



THE FARM
AT SAN BENITO



A LIFE-CHANGING HOLIDAY

Invest in yourself as your health is priceless.
Embark on a healing journey with The Farm
and experience a truly life-changing holiday.



A WORLD LEADER IN HOLISTIC MEDICAL WELLNESS

The Farm at San Benito is an award-winning eco-luxury world-class holistic medical wellness resort located in Lipa, Batangas. It rests on a 48-hectare lush green jungle, with a stunning view of the majestic mountains, and an abundance of pure and fresh air with clear and positive life-giving energy radiating around the property. This multi-award winning resort is a proud member of CG Hospitality and a recipient of 60 prestigious international accolades, including the “Best Medical Wellness Resort in the World”.

In line with its mission to provide evidence-based holistic healing and transformative, sustainable lifestyle retreats, The Farm offers natural and holistic medically-supervised health optimization programs which are carefully planned and conducted by internationally trained integrative medical doctors, spa therapists, nutritionists, living food experts, fitness coaches, and yoga teachers. Since its conception, The Farm has always been an advocate of plant-based, whole foods vegan cuisine, with its vegetables freshly picked and served. Its scientifically-proven preventive, restorative, and regenerative treatments combines the best of East and West. At The Farm, we offer our guests an unparalleled life-changing holiday experience.

ABOUT CG HOSPITALITY

CG Hospitality is a result-driven management group formed with over 200 years of specialized hospitality experience. CG Hospitality brings to the table extensive hospitality know-how and proven formulas for success in this competitive industry. Uniting this vast range of talent and industry expertise has created a powerhouse of like-minded experts that can only go from strength to strength. CG Hospitality brings cutting edge concepts to life in hotels, resorts, residences and spas across Asia, Middle East and Africa with a portfolio of bold, desired and innovative products that cross all frontiers and redefine standards.

OUR VISION

To be the global leader in the field of holistic medical wellness in an eco-social responsible environment

OUR PURPOSE

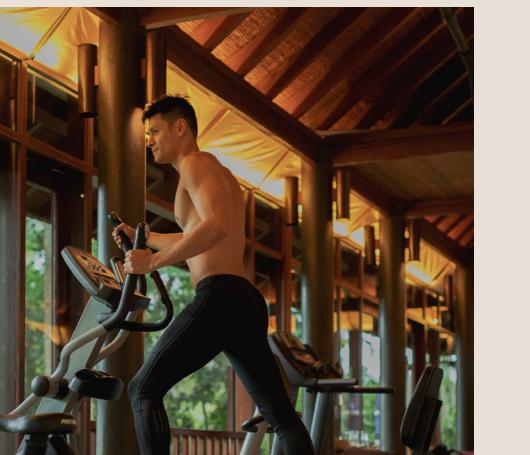
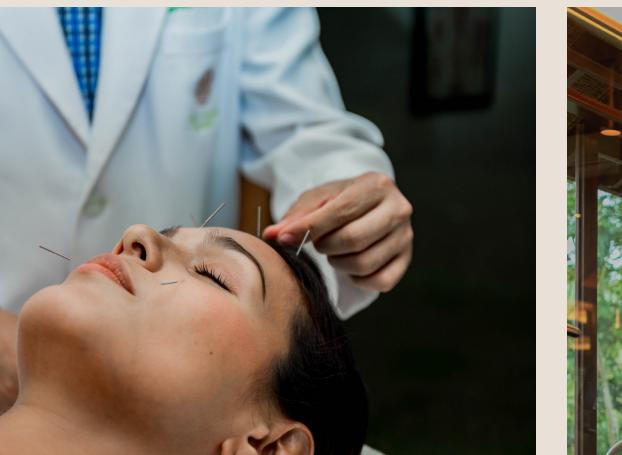
To provide results-driven holistic healing and transformative, sustainable lifestyle retreats anchored in medical science



FIVE PILLARS

SCIENCE-BASED, EVIDENCE-GUIDED

Combining the latest in natural and integrated medical therapies from East and West, the resort is a true healing sanctuary. A journey at The Farm is guided by its Five Pillars:



3. Nourish

Once the body is purified, it's time to nourish it with the right nutrients, procedures, and over-all healing environment. At this stage of the retreat, an enzyme-rich vegan cuisine introduced as well as a fiber-rich cleansing drinks, and the many benefits of Virgin Coconut Oil. The guest undergoes nutritional infusion therapy and additional nutritional support (supplements).

