver a range of restorative benefits for both the body and mind. This treatment is designed to promote detoxification, relieve pain, and enhance skin health

| | |
|--------------------|------|
| 40 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Zeolite Clay Body Wrap (Volcanic Mud Wrap)

A potent detoxifier for heavy metals, with anti-inflammatory and analgesic effects for joint pain. This treatment tones the body, stimulates muscle activity, reduces subcutaneous fat, promotes the resorption of stretch marks, and improves skin elasticity and firmness.

| | |
|--------------------|------|
| 40 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Seaweed Detoxifying & Draining Wrap

A detoxifying, draining, and remineralizing treatment that combats cellulite and reduces skin flaccidity and early wrinkles through the action of collagen and mineral salts.

| | |
|--------------------|------|
| 40 min - 1 session | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Body Senses

Body Scrubs



Revitalizing Detox Scrub
Grape, Olive, and Rosemary Scrub
Enzymatic Body Repair Scrub

30 min - 1 session

€95

3-session Pack

-10%

6-session Pack

-20%



Body Massages

Lymphatic Detox Drainage Massage

Lymphdrainer is a non-invasive lymphatic drainage device for beauty care that helps accelerate fluid flow and stimulates metabolism. By optimizing the lymphatic system, this device provides numerous therapeutic benefits for both body and facial care treatments:

- Draining and counteracting oedemas
- Stimulating the skin's microcirculation
- Helping to eliminate toxins
- Stimulating oxygenation

| | |
|--------------------|------|
| 60 min - 1 session | €150 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

| | 60 min | 90 min |
|--|--------|--------|
| Longevity Deep Tissue massage | €125 | €175 |
| Oriental massage therapy | €125 | €175 |
| Contouring and Firming massage therapy | €125 | €175 |
| Longevity Stress Relief massage therapy | €125 | €175 |
| Sport body massage | €125 | €175 |
| Head and Shoulders massage therapy | €125 | €175 |
| Volcanic Hot Stone massage therapy | €125 | €175 |
| Reflexology | €125 | €175 |
| 5-session Pack | -20% | -20% |

Hands Spa Ritual

Complete Spa care for the youth and beauty of your hands. Spa manicure Longevity experience. €115

Foot Spa Ritual

Complete Spa care for the youth and beauty of your feet. Spa pedicure Longevity experience. €125



Dietetic Senses

Every vibrant life is crafted from what you choose to nourish it with

Intelligent nutrition designed for long-term wellness. Through expert consultations, targeted supplementation, and therapeutic meal plans, we support metabolic balance, detoxification, and overall well-being.



Integrative Nutrition Consultation with Lifestyle and biophysical evaluation

Nutrition consultation with 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.

50 min

€165

Detox Kit

Per Night €30

Longevity Hydrogen Water Bottle

€165



Collection of Longevity Supplements and Formulas

Prices below are for a 1 month cure

Longevity believes that lifestyle changes towards a wellness driven way of life is the most sustainable strategy to optimise health and prevent disease.

However, modern life is associated with several daily aggressions, which cause a stress to our wellbeing and immune system, and even a good practise of regular exercise and nutrition may not be enough to counteract their negative effects. Longevity has developed a series of exclusive nutraceuticals' formulae leveraged on its know how of the main areas of need of its customers and on which substances and with what dosages are the most appropriate for a high impact complement of good wellness practices.

Longevity formulae are characterized by:

- High quality pharmaceutical producer
- Rigorous quality control, with state of the art technology;
- Supervised by highly qualified pharmacists;
- Free from preservatives, artificial flavouring and colouring;
- Vegan Friendly;
- The right combination of substances and concentrations for maximum effectiveness.

Digestive System

| | |
|------------------------------------|-----|
| Longevity Digestive Active Enzymes | €56 |
| Longevity Probiotical Formula | €56 |
| Longevity Fiber Formula | €42 |

Gender Health

| | |
|-----------------------------------|-----|
| Longevity Female Hormonal Balance | €58 |
| Longevity Sex Drive | €55 |

Cardiovascular Health

| | |
|---------------------------------|-----|
| Longevity Cardiovascular Health | €55 |
|---------------------------------|-----|



Dietetic Senses

Beauty

Longevity Beauty Formula €65

Detox

Longevity Liver Detox Cure €65

Mental Balance

Longevity Emotional Balance and Rest €55

Immune System

Longevity Immune Booster €55

Musculoskeletal Health

Longevity Osteo Flexibility Formula €65

Metabolism

Longevity Metabolic Formula €65



Serenity Senses

Stillness is the secret jewel of a long, vibrant life

Through gentle therapies, mindful practices such as yoga, breathwork, meditation, and energy-balancing therapies, guests are invited to unwind, reconnect, and embrace stillness in a nurturing space of tranquility. Designed to reduce stress, enhance focus, and restore emotional harmony, each session helps reconnect body, mind, and soul in a serene and supportive environment.



Mindfulness & Guided Meditation Therapy

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.

50 min - 1 Session €125

Healing Pranayama Therapy

By learning professional breathing techniques to realize our inner self, 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.

50 min - 1 Session €125

Reiki

Working on an emotional, mental and spiritual level, Reiki uses light or even non-contact massage to realign the flow of vital energy, rebalance the body and leave you with an improved sense of well-being.

