



ADVANCED
DETOX

LONGEVITY 1 DAY DETOX & IMMUNE BOOSTER PROGRAMME

A programme to be enjoyed after hormonal treatments, prolonged stress or simply when you're feeling sluggish and in need of physical and mental release.

This Programme includes:

Special Detox Wellness Menu, breakfast, lunch and unlimited detox juice.

- 1 Personalized one-on-one Yoga class or a Personal Training Session
- Oligoscan® Advanced Cellular Test
- Ozone Detox blood Therapy
- Far Infrared Dome®
- Whole-body Cryotherapy® -110°C
- Detoxification Massage Therapy
- Light lunch & wellness refreshments

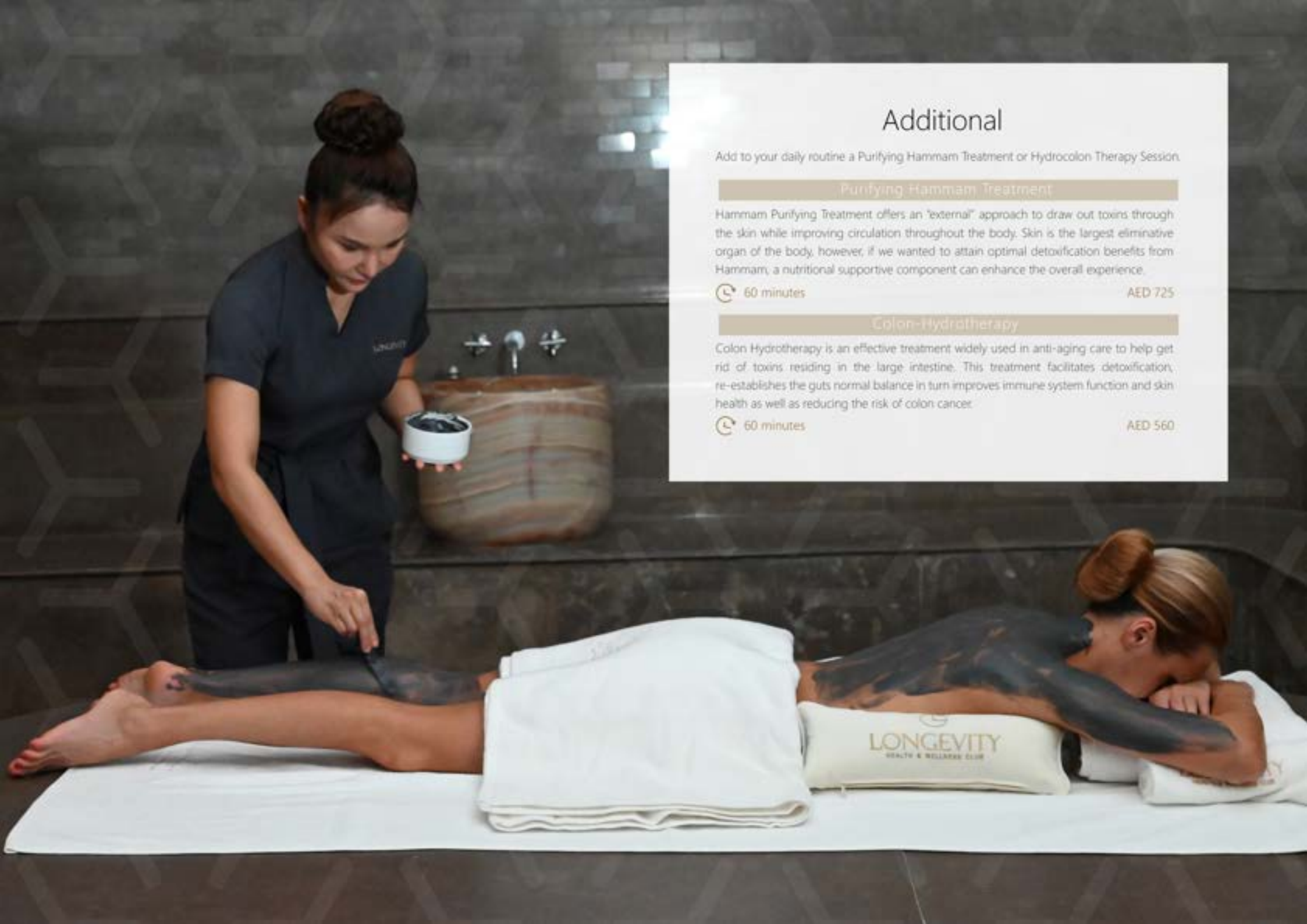
Access to all areas of the Wellness Centre including the Private Pool area, Herbal Steam Sauna, Jacuzzi, and The Fitness Center.



