



treatments & services



The background of the image is a photograph of a beach scene. The bottom third of the image shows a sandy beach in the foreground, leading to a calm, light blue ocean. The horizon line is roughly in the middle of the frame. Above the horizon, the sky is a clear, pale blue with scattered, wispy white clouds. The overall atmosphere is bright and airy.

wellness

A close-up photograph of a man's face and upper torso. He is lying on his back, eyes closed, with a relaxed expression. A person's hands are visible, gently massaging the side of his head and neck. The background is softly blurred green foliage, suggesting an outdoor or spa setting.

traditional
massages

Traditional Massages

Relaxing Massage

50 min / 135€ · Pack 5 sessions / 625€
75 min / 190€

This soft to medium pressure massage helps to stabilize the cardiac and respiratory's functions, increases the level of energy and vitality, eases the muscle tension, improves the blood circulation, induces a deeper relaxation and balances body and mind inducing to a general wellbeing.

Deep Tissue Massage

50 min / 135€ · Pack 5 sessions / 625€
75 min / 190€

This energetic deep tissue massage works deep into the muscles, tendons and ligaments, improving chronic pain, muscular tension and contractures. Indicated for those persons with a high rhythm of life or sports activity.

Relieving Massage

50 min / 135€ · 75 min / 190€

This medium to deep pressure massage is focused on the painful or muscle tension areas to relax, ease muscle tension and oxygenates the muscles. Specially designed to work the back area that tends to suffer in excess due to bad postures or emotional tension.

Craniocervical Massage

50 min / 135€

Manual therapy designed to release the head, neck and upper back tension, energy blockages, and to favour relaxation that produces simultaneous reactions in the rest of the body that help to balance the nervous system.

Lymphatic Drainage Massage

50 min / 135€ · 80 min / 200€

Massage with very smooth traction movements on the skin that acts on the lymphatic system and activates the circulation helping to eliminate toxins and water retention. Very effective in cases of edema and cellulite. Ideal in lower limbs.

Circulatory Massage

50 min / 135€

Massage performed on the legs, with upward strokes towards the heart that improve venous return and relieve tired legs.

Anti-cellulite Massage

50 min / 135€

Local massage to boost the elimination of toxins from the fat tissue, improves the venous return and brings more oxygen to the cells which restores the tissues, improving the orange peel appearance.

Signature Massages

SHA Detox Massage

50 min / 150€ · 75 min / 215€

Bioenergy treatment that favours the detoxification, oxygenation and the cell regeneration process of the body. Lymphatic drainage is carried out using glass suction cups by means of a controlled cupping technique and by using a combination of essential oils (bioaromas), which work on the body's energy meridians to stimulate the metabolism and enhance the elimination and purification processes.

SHA Sport Massage

50 min / 160€

This specialised massage is an efficient combination of technical techniques with the application of Lymphodrainer technology, whose objective is to relax muscles and tone tissues, thus alleviating the contractures caused by different factors such as: sport, a sedentary life, incorrect posture, stress, repetitive gestures and tension; in order to combat tiredness and fatigue, for the purpose of optimum and speedy recovery.

Oriental Therapies

Thai Massage

50 min / 135€ · 75 min / 190€ · 110 min / 280€

Ancient therapy based on Ayurveda and yoga. Deep body work that uses stretching techniques and pressure points to restore the vital energy, reduce muscle tension and rebalance body and mind.

Abhyanga Fusion Massage

50 min / 150€ · 75 min / 215€

Full body massage that combines the use of different blends of aromatic oils with great therapeutic power with Ayurvedic massage techniques, aromatherapy, reflexology, lymphatic drainage and rebalancing of chakras.

Hot Stones Massage

75 min / 195€

Ancient therapy used for a full and deep massage that helps relieve tension, relax muscles and reduce stress using the perfect combination between hot volcanic stones and essential oils. As the massage takes affect it produces a sedative response, so that the person having the massage goes into a state of deep relaxation.

Shiatsu

50 min / 135€ · 75 min / 190€

Ancient native therapy from Japan and descendant of the Traditional Chinese Medicine that based on its benefits in the proper canalization of the vital energy (Chi) through the pressure on certain key points of the body using the fingers and palms of the hands.

Reflexology

50 min / 145€

Based on an ancient technique, the reflexology treats different parts of the body through certain pressure points located on the feet. Relieves chronic diseases and improves the body's condition.

Ginger Therapeutic Compresses

20 min / 75€

Stimulates blood and fluid's circulation in blocked parts of the body, as well as dissipates substances, especially in the kidney area.

A close-up photograph of a woman lying down with her eyes closed, receiving a facial massage. A person's hands are visible, gently holding her chin and forehead. The lighting is soft and warm, creating a relaxing atmosphere.

facial
treatments

EvidenS de Beauté

Beauty Rituals

Evidens de Beauté is known as “the first haute cosmetic firm”, which combines the benefits of highly effective products that contain matchless active ingredients with a unique technique that satisfies both exactly Japanese standards and French refinement. The so-called Japanese facelift works each muscle individually sculpting the features and fully activating the skin’s vital functions, stimulating collagen production and blood flow.

This time-honoured technique is reputed to be the first genuinely natural alternative to invasive medical-aesthetic treatments. An authentic manual face lift administered by expert hands that combats the signs of ageing and boosts the supply of oxygen and nutrients to the cells, for glowing skin, bursting with energy.

Purifying Saho Ritual

75 min / 225€

Deep facial cleanse inspired by the Japanese tradition of triple skin cleansing. A concentration of active ingredients such as bentonite. The skin appears deeply purified from the first stage by eliminating toxins and impurities, pores are closed and the skin regains the lost brightness.

Brightening Saho Ritual

75 min / 225€

This intensive facial treatment works at all stages of the dark spots’ formation on the skin fighting again their appearance and to mitigate the existing ones. Its active ingredients will allow the skin to regain the control over the production of melanin and improve the brightness. The result is a glow, light and homogeneous skin tone.

Deep Hydration Saho Ritual

75 min / 225€

Exceptional Japanese beauty protocol that combines a deep skin cleanse with an extra of hydration, thanks to the 8 essential amino acids of its components that dramatically increase the level of skin hydration and its ability to keep it at an optimum level. As a result the skin looks clean, smooth and comfortable.

Oxygenating Saho Ritual

75 min / 225€

Thanks to the rich combination of active ingredients, this beauty ritual deeply nourishes and stimulates the natural collagen in the skin. It is the energy supplement that the skin needs for flexibility, hydration and firmness. The results are immediately visible: the skin colour is unified, the texture is smooth, the moisturizing is optimal and the skin looks younger and healthier.

Firming Saho Ritual

75 min / 225€

This facial treatment infuses a high concentration of antioxidants and firming actives such as triple collagen, coenzyme Q10, amino acids and silk tree’s extract into the skin. It is a great antioxidant and redensifying treatment, a real cure for the skin to look younger and firmer.

Perfect Eyes Saho Ritual

20 min / 90€

This exceptional treatment re-hydrates, smoothes wrinkles and fine lines around eye area, softens dark circles, eye puffiness and diminishes signs of fatigue to achieve a younger and rested look.

Saho Ritual Pack

600€

Customisable pack that includes a choice of three Saho facial treatments according to your necessities and preferences.

iS Clinical Facial Treatments

iS Clinical is the exclusive cosmeceutical clinical skincare brand. All its active ingredients have botanical origins but with a pharmaceutical degree of effectiveness. The results are visible right after the first session in the treatment booth although its maximum effectiveness is attained long-term by continually using these products at home. The distinctive iS Clinical "active" products encourage the skin to restorative health by accelerating the natural processes of exfoliation and cellular regeneration. This exceptional range offers treatments for a wide variety of skin conditions from acne and hyperpigmentation to rosacea and eczema, while effectively treating the signs of aging.

Fire & Ice Facial

60 min / 190€

The rejuvenating effects of this intensive facial treatment quickly reduce the signs of ageing on the face, neck and décolletage. A combination of two treatment masks softens and moisturises the skin, while triggering cell renewal. Also recommended for treating dark spots and acne prone skins, correcting blemishes and restoring a natural glow.

Red Carpet Facial

75 min / 220€

The facial treatment of choice for celebrities who need to look flawless. Its formula is an exfoliant combination of amino acids, plant extracts and rose quartz and applied with an energising massage that reduces hyperpigmentation and encourages cell renewal, for firmer, suppler skin. The treatment includes a unique serum, a one-step, immediate action anti-ageing treatment.

Exfoliating Clear Skin

50 min / 180€

Advanced facial treatment suitable for oily, congested, blemish-prone and problematic skin types. The effective benefits of hyaluronic acid, aloe vera and natural extracts rejuvenate and revitalise the skin, purifying and oxygenating the tissues. Gently exfoliates the skin and prevents dry pores. Soothing and nourishing for the skin.

Foaming Enzyme Facial Treatment

50 min / 180€

Renewing, soothing facial treatment for all skin types, particularly suitable for reactive and highly sensitive skins for a glowing complexion. Papaya and pineapple enzymes combined with glycolic acid nourish and moisturise the skin, provide deep cleansing to the pores and regenerate the face.

Honey Enzyme Facial

50 min / 180€

A honey-based treatment packed with antioxidant vitamins and a triple-action peel. A gentle massage regenerates and nourishes the skin. Suitable for all skin types, but particularly useful for dry and dehydrated skin.

Eyebright Facial

20 min / 80€

Facial treatment designed to look after and treat the specific needs of the area around the eyes by using a selection of clinical products that are high in Vitamin C and a rejuvenating face mask that reduces puffiness and the bags under your eyes, thus stimulating microcirculation, soothing and firming up the delicate eye area. Flaunt a younger look.

