



HEALTH PROGRAMMES AND ACCOMMODATION RATES
2022

Health programmes



Health programmes

SHA Wellness Clinic programmes aim to help you achieve and maintain an optimal state of health and well-being through a global and integrative vision of health that combines proven and effective disciplines of both scientific and holistic medicine, with special attention to a healthy, balanced and appetising diet.

Whatever your choice of programme, you will have a wide variety of treatments and consultations, tailored to your needs and objectives. Together with a series of exciting activities they will help you be the best version of yourself.

The SHA experience takes an educational approach that will enable you to acquire and incorporate healthy habits into your day-to-day life. That way you will continue to improve your health, well-being and vitality after your stay.

Indicative symbols of programme content:

- | | |
|---|---|
| ✓ | Service included in the programme |
| - | Treatment/service not included in the programme |



Optimal Weight

Length
7, 14 & 21 days



Advanced Detox

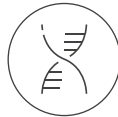
Length
7, 14 & 21 days



Intensive

Optimal Weight & Advanced Detox

Length
7 & 14 days



Healthy Ageing

Man/Woman

Length
7 & 14 days



Rebalance

Length
4, 7 & 14 days

Optimal Weight

Regulate the metabolism in a healthy and lasting way



Objectives

- Achieve an optimal weight in a healthy, progressive and balanced way, under strict medical and nutritional supervision.
- Provide continuity to achieving your ideal weight once you return home, thanks to techniques and healthy lifestyle habits learned at SHA, to avoid a rebound effect.

Recommended for

- Overweight and obese people looking to improve their health status.
- People who, although not suffering from obesity or considerable overweight, want to lose a few kilos to improve their condition or physical appearance.
- People with a body weight lower than recommended for their physical constitution, who wish to gain a few kilos to improve their appearance and general state of health.

Method

Through the supervision and advice of our team of professionals, we seek to achieve an ideal weight, suitable for the physical constitution, metabolism and profile of the patient. We accomplish it with:

- A food plan and personalised health plan.
- Measurement and monitoring of weight and body composition.
- Physical exercise with personalised individual training, including group sessions.
- Natural therapies and high-tech treatments sessions focused weight reduction.
- Lifestyle recommendations and activities that promote learning new healthy habits.

LENGTH

7 days

Metabolic activation

Begin to notice a change in health and improvement in vitality. Designed for people who only have 7 days to start seeing results.

14 days

Significant results

The recommended duration to obtain results and changes that are physically noticeable, always depending on the patient's profile. Overall improvement in your health.

21 days

Consolidated habits

More noticeable results. Consolidate habits and the objectives you've achieved to ensure that the changes are sustainable over time.

PROGRAMME CONTENT

MEDICAL SERVICES	7 days	14 days	21 days
General health examination	1	1	1
Diagnostic circuit (complete health assesment through advanced technology)	1	1	1
Body scanner at the beginning and at the end of the programme	1	1	1
Initial laboratory test	1	1	1
Ending laboratory test	-	1	1
Basic hormonal profile	-	1	1
Intestinal dysbiosis test	-	-	1
General medical consultation at the beginning and at the end of the programme	1	1	1
Revitalising medicine consultation*	1	1	1
Informative consultation on regenerative medicine*	1	1	1
Derma-aesthetic consultation	1	1	1
Dental health diagnosis by digital imaging	1	1	1
Dietary supplement Be Slim by SHA	1	1	1
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	1	1	1
Nutrition plan adapted to your needs	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1
Mindful eating session	1	1	1
Nutritional follow-up consultation during your stay	1	2	3
Personalized health plan	1	1	1
Healthy group cooking class at The Chef's Studio	-	1	2
NATURAL THERAPIES			
Traditional Chinese Medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	1	1	1
Traditional Chinese Medicine treatment session, based on prescription	1	2	3
Colon hydrotherapy session	2	3	4
WELLNESS			
Underwater therapy	3	4	5
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	2	3	3
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	2	3
Lymphatic drainage or anti-cellulite massage with body-impact therapy, based on your needs	1	2	2
Cryotherapy session	1	2	2
Shrinking Violet body wrap treatment	1	1	2
Pressotherapy session	1	2	3
Slim & Fit body treatment	-	1	1
SHA Thalasso body treatment	-	1	1
Vela Shape treatment, 1 zone	-	-	1