Day Visit

AED 3530





Additional

Add to your daily routine a Purifying Hammam Treatment or Hydrocolon Therapy Session.

Purifying Hammam Treatment

Hammam Purifying Treatment offers an "external" approach to draw out toxins through the skin while improving circulation throughout the body. Skin is the largest eliminative organ of the body, however, if we wanted to attain optimal detoxification benefits from Hammam, a nutritional supportive component can enhance the overall experience.

🕒 60 minutes

AED 725

Colon-Hydrotherapy

Colon Hydrotherapy is an effective treatment widely used in anti-aging care to help get rid of toxins residing in the large intestine. This treatment facilitates detoxification, re-establishes the guts normal balance in turn improves immune system function and skin health as well as reducing the risk of colon cancer.

🕒 60 minutes

AED 560



Day Programme Description

Our state-of-the-art technology treatments are renowned for their science-backed approach to wellness. To eliminate toxins and purify the body from the inside out, included in our Detox programme is the Cryotherapy® treatment which helps eliminate toxins and activate collagen production in the skin. Ozone therapy, for detoxifying the blood and Hydrocolon session to eliminate any toxic residue. Our Hammam treatment purifies the skin with an exfoliating scrub and mud wrap. Finally, our Detox massage is a deep lymphatic drainage massage that helps to eliminate toxins, fluid retention and impurities in the body.

Detox Nutrition

Personally tailored nutritional advice can benefit your detoxification programme by educating you on how food choices can affect your health and how you can regulate your digestive system ensuring you are providing your body with vital nutrients and antioxidants in order to sustain a healthy gut allowing you to function at your optimum level and leave you feeling your best!

The Diet

Our chef will work closely with our nutritionist to create a menu designed to help our bodies (particularly our liver and kidneys) eliminate a build-up of toxins while following a balanced, healthy and delicious diet. This menu boosts the liver and kidneys' detoxifying ability allowing them to function more efficiently making it easier to lose weight in a healthy way.

OligoScan® Advanced Cellular Test

OligoScan® is a spectrophotometer that analyses Toxic/Heavy Metals and Minerals within your tissues and body, helping you to get to know your body both inside and out by informing you of the vitamins and minerals you may be in excess of or deficient in as well as your toxicity levels within your body and if you're suffering from Oxidative stress.

Ozone Therapy

Hyperbaric Ozone therapy helps to strengthen your immune system and detoxify your body. Ozone is a safe and effective way to treat infections, reduce inflammation and modulate the immune system ensuring the cells in the body are functioning at their optimum level. Its antioxidant properties fight free radical harm whilst stimulating the skin on a cellular level to boost elastin and collagen production.

Detoxifying Massage Treatment

Detox massage is a deep lymphatic drainage massage using wooden tools with a detox effect (the equipment is called lymphodrainer) that eliminates toxins, fluid retention and contours the body.

Whole Body Cryotherapy® -110°C

Cryotherapy® is one of the most effective ways to boost your immune system to 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 in a -110°C environment.

Far Infrared® Dome®

This revolutionary device works by emitting far-infrared rays from inside the unique black carbon dome. MLX13 Dome provides skin rejuvenating benefits through cellular regeneration by improving blood circulation and eliminating unwanted toxins. Meanwhile light therapy reduces the appearance of wrinkles, promotes skin health, and increased vitality and suppleness whilst providing deep relaxation and stimulating the release of endorphins in the body.



OPENING HOURS

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



LONGEVITY

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