



health programmes 2018

programmes

We are very proud to present the general and specific programmes that SHA has organised for you in 2018. Year after year, ever since the clinic was set up, we have strived to improve each one of these programmes in response to the requirements and needs of our guests.

The following programmes do not include accommodation, the details of which can be found in other complementary document. The duration recommended to achieve a real health result is minimum 7 days. However, we strongly recommend at least 14 days to achieve significant results in a long term. The stated prices are always per person.

The choice of a SHA Health Program, includes a selection of specific treatments for each specific purpose and they have a significantly lower value than the sum of their parts.

This means that changes will not be permitted within the program, unless, following initial assessment, one of our doctors believes that a treatment included in your program may not be recommended for you, in which case they will offer you a suitable alternative.

We recommend you choose one of our Health Programs before you come to SHA. This will allow you to organise your schedule before arrival, and thus optimise every day of your stay from the start. In turn, you can ensure the availability of the professionals and treatments you want. We kindly request your understanding if we are unable to offer a specific service or therapy. Please understand that a certain service or therapy might be temporarily unavailable and not all the programmes are available in different languages. If you have any queries or questions, please contact us.

Specific Programmes

- Weight Loss Programme (Minimum 7 days, recommended 14 days)
- Detox Programme (Minimum 7 days, recommended 14 days)
- Intensive Detox & Weight Loss Programme
(Minimum 7 days, recommended 14 days)
- SHA Fitness Programme (Minimum 7 days, recommended 14 days)
- SHA Anti-tobacco Programme (7 days)
- Stress Management Programme (7 days)
- Sleep Recovery Programme (7 days)
- Healthy Menopause Programme (10 days)
- Rejuvenation Programme (7 days)
- SHA Complete Rejuvenation Programme (14 days)
- Life Reset Programme, burn out (28 days)

General Programmes

- SHA Essence (7 days)
- SHA Discovery (4 days)

All of our health programmes can be extended according to the time you might need to achieve your health goals. Please request content and conditions of a possible extension to our Reservations Department.

weight loss

minimum 7 days I recommended 14 days

This programme is ideal for anyone who is overweight, suffers from fatigue or depression caused by a poor body image or eating disorders.

Excess weight is the cause of many health problems such as heart disease (main cause of death), diabetes and many other diseases; it conditions our vitality and lifestyle. SHA has a method that focuses on recovering the ideal state of health, boosting our vitality by combining a healthy diet and other therapies that stabilise the metabolism and cut down on the blood sugar levels.

A programme based on ancient nutritional know-how from the oldest country, combined with natural herbal therapeutic drinks that favour the elimination of excess fat.

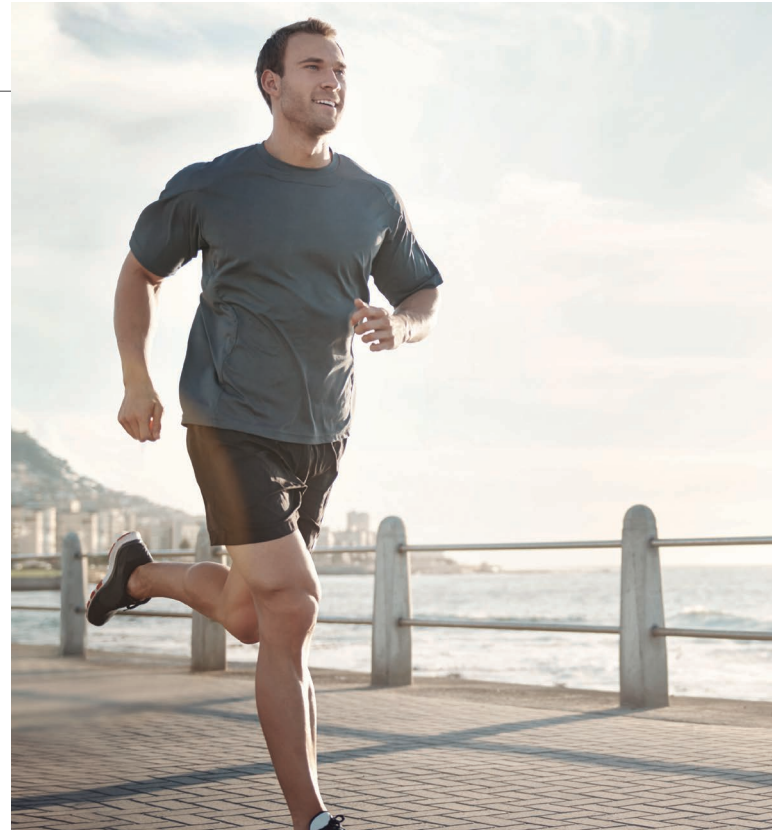
This can all be achieved by learning how to eat healthily to continue to slim down until the ideal weight is reached and then know how to stay that way for the rest of your life, gaining health and energy. One of the keys to success of the SHA Weight Loss Programme is what you learn during your stay, so that you don't put the excess weight back on again and you learn how to follow a healthy diet. It is an excellent way to improve your health and lose those extra kilos.

