



health programs

SHA

2016



Programmes

We are very proud to present the general and specific programmes that SHA has organised for you in 2015 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 stated duration of each program is the minimum amount of time recommended to take part in such. 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.

Specific Programmes

- **Weight Loss Programme**
(Minimum 7 days / Recommended 14 days)
- **Detox Programme**
(Minimum 7 days / Recommended 14 days)
- **Intensive Detox & Weight Loss Programme**
(Minimum 7 days / recommended 14 days)
- **SHA Fitness Programme**
(7 days)
- **SHA Anti-tobacco Programme**
(7 days)
- **Anti-Stress Programme**
(7 days)

- **Sleep Recovery Programme**
(7 days)
- **Rejuvenation Programme**
(7 days)
- **Complete Rejuvenation Programme**
(14 days: 7+7 days)
- **Recovery Programme**
(7 days)
- **Life Reset Programme**
(28 days)

General Programmes

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

Complementary Programme

- **Cognitive Development Programme**
(7 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
- Oral health and aesthetics consultation
- Energy health consultation
- Ophthalmological consultation
- Consultation with an expert on healthy aging

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.



Weight Loss Programme

(Minimum 7 days / recommended 14 days)

Indications

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.

It 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 therapy
- Nutrition plan follow-up during the stay (2 sessions in the 14 day programme)
- Derma-aesthetic consultation
- Introductory evaluation and advice class with a personal trainer
- SHA diet according to the prescription
- Energy health consultation
- Natural therapeutic drinks, according to the prescription
- 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)
- 1 therapeutic treatment session adapted to your needs (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 or moxibustion) (3 sessions in the 14 day programme)
- 2 aquatic therapies, according to the prescription (hydroenergetic healing, aqua relax, body scrub or underwater massage or body wrap) (3 sessions in the 14 day programme)
- 1 Hammam
- 1 underwater massage (2 sessions in the 14 days programme)
- High-tech treatment sessions, adapted to individual needs: Detox massage using cupping therapy, Ballancer, LPG, Physia or Indiba (2 sessions in the 14 day programme)
- 1 pressotherapy session (2 sessions in the 14 day programme)
- 2 colon hydrotherapy sessions (3 sessions in the 14 day programme)
- 1 initial ozone therapy consultation
- 2 cryotherapy sessions
- 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
- Personalised health plan after your stay
- 1 Dietary supplement BE SLIM by SHA

Weight loss 7 days: 2,950€
Weight loss 14 days: 4,290€

Detox Programme

(Minimum 7 days / Recommended 14 days)

Indications

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

It 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 therapy
- Nutrition plan follow-up during the stay (twice in the 14 day programme)
- Derma-aesthetic consultation
- Consultation with an expert on healthy aging
- Energy health consultation
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Introductory evaluation and advice class with a personal trainer
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription: acupuncture, laser acupuncture or moxibustión (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 lymphatic drainage session (2 in the 14 day programme)
- 1 pressotherapy session (2 sessions in the 14 day programme)
- 1 ginger compress session (2 sessions in the 14 day programme)
- 1 initial ozone therapy consultation
- 1 cryotherapy session (2 sessions in the 14 day programme)
- 1 Hammam
- 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
- Personalised health plan after your stay
- 1 dietary supplement SHA DETOX

Detox 7 days: 2,980€

Detox 14 days: 4,500€



specific programmes



Intensive Detox and Weight Loss Programme

(Minimum 7 days / Recommended 14 days)

Indications

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 as 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.

It 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 therapy (and at the end of the 14 day programme)
- Nutrition plan follow-up during the stay
- Anti-aging and genetics medicine consultation
- Energy health consultation
- Derma-aesthetic consultation
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- 1 initial ozone therapy consultation
- 2 psychotherapy-coaching sessions (only in the 14 days programme)
- 1 introductory evaluation and advice class 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 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 Physia or Indiba sessions (4 sessions in the 14 day programme)
- 3 colon hydrotherapy sessions
- 1 lymphatic drainage session (3 sessions in the 14 day programme)
- 2 pressotherapy sessions (4 sessions in the 14 day programme)
- 1 seaweed wrap detox session (2 sessions in 14 day programme)
- 1 ginger compress session (2 sessions in the 14 day programme)
- 2 cryotherapy sessions
- 1 Hammam session
- 1 wrap shrinking violet
- 1 personalised facial treatment: Facial Saho, BDR or Red Carpet
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cooking classes, etc.
- Access to the hydrotherapy circuit, according to prescription: sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets
- Personalised health plan after your stay
- 1 Dietary supplement BE SLIM by SHA

Intensive 7 days: 4,450€

Intensive 14 days: 7,500€

SHA Fitness Programme

(Recommended for 7 days)

Indications

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 serotherapy and a combination of bio-regulatory medicine, trace elements and antioxidants that help regulate the adipocyte metabolism and the intracellular detox of such.