50 min - 1 Session €125

Mind Wellness Yoga

A yoga session focused on the mind balance and wellbeing.

| | |
|----------------------------|------|
| 55 min - 1 Session - 1 Pax | €95 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Aesthetic Senses

Refining the outer brilliance that mirrors your inner vitality

Advanced and smart treatments combining the latest technology with expert care to rejuvenate and enhance your natural beauty. From personalized facials and skin therapies to body contouring and anti-aging solutions, each experience is tailored to reveal radiant, healthy, and youthful skin.



Body Aesthetics

Body Aparatology

Icoone Laser Med Body

The new icoone® LASER MED device combines three of the most modern technologies: ROBODERM, LED lifting and laser lipolysis to achieve excellent results in the treatment of skin defects. Thanks to the innovative patented Roboderm® technology, there is a powerful effect on microvacuoles (multi-microalveolar stimulation).

The use of laser and LED radiation allows icoone® LASER MED to achieve fast and focused results, and a set of medical programmes and specific procedures ensures effective tissue mobilization in the subcutaneous layers and stimulation of even the smallest areas of the skin

| | |
|--------------------|------|
| 50 min - 1 session | €175 |
| 6-session Pack | -20% |

Accent Prime X Body

The Accent Prime X treatment combines two advanced technologies—ultrasound and radio frequency—on a single platform, offering a highly effective solution for body contouring and skin rejuvenation. This treatment utilizes both modalities sequentially to provide comprehensive benefits for a range of body concerns. The alma accent prime X is used on the body to target: localised adipose tissue, cellulite, skin laxity, reduction of body circumference.

| | |
|-----------------|------|
| 30 min - 1 zone | €185 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



High Intensity Electromagnetic Trainer

The High-Intensity Electromagnetic Trainer is an advanced device designed to enhance muscle mass using electromagnetic energy. Also referred to as Functional Magnetic Stimulation (FMS), it delivers high-frequency electromagnetic pulses, inducing intense muscle contractions—up to 50,000 contractions in just 30 minutes.

| | |
|-----------------|------|
| 30 min - 1 zone | €115 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Cryotherapy Full Body

Cold therapy is thought to stimulate your sympathetic nervous system, your body's flight or fight response, causing a release of noradrenaline, a neurotransmitter and hormone that's been shown to reduce pain signals in studies done on animals. Several studies have found cryotherapy lowered oxidative stress. It also lowered inflammation by reducing the production and release of pro-inflammatory substances while increasing the production and release of anti-inflammatory substances. Exposing the skin and muscle to cold causes your blood vessels to constrict and lower peripheral blood flow, which may help decrease inflammation and swelling after an injury or exercise. Cold exposure may also lower enzyme activity and increase metabolism.

| | |
|----------------|------|
| 15 min | €115 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Healing Dome Therapy

This session offers not only a “healing” effect but also a powerful preventive action through the use of far infrared rays. Benefits include detoxification, slimming, anti-aging, jet lag recovery, relaxation, physical preparation, and muscle recovery. A 30-minute session is equivalent to running 20 kilometers and can burn approximately 600 calories.

| | |
|----------------|------|
| 1 Session | €165 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Medical Pressotherapy Lymphastim

Medical Pressotherapy Lymphastim is a comfortable, body-focused medical-aesthetic treatment that utilizes mechanical lymphatic drainage. It effectively addresses issues such as veno-lymphatic disorders, cellulite, fat accumulation, and fluid retention.

| | |
|--------------------|------|
| 30 min - 1 Session | €55 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Ultraformer MPT Body

Ultraformer MPT Body uses macro-focused ultrasound to target deep layers of fat, effectively destroying adipocytes and reducing localized fat and sagging. It is ideal for treating areas such as the double chin, abdomen, arms, knees, buttocks, and inner thighs. The treatment also promotes firmer skin, helping it regain much of its lost tone.

| | |
|--------------------|-------------------------|
| 1 Session - 1 zone | Subject to consultation |
|--------------------|-------------------------|



Face Aesthetics

Aesthetic Consultation with Facial Evaluation

This appointment is dedicated to assessing the patient's aging process and individual needs. A personalized, "à la carte" aesthetic treatment plan will be created to align with the patient's expectations. During the consultation, the patient will receive guidance on preventing premature skin aging, along with recommendations for suitable cosmetics and techniques tailored to their skin type and age.

30 min

€125

Facial Rejuvenation Injectable Treatments

Neuromodulation Treatment

Cosmetic neuromodulators are medically administered, purified proteins that reduces muscle activity causing frown lines for a smoother, more youthful appearance.

€400 per Ampoule

Mesotherapy treatment with polynucleotides

Polynucleotides are a newly emerging trend in anti-ageing injections that stimulate tissue repair and encourage restoration and regeneration of the skin from within. They can be used in a wide range of applications as a rejuvenating treatment for older skin and as a preventative treatment for younger skin. Polynucleotides (full name polydeoxyribonucleotides) are long chains of nucleotides that make up DNA and RNA molecules. They are derived from fragments of fish DNA (which resemble human DNA), which means they have the ability to function as a biostimulator, kick-starting regeneration in the skin. Not only are they anti-inflammatory, thanks to their antioxidant properties, but they increase collagen production, resulting in a thicker, healthier epidermis.