*Free consultation, not valued in the price of the programme

WELLNESS	7 days	14 days	21 days
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)	✓	✓	✓
PHYSICAL PERFORMANCE			
Introductory fitness evaluation with a personal trainer	1	1	1
Fitness session with a personal trainer, based on your optimal weight objective and needs	4	7	10
Group training sessions, adapted to your optimal weight objective and needs	2	2	3
Outdoor workout session (2h length)	-	1	2
HEALTHY LIVING ACADEMY			
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓

7 days	14 days	21 days
3.900€	6.800€	9.600€



Advanced Detox

Deep cleansing of the body



Objectives

- Purify the body of toxins accumulated in the liver and digestive system due to bad eating habits and external pollutants.
- Find the level of oxidative stress in the body in order to take measures to counteract it.
- Learn new healthy eating habits to optimise natural detoxification.

Recommended for

- People with inappropriate habits such as excessive consumption of coffee, alcohol, tobacco, medicines or poor diet, among others.
- People subjected to high levels of stress or pollution.
- People with reduced physiological detoxification capacity.

Method

Under the supervision and advice of our team of professionals, we detoxify the body through:

- A food plan and personalised health plan.
- Natural therapies, medical treatments and adequate supplementation, all focused on the elimination of toxins and the reinforcement of natural purification mechanisms.
- Lifestyle recommendations, with activities that enable learning new healthy habits.

LENGTH

7 days

Initial detox

Begin to perceive changes inherent in the process of eliminating toxins.

14 days

Enhanced Purification

More obvious results, especially in terms of energy levels and vitality. Natural detoxification mechanisms are enhanced.

21 days

Deep restoration

Clearly noticeable results: lightness, energy, mental clarity and general well-being. Learned habits are strengthened, ensuring that changes are sustainable in the long run.

PROGRAMME CONTENT

MEDICAL SERVICES	7 days	14 days	21 days
General health examination	1	1	1
Diagnostic circuit (complete health assesment through advanced technology)	1	1	1
Initial laboratory test	1	1	1
Ending laboratory test	-	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1	1
Metabolic testing	-	-	1
General medical consultation at the beginning and at the end of the programme	1	1	1
Consultation with an expert in healthy ageing	1	1	1
Intravenous liver detox session	-	1	2
Revitalising medicine consultation	1	1	1
Rectal ozone therapy session	-	2	3
Derma-aesthetic consultation	1	1	1
Dietary supplement SHA Detox	1	1	1
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	1	1	1
Nutrition plan adapted to your needs	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1
Nutritional follow-up consultation during your stay	1	2	2
Personalized health plan	1	1	1
Healthy group cooking class at The Chef's Studio	1	1	1
NATURAL THERAPIES			
Integrated bioenergy assesment with electromagnetic evaluation	1	1	1
Traditional Chinese medicine treatment, according to prescription: acupuncture session, laser acupuncture or electromagnetic heat lamp	2	3	5
Infrared heat and electromagnetic balance session	2	3	3
Colon hydrotherapy session	2	3	3
Osteopathy session	-	1	1
WELLNESS			
SHA Detox therapy	3	5	5
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	3	5	5
Pressotherapy session	2	2	3
Lymphatic drainage massage	1	2	2

WELLNESS

	7 days	14 days	21 days
SHA Thalasso body treatment	-	1	1
Detox premium facial treatment	-	1	1
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	-	-	3
Corporal drainage SHA	-	-	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)	✓	✓	✓

MIND AND BODY

Pranayama breathing techniques to improve the oxygenation of the organs involved in the depurative process	-	1	2
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HEALTHY LIVING ACADEMY

Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓
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7 days	14 days	21 days
3.900€	6.800€	9.600€



Intensive | Optimal Weight and Advanced Detox

The perfect blend for overall well-being



Objectives

- Strengthen the recovery process by merging two important approaches: achieve an optimal weight in a healthy way while also cleaning and purifying the body.
- Determine the level of oxidative stress in the body in order to take measures to counteract it.
- Learn new healthy eating habits that optimise natural detoxification and help you achieve an ideal weight you can maintain.

Recommended for

- People who have inadequate eating habits, involuntary weight loss or excess weight, as well as exposure to high levels of stress or pollution.
- Aimed at people who need a significant improvement in health in a short space of time.