BDR Facial Treatments

BDR (Beauty Defect Repair) is a revolutionary treatment for the skin rejuvenation, result of many years of research about the transportation of active agents through the skin layers.

The microperforation of the top layer of the epidermis using special heads with needles allows the creation of multiple micro channels that are used to penetrate the active ingredients into the deeper layers of the skin.

In this way the natural process of skin's regeneration and function is activated, as well as the collagen synthesis. The results are a lifting effect, the rebalancing and restructuring of the elasticity and a relaxed and rejuvenated face.

Facial BDR 30 min / 120€

Indicated for the treatment of eye contour area or acne marks.

Facial BDR 45 min / 150€

Indicated for the treatment of local imperfections, local wrinkles, acne and scars or cuperos.

Facial BDR 60 min / 180€

Indicated for the treatment of acne, skin brightening or sensitive skin.

Facial BDR 75 min / 215€

Indicated for firming and antiaging treatments.

SEPAI Facial Treatments

Sepai is the leading brand in preventive and natural cosmetics. It is based on a unique concept of re-educating the cells by repairing and protecting them, thus prolonging their longevity by preserving the telomeres and slowing down the signs of aging from inside out.

3D Facial Lifting NEW

90 min / 215€

Non-surgical facial rejuvenation that helps repair older and damaged skin. It tightens up the skin, improves its elasticity and volume. Specific lifting techniques are used to perfectly sculpt the skin in a V, firm it up and improve its turgor.

Luxury Eyes NEW

45 min / 185€

A treatment specifically designed to take care of the sensitive eye area. A draining, detox massage opens and widens the eyes, lifts the eyebrows and restores youthful freshness to the expression.

Piroche Facial Treatments

Detox Premium Facial Treatment

75 min / 190€

Bioenergetic facial treatment based on detoxifying, regenerating, tonifying and unblocking the skin. It is a facial drainage procedure using glass bells and seaweed lotion, followed by a facial massage with essential oil, a regenerating facial masque and electro-stimulation of the points with lesser skin resistance, enabling also the energetic unblocking.

Alpine Rose Facial

50 min / 150€

This manual facial treatment activates the skin stem cells' vitality, favors its regeneration and gives strength to the skin by stimulating the natural mechanisms of defense. It hydrates deeply thanks to the water rich in minerals from the Tirol Mountains.

specialized
treatments



Vela Shape III

25 min / 350€ · 50 min / 595€

VelaShape III contours, remodels, shapes and slims the body by improving cellulite and reducing circumference in as few as one treatment session (average reduction of between 1 and 3 cm). It provides dramatic results without downtime or significant discomfort. The secret behind VelaShape III is that is the first and only technology that combines elos (infrared + bipolar radiofrequency) with vacuum and tissue manipulation (Vacuum therapy) to reduce the volume and appearance of fat tissues.

Facial or Corporal Indiba

50 min / 180€ · Pack 5 sessions / 800€

Non-invasive radio frequency treatment that rebalances the cell interaction, as a result the oxygen's flow between cells is improved, the micro-circulation is reset and the skin is rejuvenated. When applied for facial purposes, it diminishes wrinkles, improves dark circles appearance and puffiness under the eyes, and redefines a round face by firming and toning the skin. When applied to the body, it shapes the silhouette, reduces cellulite, stretch marks and sagging, smoothes and firms the skin. When used as a therapeutic effect eases the pain, reduces the inflammation and gives an overall feeling of well-being.

Physia

50 min / 160€ · Pack 5 sessions / 700€

This revolutionary system emits physiological frequencies to achieve true facial and corporal rejuvenation in a non-invasive manner. It is therefore the first and only cell regenerator of its kind with evident improvements to skin tone, reduction of cellulite, reduction of wrinkles and lymphatic drainage.

Electro Lymphatic Drainage

50 min / 180€ · Pack 5 sessions / 800€

Innovative method to combat the build-up of toxins in the body. The electrical pulses enhance the natural functions of the lymphatic system, stimulate the immune system and speed up the metabolism to reduce volume, eliminate water retention, reduce cellulite and improve body sculpting.

Icoone Body NEW

50 min / 170€ · Pack 5 sessions / 750€

Icoone is a treatment that combines mechanical massage with independent motorised rollers and the thermal effects of lasers and LED energy. Its rollers provide skin with three times the benefits through fractionated suction technology. Recommended for treating fat deposits, cellulite, sagging skin and stretch marks, it is also an effective body contouring and breast firming solution. Sculpts and slims the body.

Pressotherapy Ballancer

20 min / 70€ · 50 min / 150€

Treatment that is administered with specific equipment, where pressure is applied onto the limb through medical pants that have 24 fully overlapping compression cells that go from the feet to the tummy, exerting high and low alternating positive pressure on the body. Pressotherapy stimulates the circulatory system, enhances lymphatic drainage and helps eliminate liquids, fats and toxins that cause cellulite, oedemas, lymphedema and venous disorders such as varicose veins.

Dermio Care NEW

20 min / 70€

A completely natural medical-aesthetic device with a facial application dome that generates negative-ion enriched air, which is absorbed through the skin or breathed in. These ions contribute to restoring the cells, purify the body, improve the tissues, etc. An essential addition to any detox and anti-ageing treatment. Furthermore, chromotherapy helps rebuild physical and mental capacity through colours, which favours an ideal state of relaxation.

Ultrasound

20 min / 70€

Technique for applying to the conjunctive and adipose tissues, producing temperature changes which generate a lymphatic effect. It is applied with gel, achieving noticeable results on the appearance of orange peel and accumulated adiposities.



Cryotherapy*

10 min / 90€ · Pack 5 sessions / 400€

This treatment consists of exposing the body to very low temperatures (between -100°C and -196°C) in a short period of time (180 seconds) using evaporated liquid nitrogen in a controlled atmosphere. Extremely cold conditions are used to trigger a response from the body on three levels: circulatory, muscular and neuroendocrine. As a result it decreases the sensations of pain and fatigue and relaxes muscles, while increasing the blood's flow through the internal organs.

Oxygen Bar

20 min / 35€

Enjoy the effects of pure oxygen, expelling toxins from your organism, increasing the volume of oxygen in the blood, promoting circulation and activating skin cells.

Oxygen Bar in Suite

24 hours / 150€

*This treatment requires a previous Treatment Validation Consultation.

A woman with blonde hair is lying down with her eyes closed, wearing a white headband. She is wearing a light-colored, patterned towel around her neck. The background is blurred, showing another person's shoulder and neck area.

personalised
intensive body
treatments

SEPAI Personalised Intensive Body Treatments

Signature Body Treatment

100 min / 275€

This superb anti ageing body treatment prevents all the visible signs of ageing, endogenous and exogenous. Recover the balance, optimize the performance, renovate the natural glow and reactivate the metabolism.

Slim & Fit Body Treatment 100 min / 275€ · Pack 3 sessions / 740€

Anti-cellulite and slimming treatment in 4 phases that attacks the causes of cellulite by improving the blood circulation and by creating a lipolytic effect that reduces the liquid and fat retention. As a result, a decrease of volume and a smoother skin's appearance.

Firm & Tight Body Treatment 100 min / 275€ · Pack 3 sessions / 740€

Experience a real body lifting without surgery thanks to this treatment that shrinks the skin from within. It improves the tissue and skin elasticity. As a result, the skin is restored and the radiance and firmness are improved. To be used just to treat half body (upper or lower part).

Detox Body Treatment

75 min / 195€

This body treatment deeply exfoliates the skin thanks to the action of a purifying mask, followed by a body wrap tailored to the specific needs of each body. This treatment clears and detoxifies the body.

Firming Breast Treatment

60 min / 175€

This treatment improves the strength of breast tissue and enhances their natural beauty. A combination of the European savoir faire and the best cosmetic technologies guarantee the best results.

Body Wraps

Shrinking Violet Body Wrap

75 min / 200€

This method activates the lipolysis process, eliminates the unwanted fat without effort or discomfort thanks to its active ingredient, hydrolysed lecithin that penetrates deep into the dermis in seconds. Upon application of this active ingredient, the parts of the body to be treated are wrapped with plastic foil. This specially formulated body wrap provides immediate and lasting slimming and body shape effects, helping to lose inches in problem areas such as thighs, hips and stomach among others.

Shrinking Violet Body Ritual

110 min / 300€

This ritual starts off with a lymphatic draining bath and massage, ending with a Shrinking Violet body wrap.

Detoxifying Seaweed Wrap

50 min / 150€

This seaweed wrap activates the metabolism, hydrates and nourishes the skin, eliminates toxins and remodels the silhouette.

Firming Seaweed Wrap

50 min / 150€

This seaweed wrap has a firming, remineralizing, stimulating and nourishing action. It acts as a protector of the good condition of the skin due a cold effect that reaffirms the body and boosts the metabolism.

Reducing Seaweed Wrap

50 min / 150€

This wrap provides a reducing, stimulant and revitalizing action to the skin. It improves the elimination of toxins and boost the metabolism due a heat effect that purifies and shapes the body.

Toning Wrap

A wrap that tones and rejuvenates the skin thanks to the high concentration of sodium, magnesium and potassium. The composition of the clay restores the skin's natural electrolyte balance and tones the muscles. Specific toning for each muscle condition and for every specific area.

Marine Wrap

Known for its extraordinary healing properties the application of Dead Sea mud wrap makes this a therapeutic, natural and anti aging treatment. Magnesium, Calcium, Sodium and Potassium Silica, among many others, contributes to the removal of dead skin cells, improving the absorption of moisture from the skin, leaving it fresh and healthy. This wonder of nature reduces muscle tension, soothes rheumatism and softens the skin.

Aloe Vera Wrap

Exclusive products make this ritual a perfect combination of aloe vera and mint. This fresh and melting wrap nourishes and regenerates the skin, for a perfectly silky touch.