Moreover, it fully complies with the dietary recommendations of the World Health Organization.

weight loss

P R O G R A M M E

- General health examination
- Initial laboratory test (and test at the end of the 14 day programme)
- General medical consultation at the beginning and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition plan follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- Dental health and aesthetics consultation
- Revitalizing medicine consultation
- Energy health assessment, with electromagnetic field map
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x Traditional Chinese Medicine treatment session, according to the prescription (2x in the 14 day programme)
- 2x colon hydrotherapy sessions (3x in the 14 day programme)



- 1x traditional massage or oriental therapy session, according to the prescription: relaxing massage, deep tissue massage, decontracting massage, lymphatic drainage massage, anti-cellulite massage, thai massage or Shiatsu (2x in the 14 day programme)
- 2x hydroenergetic detox cure sessions (3x in the 14 day programme)
- 2x high-tech treatments sessions, adapted to individual needs: Detox massage using cupping therapy, Physia, Indiba, Ultrasound, lcoone or DLE (3x in the 14 day programme)
- 2x pressotherapy sessions (3x in the 14 day programme)
- 2x cryotherapy sessions
- 1x shrinking violet body wrap
- 1x firming seaweed body wrap
- 2x underwater massages (3x in the 14 days programme)
- 1x introductory evaluation and advice session with a personal trainer
- 2x sessions with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat (4x in the 14 day programme)

- 1x healthy cooking group class at The Chef's Studio (only in the 14 day programme)
- Personalised health plan
- 1x dietary supplement Be Slim by SHA
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, walks and healthy cooking classes, among others
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

weight loss 7 days
3.350€

weight loss 14 days
4.900€

(extension of the programme
under request)

detox

minimum 7 days I recommended 14 days

Stress, a sedentary lifestyle, bad eating habits, too much coffee, alcohol or tobacco, medicine, chemicals that are used in the majority of convenience food and breathing contaminated air can all give rise to the build-up of toxins in our body.

On this basis, the system can become compromised and impurities aren't properly filtered. The result can make you feel sluggish, have skin problems, aches, pains, digestive issues and trouble losing weight.

Purifying our body of these toxins improves our vitality and well-being.

detox

P R O G R A M M E

- General health examination
- Initial laboratory test (and test at the end of the 14 day programme)
- Oxitest (oxidative stress test to determine the level of oxidation in the body)
- General medical consultation at the beginning and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition plan follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy
- Consultation with an expert in anti-aging and genetic medicine
- Regenerative medicine consultation
- Revitalizing medicine consultation
- 1x session of lung or liver detox nebulization, according to prescription
- Energy health assessment, with electromagnetic field map
- 1x energy health treatment, according to prescription (only in the 14 day programme)



- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment session, according to the prescription (2x in the 14 day programme)
- 2x colon hydrotherapy sessions (3x in the 14 day programme)
- 1x traditional massage or oriental therapy session, according to the prescription: relaxing massage, deep tissue massage, decontracting massage, anti-cellulite massage, thai massage or Shiatsu (2x in the 14 day programme)
- 2x water therapy sessions or hydrotherapy treatments, adapted to your needs: watsu, aqua cranio-cervical massage, underwater massage, hydroenergetic detox cure, or aquagym (3x in the 14 day programme)
- 2x SHA Detox massages (3x in the 14 day programme)
- 1x detoxifying seaweed wrap or "Detox Retreat" body treatment (2x sessions in the 14 day programme)
- 1x lymphatic drainage session (2x in the 14 day programme)
- 1x ginger therapeutic compresses session (2x sessions in the 14 day programme)
- 1x pressotherapy session (2x in the 14 day programme)
- 1x oxygen bar session
- 1x cryotherapy session (2x in the 14 day programme)
- 1x introductory evaluation and advice session with a personal trainer

- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection
- 1x healthy cooking group class at The Chef's Studio
- Personalised health plan
- 1x dietary supplement SHA Detox
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, walks and healthy cooking classes, among others
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

detox 7 days
3.370€

detox 14 days
4.950€

(extension of the programme
under request)

intensive detox & weight loss

minimum 7 days I recommended 14 days

An intensive programme for anyone who wants results in a short period of time; it is ideal for anyone who is overweight, suffers from fatigue or depression, health problems and anxiety. Stress, a sedentary lifestyle, bad eating habits, too much coffee or alcohol or tobacco, medicine, chemicals that are used in the majority of convenience food and breathing contaminated air can all give rise to the build-up of toxins in our body.

Excess weight is the cause of many health problems such heart disease, diabetes and countless other diseases; it conditions our vitality and lifestyle.

SHA has a method that focuses on recovering the ideal state of health, regaining and boosting our vitality by combining a healthy diet with other therapies that stabilise the metabolism and cut down on the blood sugar levels, cholesterol and cleanse our body at the same time.

