



OPTIMAL WEIGHT

LONGEVITY

LONGEVITY 1 DAY

OPTIMAL WEIGHT PACKAGE

Designed to support and reinvigorate, our wellness programme help you to achieve your goals in a sustainable way. The Optimal Weight programme is designed to shift the focus away from calorie counting and towards healthy living. This day allows you to balance your week and maintain your optimal weight, add this daily programme to your weekly routine and this will guarantee you a perfect balance.

This Programme includes:

For many of our guests, a truly holistic wellbeing programme also includes our state-of-the-art technology-led treatments. These include Cryotherapy, Ozone Therapy, Photo Bio Modulation and IV infusions.

- Personalised health Plan with our Nutritionist
- Strict monitoring of weight and body composition
- A private training session
- Light lunch & wellness refreshments
- 60 minute Revive massage or Chiropractic Adjustment
- Cryotherapy® -110°C
- Far Infrared Dome®

Access to all areas of the Wellness Centre including the Private Pool area, Herbal steam sauna, jacuzzi, and The Fitness Centre.



Day Visit

AED 2870





Additional

You can add to your daily routine an Intravenous Ozone Therapy or an IV Vitamin Infusion.

Ozone Therapy for Athletes, Performance & Recovery (Delivers 20 times more oxygen to the body)

In addition, sore muscles can be prevented by ozone therapy after exercise. Ozone slows down the cells' anaerobic fermentation and helps scale down the build up of lactic acid. Ozone Therapy works by increasing blood flow to the muscles, stimulate neural pathways and speed up post-workout recovery.

🕒 45 minutes

AED 610

IV Vitamin Infusion

Your body burns carbohydrates, fat and protein extremely fast during any intense physical activity. Although these macro-nutrients are not difficult to replace, you must consume the right micro-nutrients to convert your food into energy. This may not be difficult, but it can be tricky. In the meantime, you will be feeling the fatigue, soreness and dehydration after a hard training session. Even after an extremely intense athletic event, you can experience a much faster recovery. This is the reason IV therapy for athletes was created. There are numerous goals encompassed by this therapy such as re-hydrating your body, driving the energy produced by the mitochondria of your cells and eliminating fatigue and soreness. The procedure also boosts your body's natural production of GH or growth hormone from your pituitary gland. This increases your lean body mass and eliminates soreness.

🕒 60 minutes

AED 1300

Body Composition Analysis

Our Body Composition Analyzer (BCA) offers a comprehensive, non-invasive scan that measures your body in great detail - beyond weight statistics to body fat, lean mass, basal metabolic rate and more. It provides a wealth of personal data to help you tailor your wellness lifestyle to suit you.

Nutrition Consultation

Nutrition consultations are essential for our team to build an optimal training programme that is both safe and highly effective. Starting with a functional movement assessment we will address any weak links in your chain that could significantly hinder your progress if not identified from the outset. Followed by thorough nutrition and body composition assessments we then devise a detailed and bespoke nutrition plan, ensuring you know exactly what you should be doing when you are not under your personal trainers watchful eye. A nutritional consultation involves building a detailed picture of your lifestyle, eating habits, medical history and any concerns you have about your health and wellbeing, with this information, we can work with you to form an eating plan that suits your needs, lifestyle and daily commitments. Where necessary you will also receive advice and recommendations on which vitamin and mineral supplements (Using Oligoscan technology) are best for you.

Whole Body Cryotherapy® -110°C

Cryotherapy® is one of the most effective ways to boost your immune system, flush out toxins with the rapid blood flow circulation that occurs during and after treatment. You can burn up to 800 Calories in a matter of minutes by keeping up with extreme cold temperature for up to 3 minutes. Workout recovery has never been so effective. Whole body Cryotherapy® reduces muscle pain and inflammation, while increasing your metabolism and the body's natural collagen production with temperatures ranging from 110°C to -140°C environment.

Dome Infratherapy® Weight Loss

Incorporating regular iDome sauna sessions will help aid in weight loss and reduce the appearance of cellulite through the elimination of toxins, fats and the metabolism being stimulated. A 30 Minute iDome session is equivalent to a 20 km run and the elimination of approximately 1200 milliliters of sweat and up to 600 kcal.



OPENING HOURS

The Longevity is open every day
from 10: am to 10: pm to all hotel guests and visitors.



LONGEVITY

Address Boulevard Hotel 4th Floor
Dubai, UAE

mobile: +971 522 437755 | +971 456 18127

www.longevitywellnessclub.com