It 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
- Derma-aesthetic consultation
- Natural therapeutic drinks, according to the prescription
- Energy health consultation
- Nutrition follow-up during the stay
- SHA diet according to the prescription
- 1 initial ozone therapy consultation and 4 ozone therapy sessions with GAH intravenous (This type of therapy is not suitable for professional sportspeople, because although the medication is harmless, any kind of transfusion is classified as doping).
- 1 Introductory evaluation and advice class with a personal trainer
- 5 sessions with a personal trainer, according to the prescription: Pilates, yoga, aqua gym or a personalised fitness class
- 2 Electrostimulation sessions
- 3 therapeutic treatment sessions, according to the prescription: deep tissue massage, relaxing massage, decontracting massage, anti-cellulite massage, lymphatic drainage massage, cranio-

cervical massage

- 2 personalised high-tech treatment sessions, adapted to individual needs: Detox massage using cupping therapy, Ballancer, LPG, Physia or Indiba
- 2 cryotherapy sessions
- 1 osteopathy or physiotherapy session
- SHA Academy Activities: talks, yoga, tai chi, walks, healthy cooking classes, etc.
- Access to the hydrotherapy circuit, according to prescription: sauna, Roman baths, Turkish baths, hydrotherapy pools, foot baths, bithermal showers, cold plunge pool, ice fountain, therapeutic water jets
- Personalised health plan after your stay
- 1 Specific vitamin supplement to improve the results

SHA Fitness programme: 3,250€



specific programmes



Anti-tobacco Programme

(Recommended for 7 days)

Indications

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.

It includes

- General medical examination
- Spirometry and the carboxyhemoglobin analysis
- 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
- Energy health consultation
- Derma-aesthetic consultation
- Electrocardiogram and cotinine (on alternate days)

- 1 Introductory evaluation and advice class with a personal trainer
- 2 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 dental cleaning
- 1 initial ozone therapy consultation and 3 ozone sessions with GAH intravenous
- 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
- 3 oxygen therapy sessions
- 3 cotinine tests
- 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
- Personalised health plan after your stay

Anti-Tobacco Programme: 3,450€

Anti-stress Programme

(Recommended for 7 days)

Indications

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.

It 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
- Energy health consultation
- Derma-aesthetic consultation
- Introductory evaluation and advice class with a personal trainer
- SHA diet according to the prescription
- 2 personal trainings: mindfulness, yoga, pilates, meditation, tai chi or chi kung
- Natural therapeutic drinks, according to the prescription (daily)

- 2 psychotherapy-coaching sessions
- 2 Traditional Chinese Medicine treatment sessions, according to the prescription: acupuncture, laser acupuncture or moxibustion
- 1 ozone therapy consultation and 2 GAH intravenous sessions
- 3 Mindfulness Therapies (Full attention) sessions
- 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 sessions
- 2 relaxing baths
- 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
- Personalised health plan after your stay
- 1 dietary supplement SHA CALM

Anti- Stress Programme: 2,950€



specific programmes



Sleep Recovery Programme

(Recommended for 7 days)

Indications

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.

It 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
- Polygraph for the diagnosis of sleep at night
- Introductory evaluation and advice class with a personal trainer
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription (daily)

- Energy health consultation
- 3 therapeutic treatment sessions, according to the prescription: shiatsu, SHA Detox massage, craniocervical massage or deep tissue massage
- 2 psychological-coaching support sessions
- 1 mindfulness therapy session
- 2 Traditional Chinese Medicine treatment sessions: acupuncture, laser acupuncture or moxibustion
- 1 private yoga class
- 1 private meditation techniques class
- 2 Aqua Relax or Watsu sessions
- 1 Physia session
- 1 phytotherapy treatment, according to the prescription
- 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
- Personalised health plan after your stay
- 1 dietary supplement

Sleep Recovery Programme: 3,250€

SHA Rejuvenation Programme

(Duration of 7 days)

Indications

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.