Price from €360



Mesotherapy with biomimetic peptides

Exclusive combination of peptides that act synergistically to reduce expression wrinkles, moisturize and improve the appearance of the skin.

Price from €255

Collection of Personalized Biorevitalizers

Biorevitalizers are injectable treatments designed to deeply hydrate and rejuvenate the skin. These formulations deliver moisture and essential nutrients directly into the dermis, promoting enhanced elasticity, improved texture, and accelerated cellular renewal. The treatment stimulates the production of new collagen, facilitating effective skin rejuvenation at a cellular level for visibly healthier, more youthful skin.

Price from €350

MesoEye -periorbital aesthetic treatment

This powerful meso cocktail is scientifically developed to lift and revitalize the delicate skin around your eyes. The meso cocktail contains all the intermediate substances in the Krebs cycle. DMAE and carnosine, both of which are known for their firming and strengthening properties, are the central energy-giving part of aerobic oxidation. Meso eye lift stimulates and activates the relative enzymatic functions on the mitochondria, which act as the cell's power plant. It removes the barriers that occur in the cell's onset of the lactic acid phase.

Price from €350



Facial Rejuvenation Non-Injectable Treatments

Biorevitalization Brightening Peel

A peel that stimulates the regeneration of the skin without involving exfoliation of the epidermis. It helps to strengthen the radiance and brightness of the skin, correct skin imperfections of the skin and reduce stretch marks.

| | |
|----------------|------|
| 1 Session | €195 |
| 3-session Pack | -10% |

Personalized Resurfacing Peel

This treatment is tailored to address your unique skin concerns, utilizing customized formulations to exfoliate, renew, and revitalize the skin for optimal results.

| | |
|----------------|------|
| 1 Session | €195 |
| 3-session Pack | -10% |

Medical Microneedling Treatment with a Personalized Serum

Medical microneedling, also known as collagen induction therapy, is a highly effective and natural treatment that stimulates the skin's self-repair mechanisms. By creating controlled micro-injuries in the dermis, this procedure promotes collagen and elastin production, offering both anti-aging and restorative benefits. The use of a personalized serum enhances the treatment's efficacy by delivering targeted nutrients to the skin.

| | |
|--------------------|------|
| 50 min - 1 Session | €225 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Exosome Skin Regeneration Therapy

Exosome therapy offers advanced benefits for skin rejuvenation by harnessing the regenerative properties of extracellular vesicles. Exosomes promote cellular growth and repair, stimulate collagen synthesis, and enhance skin hydration and elasticity. Additionally, they help reduce inflammation and oxidative stress—key contributors to skin aging—providing comprehensive anti-aging and restorative effects.

30 min

€550

Accent Prime X Face

Accent Prime is a non-invasive treatment that utilizes fractional radiofrequency and/or ultrasound technology to tighten and rejuvenate the skin. It is an effective solution for addressing fine lines, wrinkles, loose skin, sun damage, stretch marks, and scars. The procedure involves the use of a handheld device that delivers energy to the skin in a fractionated pattern, allowing precise targeting of specific areas while minimizing impact on the surrounding tissue. This advanced approach promotes collagen remodeling and skin regeneration for a smoother, firmer, and more youthful appearance.

30min - 1 Session

€185

3-session Pack

-10%

6-session Pack

-20%



Icoone® Laser Med Face

The Icoone® Face Lift is an advanced, non-invasive treatment designed to enhance facial contours, lift the skin, and reduce fat deposits in areas such as the chin. It effectively diminishes wrinkles, improves lip contours, and stimulates the production of elastin and collagen for firmer, more toned skin. This innovative therapy also addresses the appearance of scars and promotes skin rejuvenation through massage using Icoone® handpieces, which enhance microcirculation and oxygenate the tissues. Simultaneously, connective tissue fibers are stretched, and cells in the fibrous tissue are activated, resulting in visible improvements to skin quality. With just a few sessions, the skin becomes noticeably more toned and elastic. As one of the most effective anti-aging treatments available, the Icoone® Face Lift works at a deeper level to target the root causes of wrinkles—all without invasiveness or side effects.

| | |
|-------------------|------|
| 30min - 1 Session | €175 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Photodynamic LED Therapy - DERMALUX

LED Phototherapy is a non-invasive treatment that harnesses clinically proven light energy to stimulate the skin’s natural rejuvenation and repair processes, all without pain or downtime. At The Longevity Senses, we utilize the Dermalux Tri-Wave MD, the most advanced and powerful phototherapy device available.

This treatment is effective for addressing a range of skin conditions, including acne, rosacea, psoriasis, pigmentation issues, dermatitis, and general signs of aging. Photodynamic skin therapy is an innovative cellular rejuvenation approach that targets and “cleanses” tissues with altered cellular metabolism—often a key factor in aging—while simultaneously stimulating collagen synthesis for improved skin vitality and appearance.

| | |
|-------------------|------|
| 30min - 1 Session | €100 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Ultraformer MPT Face

Ultraformer MPT is a non-surgical, antiaging treatment that uses the latest HIFU technology of 2024 to provide more effective, fast and comfortable results. It induces a tightening and lifting effect on the skin using micropulse technology, which stimulates new collagen and elastin within the deepest layers of the skin to restore youthfulness.