Intense Nutrition Wrap

This body wrap is highly nutritious for the skin due a blend of exotic flowers and sensual fragrances. The jojoba oils and wild mango enrich this treatment. Volcanic clay hydrates the skin in depth, softening and smoothing it.

Alpine Rose Wrap

This body wrap is ideal for nourishing and protecting the skin, blood's activation, and anti-aging effect. It erases the stress and re-activates the body. Stimulates the vitality of skin stem cells, encouraging skin regeneration and resistance, which strengthens the skin's natural defenses.

50 min / 150€

Body Scrubs

Aloe Vera Body Scrub

30 min / 95€

This body scrub opens the pores, eliminates and removes impurities from the skin thanks to the benefits of aloe vera. It is followed by the application of a hydrating serum that eliminates the accumulated stress. The skin looks more radiant, smooth and attractive.

Alpine Rose Body Scrub

30 min / 95€

The result of this body scrub is a skin softer and smoother. The exfoliating cream with revitalizing oils like Swiss Stone Pine and Rododendro produces a calming and anti-aging effect on the skin by strengthening its natural defenses. It is the innovative solution to keep a young and beautiful skin.

50 min / 150€

50 min / 150€

50 min / 150€

50 min / 150€

A woman with dark hair is floating on her back in a clear blue swimming pool. Her arms are extended above her head, and she is looking upwards. A man's arm and shoulder are visible on the left side of the frame, resting in the water. The background shows a bright, sunlit lawn.

water therapies

Water therapies

Watsu

50 min / 150€ · 4 Hands: 290€ · Couples: 290€

Watsu is a deeply relaxing water therapy. Movements are combined with gentle stretching, with the oriental acupuncture points and the shiatsu massage, whilst you are gently cradled in the water at 34°C. In Watsu the lightness of the body in the water is taken advantage of to decompress the spine, mobilize the joints and stretch the muscles in a way that isn't possible out of the water. The rhythmical movements are carried out in harmony with your breathing to favour the natural regeneration of body and mind.

Aqua Cranio-cervical Massage

50 min / 145€

Manual therapy carried out in the water that releases the tension on the head, neck, shoulders and jaw, the energy blockages, and promotes relaxation. Indicated in cases of migraines, migraine, headache, stress, anxiety, tension of shoulder and neck.

Aquatic Therapy

50 min / 150€

Therapeutic exercises carried out in an indoor pool, under the supervision of a professional who combines the therapeutic properties of hot water with specific manual techniques. It improves joint mobility, alleviates chronic pain, relaxes and improves muscle tone and the breathing capacity.

Ai Chi

50 min / 150€

Simple but effective movements that can be used for meditation when practiced repeatedly and coordinated with slow deep breathing. The practice of Ai Chi is a gentle way of increasing energy levels and promoting flexibility and strength of muscles and joints. It is especially recommended in cases of high blood pressure and other conditions that limit movement, thereby improving both physical and mental health, as it significantly reduces the effects of stress, anxiety and depression.

Aquagym

50 min / 100€

Aqua Abs

50 min / 100€

Swimming Lessons

50 min / 100€

Hydrotherapy Circuit

120 min / 60€

A woman is shown from the side, relaxing in a hydrotherapy treatment. She has her eyes closed and a serene expression. The background is a soft-focus view of a beach at sunset or sunrise, with warm orange and yellow hues. In the foreground, several small, lit tealight candles are placed on the edge of the tub. Water jets are visible, spraying upwards from the bottom of the frame. The overall atmosphere is peaceful and spa-like.

hydrotherapy
treatments

Hydromassage Baths

It is scientifically recognized that hydrotherapy is relaxing, invigorating and soothing, helping the body to maintain the balance and relieve the stress. To add specific essences into the water increases these effects. Ideal as a prelude to a massage.

Detoxifying Bath	20 min / 70€
Relaxing Bath	20 min / 70€
Energizing Bath	20 min / 70€
Draining Bath	20 min / 70€

Other Treatments

Hydroenergetic

Cure Detox

50 min / 175€ · Pack 5 sessions / 775€

Powerful detoxifying, healing and hydro-energetic treatment consisting of three steps:

1 Hydroaromatherapy: Hydromassage tub with essential oils that penetrate into the body through the heat of the water and have soothing and purifying effects.

2 Fitomudtherapy: Pleasant seaweed wrap with draining, detoxifying and revitalizing effect.

3 Hidrojet: Restores energy, vitality and tonifies the body.

Rassoul

75 min / 200€

This ritual starts with a body exfoliation with Beldi black soap, scented with eucalyptus, and a kessa glove that helps to remove impurities and dead skin cells. Afterwards a wrap of Rassoul (Moroccan Atlas clay) mixed with Shea butter and rose water is applied all over the body, to end with a body hydration that leaves the skin clean, purified and smooth.

Underwater Pressure

Massage

30 min / 150€ · Pack 5 sessions / 675€

A pressurized water stream is applied all over the body through a hose managed by a therapist. The therapeutic effect of the underwater massage comes from the relaxing effect of the hot water applied with pressure. The invigorating action of the hot water and its absorption by the skin, produces multiple benefits like muscle relaxation, blood circulation improvement, stress reduction, general relaxation, improvement of the cellulite and skin reaffirmation:

- Eliminates puffiness due to llnfa blockage, venousstasis and "tiredlegs" sensation
- Stimulates the liquid drainage
- Activates blood circulation and linfatic circulation
- Improves the "Chronic fatigue Syndrome"
- Improves musclehesses, improves musculo-skeletal systemmises, increases joints movement and spinalcolumn
- Improves gastrointestinal movement
- Improves insomnia and sleep disorders
- Fights cellulite, improves skin and muscleatrophy, toning them up and restoring elasticity
- Improves cell metabolism, assisting to nutrients intake and fatburning
- Shapes body contours
- Reduces oxidation, producing an antiageing effect

A close-up photograph of a woman's head being washed in a white ceramic sink. Her eyes are closed, and she has a relaxed expression. A person's hands, wearing a white shirt, are visible, gently holding her hair. In the background, another person is also having their hair washed. The overall atmosphere is calm and professional.

beauty salon

Hairdressing Services

Ladies

Cut & Styling

Short 60€ / Medium 70€ / Long 75€
With hair extensions 90€

Haircut

Colour

Highlights

50€
From 65€
From 85€

Gent's

Wash, Cut and Hair Styling

45€

Cut and/or Beard Shave

40€

Traditional hot towel wet beard shave

100€

Traditional wet shaving using a hot towel. This process softens the beard and makes it easier to cut. A natural balm is then applied that favours optimum recovery of the skin and gives it a smoother finish.

Truefitt & Hill Premium Experience

200€

Premium service that includes traditional beard shaving with a warm towel, facial treatment, wash, hair cut and manicure.

Hair Treatments

Shu-Uemura Hair Ritual

50 min / 120€

Inspired by the Japanese tea ceremony, the art of the Shu-Uemura hair ceremony includes a hair shiatsu massage and treatment with very precious natural ingredients. Hair regains its state of maximum perfection.

SHA Capillary Treatment

50 min / 120€

Hair health depends largely on inner health and balance, which is why this regime starts with a detox treatment, followed by a refreshing exfoliation and ends with a craneo-cervical massage that stimulates blood flow and boosts the supply of oxygen to the hair root.

Keratin Treatment

Ladies: Short 180€ / Medium 200€ / Long 250€
Gent's 150€

Christophe Robin Treatments

Extreme Hydration

50 min / 120€

Absolute regeneration for the most damaged hair. This treatment is perfect for all types of hair that need intensive hair care: dry, brittle, etc. It is the most complete hair hydration treatment thanks to the regenerating and restorative power of the prickly pear. It is also suitable for fine hair.

Maximum Volume

25 min / 75€

This treatment is ideal for fine hair without body that needs an extra boost to get the desired volume. Formulated with rose's extract oil and water.

Colour Varnish

50 min / 120€

This treatment gives to the hair an intense hydration, perfect and revives the colour neutralizing and correcting unwanted tones. In treated hair will return the tone and brightness between colour services; in natural hair gives a light tone and shine.

Purifying Detox

25 min / 75€

This treatment is great to purify the scalp and hair of both men and women. It is specifically indicated for oily scalps, with dermatitis, psoriasis, sensitive skin, etc. It can be carried out after the normal coloration to avoid itching caused by it.

Blue Gold Taninoplasty Services

It is the first and only straightening system that 100% straights the hair without the need for harsh chemical processes, or formaldehyde, or derivatives and at the same time smoothes, reconstructs the hair fiber and leaves a silky, bright and hydrated hair. 100% organic.

- Organic Straightening System
- S.O.S. Broken Hair
- Defined Curls
- Anti-frizz
- Capillary Botox
- Long lasting Styling
- Keratin Bath
- Decreasing Volume
- Capillary Lifting

Please check prices and duration of the services with Reception.

Manicure & Pedicure Services

Full Manicure	75€
French Full Manicure	80€
Shellac Manicure*	85€
Gent's Manicure	70€
Full Pedicure	90€
French Full Pedicure	95€
Shellac Pedicure*	100€
Gent's Pedicure	90€

*Shellac semi-permanent nail polish should only be removed by an expert technician to protect the nails from damage. It costs €20. Please make an appointment for manicure and pedicure services.

Beauty Services**Brow & Eyelashes Styling Services**

We offer a wide range of personalized styling treatments for eyebrows and eyelashes.

Hair Waxing Services

We have different treatment that you can ask our members of staff about.

You can get personalized advice about our styling services by making an appointment with our specialists.

fitness



Fitness Activities

Functional Assessment

30 min / 50€

One of our expert personal trainers will assess your level of physical fitness, your metabolic condition, and your anatomical structure. After the first meeting, the personal trainer will be able to recommend the most suitable activities and exercises that will help you get fitter, according to your personal characteristics identified by the personal trainers after the evaluation, bearing in mind your specific preferences.