This can all be achieved by focusing on how to eat properly to continue to slim down until the ideal weight is reached and then maintain this for the rest of our life, thus improving our health and our energy levels. One of the keys to success of the SHA Detox and Intensive Weight Loss Programme is what you learn during your stay, so that you don't put the excess weight back on again and you learn how to follow a healthy diet.

detox & weight loss

P R O G R A M M E

- General health examination
- Initial laboratory test (and test at the end of the 14 day programme)
- Oxitest (oxidative stress test to determine the level of oxidation in the body)
- General medical consultation at the beginning and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition plan follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in anti-aging and genetic medicine
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy (2x in the 14 day programme)
- Regenerative medicine consultation
- Revitalizing medicine consultation
- 2x ozone therapy sessions with GAH intravenous (3x in the 14 day programme)
- Capillary health assessment
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion



- 1x traditional Chinese Medicine treatment session, according to the prescription (2x in the 14 day programme)
- 2x colon hydrotherapy sessions (3x in the 14 day programme)
- 2x SHA detox massages (4x in the 14 day programme)
- 2x hydroenergetic detox cure sessions (4x in the 14 day programme)
- 2x high-tech treatment sessions, adapted to individual needs: LPG, Physia, Indiba, Icoone, DLE or Ultrasound (4x in the 14 day programme)
- 2x sessions of lung or liver detox nebulization (3x in the 14 day programme)
- 1x oxygen bar session (2x in the 14 day programme)
- 1x lymphatic drainage session (2x in the 14 day programme)
- 2x pressotherapy sessions (4x in the 14 day programme)
- 1x Vela Shape III session
- 1x "Slim & Fit" or "Detox Retreat" body treatment
- 1x detoxifying seaweed wrap session
- 1x shrinking violet body wrap (2x in 14 day programme)
- 1x ginger therapeutic compresses session (2x in the 14 day programme)
- 1x introductory evaluation and advice session with a personal trainer
- 3x sessions with a personal trainer, may include some of these disciplines: stretching, power plate, kinesio, electro-stimulation, cardio-tone circuit, aquagym or pilates mat (5x in the 14 day programme)

- 2x cryotherapy sessions (3x in 14 day programme)
- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection
- 1x healthy cooking group class at The Chef's Studio
- Personalised health plan
- 1x dietary supplement Be Slim by SHA
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, walks and healthy cooking classes, among others
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

intensive detox & weight loss 7 days
4.900€

intensive detox & weight loss 14 days
7.900€

(extension of the programme
under request)

fitness

minimum 7 days I recommended 14 days

Regardless of your age, weight, physical condition or general state of health, you can attain your physical fitness objective with our 7 day personalised programme and the advice and the help of our team of personal trainers and doctors.

Fitness training is not only intended to get rid of a few kilos or burn fat off our body; it is mainly focused on helping you enjoy an active style of life, to therefore make the most of all the benefits that physical exerci-

se provides you with, both in terms of our health and physical appearance: improving our physical condition, getting stronger, increasing our stamina, reducing fat, toning up and gaining muscle mass, etc.

Learn to eat healthily, find out about the most suitable nutrients for our body, start an exercise routine that we can stick to long-term, recover flexibility, muscle strength and the right postures, eliminate pain and restore the sexual function; they are just a few of the objectives of these Fitness Programme.

fitness

P R O G R A M M E

- General health examination
- Initial laboratory test
- General medical consultation at the beginning and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy (2x in the 14 day programme)
- Revitalizing medicine consultation
- 3x ozone therapy sessions with GAH intravenous (these therapies are not recommended for professional sportsmen because of the medication. It is innocuous but considered doping)
- 1x session of lung or liver detox nebulization
- 1x oxygen bar session (2x in the 14 day programme)
- 1x introductory evaluation and advice session with a personal trainer
- 7x sessions with a personal trainer (13x in the 14 day programme). As assessed by the coach and according to the guest's needs, the sessions are structured as follows:



- 2x high-tech training sessions: power plate, electro-stimulation or 24h assessment of sleep and recoveries* (4x in the 14 day programme)
- 2x postural training sessions: RPG or pilates mat* (4x in the 14 day programme)
- 1x functional outdoor training session: bike, running, ropes, kettlebell, etc.* (2x in the 14 day programme)
- 1x classical training session: Kinesis or Aqua gym* (2x in the 14 day programme)
- 1x eccentric training session with inercial

- 1x detox hydroenergetic cure session
- Personalised health plan
- 1x specific vitamin supplement to improve the Fitness results
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

- 1x osteopathy session (2x in the 14 day programme)
- 1x physiotherapy session (2x in the 14 day programme)
- 2x cryotherapy sessions (3x in the 14 day programme)
- 1x high-tech treatment session, adapted to individual needs: Detox massage using cupping therapy, Icoone, Physis or Indiba (2x in the 14 day programme)
- 1x Electro Lymphatic Drainage session - DLE (2x in the 14 day programme)
- 1x Slim & Fit body treatment
- 3x traditional massage or oriental therapy session, according to the prescription: deep tissue massage, decontracting massage, Shiatsu or thai massage (5x in the 14 day programme)

fitness 7 days
3.900€

fitness 14 days
5.950€

(extension of the programme
under request)

*To be determined after the evaluation
of your personal trainer

anti-tobacco

recommended duration of 7 days

Smoking is a definite cause of different types of cancer, cardiovascular and chronic pulmonary diseases. The objective of the SHA anti-tobacco programme is to stop smoking naturally and healthily; to recover the natural functions of the organism (lungs and other organs).