Harmonizing the guest's energy level also plays an important role in the retreat which is why energy work like Craniosacral therapy, Reiki, and Jin Shin Jyutsu are highly recommended. There are several therapies that can help heal a person not only physically, but also emotionally, psychologically, and spiritually. The Farm offers art therapy, massage therapy, nourishing body wraps, facials, and aromatherapy. All these must take place in a healthy healing environment such as The Farm's serene facility surrounded by lush green that radiates a positive energy.

4. Repair

Bodies that are rightfully nourished are now equipped to undergo repair and regeneration; to support this, The Farm offers: scar tissue release therapy, physiotherapy, lymphatic drainage, acupuncture, therapeutic baths and soaks, thermal therapy, ozone therapy, and PURE Health Aids that help improve blood circulation, muscle enhancement and fat burners.

5. Sustain

The Farm at San Benito is all about sustainability. One's journey to a healthy lifestyle does not end once they leave our wellness property. We ensure that our guests do everything the right way. To help our guests achieve their ultimate goal, we set up a sustainable healthy lifestyle discussion, nutritional consultation with a personalized meal plan they can follow in the comfort of their homes, nutritional supplements, vegan food culinary preparation classes to teach them how to properly prepare their meals, life coaching, yoga and fitness sessions, guided meditation and spiritual development classes, and partnerships with urban medical wellness centers where they can seek further help when back to high-paced lifestyle of the metro.

The aim is for guests' bodies to return to their ideal, balanced state and achieve holistic optimum wellness using

THE FARM'S FIVE KEY HEALING COMPONENTS:



Holistic Integrative Medical Services
A conversation with our Integrative Medical doctor will set the rapport needed for the partnership between doctor and guest to effect true healing.

Nurturing Spa & Hydrotherapy Water Wellness
Our experienced therapists utilize both ancient and current Filipino, Asian and Western traditions combining best practices.



Plant-based, Wholefood, Vegan Cuisine

We believe that being human means being truly alive. Wholefood and plant-based way of eating, not a diet, is the way to truly live.

Mindful Movement & Functional Fitness

The physical demands in our daily lives are not what it used to be. The Farm's environment allows you to unleash the restrictions and blockages leisurely and pleasurable, not only of your mind, but that of your body.

Healing Environment & Heartfelt Service
It's science working with nature, nurtured by heart. You will see it, feel it, and you'll choose to embrace the beautiful change.

THE FARM'S SIGNATURE HEALTH OPTIMIZATION PROGRAMS

HOLISTIC WELLNESS

Your journey in The Farm starts with a wellness consultation and health assessment with a licensed physician and state-of-the-art biomedical diagnostics including psychoemotional clearing sessions, healthy and wholesome foods served at the Alive! Restaurant and our traditional Hilot massage.

DETOX CLEANSE

Healing will not be complete if the body is not rid of toxins that causes the body to be weak and ill. The Farm's various detoxification programs are the first and most important step in restoring the body to a natural, balanced and healthy state. Through specific medical therapies and individually designed holistic treatments, guests can get rid their bodies of accumulated toxins as well as other negative energies that burden their minds.

WEIGHT MANAGEMENT, DIABETES PREVENTION & HEART HEALTH

Lifestyle diseases such as diabetes, are a major concern as pointed out by the World Health Organization (WHO), with obesity as a major risk factor. The Farm believes in resolving the root cause of the problem through its specially designed Weight Management, Diabetes Prevention and Heart Health program which focuses on nutrition combined with customized physical exercises and strengthened by a clear state of mind and emotions.

The Farm has partnered with European Wellness and Living Life Well Integrative Medical Group to complement its various health programs thereby providing our guests with evidence-informed holistic solutions for a better quality of life.





CELLULAR HEALTH PROGRAMS BY EUROPEAN WELLNESS™



Cellular Health Programs offer patients a new approach to health called Swiss-German Biological Medicine. It is a model of integrated medicine which combines modern diagnostic, therapeutic equipment and wide range of natural healing methods and remedies.

