



health programmes

SHA

2017



## Programmes

We are very proud to present the general and specific programmes that SHA has organised for you in 2017. 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 the document attached. The duration recommended to achieve a real health result is minimum 7 days. However, we strongly recommend at least 14 days to achieve visible results in a long term. The stated prices are always per person.

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.

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.



## Specific Programs

- **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** (7 days)
- **SHA Anti-tobacco Programme** (7 days)
- **Anti-Stress Programme** (7 days)
- **Sleep Recovery Programme** (7 days)
- **Rejuvenation Programme** (7 days)
- **SHA Complete Rejuvenation Programme** (14 days)
- **Recovery Programme** (7 days)
- **Life Reset Programme** (28 days)

## General Programmes

- **SHA Essence** (Minimum 7 days / Recommended 14 days)
- **SHA Discovery** (4 days)

When you sign up for any of our programmes, you are entitled to have the following informative consultations\* that are subject to availability, with our experts, free of charge:

- Aesthetic medicine consultation
- Dental health and aesthetics consultation
- Energetic health consultation
- Antiaging consultation
- Capillary health consultation
- Regenerative medicine consultation

\*If you would like to have any of these consultations please let us know, if it is at all possible, when you make your reservation.

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 Programme

Minimum 7 days / 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.**



## Includes

- General medical 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
- Natural therapeutic drinks, according to the prescription
- Nutrition plan follow-up during the stay (twice in the 14 day programme)
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- Capillary health consultation
- Regenerative medicine consultation
- Dental health and aesthetics consultation
- Revitalizing medicine consultation
- Energy health consultation, with electromagnetic field map
- 1 energy health treatment, according to prescription
- 1 therapeutic treatment session, according to the prescription: deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage (2 sessions in the 14 day programme)
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription: acupuncture, laser acupuncture or moxibustion (3 sessions in the 14 day programme)
- 2 hydroenergetic cure sessions (3 sessions in the 14 day programme)
- 2 high-tech treatments sessions, adapted to individual needs: Detox massage using cupping therapy, Ballancer, LPG, Physia, Indiba, Ultrasound, DLE (3 sessions in the 14 day programme)
- 2 pressotherapy sessions (3 sessions in the 14 day programme)
- 2 colon hydrotherapy sessions (3 sessions in the 14 day programme)
- 1 Shrinking Violet Body Wrap
- 1 underwater massage (2 sessions in the 14 days programme)
- Introductory evaluation and advice session with a personal trainer
- 2 sessions with a personal trainer, according to the prescription: fitness class, electro-stimulation, pilates, yoga or aqua gym (3 sessions in the 14 day programme)
- 2 cryotherapy sessions
- Personalised health plan after your stay
- 1 dietary supplement BE SLIM by SHA
- SHA Academy activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**Weight loss 7 days: 3,150€**

**Weight loss 14 days: 4,600€**

*Extension of the programme under request*





*Eating healthily should be a lifestyle,  
not an obligation*

## Detox Programme

Minimum 7 days / 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.





## Includes

- General medical 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
- Natural therapeutic drinks, according to the prescription
- Nutrition plan follow-up during the stay (twice in the 14 day programme)
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- Consultation with an expert in Anti-aging and Genetic Medicine
- Revitalizing medicine consultation
- Energy health consultation, with electromagnetic field map
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription: acupuncture, laser acupuncture or moxibustion (3 sessions in the 14 day programme)
- 2 aquatic therapy sessions, adapted to your needs: hydroenergetic healing, aqua relax, body scrub underwater massage or body wrap (3 sessions in the 14 day programme)


- 1 therapeutic treatment session, according to the prescription: deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage (2 sessions in the 14 day programme)
- 2 SHA Detox massages (3 sessions in the 14 day programme)
- 2 colon hydrotherapy sessions (3 sessions in the 14 day programme)
- 1 detoxifying seaweed wrap or "Detox Retreat" body treatment (2 sessions in the 14 day programme)
- 1 lymphatic drainage session (2 in the 14 day programme)
- 1 ginger therapeutic compresses session (2 sessions in the 14 day programme)
- 1 pressotherapy session (2 sessions in the 14 day programme)
- 1 oxygen bar session
- Introductory evaluation and advice session with a personal trainer
- 1 cryotherapy session (2 sessions in the 14 day programme)
- 1 healthy cooking class in The Chef's Studio (group session)
- 1 book "The SHA recipes to live longer and better"
- Personalised health plan after your stay
- 1 dietary supplement SHA DETOX

- SHA Academy activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**7 day programme 3,150€**

**14 day programme 4,750€**

*Extension of the programme under request*

A man and a woman are jogging along a paved path on a rocky coastline. The path is bordered by a white wooden railing. In the background, the ocean meets a sky with soft, golden light from a low sun, creating a warm, hazy atmosphere. The man is in the foreground, wearing a white t-shirt and dark shorts, running towards the right. The woman is slightly behind him, also running in the same direction. To the right of the path, there are large, dark, layered rock formations.

