



PERFORM

LONGEVITY 1 DAY WORKOUT ROUTINE

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

This Programme includes:

- Assessment Cardiopulmonary Exercise Test
- Increase your Performance with Alter G®
- Sports Rehabilitation (Licensed Chiropractor)
- 1 Hour Personal Training
- Whole Body Cryotherapy® - 110°C
- Fra Infrared Heat Relax & Re-energize
- Sports Massage Rehabilitation

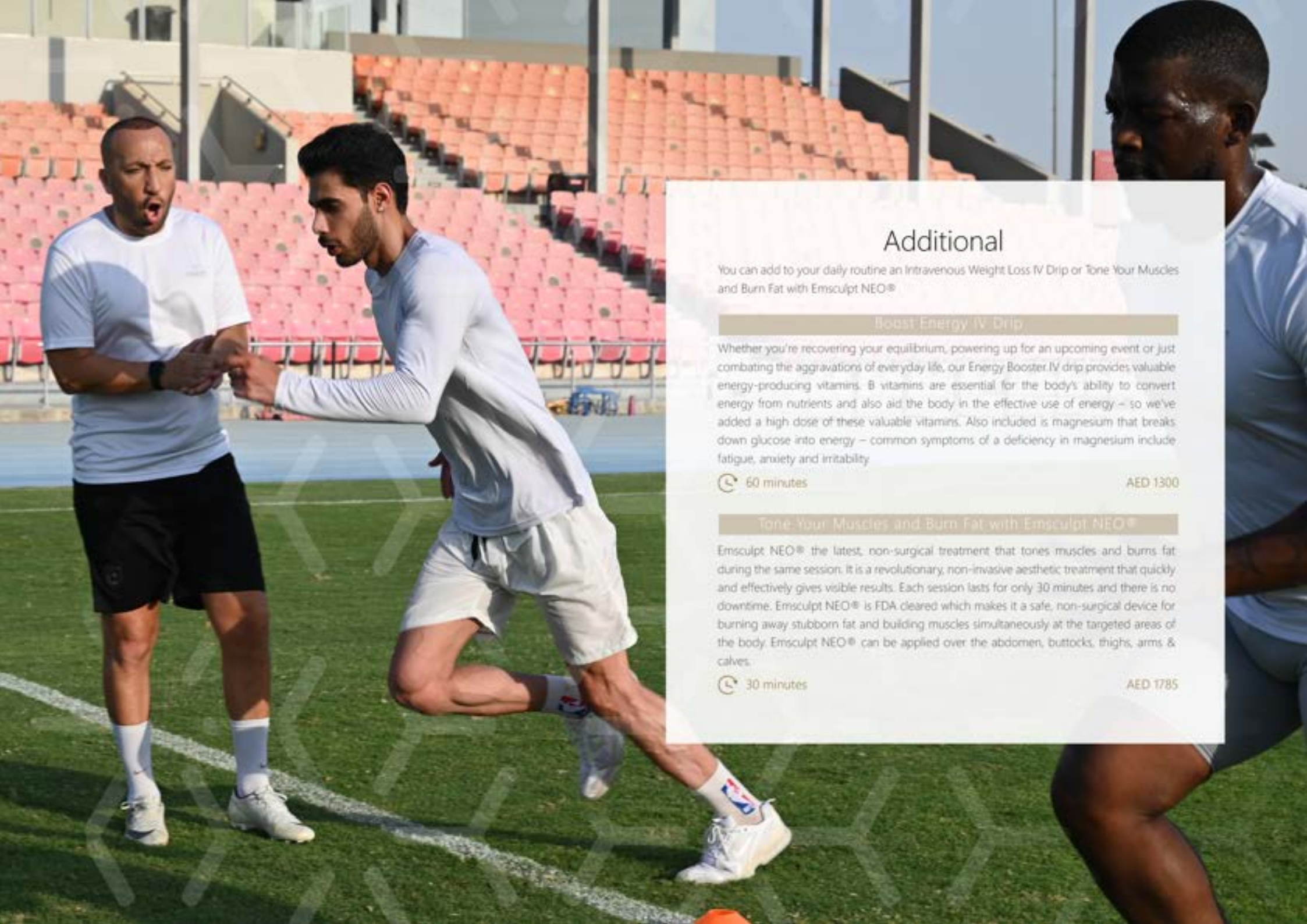
Protein Breakfast and Lunch and unlimited access to our Detox Bar



Day Visit

AED 3395





Additional

You can add to your daily routine an Intravenous Weight Loss IV Drip or Tone Your Muscles and Burn Fat with Emsculpt NEO®

Boost Energy IV Drip

Whether you're recovering your equilibrium, powering up for an upcoming event or just combating the aggravations of everyday life, our Energy Booster IV drip provides valuable energy-producing vitamins. B vitamins are essential for the body's ability to convert energy from nutrients and also aid the body in the effective use of energy – so we've added a high dose of these valuable vitamins. Also included is magnesium that breaks down glucose into energy – common symptoms of a deficiency in magnesium include fatigue, anxiety and irritability

⌚ 60 minutes

AED 1300

Tone Your Muscles and Burn Fat with Emsculpt NEO®

Emsculpt NEO® the latest, non-surgical treatment that tones muscles and burns fat during the same session. It is a revolutionary, non-invasive aesthetic treatment that quickly and effectively gives visible results. Each session lasts for only 30 minutes and there is no downtime. Emsculpt NEO® is FDA cleared which makes it a safe, non-surgical device for burning away stubborn fat and building muscles simultaneously at the targeted areas of the body. Emsculpt NEO® can be applied over the abdomen, buttocks, thighs, arms & calves.

⌚ 30 minutes

AED 1785

Sports Rehabilitation (Licensed Chiropractor)

Our Experts treat all kinds of sports injuries and musculoskeletal conditions. These conditions may affect muscles, joints, nerve and soft tissues. Our range of treatments can help patients to expedite recovery with a return to sport through a process of assessment, diagnosis and the correct treatment and rehabilitation program.

Assessment Cardiopulmonary Exercise Test

The treadmill CPET is one of the most important tests for sports screening. The CPET monitors the electrical activity that controls your heart as you run on the treadmill. The results will reveal how healthy your heart is and what is happening to it as you are exercising. CPET is aimed at the evaluation of exercise performance, functional capacity, and impairment by assessing undiagnosed exercise intolerance and exercise-related symptoms. The patient is performing the exercise (walking and jogging) on a Treadmill for a period of time, and exercise grade.

Increase your Performance with Alter G®

The Alter G® Anti-Gravity Treadmill uses an unweighting technology that allows you to push your training further. The Alter G® reduces gravity's impact from 20% - 100% of your body weight allowing you to train longer, faster and safer. Using the Alter G® can enhance performance for those who have met their physical therapy goals. The Alter G® is the perfect technology to increase your performance or resume activity after an injury.





Far Infrared Heat Relax & Re-energize

Treatment designed to calm the nervous system and promote cell regeneration. It has a great anti-stress effect and provides an optimal energy recharge at a cellular level. It creates balance in the nervous system, improving general and muscle relaxation, circulation and oxygenation, as well as reducing inflammation and improving sleep quality.

Whole Body Cryotherapy®

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.

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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