It includes

- Saliva Kit to determine your genetic code
- General medical examination
- Initial laboratory test
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Genetic Well-Being Study
- Consultation with the urologist or gynecologist
- Spirometry and carboxyhemoglobin analysis
- Consultation with an expert in Anti-aging Medicine at the beginning and the end of the programme
- Electrocardiogram
- Consultation with an expert in Genetic Medicine
- Consultation with an expert in Nutrition and natural therapies
- Consultation with a Cardiologist
- Consultation with an Ophthalmologist
- Energy health consultation
- Derma-aesthetic consultation
- Consultation with an expert in Regenerative Medicine
- Facial mesotherapy treatment with a DNA cell protector or diamond facial treatment

- Stress and emotion management/coaching session
- Oral health consultation and check-up with an X-ray analysis and dental cleaning according to the patient's specific needs
- Introductory evaluation and advice class with a personal trainer (followed by 2 sessions of specific training: mindfulness, yoga, pilates, meditation, tai chi or chi kung)
- 2 Traditional Chinese Medicine treatment sessions: acupuncture, laser acupuncture or moxibustion
- Musculoskeletal and posture evaluation with a physiotherapist or a SHA Postural Re-education (SPR) session with a personal trainer
- Electrocardiogram
- Cognitive Stimulation session
- 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)
- 2 therapeutic treatment sessions, according to the prescription: shiatsu or reiki
- 2 lymphatic drainage treatment sessions
- 2 colon hydrotherapy sessions
- 1 detox hydroenergetic healing session
- 1 aqua relax session
- 2 cryotherapy sessions
- 1 ozone therapy consultation and 2 ozone therapy sessions
- 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 Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, healthy cooking classes, etc.
- 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

Rejuvenation Programme: 7,950€



SHA Complete Rejuvenation Programme

(Recommended duration of 14 days: 7+7 days)

Indications

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

Human beings get older, this cycle, which is known as the chronological age, does not stop and it is a clear indicator of the time that has gone by since our birth. However, there is another type of aging that determines the wear and tear suffered by our body throughout life, which is known as the biological age. This age can vary according to our lifestyle, diet, stress, etc., which means that our biological age might not have anything to do with our chronological age. To a great extent, this difference is due to our habits in life.

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.

It includes

- General medical examination
- Initial laboratory test
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Genetic Well-Being Study
- Anti-aging analysis

- 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 an expert in Genetic Medicine
- Consultation with a Cardiologist
- Consultation with an Ophthalmologist
- Consultation with an expert in Regenerative Medicine
- Consultation with an expert in Nutrition and natural therapies at each stage of the programme
- Aesthetic Medicine consultation
- Consultation with an Urologist or Gynaecologist
- Energy health consultation
- Derma-aesthetic consultation
- Facial mesotherapy treatment with a DNA cell protector or diamond facial treatment
- Stress and emotion management/coaching session
- Cognitive stimulation session
- Oral health consultation and a check-up with an X-ray and dental cleaning according to the patient's specific needs
- Introductory evaluation and advice class with a personal trainer, followed by 2 sessions of specific training: mindfulness, yoga, pilates, meditation, tai chi y chi kung
- Musculoskeletal and posture evaluation with a physiotherapist
- 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
 - 1 ozone therapy consultation and 2 ozone therapy sessions
 - 4 colon hydrotherapy sessions
 - 2 hydro-energetic healing sessions
 - Hydro jet, energizing jet session
 - 3 Traditional Chinese Medicine treatment sessions: acupuncture, laser acupuncture or moxibustion
 - 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 Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, healthy cooking classes, etc.
 - 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

Complete Rejuvenation Programme: 12,950€

SHA Recovery Programme

(Duration: 7 days)

Indications

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.
- Psychological level

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.

It 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
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Consultation with an expert in Nutrition and natural therapies
- Nutritional follow-up consultation
- 3 Nursing appointments for treatment and follow-up
- Dermoaesthetic consultation, with high tech diagnosis
- Energy health consultation with bioenergetic mapping and evaluation
- 1 Bioenergetic treatment
- 1 Coaching /stress and emotional management session
- Initial ozone therapy consultation and 2 ozone therapy 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 therapeutic treatment sessions adapted to individual needs: mindfulness, yoga, pilates, meditation, tai chi or chi kung
- 2 Ultrasound sessions
- 3 Lymphatic drainage therapy treatment sessions
- 1 SHA Detox massage
- 3 Pressotherapy sessions
- 1 Bioptron Phototherapy session
- 2 Indiba sessions. This treatment 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 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
- 1 Clear & Brilliant Laser session
- 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 Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, healthy cooking classes, etc.
- Personalised health plan after your stay
- 1 dietary supplement SHA Younger Skin

SHA Recovery Programme: 4.900€





SHA Life Reset Programme

(Duration of 28 days)

Indications

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.