Swiss-German Biological Medicine's focus is on understanding the underlying causes of illnesses, relieving them through natural methods, then helping the body build up its immune and regulatory forces.

Designed by European Wellness TM, a global brand leader in the field of Regenerative Medicine offering the most advanced stem cell therapies with an elite network of premium hospitals and medical centers in Switzerland, Germany, United Arab Emirates, China, Hong Kong, Macau, Thailand, Indonesia, Malaysia and Philippines.

Cellular Health Programs follow the standard European Wellness™ Five Pillars of Health: Diagnostics, Detoxification, Repair, Rejuvenation and Maintenance, which are aligned with The Farm's 5 Pillars.



IMMUNE MODULATION PROGRAM

Our immune system is our body's first line of defense against foreign invaders in the form of allergens, toxins or microbes. An overwhelmed immune system leads to a whole system breakdown leading to illness that is usually treated in conventional medical circles through suppression of the immune system which could lead to further problems. We don't just treat the symptoms. We treat the underlying causes of an overactive or underactive immune system using safe and clinically-effective treatment modalities.

MALE REVITALIZATION PROGRAM

As men age, signs and symptoms manifest such as wrinkling of the skin, osteoporosis, mood changes, hair loss, changes in body composition and cardiovascular disease, among others. We normally encounter these symptoms in men in their 60's or older but we're seeing them in much younger men nowadays. We address all the possible causes of aging in men and correct imbalances using macro and micronutrients, cell extracts, peptides, and cell therapy.



FEMALE REVITALIZATION PROGRAM

Women's health continues to be a very hot topic. Just consider the popularity of Bio Identical Hormone Therapy (BHRT). Before this treatment modality became popular, women used to be treated with synthetic hormones with all of its concomitant side effects. Nowadays, women have more options. Symptoms of hormonal imbalance or aging in general, can now be treated safely, effectively and on a long-term basis without side effects using macro and micronutrients, cell extracts, peptides, and individualized cell therapy.



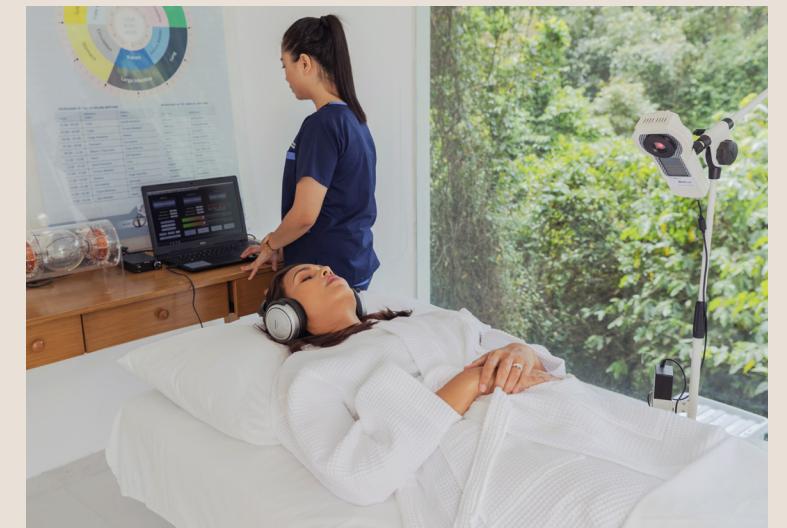
BODY COMPOSITION OPTIMIZATION PROGRAM

Majority of weight loss programs do not deliver because of its incomplete basic assumptions such as less caloric intake equals weight loss. These programs do not consider the role that inflammation, hormones, food sensitivities, gut flora and physical activity in having an abnormal body composition - less lean muscle mass and more body fat. We address every possible cause of abnormal body fat percentage by using clinically-tested and evidence-based approaches involving individualized nutrition, nutraceuticals, pharmaceuticals, hormones, cell extracts, peptides, and cell therapy.