*“Take care of your body.  
It’s the only place you have to live”*

Jim Rohn

## Intensive Detox and Weight Loss Programme

Minimum 7 days / 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.



## Includes

- General medical examination
- Initial laboratory test (and test at the end of the 14 day programme)
- General medical consultation at the beginning, midway through and at the end of the programme
- Consultation with an expert on nutrition and natural therapies (and at the end of the 14 day programme)
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Nutrition plan follow-up during the stay
- Anti-aging and genetics medicine consultation
- Energy health consultation, with electromagnetic field map
- 1 energy health treatment, according to prescription
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- Regenerative medicine consultation
- Capillary health consultation
- Consultation with an expert in Anti-aging
- Revitalizing medicine consultation
- 1 psychotherapy– coaching session (only in the 14 days programme)
- 1 biomechanical analysis of the foot

- 2 SHA detox massages (4 sessions in the 14 day programme)
- 2 detox hydroenergetic healing sessions (4 sessions in the 14 day programme)
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription: acupuncture or moxibustion (4 sessions in the 14 day programme)
- 2 personalised high-tech treatment health sessions, adapted to individual needs: Physia, Indiba, LPG, Ultrasound or DLE (4 sessions in the 14 day programme)
- 3 colon hydrotherapy sessions
- 1 lung detox nebulization session
- 1 oxygen bar session (2 sessions in the 14 day programme)
- 1 lymphatic drainage session (2 sessions in the 14 day programme)
- 2 pressotherapy sessions (4 sessions in the 14 day programme)
- 1 Vela Shape III session
- 1 seaweed wrap detox session (2 sessions in 14 day programme)
- 1 Hammam or “Slim & Fit” body treatment session
- 1 shrinking violet body wrap (2 sessions in 14 day programme)
- 1 ginger therapeutic compresses session (2 sessions in the 14 day programme)

- Introductory evaluation and advice session with a personal trainer
- 3 sessions with a personal trainer, according to the prescription: fitness class, electro-stimulation, pilates, yoga or aqua gym (5 sessions in the 14 day programme)
- 2 cryotherapy sessions (3 sessions in 14 day programme)
- 1 healthy cooking class in The Chef’s Studio (group session)
- 1 book “The SHA recipes to live longer and better”
- Personalised health plan after your stay
- 1 Dietary supplement BE SLIM by SHA
- SHA Academy activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**Intensive 7 days: 4,700€**

**Intensive 14 days: 7,500€**

*Extension of the programme under request*





*The body is temple of nature*

## SHA Fitness Programme

Recommended for 7 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 exercise 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 programmes that also **include the innovative sero-therapy** and a combination of bioregulatory medicine, trace elements and antioxidants that help regulate the adipocyte metabolism and the intracellular detox of such.





## Includes

- 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
- Nutrition follow-up during the stay
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Derma-aesthetic consultation, with the most advanced technology for the non invasive diagnosis
- Energy health consultation, with electromagnetic field map
- Introductory evaluation and advice session with a personal trainer
- 7 sessions with a personal trainer. As assessed by the coach and according to the guest's needs, the sessions are structured as follows:
  - 2 high-tech training sessions (Power plate, electro-stimulation, 24h assessment of sleep and recoveries, VoMAX assessment)\*
  - 2 postural training sessions (RPG or pilates)\*
  - 2 functional outdoors training sessions (bike, running, ropes, ketell-bell, etc.)\*
  - 1 classical training session (Kinesis or Aqua gym)\*

\*To be determined after the evaluation of your personal trainer

- Revitalizing medicine consultation
- 3 Ozone therapy sessions with GAH intravenous\*
- 3 Therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage, craniocervical massage)
- 2 Osteopathy or physiotherapy sessions
- 1 Oxygen bar session
- 1 Electric lymphatic drainage session
- 1 Detox hydroenergetic healing session
- 1 personalised high-tech treatment health session, adapted to individual needs (Detox massage using cupping therapy, Ballancer, LPG, Physia or Indiba)
- 2 cryotherapy sessions
- 1 biomechanical analysis of the foot
- Final nutrition consultation with personalised health plan after your stay

- 1 Specific vitamin supplement to improve the results
- SHA Academy activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**SHA Fitness programme: 3,650€**

*Extension of the programme under request*



*“Part of the cure is in the willingness to heal”*  
Séneca

## Anti-tobacco Programme

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.