Personal Trainer

50 min / 95€ · Pack 5 sessions / 435€

Our team of professionals of the physical exercise and personal training fields are experts in a vast array of techniques that we make available to you and which are particularly recommended after the physical assessment.

Pilates Mat

50 min / 100€

Using a system of controlled movements it balances the body and mind. Increases your body's flexibility, strength and endurance. Harmoniously integrates Eastern and Western theories, combining physical exercise with breathing techniques, achieving a great balance between body and mind.

Pilates Reformer

50 min / 120€

This is a series of physical exercises that are carried out with a specialised machine, and designed to strengthen and tone muscles without increasing their size. This discipline makes it possible to sculpt your figure by carrying out a fluent sequence of movements with a small number of repetitions, avoiding impact on joints. Likewise, it makes it possible to increase concentration levels and helps to reduce stress.

SHA Postural Re-education (SPR)

50 min / 95€

SHA's Postural Re-education is an assessment method, a diagnosis and a treatment for disorders of the neuro-muscular skeletal system. Its goal is to go from the symptom shown by the patient to the cause of the problem, trying to eradicate the symptoms. The objectives are: to return muscular flexibility, recuperate a correct alignment of structures, eliminate pain and re-establish functions.

Eccentric Training with Inertia

50 min / 120€

Training session based on eccentric movements, which are those that are created through gravity. Unlike concentric movements, they involve less physical effort and cardiovascular stress, and thus improve muscular resistance. Ideal for people with high blood pressure, those looking to prevent or recover from sports injuries or if you aim to lose weight.

Electrostimulation

50 min / 110€

High-tech system for exercise by neuromuscular electrostimulation, allowing our muscles to work more directly and effectively. A 30-minute session of electrostimulation training is equivalent to an hour and a half session of usual training.

Stretching

50 min / 95€

Stretching on a daily basis can help us control the loss of muscle mass and greatly improve the strength and flexibility of the tendons. It also helps to lubricate the joints.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.



Kick Boxing

50 min / 100€

A contact sport of Japanese origins that mixes the fighting and combat techniques of boxing with those of some martial arts such as karate and Thai boxing. It is very linked to the ancient art of Muay Thai.

Paddle

50 min x 1 person / 100€ · 50 min x 2 persons / 130€

Paddle tennis is very beneficial to health, because with the paddle not only we do increase our physical condition but also improve our movement coordination, agility and reflexes while invigorate the body. Also, being an essentially aerobic sport helps improve our cardiovascular system and prevents heart diseases and possible injuries are less common than in many other sports.

Muscular Activation Techniques (MAT)

50 min / 95€

Through Muscular Activation, muscles which have inadequate neurological connections are identified and activated, creating the ability for these to stabilize joints and reduce joint stress that leads to joint pain and degenerative conditions of the joints; it is then when the neuro-muscular system and the body become most efficient, so painful conditions and wear and tear disappear or are considerably reduced.

Sleep Assessment

250€

Study that makes it possible to measure sleep patterns, as well the capacity to rest and disconnect throughout the day. Using advanced technology, disorders are identified along with their possible consequences on health, in order to effectively reduce stress levels and improve the assimilation of daily burdens of work or training.

Assessment of Lifestyle

250€

Through analysis and complete monitoring, during the diurnal activities hours, of the behaviour parameters that could have an effect on health are detected. Furthermore, the use of metabolic technology makes it possible to link up the results with the calorie consumption, adjust and reorganise the lifestyle and diet of the person, and restructure their habits in order to avoid future alterations.

VoMax Control

50 min / 120€

Assessment that makes it possible to find out and quantify the guest's physical condition. Through a measurement of the VoMax (parameter that determines the maximum consumption of oxygen that the organism can absorb), our professionals will have information that will enable them to create a more personalised personal training plan, in order to improve the capacity to react and adapt to exercise, thus delaying the onset of fatigue and preventing injuries.

Nordic Walking

50 min / 100€

It is one of the most complete exercises known, it improves the 90% of the human body muscles, the aerobic capacity, the maximum consumption of oxygen, the physical and psychological resistance, as well as the immune system.

Getaways

95€ / hour (minimum 2 hours)

Guided walks led by our professionals that will allow you to enjoy an exclusive combination of hiking and personal training. Also, you will have the chance to select or design the routes and locations depending on your physical objectives: beach or mountain walks, special routes, etc. The price includes the complete walk, from the departure to arrival back at SHA, including transfer.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.

A photograph of four people meditating in lotus pose on a pebble beach. They are facing away from the camera, looking towards a large, green, rocky hillside. The sky is blue with some white clouds. The text "body and mind disciplines" is overlaid in the lower right area.

body and mind
disciplines

Body & Mind Disciplines

Yoga

50 min / 110€

An ancient technique that favours self-realization and the harmony of body, mind and spirit, through plenty of physical exercise, conscious breathing, relaxation and focused attention.

Aeroyoga

(NEW)

50 min / 130€

A new style of the traditional yoga carried out through suspended anti-gravity poses of the body on a special swing. In this creative relaxation technique the weight of the body is used like another tool, it helps strengthen the joints, improve flexibility and the circulation and also reactivate the digestive system.

Meditation Techniques

50 min / 110€

It is the supreme state of yoga and therefore, the way to mindfulness and self-realization. Meditating helps attain a balanced state of mind, peace, which helps recharge your energy and maintain physical and emotional well-being.

Introduction to Meditation Pack

3 sessions / 300€

These first steps will allow you to learn in a practical and guided way the meditation techniques and benefits that will permit you to apply them in your daily life for an optimal balance.

Pranayama Breathing Techniques

50 min / 110€

Prana means energy and *ayama* means control. According to yoga, when your breathing is calm, your mind is serene. Many people do not breathe properly, but they do not even realise that the quality of breathing affects their quality of life. This technique teaches you how to breathe correctly, deeply, fully and consciously in order to prevent cardiovascular diseases, anxiety, infections, as well as increase the lung capacity, revitalise and/or relax the body, among other benefits.

Mindfulness

50 min / 110€

Attention is a muscle that should be trained. Mindfulness is the state in which a person is completely conscious of what is happening in the here and now. With the use of this technique, a balance between body and mind is achieved, which is ideal for combating distractions and concentrating on objectives.

Chi Kung

50 min / 120€

Chi Kung is a traditional oriental therapy based on relaxation through gentle physical movements, breathing exercises and mental concentration. It manages to rebalance the hemispheres of the brain and open up the meridians where the energy circulates, thus allowing it to flow correctly.

Tibetan Healing Bowls Massage

(NEW)

50 min / 145€

An ancient healing technique traditionally used by the Lamas or Buddhist masters, which works on the damaged areas of the body through sounds and vibrations. It unloads and releases physical or mental tension, thus favouring an internal state of peace.

Energetic Therapy

(NEW)

50 min / 130€

A healing therapy that helps restore the natural flow of energy and the body's own capacity to heal itself through conscious touch, the diagnosis, the re-balancing of chakras and vibrational resonance.

7 Rhythms Therapy

(NEW)

50 min / 120€

The chakras are the energy centres of the body. The suggested techniques will help eliminate any possible obstructions through music and special movements.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.



the chef's studio



Healthy Cooking Classes

Healthy Cooking's Group Lessons

110 min / 80€

Daily classes that aim to share knowledge, to teach how to prepare delicious and healthy food dishes, to take care of yourself after visiting SHA. Attendees will learn cooking. The Chef will pay attention to the main food ingredients as well as the way to cook them. An experience to share SHA's culinary secrets with our guests. A unique opportunity to enjoy yourself with other guests while you learn culinary secrets from our experts.

Healthy Cooking's Private Lessons

110 min / 195€ (+ 50€ per additional person)

An unique opportunity to learn to cook in a healthy way with one of our experts in the field. For this private class, we offer you a selection of 50 different dishes for you to choose which ones you would like to learn to cook. We will be waiting for you with all the ingredients and you will have the opportunity to cook in The Chef's Studio guided by your own personal Chef, who will explain you every single step and show you the therapeutic effects of each ingredient.

Pack of 3 Private Classes

450€

(+100€ per additional person)

Pack of 6 Private Classes

900€

(+200€ per additional person)

Chef's Table

110 min / 195€ per person (minimum 2 persons)

A full experience. Live dinner where you will learn how to cook delicious dishes, have the opportunity to dine in our Chef Studio attended by our staff and taste each dish while the chef is cooking for you. A 4-course tasting menu, enjoyed in full scene.



clinic





natural
therapies

The role of natural therapies is to facilitate the self-healing process by providing specific, physical or bioenergy factors to rebalance energy and help the body to eliminate the accumulation of toxins. The SHA Method combines the effectiveness of a modern nutrition, that observes the recommendations of the World Health Organization and the wise principles of macrobiotics with the healing power of natural therapies, through a dynamic and practical educational programme. All this being personalised to meet your needs and health goals.

Nutrition and Health

Healthy Nutrition Consultation

160€

It includes a review of the medical history, a personal interview and an assessment of your health. During the session you will be given an oriental diagnosis, a personalized diet and a programme on the lifestyle recommended to achieve the desired objectives. After the consultation, you will be given a personalized dossier with specific dietary recommendations and suggestions on the lifestyle to follow.

Nutrition Plan Validation Consultation

80€

Essential consultation for regular guests who want to continue on with a Kushi diet, fasting or medicinal tea, which involves a nutritionist evaluating the patient's current state of health.

Personalized Health Plan

160€

Set of recommendations related to natural therapies, diet, supplements and healthy lifestyles.