The SHA Anti-tobacco Programme involves finding out about the addiction profile of each guest beforehand and then working on the physical and mental conditioning factors in a personalised way.

Having carried out cardiovascular and pulmonary screening tests previously, personalised treatment techniques are then applied, which include natural food, phytotherapy, acupuncture, laser therapy, oxygen therapy, cotinine tests and advanced relaxation techniques that are aimed at helping the patient stop smoking and prevent any relapses once the treatment is over.

anti-tobacco

P R O G R A M M E

- General medical examination including spirometry and carboxyhemoglobin analysis
- Electrocardiogram and cotinine on alternate days
- Initial laboratory test
- General medical consultation at the beginning, and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in anti-aging and genetic medicine
- Derma-aesthetic consultation with the most advanced technology for the non invasive diagnosis
- Capillary health assessment
- Revitalizing medicine consultation
- 3x ozone sessions with GAH intravenous
- 2x pulmonary detox nebulization
- 5x oxygen bar sessions
- 1x dental assessment session with dental cleaning
- 2x psychotherapy coaching sessions



- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 2x traditional Chinese Medicine treatment sessions, according to the prescription
- 1x firming seaweed body wrap
- 2x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, lymphatic drainage massage or Shiatsu)
- 1x high-tech treatment session, adapted to individual needs: Detox massage using cupping therapy, Physia, Icoone, Indiba or DLE
- 1x personalised facial treatment session Ritual Facial Saho
- 1x introductory evaluation and advice class with a personal trainer
- 2x body & mind sessions, according to the prescription: yoga, meditation, mindfulness, chi-kung or pranayama techniques
- Personalised health plan
- 1x Phytotherapy and anti-aging supplement (anti-tobacco kit)

- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

anti-tobacco
3.950€

(extension of the programme
under request)

anti-stress

recommended duration of 7 days

The fast pace of life along with bad eating habits are some of the main causes of increased physical and emotional stress. The lack of energy stops us from really making the most of our potential. SHA is the perfect place to think about these habits that exacerbate stress and come up with a personalised plan to cut down on stress levels to enjoy a better quality of life.

Symptoms of chronic stress, a lack of concentration, lethargy, irritability, migraines, headaches, anxiety, general fatigue, etc.

Natural remedies, excellent food, exercises and other natural therapies that focus on restoring the right levels of health and energy and maintain them forever.

anti-stress

P R O G R A M M E

- General medical examination
- Initial laboratory test
- General medical consultation at the beginning, and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Energy health assessment with bioenergetic mapping and evaluation
- 1x bioenergetic treatment, according to the prescription
- Capillary health assessment
- Revitalising medicine consultation
- 2x ozone therapy sessions with GAH intravenous
- 1x oxygen bar session
- 1x psychotherapy coaching session
- 2x anti-stress sessions with specialist
- 2x mindfulness therapy (full attention) sessions
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment sessions, according to the prescription



- 2x therapeutic treatment sessions, according to the prescription (relaxing massage, cranio-cervical massage, deep tissue massage, thai massage)
- 1x Shiatsu massage
- 2x watsu sessions
- 1x ginger therapeutic compresses session
- 1x detox hydroenergetic healing session
- 1x Dermiocare session, negative ions therapy
- 1x introductory evaluation and advice class with a personal trainer
- 2x body & mind sessions, according to the prescription: yoga, meditation, chi-kung or pranayama techniques
- Personalised health plan
- 1x dietary supplement Triptofano Aasa

- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

anti-stress
3.400€

(extension of the programme
under request)

sleep recovery

recommended duration of 7 days

The recuperative power of sleep is one of the basic pillars to having a healthy life and the lack of sleep is often the cause of premature aging.

Insomnia and obstructive apnoea favour the onset of heart, respiratory and nervous system diseases, which is why the correction of such is the essence of preventing the associated diseases.