## Includes

- 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 therapy
- Nutrition follow-up during the stay
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Energy health consultation, with electromagnetic field map
- 1 energy health treatment, according to prescription
- 1 initial ozone therapy consultation
- 3 ozone sessions with GAH intravenous
- 1 pulmonary detox nebulization

- 5 oxygen bar sessions
- Derma-aesthetic consultation
- Consultation with an expert in Anti-aging
- 1 dental assessment session with dental cleaning
- Revitalizing medicine consultation
- 3 therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage)
- 3 psychotherapy coaching sessions
- 1 Introductory evaluation and advice class with a personal trainer
- 2 specific training sessions (mindfullnes, yoga, pilates, meditation, tai chi or chi kung)
- 1 anti-anxiety based phytotherapy treatment, according to the prescription (anti-tobacco kit)

- 3 Traditional Chinese Medicine treatment sessions, according to the prescription (moxibustion, acupuncture or laser-acupuncture sessions).
- Personalised health plan after your stay
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cookery classes ...
- 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 Programme: 3,750€**

*Extension of the programme under request*



*“Good mood is the healthiest medicine”*  
Salomón



## Anti-stress Programme

Recommended duration of 7 days

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

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.

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





## Includes


- 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 therapy
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription (daily)
- Bioenergetics consultation with Bioenergetic mapping and evaluation
- 1 bioenergetic treatment according to the prescription
- Derma-aesthetic consultation
- Initial revitalising medicine consultation
- 2 ozone therapy consultation and 2 GAH intravenous sessions
- 2 psychotherapy coaching sessions

- 3 Mindfulness Therapy (Full attention) sessions
- Introductory evaluation and advice class with a personal trainer
- 2 personal trainings (Mindfullnes yoga, pilates, meditation, tai chi y chi kung)
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription (acupuncture, laser acupuncture or moxibustion)
- 2 therapeutic treatment sessions, according to the prescription (deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage)
- 2 aqua relax or Watsu session
- 1 relaxing bath
- 1 Detox hydroenergetic healing session
- 1 oxygen bar session
- Personalised health plan after your stay

- 1 dietary supplement SHA CALM
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cookery classes...
- 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 Programme: 3,200€**

*Extension of the programme under request*

A close-up, side-profile photograph of a man with dark, wavy hair sleeping peacefully in a bed. He is wearing a light blue t-shirt and is covered by a white blanket. The background is a soft, out-of-focus white, suggesting a clean, minimalist bedroom environment.

*“Sleep is the chain  
linking health and body”*

Thomas Dekker

## Sleep Recovery Programme

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.



## Includes

- 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 therapy
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription (daily)
- Bioenergetics consultation with Bioenergetic mapping and evaluation
- 1 bioenergetic treatment, according to the prescription
- Derma-aesthetic consultation
- 3 therapeutic treatment sessions, according to the prescription (shiatsu, SHA Detox massage, craniocervical massage or deep tissue massage)

- 2 psychological support sessions coaching
- 1 Introductory evaluation and advice class with a personal trainer
- 1 mindfulness therapy session
- 1 private yoga class
- 1 private meditation techniques class
- 2 Traditional Chinese Medicine treatment sessions (acupuncture, laser acupuncture or moxibustion)
- 1 Physia session
- 1 detox hydroenergetic healing session
- 1 oxygen bar session
- 2 Aqua Relax or Watsu
- 1 phytotherapy treatment, according to the prescription
- Personalised health plan after your stay
- 1 dietary supplement

- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cookery classes...
- 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 Programme: 3,500€**

*Extension of the programme under request*





## SHA Rejuvenation Programme

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 prescribed 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.