Method

Our team of professionals supervises a reduction or increase in weight, as appropriate, adapted to the patient's physical constitution, metabolism and profile. We also detoxify the body. We accomplish it with:

- A food plan and personalised health plan.
- Strict monitoring of weight and body composition
- Intensive physical exercise with personalised training.
- Natural therapies and technological treatments focused on reaching optimal weight and eliminating toxins.
- Lifestyle recommendations with activities that allow learning new healthy habits.

LENGTH

7 days

Initial detox and activation

First signs of the purification process and weight adjustment. Results already noticeable.

14 days

Purification with significant results

Most obvious and tangible results. Well-being and energy are recovered, and new habits established to avoid rebound effect.

PROGRAMME CONTENT

MEDICAL SERVICES	7 days	14 days
General health examination	1	1
Diagnostic circuit (complete health assesment through advanced technology)	1	1
Body scanner at the beginning and at the end of the programme	1	1
Initial laboratory test	1	1
Ending laboratory test	-	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1
Basic hormonal profile	-	1
General medical consultation at the beginning and at the end of the programme	1	1
Consultation with an expert in healthy ageing	1	1
Intravenous liver detox session	-	1
Revitalising medicine consultation	1	1
Ozone therapy session with GAH intravenous	2	3
Informative consultation on regenerative medicine*	1	1
Derma-aesthetic consultation	1	1
Dental health diagnosis by digital imaging	1	1
Dietary supplement Be Slim or SHA Detox by SHA	1	1
HEALTHY NUTRITION		
Consultation with an expert in nutrition and natural therapies	1	1
Nutrition plan adapted to your needs	1	1
Natural therapeutic drinks, based on prescription	1	1
Nutritional follow-up consultation during your stay	1	2
Personalized health plan	1	1
Healthy group cooking class at The Chef's Studio	1	1
NATURAL THERAPIES		
Integrated bioenergy assesment with electromagnetic evaluation	1	1
Traditional Chinese medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	2	3
Infrared heat and electromagnetic balance session	2	3
Colon hydrotherapy session	2	3
WELLNESS		
SHA Detox therapy	2	3
Underwater therapy	1	3
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	2	4
High-tech treatment sessions, based on individual objectives and needs: Indiba or Icoone	2	3
Shrinking Violet body wrap treatment	1	2
Slim & Fit body treatment	1	1

*Free consultation, not valued in the price of the programme

WELLNESS

	7 days	14 days
Vela Shape treatment, 1 zone	1	1
Pressotherapy session	2	3
Cryotherapy session	1	3
Lymphatic drainage massage	1	2
Detox premium facial treatment	-	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)	✓	✓

MIND AND BODY

Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques	-	1
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PHYSICAL PERFORMANCE

Introductory fitness evaluation with a personal trainer	1	1
Fitness session with a personal trainer, based on your optimal weight objective and needs	1	3
Group training sessions, adapted to your optimal weight objective and needs	2	2

HEALTHY LIVING ACADEMY

Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓
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7 days	14 days
5.300€	8.900€



Healthy Ageing

Slow down biological ageing for a longer and fuller life



Objectives

- Optimise health by delaying or reducing the effects of ageing
- To determine the indicators of your biological age and compare it to your chronological age, as well as the factors that could have a negative impact on your quality of life.
- Combine knowledge of natural therapies, Asian medicine, nutrition and the latest advances in medicine, both diagnostic and therapeutic, to enhance your results.
- Learn new healthy habits that optimise your general state of health and well-being.

Recommended for

- People interested in improving their physical appearance and vitality.
- People who, due to genetic causes, bad habits or pathological processes, have a biological age greater than their chronological age, and who wish to slow down their biological clock with a global approach.
- Those who perceive that they are suffering from health problems caused by the natural ageing process and wish to incorporate knowledge, techniques, eating habits and supplements to slow down the process.

Method

Trying to reverse biological imbalances and objectively controlling the process, medical consultations are carried out with specialists in areas such as genetics and anti-ageing, derma-aesthetics, regenerative medicine, cognitive stimulation, revitalising medicine, energy health, among others. In addition, staff recommend supplements.