CLINICAL DETOXIFICATION PROGRAM

One of the most popular theories behind aging is the waste accumulation theory. With the build-up of toxins in the body, whether it's endogenous (from internal metabolism) or exogenous (that from the environment), it ultimately affects cellular functioning. All toxins are what we call "cellular poisons." One of the most sensitive parts of the cell is the mitochondria. When this cellular component is damaged, it affects everything from energy production to cellular repair processes. Therefore, in order to function optimally or age gracefully, one has to do regular cellular detoxification using safe and evidence-based therapeutic modalities.



STRESS REDUCTION & SLEEP PROGRAM

Extreme stress affects an individual's vitality and overall functioning. Stress often connotes emotional hardships but stress may also be physical, mental, electro-magnetic, social, spiritual and environmental. We address stress in a holistic manner, treating not only the symptoms but better yet, the underlying causes. We use different modalities ranging from "talk therapy," physical activity, frequency-based therapies (RASHA morphogenetic frequency treatment, electro sleep therapy, BioLux gem therapy), herbal adaptogens, nutraceuticals, IV therapies, hormone balancing, and cell therapies. All treatments are personalized according to client's needs.



ULTRA WELLNESS / PREVENTION PROGRAM

For people who would like to optimize their health, prevent illness, eliminate or reduce their dependence on prescription medicines or just leave nothing to chance. The best thing to do is to undergo our comprehensive, evidence-based, technologically-advanced diagnostic tests and then undergo the successive processes of detoxification, repair and rejuvenation. With our comprehensive, personalized program, our clients can feel and look their best at their age at any age.



NATURAL ATHLETIC PERFORMANCE ENHANCEMENT PROGRAM

There are ways to improve one's athletic performance without resorting to illegal substances. We have scientifically-validated diagnostic and therapeutic modalities that address the underlying imbalances that hinder a person from achieving his personal best at whatever sport he or she may be involved in. We use natural substances such as vitamins, minerals, amino acids, peptides, cell extracts and individualized cell therapy to accomplish that goal.



EXECUTIVE HEALTH PROGRAMS

The Farm also partners with Living Life Well Integrative Medical Group to offer Cigna Global Healthcare-accredited services and treatments for pain and mental health problems.



PAIN MANAGEMENT

Specifically targeting work-related diseases and chronic pain, the Pain Management program will help people become aware of the symptoms and get to the root cause and underlying problem that needs to be addressed.

MENTAL HEALTH

With all the demands from both personal and professional lives, it may be easy to neglect our mental well-being. The Farm's Mental Management program will help address work-related depression, stress, and anxiety.

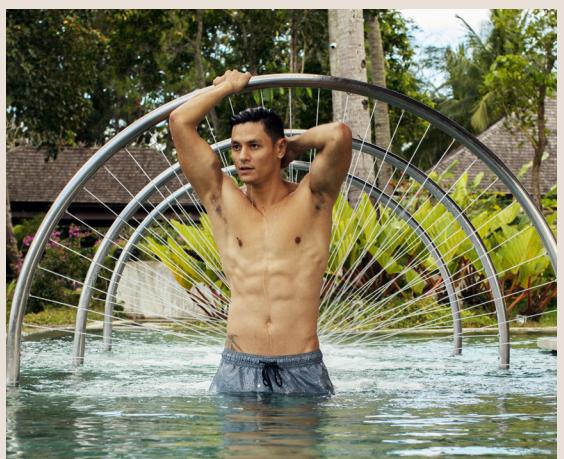
AESTHETIC BEAUTY PROGRAMS

The Farm Aesthetic Center with its tailored Holistic approach extends Healing with a safe, non-surgical, pain free beauty enhancement treatments. Offering a premium platter of the most-advanced technologies, expertly formulated, carefully selected and balanced proven anti-agers, in an all-in-one formula and synergy of systems and treatments, addressing every sign of skin, facial and body aging concerns. It is simply a natural overall transforming experience, that immediately restores the Skin, Hair, Nails, Face and Body, to a more youthful, velvety Smooth, radiantly illuminated appearance. Aesthetics at The Farm also offers the most advanced ultimate acne solution, hair and scalp treatments that naturally re-grows hair also healing dermatitis, psoriasis and eczema. The Farm Aesthetics is science that is felt, stimulating cell turnover, promoting

natural collagen build up, strengthening skin's support matrix, naturally building volume and restoring firmness, and thus creating a more lifted and sculpted look, a supple even tone and smoother skin texture. The total de-ager breakthrough.