1 Session - 1 zone

Subject to consultation

Facial Cleansing Skin Care

This non-invasive, non-ablative multi-step facial treatment delivers a powerful combination of benefits. It includes gentle peeling, thorough facial cleansing, impurities extraction, and deep hydration with targeted nutrients. The treatment not only purifies the skin but also stimulates skin tightening and rejuvenation, promoting a healthier, more radiant complexion.

50min - 1 Session

€210

Geneo X Facial

The Geneo X system combines the power of four advanced technologies—OxyGeneo, TriPollar RF, ESA (Electrical Skin Activation), and Ultrasound. Each technology can be applied independently to target specific concerns or combined for a synergistic effect that delivers comprehensive skin rejuvenation. This personalized treatment is suitable for all ages, skin types, and seasons, offering immediate and long-lasting results. Whether you seek enhanced hydration, improved texture, or firmer, more radiant skin, the Geneo X helps you rediscover and fall in love with your skin.

50min - 1 Session

€265

3-session Pack

-10%

6-session Pack

-20%





Face Lymphatic Drainage Massage

Facial lymphatic drainage massage is both a cosmetic and functional procedure designed to address various skin and facial concerns. By stimulating the lymphatic system, this treatment reduces puffiness and natural swelling in the face. Improved lymphatic circulation enhances the removal of toxins and excess fluid, promoting a healthier, more glowing, and radiant complexion.

| | |
|-------------------|------|
| 45min - 1 Session | €145 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Myoplastic Face Sculpting Massage

This therapeutic massage offers a natural lifting effect while deeply relaxing facial muscles. It improves the mobility of myofascial structures, enhances blood circulation, and promotes efficient lymphatic drainage. The result is rejuvenated, healthier-looking skin with improved tone and elasticity.

| | |
|-------------------|------|
| 70min - 1 Session | €165 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |

Longevity Senses Facial Massage

Experience the rejuvenating power a deeply effective facial massage technique that focuses on lifting, sculpting, and rebalancing the facial structure. This method targets the facial bones and deep muscle layers to improve circulation, stimulate lymphatic drainage, and reduce puffiness and sagging. The result is a visibly firmer, more sculpted, and radiant appearance after just a few sessions.

| | |
|-------------------|------|
| 45min - 1 Session | €125 |
| 3-session Pack | -10% |
| 6-session Pack | -20% |



Rules & Etiquette

Hours of Operation

The Longevity Clinic, Wellness & Spa is open daily as follows:

Longevity Spa - 10h00 - 19h00

Longevity Wellness - 10h00 - 19h00

Longevity Clinic - 08h00 - 19h00

Gym - 08h00 - 22h00

Certain services may be available by prior booking outside regular hours - please inquire at reception.

Reservations

To ensure availability and your preferred schedule, we recommend booking your treatments **in advance**. You may book:

- At the Spa Reception
- At the Clinic Reception
- At the Hotel Concierge
- By email:
 - spa@longevitycascais.com
 - clinic@longevitycascais.com

Arrival

Please arrive at least **15 minutes before** your treatment time to allow for check-in. Late arrivals may result in a reduced treatment time, in order to respect the next client's appointment.

Cancellation Policy

Should you need to cancel or reschedule, please notify us **on the day prior** to your appointment. Cancellations made **less than 24 hours** before the appointment or **no-shows** will be **charged the full cost (100%)** of the treatment.

Spa Attire & Valuables

- For your comfort, we recommend using the **robe and slippers provided in your room** and, at the Spa reception, wet area slippers are available upon request.
- A **swimsuit is required** when using **sauna, Turkish bath, or common area hydrotherapy** facilities.
- Please **leave valuables in your room** whenever possible, as locker availability is limited and we cannot ensure secure storage for all guests.



Rules & Etiquette (cont.)

Recommendations for Wellbeing

- Stay hydrated before and after treatments.
- Speak with your therapist if you have any personal preferences or sensitivities.

Medical Information

If you are under medical treatment or have any health condition, including pregnancy, please consult your physician before booking.

Kindly inform our team of any **health concerns or allergies** prior to your treatment to ensure your safety and comfort.

Our Team

Our team operates under the guidance of a Medical & Wellness Director. All treatments are carried out by qualified professionals trained in advanced therapeutic and aesthetic care.

We are committed to ongoing training and excellence to provide the highest standards of service.

Products & Application

Our high-quality products are selected for their efficacy and safety. Your therapist may recommend personalised products tailored to your skin or wellness goals.

Wellness Concierge

A dedicated Wellness Concierge is available to assist with:

- Bookings
- Rescheduling and personalising your experience
- Product or treatment recommendations

Please contact the Clinic or Spa Reception for assistance.

Children Policy

Guests must be **15 years or older** to access the Spa, Wellness and Clinic facilities.

General Policy

- The use of the Clinic, Wellness and Spa equipment must be responsible and safe.
- Smoking and alcohol consumption are not allowed in all areas of the Longevity Clinic, Wellness and of the Spa.
- Mobile phones should be set to silent mode to preserve the relaxing atmosphere.
- Respectful behaviour towards all guests and staff is essential.
- Any form of inappropriate conduct will not be tolerated.



LONGEVITY HEALTH &
WELLNESS PROGRAMMES



Touch of Longevity Wellness

Duration: 2, 3 or 4 nights

Discover the transformative power of wellness with our signature Touch of Longevity Wellness programme at Longevity Senses. Designed to restore harmony between body, mind, and soul, this programme integrates therapeutic body treatments, holistic healing therapies, and body practices to promote deep relaxation, vitality, and longevity.