- Determination of biological age, oxidative stress level, as well as other indicators obtained through various clinical analyses and diagnostic tests.
- A food plan and personalised health plan.
- Physical exercise with personalised training and sessions of body and mind disciplines.
- Natural therapies, medical or technological treatments.
- Lifestyle recommendations, with activities that enable learning new healthy habits.

LENGTH

7 days

Essential transformation

You begin to perceive an obvious change in your self-image and general state of health.

14 days

Wellness and comprehensive prevention

Optimal and most noticeable results on physical and emotional health. The lessons learned are reinforced and the objectives achieved are strengthened.

PROGRAMME CONTENT

CLINICAL ANALYSIS	7 days	14 days	SUPPLEMENTS	7 days	14 days
Healthy Ageing Biological Profile: complete personalised test that includes the 88 key determinations to understand premature ageing, including extensive hematology, biochemistry, rheumatic, hormonal, deficiency signs, immunology and vascular risk, among others	1	1	Dietary supplement based on 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 antiageing supplement	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1	Dietary supplement SHA Younger Skin	1	1
Intestinal dysbiosis test	-	1	Dietary supplement Berberina Gold	1	1
DIAGNOSTIC TESTS			HEALTHY NUTRITION		
Spirometry test	1	1	Consultation with an expert in nutrition and natural therapies	1	1
Electrocardiogram	1	1	Nutrition plan adapted to your needs	1	1
Orthopantomography	1	1	Natural therapeutic drinks, based on prescription	1	1
Polygraph for the diagnosis of sleep at night	1	1	Nutritional follow-up consultation during your stay	1	1
Full body bone densitometry	1	1	Personalized health plan	1	1
Telomeric length measurement	-	1	NATURAL THERAPIES		
MEDICAL CONSULTATION			Integrated bioenergy assesment with electromagnetic evaluation	1	1
General health examination	1	1	Traditional Chinese medicine treatment session, based on prescription	2	4
Diagnostic circuit (complete health assesment through advanced technology)	1	1	Infrared heat and electromagnetic balance session	2	4
Consultation with an expert in healthy ageing medicine at the beginning and at the end of the programme	1	1	Colon hydrotherapy session	2	3
Neurocognitive assessment	1	1	WELLNESS		
Regenerative medicine consultation	1	1	Traditional massage or oriental therapy session, based on your needs: deep tissue massage, relaxing massage, cranio-cervical massage or shiatsu	1	3
Revitalising medicine consultation	1	1	High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	1	3
Consultation with a cardiologist	1	1	Aquatic or hydrotherapy session, based on individual needs: underwater therapy, hydroenergetic cure detox, watsu or cranio-cervical water massage	1	2
Derma-aesthetic consultation	1	1			
Dental health diagnosis by digital imaging	1	1			
Sexual health consultation	1	1			
Online consultation with a healthy ageing expert for post-stay follow-up	1	1			
MEDICAL TREATMENTS					
Ozone GAH therapy session	2	3			
Four seasons bio-stimulation treatment	1	1			
Complete dental cleaning	1	1			
Human Tecar session, integral physiotherapy session with high technology	-	1			
Intravenous liver detox session	-	1			
Rectal ozone therapy session	-	2			
Neurofeedback session	-	2			

WELLNESS

	7 days	14 days
Foaming enzyme facial treatment	1	-
Ageless Youth facial treatment	-	1
Facial Indiba	-	1
SHA capillary treatment	1	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)	✓	✓

MIND AND BODY

Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques	1	2
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PHYSICAL PERFORMANCE

Introductory fitness evaluation with a personal trainer	1	1
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body tone, aquagym, TRX, HIIT or pilates mat	2	4

HEALTHY LIVING ACADEMY

Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓
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**TREATMENTS AND SERVICES
GENDER-ORIENTED**

The aging process is lived and produced differently in men and women. Therefore, the Healthy Ageing program contains a series of treatments focused on the needs of each gender.