Biological Medicine Consultation

220€

Biological Medicine and Anthomotoxins makes an assessment of the body as a whole taking into account all information provided from conventional medicine and observing the relationships between organs, tissues and emotions. Its base is to stimulate the self-healing forces of your body for the prevention and treatment of illnesses by changing your lifestyle, diet, etc., to get your defensive system working correctly again.

Traditional Chinese Medicine

Traditional Chinese Medicine Consultation

+ initial session

150€

An oriental diagnostic alongside a Traditional Chinese Medicine session (acupuncture, moxibustion, or both, depending on the criteria of the therapist). The route of bioenergetic movements (Chi) across the body are alternated with soft and small needle insertions or by the application of localized heat (Moxibustion) to rebalance, tone or sedate functions of specific organs. Both disciplines have been recognized and certified by the World Health Organization.

Acupuncture session

30 min / 110€

Acupuncture stimulates the body's ability to preserve and restore health through the balance and harmony of the different organs.

Accupressure

50 min / 135€

Therapy practised by exerting pressure with the fingers on your back, arms, legs, hands and feet, balancing energy levels of the meridians, in order to provide great energy power. All the oriental wisdom but without needles.

Moxibustion

25 min / 100€

The application of localised heat in different acupuncture points allows us to improve and regulate the body's energy flow, eliminating internal cold and relieving common ailments of the musculoskeletal system. Moxibustion can be performed with the traditional system or by using the special electromagnetic spectrum lamp. In SHA we use the TDP lamp, which is a therapeutic device developed in China in 1980 by a group of medical doctors and scientists at the Silicate Research Institute of Chongqing. The TDP lamp has proved to be extremely effective for treating a number of ailments. Similarly to what happens in the acupuncture treatment, it positively influences the energy flow of the meridians. Patients feel a highly enjoyable and beneficial heat.

Cupping

50 min / 150€

Skin and tissue stimuli by producing vacuum that help remove toxins from specific areas, relaxing the muscles with an external analgesic effect and eliminating external pathogenic factors such as the cold and dampness. It also activates the nervous system and increases defences.

Laser-Acupuncture

30 min / 130€

Treatment with Laser Needle technology allows for precise laser irradiation on the affected tissue, and can even reach deeper layers of tissue. The tissue can be irradiated in different areas simultaneously, thus creating new therapeutic possibilities for the effective treatment of muscle injuries and hamstring injuries. It can also be applied as a complementary treatment to acupuncture, or as a replacement, in the cases of patients where, for different reasons, it is not possible to use traditional needles.

Osteopathy

Consultation and Session

200€

Treatment that improves health through massages given by our experts. Osteopathy is based on the belief that all the systems of the body work together, that they are related and, therefore, the disorders in one system can affect how the others work. It is therefore considered to be a type of holistic practice. It is called osteopathic manipulative treatment, and it consists in a system of practical techniques used to alleviate pain, restore bodily functions and promote health and well-being.

A specialized treatment table is used for osteopathic manipulation therapy, which is designed for the gentle, painless, accurate and silent joint and spinal manipulation and mobilization that is always carried out by a professional.

Osteopathy and Craniosacral Therapy Session

200€

The craniosacral system surrounds the brain and the spinal cord, which are vital organs in the development of health and well-being. This manual technique, based on using gentle soft touch to palpate the cranium, favours the flow of cerebrospinal fluid and helps detect and correct any possible imbalances or blockages that might be the cause of sensory processing, motor skill or neurological disorders.

Visceral Manipulation Session

200€

Visceral manipulation is based on the concept that all the viscera, just like any other body structure, need to be stimulated to work properly. Manual movements are used to revitalize the organs and how they interact, thus guaranteeing the structural balance of the body.



Energy Health

Initial Energy Health Consultation

150€

By means of scientific measurements of the electromagnetic field, your energy health state is evaluated with emphasis on the causes of the imbalances and proposing therapeutic strategies to optimize them. To this end, we use the latest technology to produce graphs on your current state of health and identify areas that need to be improved.

Final Energy Health Consultation

120€

This consultation evaluates the changes and propose strategies to continue the treatment and optimize your health after leaving SHA.

Treatments and Evaluation Method

Healthy Infrared Heating

session / 110€

“Relax & Energy”

3 sessions / 300€ · 5 sessions / 450€

Treatment designed to calm the nervous system and activate the body's self-regulating mechanisms. It has a great anti-stress effect, and in turn, it offers optimum energy recharging for cells. It combines 2 strategies: pulsed electromagnetic fields (PEMF) and specific Far Infrared therapy (FIR). As a result, the nervous system is balanced, which improves circulation, oxygenation, muscular relaxation, reduces inflammation and improves sleep quality. Following the initial assessment by the specialist, an appropriate number of sessions is recommended -3 to 5- according to the profile and needs of the patient, in order to obtain better results in less time.

Optimal Electric Balance

session / 90€

Treatment designed to strengthen weak points detected in the analysis of the energy status at a physiological level. It combines pulsed electromagnetic fields (PEMF) with Bioresonance Therapy. Consequently, we can act with great precision on the most vulnerable aspects of health, and optimise them from an electromagnetic perspective. Following the initial assessment by the specialist, an appropriate number of sessions is recommended -3 to 5- according to the profile and needs of the patient.

Bioelectric Neuroregulation

session / 90€

Treatment based on electric signals that are applied to specific areas of the skin. It acts on the neural response, stimulating the secretion of key substances for making situations less chronic, and activating self-recovery mechanisms. It is especially useful for back pains, backache, muscle contractures, disk problems, pains in the musculoskeletal system and stiffness, among others, and it provides immediate relief for both acute and chronic processes.

Magnetic Field Therapy (PEMF)

24-hour rental / 50€

Pulsed electromagnetic field treatment that makes it possible to improve circulation, oxygenation and relaxation, improving the quality of sleep and energy recharging. By using it for several hours in a row, the effects are enhanced.

Colon Hydrotherapy

Hydrocolontherapy Session*

50 min / 160€

Smooth and absolutely hygienic cleansing of the large intestine with warm filtered water. Stress, lack of fibre in foods and our unbalanced way of eating, alter the bowel function, promoting a series of illnesses such as headaches, arthritis, flatulence, vitamin deficiency and osteoporosis.

The overload of toxins in the colon can result in the following conditions: loss of vitality, tiredness, depression, lack of concentration, aggressiveness, anxiety, low defences, joint pain, skin conditions, migraines, allergies, hypertension, premature ageing and many other illnesses.

*This treatment requires a previous Treatment Validation Consultation.

medical services



Medical Consultations

General Medicine Consultation

160€

Full assessment of your health status, with particular emphasis on those areas that can benefit from our treatments and services. It is complemented by a physical examination.

Treatment Validation Consultation

80€

A mandatory medical check-up prior to certain treatments that require professional validation. Essential for patients not undergoing a General Medical Consultation.

Cardiology Consultation

300€

Evaluation of the state of your heart, including an electrocardiogram and an ultrasound of the heart, to measure the state of your heart valves and the general functionality.

Urology and Andrology Consultation

300€

Complete urology health check, including the important prostate exam, to diagnose and treat any urinary system disorders.

Gynaecology Consultation

300€

Comprehensive gynaecological examination including Pap culture, performance of a gynaecological ultrasound and breast review.

Traumatologist Consultation and Back Treatments

Evaluation of back problems in order to prescribe the most suitable treatment according to the condition or disorder.

Initial consultation

200€

Infiltration of 4 areas with ozone

500€

Infiltration of more than 4 areas with ozone

700€

Infiltration of 4 areas with collagen

500€

Infiltration of more than 4 areas with collagen

700€

Infiltration with Noltrex

General Health Examination

100€

Consultation with a nurse consisting of a series of tests to compile important information about your health.

Personalised Nursing Assistance

250€

8 hours - daytime

350€

8 hours - night-time (10:00pm to 6:00am)

600€

24h service

Night Medical Assistance or Emergency

200€

Medical Diagnosis

Magnetic

resonance

NEW

1 area / 450€ · 2 areas / 650€ · 3 areas / 800€

Non-invasive technology used to give a detailed and accurate diagnosis of the patient's condition, without using radiation. The open MRI system of SHA is more comfortable than the closed traditional MRI systems, because it decreases the feeling of claustrophobia and anxiety.

Electrocardiogram

80€

An electrocardiogram (EKG) plots on a graph the heart's electrical activity for subsequent interpretation by your doctor. The EKG provides information that is useful in interpreting aches or pains in the chest, it can provide clues to try to find the cause of symptoms of heart illnesses and it also evaluates the overall health of your heart.

Carotid Ultrasound

240€

A study using ultrasound to measure the thickness of the atherosclerotic plaque deposited on the inside of the carotid arteries. It is a risk marker of severity of atherosclerotic illnesses and it is essential to assess cardiovascular risk.

Liver Ultrasound

240€

The state of the liver can be assessed by means of an ultrasound that pinpoints any changes caused by an excess amount of fat and any possible biliary lesions or damage caused by the use of medication.

Urological Ultrasound

240€

Ultrasound imaging of the urinary system with a special focus on the prostate to rule out disease.

Carotid Eco-doppler

240€

Imaging test that uses ultrasound to examine the carotid arteries located in the neck, in order to evaluate any thyroid gland disorders and the vascular area.

Eco-bone Densitometry

240€

An ultrasound is carried out on the calcaneus, to evaluate problems associated with perimenopause, a decrease in vitamin D, arthritis, osteoarthritis, osteoporosis, hormone replacement therapy, etc.

Spirometry

80€

Evaluation of the condition of the lung function. Especially suitable for smokers, to measure the degree of injury.

Holter Blood Pressure Monitoring

240€

A system that measures and records the heart's activity continuously for 24 to 48 hours. It creates a picture of your blood that is evaluated by a specialist to determine the health of your heart.