To this end, we have created a programme whose approach is unique worldwide, and it involves combining the western diagnosis and therapeutic techniques (polysomnography and treatment with Auto-CPAP), with macrobiotics, acupuncture and phytotherapy from oriental medicine. This is how the success rates of the two separate techniques can be increased.

sleep recovery

P R O G R A M M E

- General medical examination
- Initial laboratory test
- General medical consultation at the beginning, and at the end of the programme
- Polygraph for the diagnosis of sleep at night
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Revitalising medicine consultation
- Energy health assessment with bioenergetic mapping and evaluation
- 1x bioenergetic treatment, according to the prescription
- 2x psychotherapy coaching sessions
- 1x anti-stress session with specialist
- 1x mindfulness therapy session
- 1x private yoga or chi-kung class



- 1x private meditation techniques session
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion, + phytotherapy supplement
- 1x traditional Chinese Medicine treatment sessions, according to the prescription
- 3x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, cranio-cervical massage or Shiatsu)
- 1x Physia session
- 1x detox hydroenergetic healing session
- 1x oxygen bar session
- 2x watsu sessions
- 1x Dermiocare session, negative ions therapy
- 1x introductory evaluation and advice class with a personal trainer

- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

sleep recovery
3.700€

(extension of the programme
under request)

healthy menopause

duration 10 days

A programme designed to help women during menopause, giving them the support they need to cope with the changes that occur in their bodies and in their lives to therefore minimize the negative effects of this stage of life, boost their health and their personal confidence.

A personalised programme in which the most advanced western knowledge is combined with specialised holistic treatment to obtain both physical and emotional results that are really visible.

Even when menopause arrives, women still have a lot of vitality to enjoy an active life to the full.

This biological cycle of life is usually associated with sleeping problems, mood swings, dry skin, hair loss, weight gain, hot flashes, problems trying to psychologically assimilate changes over time, a loss of self-esteem, water retention or bladder control problems, hormone imbalances, tired aching legs, a decrease in sex drive among other conditions.

Although nothing can stop this natural process of the female biological clock, the Healthy Menopause programme designed by SHA will give you strength to deal with these changes in your body, minimize the adverse effects and help you face the new challenge of life and nature with excitement and happiness.

healthy menopause

P R O G R A M M E

- General medical examination
- Initial laboratory test
- Advanced Hormonal Profile
- General medical consultation at the beginning, and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in genetic and anti-aging medicine at the beginning and at the end of the programme
- Eco-bone Densimetry
- Echography
- Electrocardiogram
- Energy health assessment with bioenergetic mapping and evaluation
- 1x energy health treatment, according to prescription
- Gynaecology Consultation
- Derma-aesthetic consultation with the most advanced technology for the non invasive diagnosis and access to treatments for the rejuvenation of the feminine intimate area (CO₂RE Intima)



- 1x Dermiocare session, negative ions therapy
- Capillary health assessment
- 1x facial mesotherapy treatment with a DNA cell protector or diamond facial treatment
- Regenerative medicine consultation
- Revitalising medicine consultation
- 2x ozone GAH therapy sessions
- Consultation with a cardiologist
- 1x neurocognitive Stimulation session, with 3D
- 1x psychotherapy coaching session
- 3x holistic sessions with a women health expert
- 2x body & mind sessions, according to the prescription: yoga, meditation, chi-kung or 7 Rhythms Therapy
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment session, according to the prescription
- 1x colon hydrotherapy session
- 2x SHA Detox massages
- 2x detox hydroenergetic healing sessions
- 1x high-tech treatment session, adapted to individual needs: Physia, Indiba, Icoone, DLE or Ultrasound
- 1x lymphatic drainage treatment session
- 1x oxygen bar session
- 1x pressotherapy session
- 1x detoxifying seaweed wrap

- 1x "Slim & Fit" or "Detox Retreat" body treatment iS Clinical
- 1x ginger therapeutic compresses session
- 1x introductory evaluation and advice class with a personal trainer
- 1x session with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat
- 2x cryotherapy sessions
- 2x osteopathy session
- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection or a Dong Quai healthy supplement
- 1x healthy cooking group class at The Chef's Studio
- Personalised health plan
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

healthy menopause
6.300€

rejuvenation

duration of 7 days

An intensive, high content programme that helps you optimize health, lengthen your life expectancy and bring vitality back into your life, by means of a perfect combination of ancient eastern techniques with the latest scientific advances in personalised preventive and predictive medicine.

At least 45 days before your arrival, you will be sent a saliva kit that you have to return with the necessary sample so that the first analysis can be done to obtain the information that our professionals need about your genes to prepare your stay.

Having studied the main indicators on the biological and functional age of the individual, the factors that might be negatively affecting the life expectancy and the quality of life are determined so that changes to habits can be made, the necessary treatment needed to optimize health can be pres-

cribed and new standards can be established to promote a longer and healthier life in order to stay young in mind and body for as long as possible.

Factors that shorten our life expectancy and/or negatively affect our quality of life, attack us from outside (nutrition, infections, carcinogens and oxidants) and inside (pro-inflammatory substances, autoimmunity and tumours) and the SHA method aims to reduce or eliminate these factors.