MAN

	7 days	14 days
Consultation with the urologist	1	1
Urologic ultrasound	1	1
Liver ultrasound	1	1
Stress management session	1	1
Physiotherapy session	1	1
Osteopathy session	1	2
Cryotherapy session	2	4
Sports massage with body-impact therapy	1	1

WOMAN

	7 days	14 days
Consultation with the gynaecologist	1	1
Gynecology ultrasound	1	1
Cytology	1	1
Session with emotional management and woman well-being expert	2	2
Pelvic floor health TIAI session	1	2
Anti-cellulite massage with body-impact therapy	1	1
Bespoke SHA skin cure	-	1
Firm & Tight body treatment	-	1

7 days

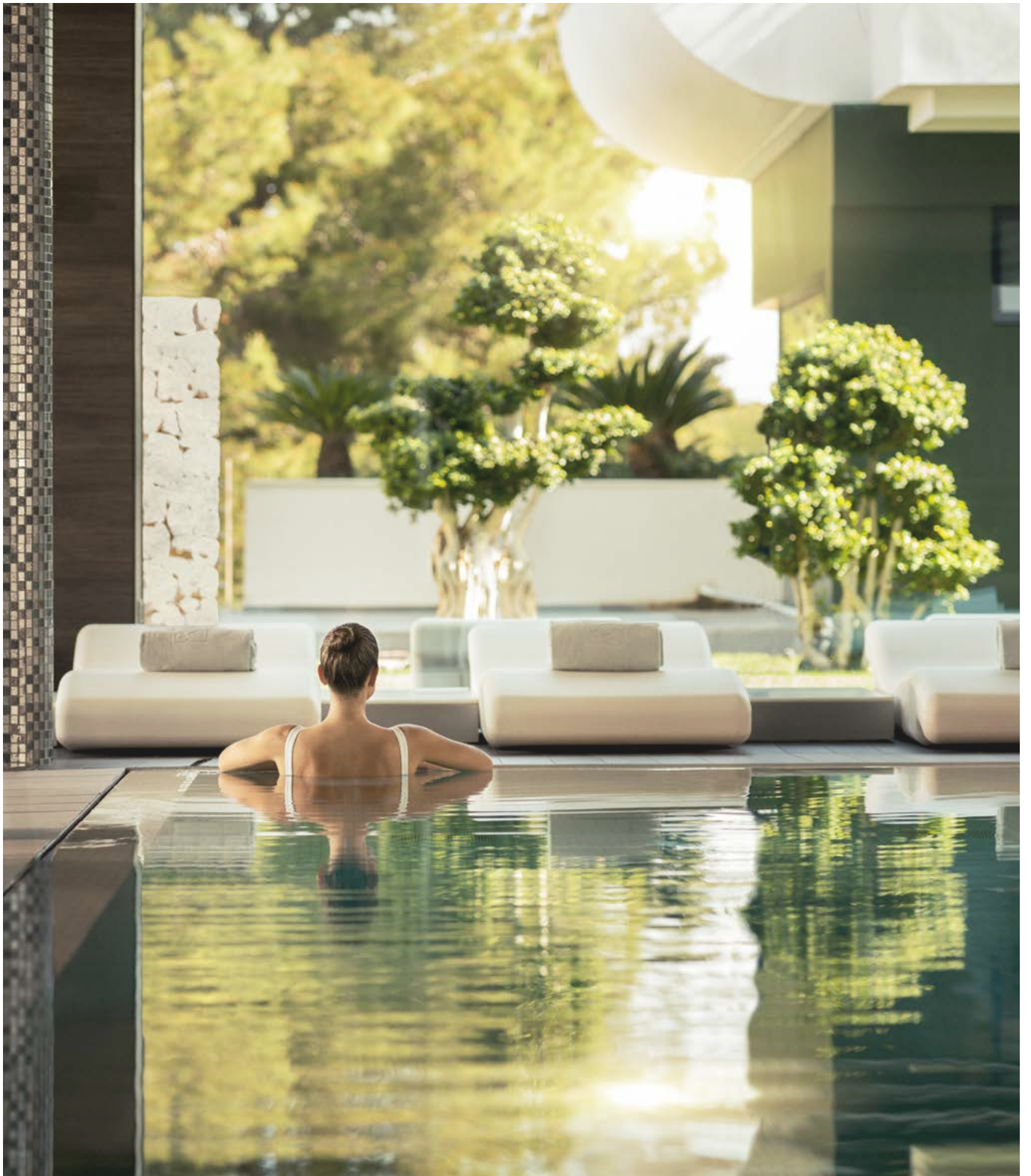
14 days

8.100€

13.400€

Rebalance

Mind and body in perfect harmony



Objectives

- Recover general wellbeing through a great experience of learning and disconnection in an ideal environment.
- Give continuity to the learning process once back home, thanks to the knowledge and habits of life acquired in SHA.