## Includes

- Saliva Kit to determine your genetic code
- General medical examination
- Initial laboratory test
- General medical consultation
- Consultation with an expert in Nutrition and natural therapy
- SHA diet according to the prescription
- 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
- Electrocardiogram
- Consultation with an expert in Genetic and Anti-aging Medicine
- Consultation with a Cardiologist
- Consultation with the urologist or the gynaecologist
- Consultation in Revitalizing Medicine
- Bioenergetics consultation with Bioenergetic mapping and evaluation
- 1 bioenergetic treatment, according to the prescription
- Derma-aesthetic consultation
- 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

- Health care consultation
- 1 Neurocognitive Stimulation session, with 3D
- Sleep test. Polygraph for the diagnosis of sleep at night
- Initial revitalising medicine consultation
- Consultation plus 2 ozone GAH therapy sessions
- 1 oxygen bar session
- 1 pulmonary detox nebulisation
- 2 Physia sessions (cellular regeneration treatment to improve the skin tone, reduce cellulitis, decrease wrinkles and enhance lymphatic drainage)
- 2 therapeutic treatment sessions, according to the prescription (shiatsu, reiki)
- 2 lymphatic drainage treatment sessions
- 2 Traditional Chinese Medicine treatment sessions (acupuncture, laser acupuncture or moxibustion)
- 2 colon hydrotherapy sessions
- 1 detox hydroenergetic healing session
- 1 aqua relax session
- 1 Introductory evaluation and advice class with a personal trainer
- 2 specific training sessions: Mindfullnes yoga, pilates, meditation, tai chi or chi kung)
- 1 Osteopathy session. Musculoskeletal and posture evaluation with a physiotherapist or a SHA Postural Re-education (SPR) session with a personal trainer

- 2 cryotherapy sessions
- Anti-aging report and personalised health plan after your stay
- 1 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
- 1 dietary supplement YOUNGER SKIN
- 1 dietary supplement BERBERINA GOLD
- 1 book "The SHA recipes to live longer and better"
- SHA Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, cookery classes, 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)

**Rejuvenation Programme: 8,300€**

*Extension of the programme under request*



*“A healthy appearance begins from inside”*  
Robert Urich

# SHA Complete Rejuvenation Programme

Recommended duration of 14 days (7+7)

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 1: 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.

## **Stage 2: 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.



## Includes

- General medical examination
- Initial laboratory test
- 2 consultations with an expert in Nutrition and natural therapies at each stage of the programme
- SHA diet according to the prescription
- 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
- Immunology analysis
- Telomere length analysis
- SHA Cell Rejuvenation TA-65
- Consultation with an expert in Anti-aging Medicine (at the beginning and the end of the programme)
- Consultation with a Cardiologist
- Consultation with an expert in Regenerative Medicine
- Consultation with an Urologist or Gynecologist
- Bioenergetic consultation, with Bioenergetic mapping and evaluation
- 1 bioenergetic treatment
- Derma-aesthetic consultation
- 1 Facial mesotherapy treatment with a DNA cell protector or diamond facial treatment

- Consultation in Revitalizing Medicine
- Consultation plus 2 ozone GAH therapy sessions
- Stress and emotion management/coaching session
- 1 Neurocognitive Stimulation session, with 3D
- Oral health consultation and a checkup with an X-ray and dental cleaning according to the patient's specific needs
- 1 Osteopathy session. Musculoskeletal and posture evaluation with a physiotherapist or a SHA Postural Re-education (SPR) session with a personal trainer
- Osteoporosis screening by means of a bone densitometry scan
- Electrocardiogram
- Sleep test. Polygraph for the diagnosis of sleep at night
- 2 Physia sessions: Cellular regeneration treatment to improve the skin tone, reduce cellulitis, decrease wrinkles and enhance lymphatic drainage
- 4 therapeutic treatment sessions adapted to individual needs (shiatsu, reiki, Detox massage, deep tissue massage)
- 2 lymphatic drainage or anti-cellulite treatment sessions.
- 2 aqua relax sessions
- 2 cryotherapy sessions
- 3 Traditional Chinese Medicine treatment sessions (acupuncture, laser acupuncture or moxibustion)
- 4 colon hydrotherapy sessions
- 2 hydro-energetic healing sessions

- 1 oxygen bar session
- 1 pulmonary detox nebulisation
- Introductory evaluation and advice class with a personal trainer.
- 2 specific training sessions: Mindfulness yoga, pilates, meditation, tai chi or chi kung)
- Anti-aging report and personalised health plan after your stay
- 1 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
- 1 dietary supplement YOUNGER SKIN
- 1 dietary supplement BERBERINA GOLD
- 1 book "The SHA recipes to live longer and better"
- SHA Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, cookery classes, 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)

**Complete Rejuvenation Programme: 12,950€**

*Extension of the programme under request*





# SHA Recovery Programme

Duration: 7 days

Every day many people have to undergo surgery. After the operation, the patient is sent home after a short stay in hospital, which is often after just a few days. At SHA we are aware that in many cases, this person, who has just been operated on, still requires certain assistance before going home.