Goals

- 💎 Deep Relaxation & Stress Relief
- 💎 Revitalization of Body & Mind
- 💎 Detoxification & Lymphatic Stimulation
- 💎 Enhanced Skin & Body Hydration

Touch of Longevity Wellness

| WHAT'S INCLUDED | 2 nights | 3 nights | 4 nights |
|---|----------|----------|----------|
| Accommodation | ✓ | ✓ | ✓ |
| Healthy & Tasty Breakfast | ✓ | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ | ✓ |
| Access to the gym | ✓ | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ | ✓ |
| Longevity 60-Minute Massage Therapy (on choice) | 1 | 2 | 2 |
| Healing Dome Therapy | 1 | 1 | 1 |
| Medical Pressotherapy Lymphastim | 1 | 1 | 2 |
| Healing Bath, Wrap, or Scrub | 1 | 2 | 3 |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area



Touch of Longevity Fitness

Duration: 2, 3 or 4 nights

The Touch of Longevity Fitness programme is designed for those who seek to enhance physical performance, build strength, and improve overall vitality through a combination of advanced fitness training, therapeutic treatments, and holistic wellness practices.



Goals

- 💎 Improves Physical Strength & Endurance
- 💎 Boosts Metabolism & Fat Burning
- 💎 Promotes Recovery & Injury Prevention
- 💎 Enhances Mobility & Joint Health
- 💎 Restores Energy & Vitality

Touch of Longevity Fitness

| WHAT'S INCLUDED | 2 nights | 3 nights | 4 nights |
|--|----------|----------|----------|
| Accommodation | ✓ | ✓ | ✓ |
| Healthy & Tasty Breakfast | ✓ | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ | ✓ |
| Access to the gym | ✓ | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ | ✓ |
| Personal Training Session | 1 | 2 | 3 |
| Cryotherapy Full Body | 1 | 1 | 2 |
| Medical Pressotherapy Lymphastim | 1 | 1 | 2 |
| High-Intensity Electromagnetic Trainer | 1 | 1 | 2 |
| Healing Bath, Wrap, or Scrub | 1 | 2 | 3 |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area



Touch of Longevity Beauty

Duration: 4 nights

Experience the ultimate fusion of science and beauty with our Touch of Longevity Beauty programme, designed to enhance your natural radiance, restore skin vitality, and promote a youthful glow. This exclusive beauty and wellness retreat at Longevity Senses combines advanced aesthetic technologies, holistic skin therapies, and rejuvenating face and body treatments to leave you feeling refreshed, revitalized, and radiant from the inside out.



Goals

- 💎 Revitalizes & Hydrates the Skin
- 💎 Improves Skin Elasticity & Firmness
- 💎 Detoxifies & Oxygenates the Skin
- 💎 Reduces Puffiness & Signs of Fatigue
- 💎 Boosts Overall Health & Radiance

Touch of Longevity Beauty

| WHAT'S INCLUDED | 4 nights |
|--|----------|
| Accommodation | ✓ |
| Healthy & Tasty Breakfast | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ |
| Access to the gym | ✓ |
| Body & Mind Group Classes | ✓ |
| Facial Evaluation | 1 |
| Facial Cleansing Skin Care | 1 |
| Geneo X Facial | 1 |
| Face Lymphatic Drainage Massage | 1 |
| Icoone Laser Med (Face or Body) | 1 |
| Healing Bath, Wrap, or Scrub | 2 |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area



Essence of Longevity Senses

Duration: 3, 5, or 7 Nights

Designed for those who seek to experience and embrace the essence of Longevity Senses, this programme offers a holistic journey toward rejuvenation, relaxation, and overall well-being.



Goals

- 💎 Enhance Physical Vitality
- 💎 Boost metabolism and energy levels
- 💎 Promote Detoxification & Cellular Renewal
- 💎 Support cellular regeneration with advanced therapies such as oxygenation, IV infusions, and hydrotherapy
- 💎 Support general Well-being
- 💎 Rejuvenate Skin & Body or Skin & Beauty Enhancement
- 💎 Optimize Lifestyle for Longevity
- 💎 Encourage Deep Relaxation & Stress Reduction
- 💎 Physical Revitalization & Detoxification

Essence of Longevity Senses

| WHAT'S INCLUDED | 3 nights | 5 nights | 7 nights |
|---|----------|----------|----------|
| Accommodation | ✓ | ✓ | ✓ |
| Healthy & Tasty Half-Board (Breakfast and Dinner) | ✓ | ✓ | ✓ |
| Hydrogen Water (bottle included) | ✓ | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ | ✓ |
| Access to the gym | ✓ | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ | ✓ |
| Biophysical Evaluation & Face Skin Evaluation | 1 | 1 | 1 |
| Longevity Medical Consultation | – | 1 | 1 |
| Papimi Session | 1 | 1 | 2 |
| Osteopathy Session with a Personalized Treatment | 1 | 1 | 1 |
| TESLAChair Therapy for Pelvic Floor & Lower Back | 1 | 2 | 3 |
| Personal Training Session | 1 | 2 | 3 |
| Mind Wellness Yoga Session | – | 1 | 1 |
| Hydrotherapy Ritual - Sense of Water | 1 | 1 | 2 |
| Longevity 60-Minute Massage Therapy (on choice) | 1 | 2 | 3 |
| Lymphatic Detox Drainage Therapy | – | 1 | 1 |
| Medical Pressotherapy Lymphastim | 1 | 2 | 2 |
| Icoone Laser Med Session (Face or Body) | 1 | 1 | 2 |
| Full-Body Cryotherapy Session | 1 | 1 | 2 |
| Healing Dome Therapy | 1 | 1 | 2 |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area