Recommended for

- People who are not pursuing any specific health goal but are concerned about improving their lifestyle and wellbeing.
- People who want to disconnect and relax while learning new life healthy habits.

Method

Our team of professionals impart an approach to new healthy habits through:

- A food plan and personalised health plan.
- Natural therapies and technological treatments.
- Lifestyle recommendations, with activities that enable learning new lifestyle habits.

LENGTH

4 days

Discovery

Minimum stay to discover new ways to take care of yourself.

7 days

Reconnection

The first steps to achieve an essential state of well-being, reconnecting body and mind.

14 days

Realignment

It is possible to deepen the balance between body and mind to live a greater and more complete experience of well-being.

PROGRAMME CONTENT

MEDICAL SERVICES	4 days	7 days	14 days
General health examination	1	1	1
Initial laboratory test	-	1	1
General medical consultation at the beginning of the programme	1	1	1
General medical consultation at the end of the programme	-	1	1
Revitalising medicine consultation	-	1	1
Ozone therapy session with GAH intravenous	-	-	2
Derma-aesthetic consultation	-	1	1
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	1	1	1
Nutrition plan adapted to your needs	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1
Nutritional follow-up consultation during your stay	-	1	1
Personalized health plan	-	1	1
NATURAL THERAPIES			
Traditional Chinese medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	1	1	1
Traditional Chinese medicine treatment session, based on prescription	-	1	2
Colon hydrotherapy session	-	1	2
Osteopathy or physiotherapy consultation and session	-	1	2
WELLNESS			
Traditional massage or oriental therapy session, based on your needs: deep tissue massage, relaxing massage, cranio-cervical massage or shiatsu	1	1	2
Aquatic or hydrotherapy session, based on individual needs: watsu, cranio-cervical water massage, underwater therapy or hydroenergetic cure detox	1	1	2
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	1	1	2
SHA Detox therapy	1	1	1
Foaming enzyme facial treatment	1	1	1
Pressotherapy session	1	2	2
Cryotherapy session	-	1	3
Nuat boran, thai massage	-	-	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)	✓	✓	✓

MIND AND BODY	4 days	7 days	14 days
Private session, based on your needs: yoga, meditation, mindfulness, chi-kung or pranayama techniques	1	1	2
PHYSICAL PERFORMANCE			
Introductory fitness evaluation with a personal trainer	1	1	1
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	-	1	2
HEALTHY LIVING ACADEMY			
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓

4 days	7 days	14 days
1.800€	3.300€	5.600€



Focused Packs

We have designed a variety of specialisation packs focused on different specific health objectives, which allow complementing and strengthening the **Rebalance** programme.

This allows us to design your programme according to the stated goal, in order to obtain more rigorous results, as well as improve certain aspects of your body and your general state of health, optimising the available time as much as possible.



Rebalance



The Rebalance program can be contracted individually or complemented with one of the following Packs, in order to focus the desired results according to the specific health objective of the person.

+

Focused Pack



Stress
Management



Sleep
Recovery



Anti-tobacco



Gut Health

FOCUSED PACK

Stress Management



Under the supervision and advice of our team of professionals, we seek to reduce the impact of accumulated chronic stress and identify situations that contribute to its increase. We learn how the body and mind react to manage stress effectively and maintain mental, physical and emotional balance.

Through different techniques and therapies, we counteract situations that cause stress with the purpose of reducing adverse symptoms such as fatigue, insomnia, anxiety or irritability and restore optimal levels of health and energy.

	7 days	14 days
Stress management session	2	3
Shiatsu session	1	1
Relaxing massage	1	1
Energy health assessment	1	1
Infrared heat and electromagnetic balance session	2	3
Watsu session	1	1
Relaxing bath	1	2
Neurocognitive assessment	-	1
Brain photobiomodulation session	-	2
Tibetan healing bowls therapy	-	1
SHA Sleep & Relax dietary supplement	1	1

PROGRAMA REBALANCE
+
STRESS MANAGEMENT FOCUSED PACK

7 days	14 days
4.300€	7.400€

FOCUSED PACK

Sleep Recovery



Our staff see to identify the integrative causes that generate sleep problems, through measurements using specialised technology of the natural rhythms of the human body.