Unlike any other anti-aging programme in the world, at SHA we use the knowledge acquired from the best natural therapy, including the most perfect nutrition known, which mainly comes from eastern cultures; and all the diagnosis or preventive treatment devices, which are supported by increasingly more western scientific progress and the latest discoveries made in the fields of genetics and anti-aging medicine.

rejuvenation

P R O G R A M M E

- Saliva kit (prior to coming) to determine your genetic code
- General medical consultation
- Initial laboratory test
- Oxitest (oxidative stress test to determine the level of oxidation in the body)
- Consultation with an expert in nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in genetic and anti-aging medicine at the beginning and at the end of the programme
- Genetic Well-Being Study (includes 100 polymorphisms SNP: weight control, detox, cardiovascular health, bone health, physical exercise and injuries, dental health, mental health and skin health)
- Spirometry and the carboxyhemoglobin analysis
- Electrocardiogram
- Consultation with a cardiologist
- Regenerative medicine consultation
- Consultation with the urologist or the gynaecologist
- Energy health assessment with bioenergetic mapping and evaluation
- 1x energy health treatment, according to prescription



- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy
- Capillary health assessment
- 1x facial mesotherapy treatment with a DNA cell protector or diamond facial treatment
- Oral health consultation and checkup with an X-ray analysis and dental cleaning according to the patient's specific needs
- 1x neurocognitive Stimulation session, with 3D
- Polygraph for the diagnosis of sleep at night
- Revitalising medicine consultation
- 2x ozone GAH therapy sessions
- 1x oxygen bar session
- 1x pulmonary detox nebulisation
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment session, according to the prescription
- 1x osteopathy session. Musculoskeletal and posture evaluation with a physiotherapist or a SHA Postural Re-education (SPR) session
- 2x colon hydrotherapy sessions
- 2x therapeutic treatment sessions, according to the prescription (deep tissue massage, cranio-cervical massage, relaxing massage or Shiatsu)
- 2x high-tech treatment sessions, adapted to individual needs: Physia, Icoone or Indiba
- 2x lymphatic drainage treatment sessions
- 1x detox hydroenergetic healing session
- 1x watsu session
- 1x introductory evaluation and advice class with a personal trainer

- 1x session with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat
- 2x body & mind sessions, according to the prescription: yoga, meditation, mindfulness, chi-kung or pranayama techniques
- 2x cryotherapy sessions
- Anti-aging report and personalised health plan after your stay
- 1x dietary supplement according to medical prescription, to be determined between the following: Immun Age dietary supplement treatment (fermented papaya preparation-FPP to help prevent oxidative stress and boost the immune system), NADH treatment to increase energy levels and the production of cells or ANTIAGING supplement
- 1x dietary supplement Younger Skin
- 1x dietary supplement Berberina Gold
- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

rejuvenation
8.400€

(extension of the programme
under request)

complete rejuvenation

recommended duration of 14 days (7x7)

A programme intended to optimize health, lengthen your life expectancy and bring vitality back into your life, by means of a perfect combination of ancient eastern techniques with the latest scientific advances in personalised preventive and predictive medicine.

The purpose of the SHA Rejuvenation Programme is that this difference becomes increasingly greater and that we manage to maintain a youthful style of life for as long as possible. Factors that shorten our life expectancy and/or negatively affect the quality of life, attack us from outside (nutrition, infections, carcinogens and oxidants) and inside (pro-inflammatory substances, autoimmunity and tumours) and the SHA method aims to reduce or eliminate these factors

Unlike any other anti-aging programme in the world, at SHA we use the knowledge acquired from the best natural therapy that includes the most perfect kind of nutrition known, which mainly comes from Eastern cultures; and all the diagnosis or preventive treatment devices, which are supported increasingly more by western scientific progress with the latest discoveries made in the fields of genetics and anti-aging medicine.

Stages: There has to be a gap of at least three months between the two stages of treatment to obtain the results of certain tests, which due to their characteristics, take a long time to process.

stage 01

DIAGNOSIS AND THE BEGINNING OF THE TREATMENT

(7 DAYS)

This stage consists in a series of very thorough examinations that evaluate the different biomarkers that enable us to determine the patient's biological age and their degree of aging.

Physical, psychological and laboratory tests (biochemical, hormones, immunological, genetic and microbiological) are carried out to obtain important information about how the body's different organs and systems are working. The risk of heart disease, the respiratory, gastrointestinal systems, the kidneys, liver and the neuropsychological systems are all assessed and eating habits, osteoarticular changes and the physical fitness of the person in question are all checked. Treatment is started immediately and an adjustment is made to the patient's life style.