Other Laboratory Tests

SHA provides an extensive range of predictive and diagnostic clinical laboratory tests, and regular tests to monitor health indicators. Some of these include:

Standard Blood Test

230€

A biochemical study through to determine your current health status.

OncoPredictor NEW

950€

A genetic test that uses saliva to detect tumour markers to prevent disease progression.

Intestinal Dysbiosis Test NEW

750€

Detects imbalance in intestinal flora to restore good digestive functioning.

For more detailed information about tests not listed in the catalogue, please ask our medical team.

Medical Treatments

Lung Detox Nebulization

30 min / 200€

Bronchial spray treatment with N-acetylcysteine, oxygen and ipratropium for smokers who suffer from chronic bronchitis, emphysema or other respiratory tract conditions.

Liver Detox

30 min / 200€

Bronchial spray treatment with N-acetylcysteine and oxygen recommended for patients with hepatic and biliary conditions, fatty liver disease or who drink large amounts of alcohol.

Bioptron

30 min / 100€ · 60 min / 150€

A procedure that blocks the pineal gland through polarized light. This speeds up the healing process of injuries; it alleviates pain, boosts the immune system and decreases the effects of the Seasonal Affective Disorder.

Ferrotherapy

30 min / 200€

This procedure involves an intravenous injection of iron, cyanocobalamin and folic acid in patients with anemia caused by a lack of iron, vitamins or a poor diet.



derma aesthetics

Derma Aesthetics

At SHA we believe that physical appearance is also an important element in order to achieve balance between body and mind, feel good about yourself and gain confidence. For that purpose, we have the most advanced non-invasive medical procedures for delaying the signs of ageing, in order to regain the healthy, young and natural shine of skin.

Comprised of specialists of renowned international prestige, the SHA Derma Aesthetics Unit perfectly combines manual and cutting-edge techniques through a simple and quick procedure based on an initial medical assessment, diagnosis and procedure. It makes it possible to obtain excellent results and immediately return to your normal activity regardless of the ailment to be treated: flaccidity, localised fat, injuries or capillary problems.

Medical Consultation with a Specialist

150€

At the medical consultation with the specialist in aesthetic medicine a comprehensive face and body diagnosis is given based on the experience of the professionals and by using the most innovative diagnosis methods and the latest technology.

1. Facial scanner for a complete analysis of the facial expression and skin, to determine the biological age of the dermis, assess the type of pigmentation and skin flushing, the levels of collagen and elastin, the degree of wrinkling, and to assess the volumes and facial proportions, which is extremely useful to be able to apply aesthetic dermatology techniques.

2. Overall skin examination to determine the general condition of the skin, the levels of skin quality, detect areas of localised fat to prescribe the most suitable treatment, and eliminate the localised fat, detect skin flaccidity in arms, legs, tummy and buttocks caused by an increase or decrease in weight and volume, to then take specific steps to correct it.

3. Varicose vein evaluation using transillumination and a venous ultrasound, where necessary, the peripheral and distal veins are checked to determine the most effective techniques to treat small varicose veins on legs and alleviate the symptoms related to this condition, such as pain, itching, local swelling and cramps.

The derma aesthetic consultation includes complete aesthetic advice, the most suitable treatment for your needs are determined and prescribed from an extensive range of treatment that is available at SHA.

Sclerotherapy Consultation and Session

350€

The medical staff, who are experts in diagnosing and treating varicose veins, use fine needle injections to enhance the appearance of the spider and varicose veins on legs to alleviate related symptoms such as pain, itching, swelling and cramps.

Derma Aesthetic Treatments

Facial Treatments

- Revitalizing mesotherapy facial treatment for the face, hands, neck and cleavage using hyaluronic acid and biomimetic peptides, according to the specific case.
- Facial tightening treatment with Radiese, Thread Lifts or Resylane.
- LipRefresh - Lip rejuvenation.
- Platelet rich plasma facial.
- Juvederm - Filling perioral wrinkles and fine lines, both in the temporal region and on the forehead.
- Expression line treatment with botulinum toxin.

Facial Treatmenst using Technology

Medical LEDS

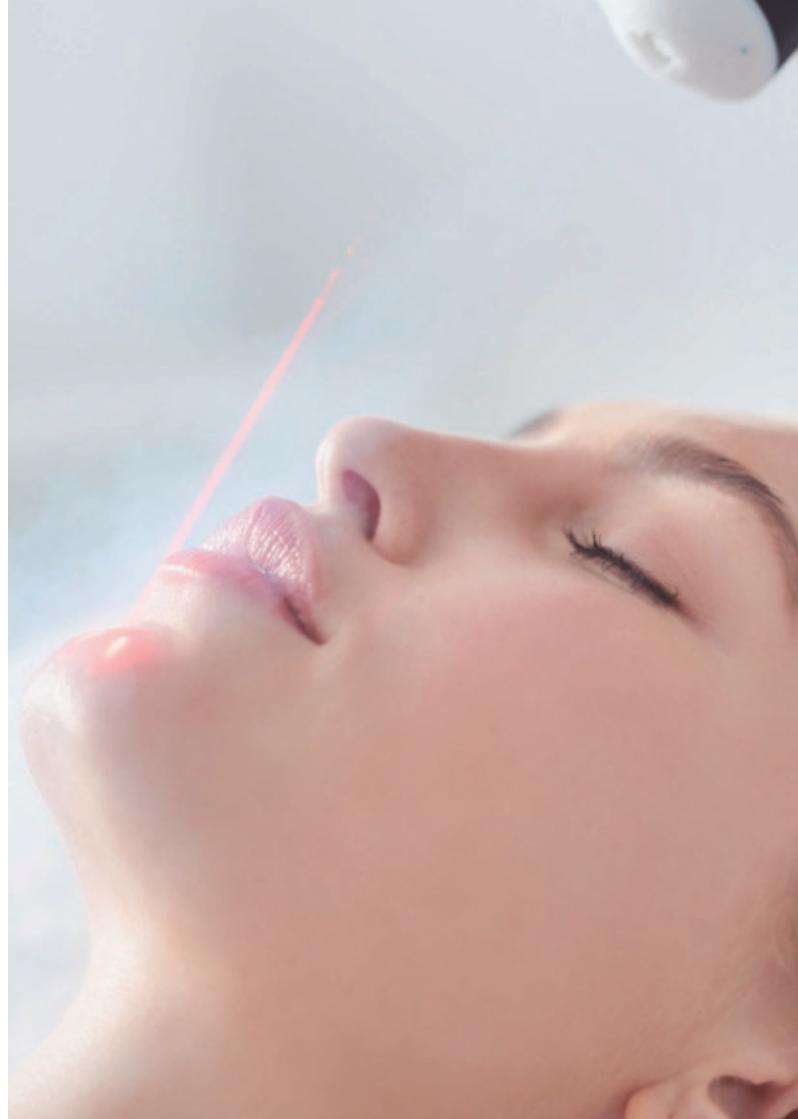
Treatment that consists of the use of anti-inflammatory light in order to rejuvenate skin, treat pigment injuries, acne, sun damage and atopic dermatitis, psoriasis or rosacea.

Intense Pulsed Light (IPL)

This is used to treat broken face capillaries, pigmentation and photopilation.

Ultherapy

Treatment using highly focused ultrasound energy to naturally lift and tone the face, neck and cleavage. Only one session of the treatment a year is carried out, which is not invasive and it stimulates the production of collagen.



Dual Fraxel Laser

Microfractionated laser treatment to repair skin damaged by the sun.

Clear & Brilliant

Treatment that consists in using a microfractionated laser without a recovery period to close pores, improve skin tone and complexion.

Thermage

Treatment with medical radiofrequency, for a natural, non-invasive face lift.

Body Treatments

Four Seasons Bio-stimulation

Skin revitalisation through an innovative anti-ageing method that makes it possible to obtain immediate revitalising effects at any time of the year, even in the months with greatest sun exposure.

Skin Quality

Treatment for the dermis that moisturises and nourishes skin in a single session. Results are visible for a year.

Body Mesotherapy

For lymphatic drainage and to work on localized fat.

Radiese

To have a lifting effect on arms, buttocks and tummy.

Thread lifts

Thread lifts, to have a lifting effect on arms, buttocks and the tummy.

Body treatments with the help of technology

Thermage CPT

Treatment for flaccidity on the tummy, arms, legs, buttocks and knees.

Liposonix

Treatment that destroys localized fat around the waist, the tummy, thighs, the excess fat on upper thighs and knees, to lose centimetres without having surgery.

Dual Fraxel Laser

Suitable treatment to repair skin damaged by the sun and scars.

Rejuvenation of the feminine intimate area

(CO₂RE Intima)

Non-surgical genital rejuvenation treatment through a laser that prevents infections, improves the pelvic floor and reduces urinary incontinence. Advanced technology for a complete recovery of female intimate health.

If you would like more information on the Derma Aesthetic treatments please ask the corresponding medical specialist.

A man with short brown hair is lying back in a white robe, looking up and to his right with a relaxed expression. A person's arm, also in a white robe, is visible on the left, holding a white medical device with a circular sensor and a small screen, which is being applied to the top of his head. The background is a bright, modern interior.

capillary health

Capillary Health

The SHA Capillary Health unit has everything needed to analyse the profile of each guest and determine the procedures to be carried out, which range from vitamins to mesotherapy to strengthen hair, tonics to reduce balding and, even, the latest transplant techniques to recover lost hair and the most advanced techniques of hair transplants.

Diagnosis

A session in which our experts apply Tricoscan technology to carry out a full analysis of your scalp health, and to diagnose the present and future health of your hair.

Medical Capillary Treatments

Capillary Reinforcing Mesotherapy

320€

A cocktail of vitamins and medicine is injected into the dermal capillaries; its effectiveness has been proved for androgenic alopecia as it stimulates tissue regeneration and the growth of the hair follicles.