Once the origin of the pathology has been determined, specific treatments and therapies focused on the gradual restoration of the natural sleep cycle are applied, in order to achieve restful sleep and recover adequate energy levels for a full and healthy life.

	7 days	14 days
General medical consultation with a specialist at the beginning and at the end of the programme (replaces the general medical consultation included in the Rebalance programme)	1	1
Polygraph for the diagnosis of sleep at night	1	1
Neurocognitive assessment	1	1
Stress management session	1	1
Energy health assessment	1	1
Infrared heat and electromagnetic balance session	1	2
Mindfulness session	1	1
Tibetan healing bowls therapy	1	1
Dental health diagnosis by digital imaging	1	1
Brain photobiomodulation session	-	1
Psychophysiological monitoring of sleep	-	1
Watsu session	-	1
SHA Sleep & Relax dietary supplement	1	1

PROGRAMA REBALANCE
+
SLEEP RECOVERY FOCUSED PACK

7 days	14 days
4.300€	7.400€

FOCUSED PACK

Anti-tobacco



Thanks to strategies adapted to the physical and psychological conditions of the patient, rigorous medical follow-up and the application of medical treatments and natural therapies focused on addictions, this pack seeks to help guests stop depending on tobacco in a natural, healthy and controlled way. The goal is to recover the proper functioning of your body and avoid side effects of withdrawal and prevent relapse.

Staff also teach healthy habits that will strengthen guests' commitment to quitting tobacco permanently, and strengthen their motivation for a wider health recovery.

	7 days	14 days
General medical consultation with a specialist at the beginning and at the end of the programme (replaces the general medical consultation included in the Rebalance programme)	1	1
Electrocardiogram	1	1
Spirometry test	1	1
Cotinine measurement with metabolic analysis	3	5
Intravenous pulmonary detox	1	2
Anti-tobacco coaching session	2	2
Dental health diagnosis by digital imaging and complete dental cleaning	1	1
Phytotherapy supplement with anti-anxiety base (anti-tobacco kit)	1	1
Neurocognitive assessment	-	1
Transcranial direct current stimulation session	-	1
Traditional Chinese medicine treatment session, based on prescription	-	1

PROGRAMA REBALANCE
+
ANTI-TOBACCO FOCUSED PACK

7 days	14 days
4.300€	7.400€

FOCUSED PACK

Gut Health



The aim of this focused pack is to restore the balance and proper functioning of the digestive system as much as possible, improving the state of the gut microbiota and the immune, neuroendocrine, and emotional system through an integrative approach.

This is done thanks to a detailed assessment of the individual's current state, in addition to specialised treatments to detoxify and repair the intestinal mucosa to fully purify the organism and improve the tolerance to certain foods, thus optimising the overall health and quality of life.

	7 days	14 days
Consultation with a specialist in digestive health (at the beginning and end of the programme) (replaces the general medical consultation included in the Rebalance Programme)	1	1
Intestinal dysbiosis test	1	1
Digestive panel (blood and urine)	-	1
Intestinal ozone therapy session	5	10
Biological serum therapy session	-	2
Hydrocolon therapy session	1	1
Visceral osteopathy session	-	1
Intravenous liver detox session	1	1
Emotional eating session	1	1
Private cooking class with recipes focused on digestive health	1	2
SHA Detox dietary supplement	1	1
L-glutamine dietary supplement	1	1
Dietary supplement of ozonated oil pearls	1	1

PROGRAMA REBALANCE
+
GUT HEALTH FOCUSED PACK

7 days	14 days
5.100€	8.600€

FAQ

Can I stay at SHA without signing up for a health programme?

For your first visit, in order to get to know our concept and healthy lifestyle in depth, you must sign up for a health programme for the duration of your stay:

Length of stay	Suitable programmes
From 04 to 06 days*	4-day Rebalance programme
From 7 to 13 days	7-day programmes
From 14 to 20 days	14-day programmes
More than 21 days	21-day programmes

Your programme can always be complemented with additional treatments or services, according to your health needs and objectives.

If you have already been a SHA guest, you may reserve a health programme or an *à la carte* visit. In that case you may select the treatments and services that best suit your needs and in all cases you must sign up for our complete meal plan.

When must I choose my programme or my *à la carte* treatments?