- General medical examination
- Initial laboratory test
- Initial consultation with an expert in genetic and anti-aging medicine
- Consultation with an expert in nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- Genetic Well-Being Study (includes 100 polymorphisms SNP: weight control, detox, cardiovascular health, bone health, physical exercise and injuries, dental health, mental health and skin health)
- Spirometry and the carboxyhemoglobin analysis
- Telomere length analysis
- Osteoporosis screening by means of a bone densitometry scan
- Electrocardiogram
- Polygraph for the diagnosis of sleep at night
- Consultation with a cardiologist
- Consultation with an urologist or gynecologist
- Energy health assessment with bioenergetic mapping and evaluation
- 1x bioenergetic treatment, according to the prescription
- Derma-aesthetic consultation with the most advanced technology for the non invasive diagnosis
- Capillary health assessment
- 1x facial mesotherapy treatment with a DNA cell protector or diamond facial treatment
- Consultation in Revitalizing Medicine
- 1x ozone GAH therapy session

- 1x pulmonary detox nebulisation
- 1x oxygen bar session
- Stress and emotion management coaching session
- Oral health consultation and a checkup with an X-ray and dental cleaning according to the patient's specific needs
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment session, according to the prescription
- 1x osteopathy session. Musculoskeletal and posture evaluation with a physiotherapist or a SHA Postural Re-education (SPR) session with a personal trainer
- 1x colon hydrotherapy session
- 2x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, cranio-cervical massage, thai massage or Shiatsu)
- 1x high-tech treatment session, adapted to individual needs: Physia or Indiba
- 1x lymphatic drainage or anti-cellulite treatment session
- 1x watsu session
- 1x hydro-energetic healing session
- 1x cryotherapy session
- 1x introductory evaluation and advice class with a personal trainer
- 1x session with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat
- 1x body & mind session, according to the prescription: yoga, meditation, mindfulness, chi-kung or pranayama techniques
- 1x dietary supplement Younger Skin
- 1x dietary supplement Berberina Gold
- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

stage 02

PERSONALISED TREATMENT AND FOLLOW-UP

(7 DAYS)

In the second stage as all the information needed has been obtained, including an advanced genetic map of our guest, a set of personalised western and eastern techniques are now applied to combat premature aging. Wherever appropriate, food supplements, antioxidants, bio-compatible hormones, vitamins and trace elements are added to enhance the treatment. Then finally a personalised health plan is drawn up.



- Final consultation with an expert in genetic and anti-aging medicine
- Consultation with an expert in nutrition and natural therapies
- SHA diet according to the prescription
- Nutrition follow-up during the stay
- Natural therapeutic drinks, according to the prescription
- 1x Dermiocare session, negative ions therapy
- Consultation with an expert in regenerative medicine
- 2x ozone GAH therapy sessions
- 1x neurocognitive Stimulation session, with 3D
- 1x traditional Chinese Medicine treatment session, according to the prescription
- 2x colon hydrotherapy sessions
- 2x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, cranio-cervical massage, thai massage or Shiatsu)
- 1x high-tech treatment session, adapted to individual needs: Physia or Indiba
- 1x lymphatic drainage or anti-cellulite treatment session
- 1x watsu session
- 1x hydro-energetic healing session
- 2x cryotherapy sessions
- 1x session with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat

- 1x body & mind session, according to the prescription: yoga, meditation, mindfulness, chi-kung or pranayama techniques
- Anti-aging report and personalised health plan
- 1x dietary supplement according to medical prescription, to be determined between the following: ImmunAge dietary supplement treatment (fermented papaya preparation-FPP to help prevent oxidative stress and boost the immune system), NADH treatment to increase energy levels and the production of cells or ANTIAGING supplement
- SHA Cell Rejuvenation TA-65
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit, according to the prescription (sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

complete rejuvenation
12.500€

life reset

duration 28 days

Many people are under a lot more professional and emotional stress than is normal. Constant exposure to these conditions over time can give rise to the Burnout Phenomenon, which results in a state of physical and mental exhaustion, affecting the health of the person in question and leading to premature aging.

This condition usually alters psychometric properties (cardio-respiratory problems, sleep disorders, anxiety, depression, irritability and even vulnerability to certain addictions). People who experience these symptoms are likely to suffer from exhaustion and they find it difficult to concentrate, which leads to a drop in productivity levels, happiness, optimism and success in life.

Therefore, SHA has created the SHA Life Reset programme to help people regain their health and well-being to therefore attain the best version of themselves. Four weeks dedicated to resetting life, during which the most advanced knowledge of modern science and the most ancient and proven natural therapies are applied.