Factors of Capillary Growth Therapy

380€

Platelet rich plasma, bioactive proteins and growth factors injected into the dermis of the scalp.

LEDS

2 sessions / 295€

Treatment that consists in using anti-inflammatory light that makes the hair strong and shiny.

INDIBA Scalp Therapy

session / 180€

Radiofrequency treatment helps treat balding, hair loss and weakened hair.

Hair transplant

Our mechanised manual transplant technique is used to extract hair from the entire donor area for grafting to the receiving area through micro-incisions.

This technique is known as follicular unit extraction (FUE). The procedure involves no cuts or sutures in the donor area, and no invasive surgery is required. It is recognized as the most advanced transplant technique in existence, grafting each hair individually, leaving only a tiny lesion that does not require suturing and heals spontaneously with no visible scars.

Grafts are taken from the back and sides of the head, which have hormonal receptors that are not affected by enzyme hyperactivity. Once grafted to other areas, they do not fall out and continue to grow normally.

Hair transplant Treatment

This treatment lasts approximately 7 to 8 hours with a cost between €4,000 and €13,000, depending on the number of hair follicles that are required in each procedure.

- Up to 1200 follicles 7€ per unit
- Up to 2000 follicles 6€ per unit
- More than 2000 follicles 5€ per unit
- Use of NONSHAVEN technology 11€ per unit

A woman with blonde hair, wearing a white robe, is smiling and holding her face. On the left side of the image, there is a close-up, slightly blurred view of skin, possibly representing a skincare product or treatment.

healthy ageing

Healthy Ageing

The purpose of the anti-ageing field in medicine is to slow down the process of cell degeneration and revive the health potential of every person. Our goal is not only to prevent or reverse premature ageing after diagnosing the causes, but also to cause stimulation and a natural reconstruction of the different processes and metabolic systems needed in each particular case. The SHA anti-ageing therapies are aimed at allowing the enjoyment of life with health and vitality, preventing illnesses and conditions that often leads to ageing.

Healthy Ageing Consultation	200€
Integrative consultation that evaluates the state of health from a multidisciplinary approach: genetic, hormonal, nutritional or biochemical.	

Diagnostic Tests

Telomeric Length Measurement	700€
Evaluation of biological age.	
Profile of Minerals in Hair	300€
Comprehensive profile of mineral elements (nutrients, essential traces and toxic elements).	

Melissa Test

Blood test that measures hypersensitivity to metals and other allergens.

Basic Profile (5 metals)	590€
Complete Profile (15 metals)	960€

Senescence Immune Profile

Study of the ageing of the immune system.

BrainScreen Profile	430€
Study of the main biochemical parameters for the optimal functioning of neurons and the brain.	

Melatonin Biorhythm

Study of the melatonin biorhythm in saliva to assess sleep disorders.

Cortisol Biorhythm	100€
Study of the cortisol biorhythm in saliva, in individuals with possible stress or depression.	

Food Sensitivity Study

Determining IgG antibodies to food proteins in serum.

DAO Enzyme - Migraine Test	450€
Novel diagnostic test to measure the level of the DAO enzyme.	

Advanced Hormonal Profile - Females 340€

Study of female hormones that play an important role in ageing.

Advanced Hormonal Profile - Males & PH 360€

Study of male hormones that play an important role in ageing.

Total Antioxidant Power 110€

Measurement of the total antioxidant capacity of the blood.

Antioxidants and Vitamins 265€

Measurement of a battery of antioxidants and vitamins of significant importance for health.

AM/PM Profile NEW 320€

Two simple tests (morning and night) measure cortisol and melatonin levels to detect or rule out hormonal causes in sleep disorders.

A photograph of a scientist in a lab coat and blue gloves looking through a compound light microscope. The background is a blurred laboratory setting with various pieces of equipment and glassware. The lighting is dramatic, with strong highlights and shadows.

genomic &
preventive medicine

Genomic & Preventive Medicine

Today's Preventive Medicine is based on "predicting to be able to prevent", thanks to the capacity to identify the risk of developing certain diseases and through knowledge about changes in the genes of individuals. Once we are aware of the risk involved in suffering from any illness, we can (under the supervision of a specialist) take appropriate and necessary measures to prevent this situation and to advise the patient in a personalized manner. An early treatment and appropriate living habits allow to establish a prevention before the onset of symptoms and unwanted effects. The analysis of the results of genetic testing allows us to correctly apply preventive medicine, which will help us live longer and enjoy a better quality of life.

Genomic & Preventive Medicine Consultation 200€

Evaluation performed by our specialists in genomic & preventive medicine, who will advise you on what genetic tests are the most appropriate and, depending on the results, shall recommend guidelines to follow in terms of supplements, food, medication and lifestyle habits.

BASICgenes 550€

A polymorphism analysis is carried out on 12 genes to obtain basic information required to determine personalised nutritional needs to prevent any deficiencies, which is the key to staying healthy.

SHA VIP Complete 3500€

It is undoubtedly the most complete personalised genetic test that includes the polymorphism analysis on 86 genes. It provides information about any potential risks of developing diseases, including: weight control-obesity, cardiovascular risk, hepatic detoxification and osteoporosis, emotional health, risk of periodontal disease or skin quality.

SPORTgenes

1270€

Preventive genomic test that helps identify the most suitable sport according to values such as stamina, lung capacity or the risk of suffering from injuries. The objective of this is to improve health and avoid any adverse effects.

OSTEOgenes

630€

Preventive genomic test for osteoporosis.

SKINgenes

1060€

Genomic profile to prevent ageing skin.

CARDIOgenes

1450€

Preventive genomic test against cardiovascular illnesses.

DENTYgenes

440€

Includes personal prevention and risk of periodontitis, the origin of cardiac diseases and arthritis.

METALgenes

840€

Detoxification of heavy metals. Especially recommended for people with dental fillings, amalgams and/or implants.

ALOPECIAgenes

540€

Preventive genomic test against androgenic alopecia.

EMOgenes

770€

Genomic testing that evaluates the emotional response when faced with stress or adverse family-social situations.

NEUROgenes

1140€

Genomic testing that evaluates the risk of developing the most common neurodegenerative diseases, in order to take preventive measures.

CELIACgenes

Profile of intolerance to gluten for genetic causes.

300€

DETOXgenes

Genomic profiling that provides data on the liver detoxification capacity, in order to adapt the diet and lifestyle habits, thus avoiding toxicity risks.

1220€

DIABETOgenes

840€

Genomic testing that provides data about the individual risk of developing diabetes type 2 to adapt the diet and lifestyle habits accordingly to prevent it.

OBESgenes

1450€

Genomic profiling that helps adapt the diet to maintain a healthy weight: the percentage of carbohydrates, fats, proteins and other nutrients.

GLAUCOMAgenes

300€

Study to detect the risk of developing glaucoma.

MACULAgenes

300€

Preventive genomic testing against age-related macular degeneration (ARMD), the most common cause of blindness in adults.

COLOgenes

840€

Genetic testing that highlights the risk of developing sporadic colorectal cancer.

FEMgenes

1350€

Genomic testing that predicts the risk of breast cancer and/or thrombosis if hormone therapy is administered during menopause.

SPORADICgenes

1350€

Polymorphism analysis on a group of genes, which predicts the risk of developing non-hereditary breast cancer, so that the appropriate preventive measures can be taken.

NICOTINEgenes

610€

Genomic testing that provides information about the most suitable personalised measures to take to stop smoking.

PROSTATEgenes

840€

Polymorphism analysis on a group of genes to predict the risk of developing prostate cancer, so that the appropriate preventive measures can be taken.

Global PGX Farmagen

1130€

Polymorphism analysis on the genes that are involved in the metabolism of the majority of drugs, to prevent toxic reactions or therapeutic failure, by means of personalized treatment.

Genetic Test

GINEgenes

4020€

Genetic testing for hereditary breast, ovarian or uterine cancer in which 19 genes are analysed.

MAMAgenes

3150€

Genetic testing for hereditary breast cancer. Genetic sequencing (BRCA1 and BRCA2) with 100% coverage.

Please ask your doctor about genetic testing for other hereditary diseases.

revitalising medicine



Revitalising Medicine

The area of Revitalising Medicine combines three procedures whose main objective is the integrity of the human biosystem, seeking feedback from our own healing system. These treatments are: Ozone Therapy and Serum Therapy.

Ozone Therapy session / 180€ · Pack 5 sessions / 750€
ozone + serum session / 300€ · Pack 5 sessions / 1275€

An ozone treatment to boost vitality and energy and to provide an intense sensation of well-being, while rejuvenating the body, boosting the immune system and providing numerous health benefits. It consists in applying ozone to the body, either intramuscularly, intravenous or rectally, and has powerful, long-lasting antioxidant, revitalising, regenerating and immune system modulating effects.

Intramuscular application is recommended for activating the immune system, treating allergies, acne, infections, circulatory conditions, and chronic and acute degenerative diseases. It disinfects the intestines, treats local inflammation and restores microbial balance.

The intravenous application is specifically recommended for those in stressful situations or exposed to heavy physical or mental stress. It is highly effective for dealing with oxidative stress and boosts tissue oxygenation, providing an effective antiaging treatment.

Serum Therapy session / 180€ · serum + ozone session / 300€
Ozone Therapy supplement included in program / 150€

Intravenous administration of a customised combination of bio-regulating substances, vitamins and minerals. A low-toxicity solution, highly recommended to quickly restore biological balance and well-being.

Revitalising Intramuscular Treatment NEW 200€

Controls and balances the vegetative nervous system. Recommended for improving the functioning of the adrenal glands in cases of psychological stress or intensive physical weakness.