Through certain techniques and care, common postoperative complications can be avoided, and recovery can be speeded up, which is why we have created **SHA Recovery**, a specific programme for people who have been sent home, but choose SHA to get specific postoperative care before going back to their normal daily routine.

The programme was drawn up after analysing the best recommendations with different surgeons and after determining the needs of many patients. The SHA Recovery programme is adapted to aesthetic, reconstructive, orthopedic, cardiovascular surgery and postpartum care, and it can be adapted to each particular case.

The body has suffered an invasive action and in SHA we focus on the most advanced scientific knowledge and the most proven natural therapies, for just one purpose, to re-establish your body balance in the shortest amount of time possible so that you can enjoy life to the full again.

This programme has a global approach, which deals with aspects on different levels:

- **Preventive level** (possible infections, thrombosis, complications, etc.).
- **Superficial level**, through proper hydration and care of the affected area (sutures, removing stitches, healing scars, etc.).
- **Medical level**, through our team who will act as a nexus between our guest and the surgeon or the surgical centre for more personalised care.
- **Re-education level**, whether it is postural, or healthy life habits after the operation, or to avoid future surgery, or even to recover as quickly as possible.

All of the above in the unique SHA surroundings, with everything ready and prepared for your physical and emotional rest after the operation, at a time in life when it is necessary to dedicate time to yourself before going back to your own social and professional rhythm of life.





## Includes


- General medical examination
- Laboratory tests
- Initial medical consultation
- Visit preparation by our Medical Team and where appropriate, working session or conference call with a doctor or surgeon to unify criteria
- Final medical consultation
- Consultation with an expert in Nutrition and natural therapies
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- 1 Nutritional follow-up consultation
- 3 Nursing appointments for treatment and follow-up
- Dermoaesthetic consultation, with high tech diagnosis
- Bioenergy health consultation with Bioenergetic mapping and evaluation
- 1 Bioenergetic treatment
- 1 Coaching /stress and emotional management session
- Consultation in Revitalizing Medicine
- 2 Ozone therapy sessions
- 1 Bioptron Phototherapy sessions
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription (acupuncture, laser acupuncture or moxibustion)
- 1 Evaluation and advice session with a personal trainer

- 2 Sessions of specific training or physiotherapy
- 2 Sessions of specific activities (Mindfulness, yoga, Pilates, meditation, tai chi or chi kung)
- 2 Ultrasound sessions
- 2 Indiba sessions. Indiba stimulates the tissues deep down, activating them from the inside. It reabsorbs the edema caused by surgery, nourishing and revitalizing cells. It also improves the skin's elasticity.
- 1 Clear & Brilliant Laser session
- 3 Lymphatic drainage therapy treatment sessions
- 1 SHA Detox massage
- 1 oxygen bar session
- 1 pulmonary detox nebulisation
- 3 Pressotherapy sessions
- 1 Platelet growth factor session. 100% natural, as it comes from patient's own blood, it favours a quick regeneration and healing of the tissues; it improves the cellular and vascular immunology in the treated area and reinforces defence mechanisms.
- Personalised health plan after your stay
- 1 dietary supplement SHA Younger Skin
- 1 book "The SHA recipes to live longer and better"

- SHA Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, cookery classes, 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)

**SHA Recovery Programme: 4,900€**

*Extension of the programme under request*

A person is captured from behind, running along the shoreline of a beach. They are wearing a white short-sleeved shirt and green patterned shorts. In their right hand, they hold a straw hat with a dark band. Their left arm is extended forward. The ocean waves are breaking around their feet, creating a splash. The sky is a soft, hazy orange, suggesting a sunset or sunrise. The overall mood is one of freedom and renewal.

*“To move forward it is  
necessary to start again”*

León Gieco

## SHA Life Reset Programme

Duration of 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.