Art of Detox

Duration: 5 or 7 nights

Embark on a profound cleansing journey with the Art of Detox with Longevity Senses—a transformative programme designed to eliminate toxins, restore balance, and revitalize your body from within. This carefully curated experience integrates advanced medical detox therapies, holistic treatments, and personalized nutrition to promote cellular regeneration, optimal digestion, and deep purification.

Through a scientific yet natural approach, this programme supports the body's natural detoxification pathways, boosting energy levels, enhancing digestion, and restoring skin radiance. Whether you seek a metabolic reset, improved vitality, or deep cleansing, our specialized detox treatments will guide you toward optimal health and well-being.



Goals

- ◆ Eliminates Toxins & Supports Liver Function
- ◆ Boosts Digestion & Gut Health
- ◆ Reduces Inflammation & Fluid Retention
- ◆ Enhances Metabolism & Weight Balance
- ◆ Strengthens Immune System
- ◆ Promotes Mental Clarity & Emotional Balance
- ◆ Rejuvenates Skin & Cellular Health

Art of Detox

| WHAT'S INCLUDED | 5 nights | 7 nights |
|--|----------|----------|
| Accommodation | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ |
| Access to the gym | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ |

Dietetic Senses

| | | |
|---|---|---|
| Longevity Healthy & Tasty Full Board Wellness Meal Plan ^{b)} | ✓ | ✓ |
| Hydrogen Water (bottle included) | ✓ | ✓ |
| Personalized Longevity Herbal Tea | ✓ | ✓ |
| Detox Kit (enema OR Epsom Salts and detox supplements) | ✓ | ✓ |
| Longevity Liver Detox Cure Supplement (1-month cure) | ✓ | ✓ |
| Integrative Nutrition Consultation ^{c)} | ✓ | ✓ |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area

^{b)} Includes morning & afternoon juices, teas, snacks, and balanced meals - liquid, semi-liquid, or solid

^{c)} Includes lifestyle and biophysical assessment + follow-up



Art of Detox

| Medical Senses | 5 nights | 7 nights |
|--|----------|-----------------|
| Lab Diagnostics: Longevity Evaluation Lab Test | 1 | 1 |
| Biophysical Evaluation | 1 | 1 |
| Longevity Medical Consultation | 1 | 2 ^{d)} |
| Premium Colon Hydrotherapy | 1 | 1 |
| Ozone Therapy | 1 | 1 |
| Perfusion IV Therapy | 1 | 1 |
| Hydrogen Inhalation Therapy | 1 | 2 |
| Papimi Cell Re-Energizing Therapy | 1 | 2 |

Body Senses

| | | |
|--|---|---|
| Osteopathy Session with a Personalised Treatment | 1 | 1 |
| Personal Training Session | 1 | 1 |
| Hydrotherapy Ritual – Senses of Water | 1 | 1 |
| Seaweed Detox Wrap | 1 | 2 |
| Lymphatic Detox Drainage Massage | 1 | 2 |
| Longevity 60-Minute Massage Therapy (on choice) | 1 | 2 |

^{d)} 1 standard and 1 follow-up session



Art of Detox

| Aesthetic Senses | 5 nights | 7 nights |
|----------------------------------|-----------------|-----------------|
| Cryotherapy Full Body | 1 | 1 |
| Healing Dome Therapy | 1 | 1 |
| Medical Pressotherapy Lymphastim | 1 | 2 |
| Face Evaluation | 1 | 1 |
| Facial Cleansing Skin Care | 1 | 1 |

Serenity Senses

| | | |
|--------------------------|---|---|
| Mind Wellness Yoga Class | 1 | 1 |
|--------------------------|---|---|



Art of Detox & Optimal Weight

Duration: 7 or 14 Nights

Restore your body's natural balance, eliminate toxins, and achieve optimal weight with our Art of Detox & Optimal Weight programme. Designed by longevity experts, this immersive wellness experience combines medical detoxification, holistic therapies, and advanced body-sculpting treatments to cleanse, renew, and energize your body from within. This personalized programme is ideal for those seeking to reset their metabolism, enhance vitality, and promote sustainable weight management through an integrative approach that nurtures both body and mind.