Aesthetics at The Farm offers the world's superior, non-invasive, third generation technology and solutions for an effective facial & body fat reduction, lifting, toning and contouring.

Unveil a more vibrant you through a holistic approach with The Farm's non-invasive Aesthetic Beauty Programs



Beauty & Anti-Aging

A holistic journey to beautification involves not only the physical aspects, but must also include the soul and mind. It starts with finding and identifying the root causes of aging, and after which comes the natural healing modalities, cleansing of emotional trauma and balancing of the aura in order for beauty to radiate from deep within. Guided by specific scientific principles, The Farm offers a natural and more sustainable anti-aging solution for beauty and aesthetics. And to further accentuate one's natural beauty, The Farm offers non-invasive procedures using state of the art machines, and minimal invasive procedures.

Slimming & Body Contouring

Experience the holistic journey to a shapely and slimmer body with the Slimming & Body Contouring Program. It starts with a comprehensive evaluation on the causes of the weight gain and unnecessary fat deposits, followed by a customized nutrition, detoxification, aesthetics program, and fitness plan. Experience the natural way of unblocking the lymphatics and treatments using state of the art slimming and contouring machines for that healthy sexy body.

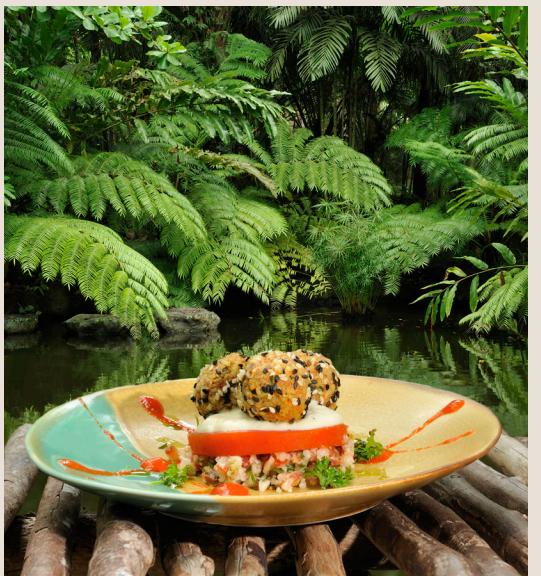
Vigor & Vitality

Regain that lost energy due to stress, diseases, the ill effects of medications, and all other factors that could cause blockages to the energy meridians affecting circulation. Restore your energy and unblock the flow; improve circulation by tissue regeneration and energy stimulation. The process is most helpful for people with issues of low energy and is recommended for men with male issues (such as erectile dysfunction), as well as for women's issues (such as frigidity). Restore your vitality. Regain your confidence.

FARM TO TABLE

The resort's Alive! Restaurant, one of Asia's first and finest restaurants, is offering fresh, vegan cuisine, eco-friendly food and home-grown produce. The Farm believes that being human means being truly alive and that whole-food and plant-based eating is the way to truly live, as the human body is designed to experience daily nourishment through nature.

This award-winning restaurant practices innovative food preparations and serves delicious and innovative vegan dishes using organic ingredients which are high in fibre, essential nutrients, rich in antioxidants and phytonutrients probiotics and key enzymes the body needs.





THE LAKAN

Delight in the most exclusive and luxurious accommodation with a beautiful private outdoor pool. The Lakan provides the ultimate in luxury with two bedrooms, en-suite bathrooms, central living area, walled-in gardens with koi ponds, a kitchenette & bar area, plus added maid's quarters.

1 room | 511 sqm
Bed Type: 2 Super king bed (200cm x 210cm)
Max of 4+2 pax



A SERENE SANCTUARY IN THE HEART OF THE JUNGLE

Home to 33 spacious rooms, suites and villas, The Farm offers a calm retreat in the center of the jungle, overlooking the mountains.



SULU TERRACE

Feel the cozy ambiance of a modern day tree house with our traditional Philippine rice barns transformed with modern amenities.

5 rooms | 33 sqm
Bed Type: 2 Single Beds
Max of 2 pax

PALMERA SUITE

A masterful and spaciously-designed room with combined tropical elements and modern features.

