

Client: SHA Wellness Clinic
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TATLER • PROMOTION

WORTH THE WEIGHT

Discover the detox and weightloss secrets of SHA Wellness Clinic, a minimalist gem hidden away in the Sierra Helada mountains...



Name the award and SHA Wellness Centre has won it. And its list of industry accolades is only beaten by the praise heaped on it by grateful guests and their amazing results. Considered one of Europe's leading medical spas, the SHA's pioneering 360-degree approach focuses on improving health and wellbeing through a fusion of ancient Eastern naturopathic medicine, cutting-edge Western techniques and the most advanced technology.

This chic, comprehensive medical spa with more than 80 treatment rooms is supported by a superb team of therapists and physicians from around the world. Offering groundbreaking programmes for anti-ageing, stress management, weight-loss and detoxification, the medispa is a hotbed of talent and effectiveness. And just look how hot their sunbeds actually are.

Hosting over 30,000 guests during its tenure, from across the globe, the SHA Wellness Centre attracts those seeking minor

adjustments to those who want to return home a new, improved person (read: slimmer).

While the mélange of expertise and technology at SHA's fingertips is complex, the medispa's philosophy is simple – equip guests with the tools and knowledge they need to maintain the short-term results in the longer term too. The Intensive Detox and Weight Control programme is a fantastic starting point for those looking to detoxify and purify the body. By first establishing a good state of health, the programme is designed to boost vitality and stabilise the metabolism through a combination of health, diet and other therapies. Perfect for those wishing to lose those excess pounds and learn to eat properly and healthily. Salut!



MEDICAL CLINIC



HEALTHY COOKING CLASSES

PRICE DETAILS

Healing Holidays can arrange a seven-night Essence programme from £3,595 per person sharing. This includes flights, transfers, accommodation in a deluxe suite with mountain view, full board and all activities and treatments according to the Essence programme.

Receive a 10% discount on accommodation when you book more than 45 days in advance. Plus, enjoy a complimentary welcome massage and room upgrade, subject to availability on arrival.



Please call 020 7529 8551 or visit healingholidays.co.uk/tatlerspaguide

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