Goals

- ◆ Supports Healthy & Sustainable Weight Loss
- ◆ Boosts Metabolism & Fat Burning
- ◆ Improves Digestion & Detoxification
- ◆ Reduces Inflammation & Fluid Retention
- ◆ Enhances Physical Fitness & Muscle Tone
- ◆ Promotes Balanced Nutrition & Lifestyle Habits
- ◆ Improves Energy Levels & Well-Being

Art of Detox & Optimal Weight

| WHAT'S INCLUDED | 7 nights | 14 nights |
|--|----------|-----------|
| Accommodation | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ |
| Access to the gym | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ |

Dietetic Senses

| | | |
|---|---|---|
| Longevity Healthy & Tasty Full Board Wellness Meal Plan ^{b)} | ✓ | ✓ |
| Hydrogen Water (bottle included) | ✓ | ✓ |
| Personalized Longevity Herbal Tea | ✓ | ✓ |
| Detox Kit (enema OR Epsom Salts and detox supplements) | ✓ | ✓ |
| Longevity Liver Detox Cure + Metabolic Formula Supplement ^{c)} | ✓ | ✓ |
| Integrative Nutrition Consultation ^{d)} | ✓ | ✓ |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area

^{b)} Includes morning & afternoon juices, teas, snacks, and balanced meals - liquid, semi-liquid, or solid

^{c)} (1-month cure)

^{d)} Includes lifestyle and biophysical assessment + follow-up



Art of Detox & Optimal Weight

| Medical Senses | 7 nights | 14 nights |
|--|----------|-----------------|
| Lab Diagnostics: Longevity Evaluation Lab Test ^{e)} | 1 | 1 |
| Longevity Medical Consultation | 1 | 2 ^{f)} |
| Biophysical Evaluation | 1 | 1 |
| Premium Colon Hydrotherapy | 1 | 2 |
| Ozone Therapy | 2 | 3 |
| Hydrogen Inhalation Therapy | 2 | 4 |
| Perfusion IV Therapy | 1 | 2 |
| Papimi Cell Re-Energizing Therapy | 2 | 3 |

Body Senses

| | | |
|---|---|---|
| Osteopathy Session with a Personalised Treatment | 1 | 1 |
| Personal Training Session | 3 | 5 |
| Outdoor Walking | 2 | 4 |
| Hydrotherapy Ritual | 1 | 2 |
| Detoxifying & Draining Baths, Wraps, or Scrubs with Anti-Cellulite Effect | 2 | 4 |
| Lymphatic Detox Drainage Massage | 2 | 4 |
| Longevity 60-Minute Massage Therapy (on choice) | 2 | 4 |

^{e)} For 14-day stays, includes additional analysis of antioxidants, minerals, vitamins, hormone profile, and intestinal microbiome analysis

^{f)} 1 standard and 1 follow-up session



Art of Detox & Optimal Weight

| Aesthetic Senses | 7 nights | 14 nights |
|---------------------------------------|-----------------|------------------|
| Icoone Laser Med Body Treatment | 1 | 2 |
| Accent Prime X Body Treatment | 1 | 1 |
| Cryotherapy Full Body | 2 | 4 |
| Healing Dome Therapy | 2 | 3 |
| Medical Pressotherapy Lymphastim | 2 | 4 |
| Face Evaluation | 1 | 1 |
| Photodynamic Rejuvenation LED Therapy | - | 2 |
| Facial Cleansing Skin Care | 1 | 1 |
| Geneo X Facial | - | 1 |
| Myoplastic Face Sculpting Massage | - | 1 |



Art of Movement and Body Strength

Duration: 7 or 14 Nights

Restore strength, mobility, and balance with our “Art of Movement and Body Strength” programme. Designed for those seeking musculoskeletal health, postural realignment, and pain relief, this comprehensive wellness experience integrates advanced therapies, manual techniques, and movement-based treatments to optimize your body’s function and longevity. Through a fusion of osteopathy, physiotherapy, hydrotherapy, and targeted exercise, this programme is ideal for individuals suffering from chronic pain, mobility issues, joint stiffness, or muscular imbalances. Whether recovering from an injury or looking to improve overall structural health, our holistic approach will help restore fluidity, prevent future ailments, and enhance overall body mechanics.



Goals

- 💎 Improves Posture & Alignment - Corrects imbalances and enhances body mechanics
- 💎 Enhances Mobility & Flexibility - Restores joint function and muscle elasticity
- 💎 Relieves Pain & Tension - Reduces chronic pain, stiffness, and muscular discomfort
- 💎 Strengthens Muscles & Joints - Supports injury prevention and long-term musculoskeletal health
- 💎 Boosts Circulation & Recovery - Promotes faster healing and tissue regeneration
- 💎 Supports Mind-Body Connection - Reduces stress and enhances overall well-being

Art of Movement and Body Strength

| WHAT'S INCLUDED | 7 nights | 14 nights |
|--|----------|-----------|
| Accommodation | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ |
| Access to the gym | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ |

Dietetic Senses

| | | |
|---|---|---|
| Healthy & Tasty Half-Board (Breakfast and Dinner) | ✓ | ✓ |
| Hydrogen Water (bottle included) | ✓ | ✓ |
| Longevity Osteo Flexibility Complex Supplement (1-month cure) | ✓ | ✓ |
| Integrative Nutrition Consultation ^{b)} | ✓ | ✓ |

Medical Senses

| | | |
|-----------------------------------|---|---|
| Biophysical Evaluation | 1 | 1 |
| Papimi Cell Re-Energizing Therapy | 2 | 4 |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area

^{b)} Includes lifestyle and biophysical evaluation



Art of Movement and Body Strength

| Body Senses | 7 nights | 14 nights |
|---|-----------------|------------------|
| Osteopathy with a Personalized Treatment | 2 | 4 |
| Physiotherapy with a Personalized Treatment | 2 | 4 |
| Infrared Light Therapy | 2 | 4 |
| Personal Training Session | 2 | 4 |
| Hydrotherapy Ritual – Senses of Water | 1 | 2 |
| Healing Bath | 1 | 2 |
| Detoxifying Wrap | 1 | 2 |
| Longevity 60-Minute Massage Therapy (on choice) | 3 | 6 |