It includes

- General medical examination
- Initial and final laboratory tests
- Initial medical consultation
- 2 medical follow up consultations

- Final medical consultation
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- Telomere length analysis
- Consultation with an expert in Nutrition and natural therapy
- 3 nutritional follow up consultations
- Consultation with an expert in Anti-aging and Genetic Medicine
- Consultation with the urologist or the gynaecologist
- Dermoaesthetic consultation
- Oral health consultation and check-up with an X-ray analysis and dental cleaning according to the patient's specific needs
- Initial Energy health consultation with bioenergetic mapping and evaluation
- 4 Bioenergetic treatments
- 1 Consultation for Neurocognitive assessment
- 3 Neurofeedback treatments
- 4 coaching /stress and emotions management session
- Ozone therapy consultation and 6 ozone therapy sessions
- 6 Serum therapy sessions (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
- Introductory evaluation and advice class with a personal trainer (followed by 12 sessions of specific training)
- 8 sessions of specific activities: mindfulness, yoga, pilates, meditation, tai chi or chi kung
- 4 Osteopathy sessions
- 4 Reflexology sessions
- 4 physiotherapy or a SHA Postural Re-education (SPR) sessions

- Sleep test. Polygraph for the diagnosis of sleep at night
- 4 Physia 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
- 4 body wraps or Rassoul-Hammam sessions
- 6 colon hydrotherapy sessions
- 4 detox hydroenergetic healing sessions
- 4 Biopton Phototherapy sessions
- 1 SAHO facial
- 1 manicure
- 1 pedicure
- 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 Academy Activities: practical advice to lead a healthier life, Nordic walking, yoga, tai chi, walks, healthy cooking classes, etc.
- Personalised health plan after your stay
- 1 dietary supplement SHA DETOX
- 1 dietary supplement BERBERINA GOLD

SHA Life Reset Programme: 18.500€

SHA Essence

(Minimum 7 days / recommended 14 days)

Indications

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.

It includes

- General medical examination
- SHA diet according to the prescription
- Natural therapeutic drinks, according to the prescription
- 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 therapy
- Nutrition plan follow-up during the stay (2 sessions in the 14 day programme)
- Introductory evaluation and advice class with a personal trainer
- Energy health consultation
- Derma-aesthetic consultation
- 1 session with a personal trainer, according to the prescription: fitness class, electrostimulation, 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 day 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 session, 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)
- 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 Academy Activities: talks, yoga, tai chi, walks, healthy cooking classes, etc.
- Personalised health plan after your stay

Essence 7 days: 2,450€

Essence 14 days: 3,950€



general programmes



SHA Discovery

(Recommended duration of 4 days)

Indications

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

It includes

- General medical examination
- General medical consultation
- Consultation with an expert on nutrition and natural therapy
- 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 or lymphatic drainage massage
 - 1 aquatic therapy session, according to the prescription: hydroenergetic healing, aqua relax, body scrub, underwater massage, or body wrap
- 1 Traditional Chinese Medicine treatment session, according to the prescription: acupuncture or moxibustion
- 1 personalised facial treatment session: facial Saho, BDR or Red Carpet
- 1 high-tech treatment: Physia, Indiba, Cupping massage, Ballancer or 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€



Cognitive Development Programme

(This program is a complement to any health programs or stays, which seeks to maximize the benefits of your days at SHA, through cognitive enhancement. We recommend you to book it in conjunction with a minimum 7 days programme).

Indications

This multi-disciplinary programme is used and combined with the potential of the latest technology to evaluate the individual's mental health and also to carry out a series of exercises and activities aimed at developing all the potential stored in their mind. We make use of the state-of-the-art technology, specifically developed at SHA.

The Cognitive Development Programme is used to carry out an evaluation of the patient's psychological and cognitive abilities, to maximize their cognitive abilities, leveraging their strengths. This study not only helps the individuals to improve their current situation, but it also gives them a series of tools and exercises so that they can enhance their state of mind at home. It is geared towards people with MCI (Mild Cognitive Impairment) or minor memory loss, people with a normal state of health who want to enhance their cognitive abilities, people willing to decrease the possibility of developing neurodegenerative mental illness, through brain stimulation or wishing to improve their cognitive reserve.

It includes

- Cognitive Rehabilitation Consultation (at the beginning of the program)
- 4 neuro-feedback sessions
- 2 Mindfulness private sessions
- 2 Neuro-technical sessions
- Cognitive Rehabilitation Consultation (at the end of the program)
- Neuro Training App
- 1 Omega 3 Krill dietary supplement (120 tab)
- 1 Stress- B Plus dietary supplement (90 tab)

Cognitive Development Programme: 1,200€



Recognized with more than 35 international awards.



#mySHAexperience

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