4 rooms | 39 sqm
Bed Type: 2 Twin
Max of 2 pax

PALMERA GLASS

Crystalline glass walls capture the exquisiteness of verdant surroundings within your exclusive sanctuary.

4 rooms | 50 sqm
Bed Type: 2 Twin
Max of 2+1 pax

ANAHAW FAMILY VILLA

A unique loft-designed villa nestled in the hillside overlooking a stream, Anahaw Family Villa is perfect for a family-style accommodation.

2 rooms | 50 sqm
Bed Type: 4 Single Beds
Max of 4+1 pax



GARDEN VILLA

Enjoy the abundance of majestic nature set within a beautiful and quiet private garden villa.

4 rooms | 80 sqm
Bed Type: 1 King
Max of 2+1 pax

GARDEN GLASS VILLA

Immerse in an unparalleled level of casual elegance with upscale amenities exuding a seamless balance of comfort and class.

2 rooms | 90 sqm
Bed Type: 1 King
Max of 2+1 pax

NARRA POOL VILLA

A paradise villa with breathtaking views of the San Benito ridge and surrounding jungle equipped with a private outdoor pool.

10 rooms | 200 sqm
Bed Type: Super king bed (200cm x 210cm)
Max of 2+1 pax

MASTER VILLA

The elegantly appointed master bedroom offers the ultimate in privacy, comfort, and tranquility amidst stunning views of the Villa's gardens and the Malarayat mountain range. Experience the uplifting, life-giving energy vortex radiating around the property. An equipped kitchen provides extra convenience for guests wishing to make simple preparations. The Master Villa has its own private outdoor swimming pool, surrounded by lush tropical landscaping.

1 room | 341 sqm
Bed Type: Super king bed (200cm x 210cm)
Max of 2+2 pax



The Farm offers an exceptional environment that allows you to unleash the restrictions and blockages of the mind and body both leisurely and pleasurable.

GREEN MEETINGS

The Farm offers a conducive setting ideal for Corporate Green Meetings, Corporate Wellness Retreats, or Employee Incentive Program. Come back to work refreshed, more productive, and with renewed vitality and zest!



MEMBER OF
HEALING HOTELS
OF THE WORLD

VeggieHotels
100% VEGETARIAN/VEGAN

THE FARM AT SAN BENITO
A LIFE-CHANGING HOLIDAY

The Farm at San Benito, a proud member of CG Hospitality, is an eco-luxury holistic medical wellness resort located in Lipa, Batangas, just a 90-minute drive south of Manila. It rests on a 48-hectare lush green jungle, with a stunning view of the majestic mountains, fresh air with pristine and uplifting life-giving energy radiating around the property. The Farm has been honored with 60 prestigious international awards including "Best Medical Wellness Resort in the World" from SENSES Germany which made its mark as one of the leading medical wellness destination in the Asia-Pacific region. To date, it is the only Medical Wellness Retreat Destination in the Philippines that offers comprehensive personalized health optimization programs designed to address the most common illnesses in today's busy society like diabetes, obesity, hypertension as well as stress & depression, naturally and holistically. Programs are carefully planned and conducted by internationally-trained integrative medical doctors, nurses, spa therapists, nutritionists, living food experts, fitness coaches and yoga teachers. With only 33 exclusive suites and villas, a well-maintained property, world-class service, and the Filipinos' nurturing touch, The Farm offers guests an unparalleled life-changing holiday experience.

HEALTH OPTIMIZATION PROGRAMS

- Holistic Wellness
- Detox Cleanse
- Weight Management,
- Diabetes Prevention & Heart Health

CELLULAR HEALTH PROGRAMS

- Immune Modulation
- Male Revitalization
- Female Revitalization
- Cellular Detoxification
- Natural Athletic Performance Enhancement
- Body Composition Optimization

AESTHETIC PROGRAMS

- Beauty & Anti-Aging
-

EXECUTIVE HEALTH PROGRAMS

- Pain Management
- Mental Health

living life well Integrative Medical Group

FACILITIES

- ALIVE! Restaurant

[BUSINESS CARD SLOT]



THE FARM

AT SAN BENITO

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