The approach of the programme deals with the physical, cellular, psychological, mental and spiritual aspects involved; and this is the most comprehensive programme of SHA, one that can meet the most ambitious life changing objective, supplying all the necessary tools and know-how to make this lifestyle change long-lasting. Welcome to your new life, welcome to SHA Life Reset.

life reset

P R O G R A M M E

- General medical examination
- Initial and final laboratory tests
- Oxitest (oxidative stress test to determine the level of oxidation in the body)
- General medical consultation at the beginning and at the end of the programme
- 2x medical follow up consultations
- Consultation with an expert in nutrition and natural therapies
- 3x nutritional follow up consultations
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in anti-aging and genetic medicine
- Consultation with the urologist or the gynaecologist
- Derma-aesthetic consultation with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy
- Oral health consultation and checkup with an X-ray analysis and dental cleaning according to the patient's specific needs
- Energy health assessment with bioenergetic mapping and evaluation
- Electromagnetic map evaluation at the end of the stay to analyse the results



- 4x bioenergetic treatments, according to the prescription
- 1x consultation for neurocognitive assessment
- 3x neurocognitive stimulation sessions, with 3D
- Polygraph for the diagnosis of sleep at night
- Regenerative medicine consultation
- Capillary health assessment
- Telomere length analysis
- 4x coaching stress and emotions management sessions
- Revitalizing medicine consultation
- 4x ozone GAH therapy sessions, a personalized serum created from a selection of vitamins, trace elements and natural biological drugs
- 2x pulmonary detox nebulisation sessions
- 2x oxygen bar sessions
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 7x traditional Chinese Medicine treatment sessions, according to the prescription
- 8x body & mind sessions, according to the prescription: yoga, meditation, mindfulness, chi-kung or pranayama techniques
- 12x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, cranio-cervical massage, decontracting massage, lymphatic drainage massage, circulatory massage, anti-cellulite massage, thai massage or Shiatsu)
- 1x Introductory evaluation and advice class with a personal trainer
- 12x sessions with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat
- 4x physiotherapy or a SHA Postural Re-education (SPR) sessions
- 4x osteopathy sessions
- 4x cryotherapy sessions
- 4x colon hydrotherapy sessions

- 4x Physia sessions
- 8x Indiba sessions
- 4x reflexology sessions
- 2x watsu sessions
- 8x SHA Detox massages
- 4x body wraps or Rassoul-Hammam sessions (detoxifying, firming, reductive, invigorating, marine wrap, aloe vera wrap, intense nutrition or Alpine Rose)
- 4x detox hydroenergetic healing sessions
- 1x personalised facial treatment session (75min BDR, Red Carpet, Fire & Ice or Ritual facial Saho)
- 1x manicure
- 1x pedicure
- 1x dietary supplement SHA Detox
- 1x dietary supplement Berberina Gold
- 1x book "The SHA recipes to live longer and better" or 1x range of tea from our SHA Tea Collection
- Personalised health plan
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit (sauna, Roman or Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

life reset
18.900€

(extension of the programme
under request)

essence

duration 7 days

The Program SHA Essence gives you the opportunity to improve your wellbeing without an specific health objective.

You will discover a healthy lifestyle through a series of natural therapies, healthy nutrition and personalised fitness plan.



- General medical examination
- Initial laboratory test
- General medical consultation at the beginning and at the end of the programme
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Nutrition plan follow-up during the stay
- Revitalizing medicine consultation
- Derma-esthetic consultation with the most advanced technology for the non invasive diagnosis
- 1x Dermiocare session, negative ions therapy
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x traditional Chinese Medicine treatment session, according to the prescription
- 2x therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, cranio-cervical massage, lymphatic drainage massage, anti-cellulite massage, thai massage or Shiatsu)
- 1x cryotherapy session
- 2x high-tech treatment session, adapted to individual needs: Detox massage using cupping therapy, LPG, Physia, Icoone, Indiba, or DLE

- 2x aquatic therapy sessions, adapted to individual needs: watsu, cranio-cervical water massage underwater massage, hydroenergetic detox cure or Rassoul
- 1x introductory evaluation and advice class with a personal trainer
- 1x session with a personal trainer, according to the prescription: stretching, power plate, kinesis, electro-stimulation, cardio-tone circuit, aquagym or pilates mat
- 1x colon hydrotherapy session
- Personalised health plan after your stay
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit (sauna, Roman or Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

essence
2.600€

discovery

duration 4 days

For anyone who wants to know a bit more about themselves and the healthiest habits for their body by relaxing and recovering from stress.



- General medical examination
- General medical consultation
- Consultation with an expert on nutrition and natural therapies
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Revitalizing medicine consultation
- Traditional Chinese Medicine consultation, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1x therapeutic treatment session, according to the prescription (deep tissue massage, relaxing massage, decontracting massage, cranio-cervical massage, lymphatic drainage massage, anti-cellulite massage or thai massage)
- 1x aquatic therapy session, according to the prescription (hydroenergetic healing, watsu, body scrub, underwater massage or body wrap)
- 1x high-tech treatment session, adapted to individual needs: Detox massage using cupping therapy, Physia, Icoone, Indiba, or DLE
- 1x personalised facial treatment session (45min BDR facial Rejuvenating, Harmony or Alpine Rose)

- 1x introductory evaluation and advice class with a personal trainer
- SHA Academy activities: talks, walks, healthy cooking classes; yoga, pilates or stretching sessions, etc.
- Access to the Hydrotherapy Circuit (sauna, Roman or Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets)

discovery
1.250€

(extension of the programme
under request)



Recognized with more than 50 international awards



#SHAlifestyle

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