## Includes

- General medical examination
- Initial and final laboratory tests
- Initial medical consultation
- 2 medical follow up consultations
- Final medical consultation
- 4 Reflexology sessions
- Consultation with an expert in Nutrition and natural therapy
- 3 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
- Dermoaesthetic consultation
- Oral health consultation and checkup with an X-ray analysis and dental cleaning according to the patient's specific needs
- Bioenergetic consultation, with electromagnetic map
- 4 Bioenergetic treatments
- 1 Consultation for Neurocognitive assessment
- 3 Neurofeedback treatments
- Regenerative medicine consultation
- Health care consultation
- Anti-aging consultation
- Telomere length analysis

- 4 coaching /stress and emotions management session
- Consultation in Revitalizing Medicine
- 6x Serum Therapy sessions a personalized serum created from a selection of vitamins, trace elements and natural biological drugs
- 8 Traditional Chinese Medicine treatment sessions (acupuncture, laser acupuncture or moxibustion)
- 1 Introductory evaluation and advice class with a personal trainer
- 12 specific training sessions: Mindfullnes yoga, pilates, meditation, tai chi or chi kung)
- 4 physiotherapy or a SHA Postural Re-education (SPR) sessions
- 8 sessions of specific activities (Mindfulness yoga, Pilates, meditation, tai chi or chi kung)
- 4 Osteopathy sessions
- Sleep test. Polygraph for the diagnosis of sleep at night
- 4 Physis sessions (cellular regeneration treatment to improve the skin tone, reduce cellulitis, decrease wrinkles and enhance lymphatic drainage)
- 8 Indiba sessions
- 12 therapeutic treatment sessions, according to the prescription (shiatsu, deep tissue massage or cranio-cervical massage)
- 8 SHA Detox massages
- 2 Aqua Relax sessions
- 4 cryotherapy sessions

- 2 oxygen bar session
- 2 pulmonary detox nebulisation
- 4 body wraps or Rassoul-Hammam sessions
- 6 colon hydrotherapy sessions
- 4 detox hydroenergetic healing session
- 4 Bioptron Phototherapy sessions
- 1 SAHO facial
- 1 manicure
- 1 pedicure
- Personalised health plan after your stay
- 1 dietary supplement SHA DETOX
- 1 dietary supplement BERBERINA GOLD
- 1 book “The SHA recipes to live longer and better”
- SHA Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, cookery classes, 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 Programme: 18,900€**

*Extension of the programme under request*





# SHA Essence

Minimum 7 days / Recommended 14 days

A perfect combination of ancient techniques of oriental medicine with the latest advances of the western world that is intended to rebalance your organism by stimulating your **physical, energetic and mental potential**.

It gives you the chance to discover the healthiest and most positive SHA lifestyle that focuses on your **happiness and well-being**.

## Includes

- General medical examination
- Initial laboratory test (and a 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
- Natural therapeutic drinks, according to the prescription
- Nutrition plan follow-up during the stay (2 sessions in the 14 day programme)
- Bioenergetics consultation with electromagnetic fields map
- Derma-aesthetic consultation
- Introductory evaluation and advice class with a personal trainer
- 1 session with a personal trainer, according to the prescription: fitness class, electro-stimulation, pilates, yoga or aqua gym (2 sessions in the 14 days programme)

- 2 therapeutic treatment sessions adapted to your needs: shiatsu, reiki, deep tissue massage, relaxing massage, anti-cellulite massage, lymphatic drainage massage or craniocervical massage (4 sessions in the 14 days programme)
- 2 Traditional Chinese Medicine treatment sessions, adapted to your needs: acupuncture or moxibustion (4 sessions in the 14 day programme)
- 2 personalised high-tech treatment sessions, adapted to individual needs: Detox massage using cupping therapy, Ballancer, LPG, Physia or Indiba (3 sessions in the 14 day programme)
- 2 aquatic therapy sessions, adapted to individual needs: detox hydroenergetic healing, aqua relax, body scrub or underwater massage (3 sessions in the 14 day programme)
- Personalised health plan after your stay.
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**Essence Programme 7 days: 2,450€**

*Extension of the programme under request*





*Happiness is a reflect of the health*

## SHA Discovery

Recommended duration of 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.

### Includes

- 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
- Introductory evaluation and advice class with a personal trainer
- 1 therapeutic treatment session adapted to individual needs (deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage)
- 1 aquatic therapy session, according to the prescription (hydroenergetic healing, aqua relax, body scrub, underwater massage or body wrap)
- 1 personalised facial treatment session (facial Saho, BDR or Red Carpet)
- 1 Traditional Chinese Medicine treatment session, according to the prescription (acupuncture or moxibustion)

- 1 High-tech treatment (Physia, Indiba, Cupping massage, Ballancer, LPG)
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cooking classes, 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)

**Discovery Programme: 1,190€**

*Extension of the programme under request*



Recognized with more than 50 international awards



#mySHAexperience

@shawellness

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