Aesthetic Senses

| | | |
|-----------------------------------|---|---|
| Cryotherapy Full Body | 2 | 4 |
| Medical Pressotherapy Lymphastim | 2 | 4 |
| Myoplastic Face Sculpting Massage | 1 | 2 |





Art of Longevity - Life Optimization

Duration: 7 or 14 Nights

The Art of Longevity is a complete, immersive wellness experience designed to enhance vitality, rejuvenate the body, and optimize overall well-being. Rooted in scientific longevity practices, advanced medical therapies, and holistic healing, this programme offers a comprehensive approach to age-defying health, energy restoration, and life optimization. At Longevity Senses, we believe that true well-being is the result of a harmonized mind, body, and spirit. This exclusive programme is carefully crafted to integrate the latest innovations in preventive medicine, regenerative therapies, and therapeutic rituals, guiding you toward a healthier, more vibrant life.



Goals

- 💎 Supports Cellular Regeneration & Longevity
- 💎 Enhances Physical & Mental Resilience
- 💎 Optimizes Metabolic & Immune Function
- 💎 Reduces Stress & Restores Inner Balance
- 💎 Improves Detoxification & Inflammation Control
- 💎 Strengthens Musculoskeletal & Joint Health
- 💎 Personalized Lifestyle Optimization
- 💎 Improves Energy Levels & Well-Being

Art of Longevity - Life Optimization

| WHAT'S INCLUDED | 7 nights | 14 nights |
|--|----------|-----------|
| Accommodation | ✓ | ✓ |
| Access to SPA Wet Areas ^{a)} | ✓ | ✓ |
| Access to the outdoor pool and jacuzzi | ✓ | ✓ |
| Access to the gym | ✓ | ✓ |
| Body & Mind Group Classes | ✓ | ✓ |

Dietetic Senses

| | | |
|---|---|---|
| Longevity Healthy & Tasty Full Board Wellness Meal Plan ^{b)} | ✓ | ✓ |
| Hydrogen Water (bottle included) | ✓ | ✓ |
| Personalized Longevity Herbal Tea | ✓ | ✓ |
| Detox Kit (enema OR Epsom Salts and detox supplements) | ✓ | ✓ |
| Personalized Longevity Supplement (1-month cure) | ✓ | ✓ |
| Integrative Nutrition Consultation ^{c)} | ✓ | ✓ |

^{a)} sauna, hammam, ice fountain, sensory showers, heated indoor hydro pool, relaxation area

^{b)} Includes morning & afternoon juices, teas, snacks, and balanced meals - liquid, semi-liquid, or solid

^{c)} Includes lifestyle and biophysical assessment + follow-up



Art of Longevity - Life Optimization

| Medical Senses | 7 nights | 14 nights |
|-----------------------------------|----------|-----------------|
| Longevity Medical Consultation | 1 | 2 ^{d)} |
| Profile Well-Aging Assessment | 1 | 1 |
| Premium Colon Hydrotherapy | 1 | 2 |
| Ozone Therapy | 2 | 4 |
| Perfusion IV Therapy | 1 | 2 |
| Hydrogen Inhalation Therapy | 2 | 4 |
| Papimi Cell Re-Energizing Therapy | 2 | 3 |

Body Senses

| | | |
|--|---|---|
| Osteopathy Session with Personalized Treatment | 1 | 2 |
| Personal Training Session | 2 | 3 |
| Hydrotherapy Ritual - Senses of Water | 2 | 3 |
| Healing Bath, Wrap, or Scrub | 1 | 3 |
| Lymphatic Detox Drainage Massage | 2 | 4 |
| Longevity 60-Minute Massage Therapy (on choice) | 2 | 4 |
| TESLAChair Therapy for Pelvic Floor & Lower Back | 1 | 2 |

^{d)} 1 standard and 1 follow-up session



Art of Longevity - Life Optimization

| Aesthetic Senses | 7 nights | 14 nights |
|---|-----------------|------------------|
| Icoone Laser Med Treatment (Body or Face) | 2 | 4 |
| Accent Prime X Treatment (Body or Face) | 1 | 2 |
| Cryotherapy Full Body | 2 | 4 |
| Healing Dome Therapy | 2 | 3 |
| Medical Pressotherapy Lymphastim | 2 | 4 |
| Aesthetic Consultation with Face Evaluation | 1 | 1 |
| Photodynamic LED Therapy | 1 | 3 |
| Facial Cleansing Skin Care | 1 | 1 |
| Geneo X Facial | 1 | 2 |
| Myoplastic Face Sculpting Massage | 1 | 1 |
| Face Lymphatic Drainage Massage | 1 | 2 |

Serenity Senses

| | | |
|---------------------------|---|---|
| Healing Pranayama Therapy | 1 | 2 |
| Mind Wellness Yoga Class | 1 | 2 |







LONGEVITY
— CLINIC —
CASCAIS

Avenida Nossa Senhora do Cabo 1316
2750-374 Cascais Portugal

+351 214 869 239
clinic@longevitycascais.com
longevitycliniccascais.com