The treatment consists of three to five sessions of intramuscular injections. It triggers an immediate response, boosting the body's vital energy.

Cell Bioanalysis NEW 300€

Live analysis of a droplet of blood through dark-field microscopy. This technique reveals the internal flora and can detect most cell abnormalities that lead to chronic or degenerative diseases in the future. Allows effective follow-up of the treatments applied.

regenerative
medicine



Regenerative Medicine

Regenerative Medicine Consultation

Information session with our regenerative medicine expert for a detailed explanation of the present and future potential of neural therapy, autologous blood plasma and stem cells.

At SHA we use the latest pioneering treatment, such as:

- Intraarticular treatments
- Systemic Treatment (metabolic illnesses)
- Treatment of nervous system diseases

Consultation and Basic Analysis

200€

Advanced diagnoses are made, beginning with basic analysis on the state of the cellular and humoral immune system, continuing with complete lymphocyte and senescence profiles to evaluate the degree of activity and deterioration of the system, as well as the aging level.

Immunomodulation treatments are prescribed in:

- Primary immunodeficiencies, acquired (AIDS) or chemotherapy and radiation therapy
- Secondary disorders to immunosuppressive drugs
- Autoimmunity: lupus, rheumatoid arthritis, sclerosis, etc.
- Hypersensitivity responses: allergies, asthma, etc.

Neural Therapy

(Infiltrations with procaine and medicine)

200€

It is a bioregulating therapy that can treat irritative foci or interference fields of the body. Via means of micro-doses injections of substances, fundamentally local anesthetics in the irritative foci, it is possible to repair damaged cells and bring back their functionality, improving inflammation and decreasing pain.

Autologous Plasma Therapy

The use of growth factors that come from the autologous platelet rich plasma (of the patient who is being treated), for subdermal or intraarticular use when treating chronic degenerative diseases or due to wear and tear.

Anti-aging Treatment (not facial or aesthetic)	400€
Intraarticular Treatment (one joint)	800€
Extra Articulation	400€

Stem Cell Treatment

The incorporation of stem cells and new biological active ingredients that are the precursors of these and they come from embryo extracts. They are intended to enhance their therapeutic effect and now they are part of the new range of 2nd and 3rd generation to revitalize, regenerate and repair the cell function, restore the immune response, to consolidate the new era of preventive and regenerative medicine.

Basic Anti-Aging Treatment-one area (face, scalp, etc)	4700€
Basic Orthopedic Treatment (one articulation)	4700€
Systemic and Immuno-modulation Treatment	4700€
PRP Treatment - Platelet rich plasma	2000€
Extra Treatment	1800€

cognitive development
and emotional health



Cognitive Development

Consultation for Neurocognitive Assessment

Initial consultation	200€
Final consultation	150€

An assessment of superior functions that includes training in core aspects like relaxation, concentration and overcoming phobias, using highly innovative software and technological devices. Recommended for exercising and optimising intellectual capacity and for preventing Alzheimer's.

Neurofeedback Session

20 min / 80€

Non-invasive training technique for identifying and accessing the brain's response in specific situations, to learn to adjust those functions, improving self-control and helping to achieve an optimal state of mind. Recommended in cases of learning difficulties, and problems with concentration and memory.

Brain

Photobiomodulation (NEW)

session / 200€ · Pack 5 sessions / 800€

An innovative system based on LED light of different wave lengths that produces what is known as photomodification of mitochondrial proteins with therapeutic effects. This consists of near infra-red stimulation of the brain, which triggers cell repair, boosts energy, significantly improves general performance, and lifts the mood, allowing patients to consume fewer medicines. Recommended in cases of tiredness, stress, insomnia, depression, anxiety and traumatic brain injury.

Transcranial Direct

Current Stimulation (NEW)

session / 400€ · Pack 5 sessions / 1500€

A technique that uses neuropriming to build more optimised connections between the brain and muscles, introducing hyper-learning or hyperplasticity. This enables modulation of specific areas of the brain through bioelectric pulses, and is highly recommended after strokes and in cases of brain damage, pain, depression, tinnitus, migraine, addictions, and to improve cognitive function.

Emotional Health

Psychology Consultation

150€

Through self-help guidelines and promoting willpower, this personalised psychology consultation teaches patients to better manage negative emotions, and solve problems more assertively, particularly during times of conflict, doubt and depression.

Emotional Coaching

session / 150€

Consultation with one of our experts psychologists who will help you improve your emotional state, enabling you to enjoy a fuller life with the balance we all need. Antistress guidelines, self-help features and strengthening of the will.

Stress Management

session / 170€ · Pack 3 sessions / 450€

The internal and external factors that cause stress in your day to day life are identified and assessed via a deep diagnosis. Afterwards, work is carried out on the symptoms: frustration, loss of control, difficulty relaxing, pessimism, etc. The result is the recovery of emotional and physical health, which increases resistance to stress.

A photograph of a male dental professional, likely a dentist or orthodontist, wearing a white surgical mask and white gloves. He is smiling and looking towards the camera. In the foreground, large, semi-transparent text reads "dental health and aesthetics".

dental health
and aesthetics

Dental Health and Aesthetics

SHA gives you the opportunity to take advantage of your stay and go back home with a beautiful smile and much whiter and healthier teeth. Our unique Dental Health and Aesthetics unit focuses on improving the appearance of a smile using the most advanced techniques worldwide, to provide excellent results in a single session.

Dental Diagnosis by Digital Imaging NEW

A digital imaging examination technique (free) that produces detailed images of your teeth to give an in-depth diagnosis and consequently, establish the most suitable procedures and treatment for your needs.

Dentistry

Our team of specialised dentists and aesthetic dental professionals are ready to treat and resolve all types of cases more quickly, maintaining all SHA's principles and philosophies that strive to provide people with integral care while being minimally invasive, to achieve the best results.

- Advanced technology in dentistry and dental aesthetics.
- A wide range of services: whitening, fillings and cleaning, implants, prostheses (without metal) and surgery.
- Latest generation radiology, implantology and own laboratory equipment.

All this enables us to optimise timelines and to achieve visible results in a matter of days.

Dental Aesthetics

We provide specialised treatments to give you an attractive, well-aligned smile.

Treatments:

- **SHA integral prophylaxis**, which includes air polishing with flash pearls, leaving the surface of the tooth perfectly clean, smooth and free of stains.
- **SHA dental diagnostics** (x-ray/digital radiography).
- **Pola Office SDI whitening system** (Advanced Tooth Brightening System) is a treatment that is not harmful for the tooth enamel, which allows up to 4 applications in a single session.
- **Complete oral rehabilitation treatments** (radical change in aesthetics and function of teeth) in record time.
- **Surgical skill** (computer-assisted dental implants surgery, sinus lift surgery using augmentation or lateral window technique, Platelet-rich Plasma (PRP), autologous bone addition and surgery to extract impacted third molars).
- **Dental ozone therapy** (periodontal and surgical treatments).
- **Complete oral rehabilitation** with fixed prosthesis of zirconium porcelain crowns in just 2 weeks.

All our treatments can be performed under conscious sedation. If you are interested in any of the different dental services available at SHA we are completely at your disposal, please consult our professionals.

other
specialities



Anti-smoking Medicine

Smoking is a certain cause of cancer, heart diseases, vascular diseases and chronic lung illnesses. Many people wonder every day, aware of the risks of smoking, how they can quit smoking. Making smokers quit smoking, is a major challenge. In our medical unit, different treatments are combined to ensure not only that when you leave SHA you have quit smoking, but also to make you overcome the situations that make you go back to this bad habit in the future.

Anti-smoking Consultation

160€

Anti-smoking Laser session

30 min / 150€

Sleep Medicine

Sleep is the main healing process of our body and one of the basic pillars to achieve a healthy life. In this sense, its absence represents one of the most common causes of premature ageing. Sleep disorders such as insomnia, frequent awakening, snoring or apnoea, are one of the most common causes of chronic tiredness and exhaustion. In our unit, we diagnose the prevalent sleep disorder and propose appropriate solutions for treatment.

Initial Sleep Consultation

160€

Night Polygraph Diagnosis

1 night / 250€

It is the study of sleep characteristics through a polygraph to detect the different variables that influence the initiation and maintenance of sleep.

Diagnosis and Treatment by CPAP

1 night / 295€

A positive pressure chamber allows the detection and correction of any alterations in sleep architecture. This diagnosis enables us to achieve positive results in a short period of time.

Physiotherapy

Physiotherapy Session

150€

The Physiotherapy unit is comprised of a multidisciplinary team that aims to re-educate, prevent and treat neuromusculoskeletal and posture disorders, through the use of physical methods, therapeutic exercise and massage therapy, to restore functional movement. From the first physiotherapy consultation exploratory data is obtained with the respective assessment. A diagnosis is produced, the treatment is planned, and it is carried out using manual and instrument procedures. The results are assessed and reports are created about the patient's progress, all with the purpose of improving the health of the guest in a personalised manner.





At your service

Our Agenda Coordination team, together with our team at the Wellness Clinic Reception, will offer you personalised advice, able to deal with any enquiry or concern you may have with regard to the treatments and services on offer.

Translation Service

Our staff includes 35 different nationalities, and that makes us aware of the importance of medical communication in your mother tongue. Being English and Spanish the SHA official languages, if you require a translation into any other, we will be happy to provide you with a simultaneous translation service.

Express

30€
Blood test results, follow up and other brief consultations.

Full

50€
Consultations and translation services of more than 20 minutes.

"Health is not everything, but without health everything is nothing"

- Arthur Schopenhauer -

10 years transforming lives



#10yearstransforminglives
@shawellness

Verderol 5 03581 El Albir Comunidad Valenciana Spain T +34 - 966 811 199 info@shawellnessclinic.com
shawellnessclinic.com