Preferably at the time of booking. This will allow us to organise your agenda in advance, thus optimising each day of your stay and reserving the treatments and services of your choice. Requests for additional services will be subject to availability at the time of your request.

May I start my programme any day of the week?

Yes, it is possible to start your health programme on the day that best suits your needs, subject to availability.

It is important that you provide us with your estimated time of arrival and departure from SHA well in advance, so we can organise the beginning of your schedule accordingly. If we do not receive this information at least 72 hours before your arrival, your activities will begin the day after your arrival.

May I make changes to my programme?

Our programmes include a selection of treatments and services aimed at achieving a specific health objective. This means that we cannot permit changes to your programme, unless our medical team decides that treatments included in your programme after the initial consultations are contraindicated. In that case you will be offered a suitable alternative.

However, some treatments included in your programme have predetermined alternatives that can be adapted to your preferences and needs.

*Subject to minimum stay policy according to the period of the year.

What is the minimum time to achieve a health outcome?

The minimum duration to achieve a noticeable result is 7 days. However, we recommend a stay of at least 14 days for more visible and meaningful results.

For certain health goals, we have designed 21-day programmes. That is the minimum time needed to achieve a substantial change in your body, as well as to incorporate and consolidate in your daily routine the new healthy habits acquired during your stay.

May I complete my programme in less time?

To achieve your desired results, it is advisable to complete the full duration of each health programme.

Does the programme include food?

Yes, all of our health programs include a complete meal plan. In the event you add days to your visit, you must also add full board those days at extra cost.

Why is the full meal plan mandatory?

Healthy nutrition one of the fundamental pillars of our method, so it is essential that you follow a diet consistent with our philosophy during your stay.

All our dishes and menus, made with fresh and seasonal products, offer a wide variety of flavours and textures that awaken the palate while contributing to your health and well-being.

Is accommodation included in the price of the programme?

In order for you to select the type of accommodation that best suits your preferences and needs, our programmes do not include accommodation. Instead, you may select it separately. You may find our categories and rates of suites or residences in this document.

Can you sign up for more than one programme per guest during the same stay?

In order to prioritise your health objective and avoid duplication of treatments and consultations, it is only possible to sign up for one programme per guest during your stay.

It is always possible to customise your programme by adding the most appropriate additional treatments and services.

Can a minor take a health programme?

A minor can take part in a health programme, subject to authorisation signed by a parent or legal guardian, from the age of 16.

Is it possible to do a health programme without being a guest?

In order to guarantee the exclusivity, peace and privacy of our guests, we do not offer health programmes for people not staying at SHA.

Is it possible to sign up for a Focused Pack with a programme other than Rebalance or without signing up for another programme?

The Rebalance is the only programme capable of being complemented with a Focused Pack, since it includes the necessary consultations and treatments to ensure that our packs will be really effective.

It is not possible to reserve a Focused Pack by only signing up for food and treatments *à la carte*, nor to combine it with any programme other than the Rebalance. Each health programme is structured to meet a very specific objective and the treatments could overlap or be contraindicated with respect to those already included in any of the packs.

Is it possible to add more than one Focused Pack to a Rebalance programme during the same visit?

Our Focused Packs have been created in order to complement and enhance the Rebalance program, giving it a more specific health approach. In order to prioritise your main objective and avoid duplicating treatments and / or services, it is only possible to sign up for a single Focused Pack per guest with the Rebalance programme.

Our Reservations Department is at your complete disposal to provide you with all the information you may need, assisting you in selecting the health programme and the treatments and services that best fit your preferences and objectives.

If you need advice, do not hesitate to contact us.

Reservations Department
t +34 966 811 199
reservations@shawellnessclinic.com

Rates with taxes included, valid for stays during 2022.

SHA Wellness Clinic reserves the right to change its rates as well as the content of its programmes, and will make an effort to publish those changes, which will replace previously published prices and content.

Accommodation



Deluxe

A welcoming room with open spaces



Deluxe



70 m²

- 1 bedroom
- Living room
- Large terrace

UNDER REQUEST
Sea or montain view
Jacuzzi in terrace

- Living room and bedroom combined
- Queen size bed
- Bathroom with shower
- Walk-in closet
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- Healthy snacks list available

Estimated space of the suite includes terrace.

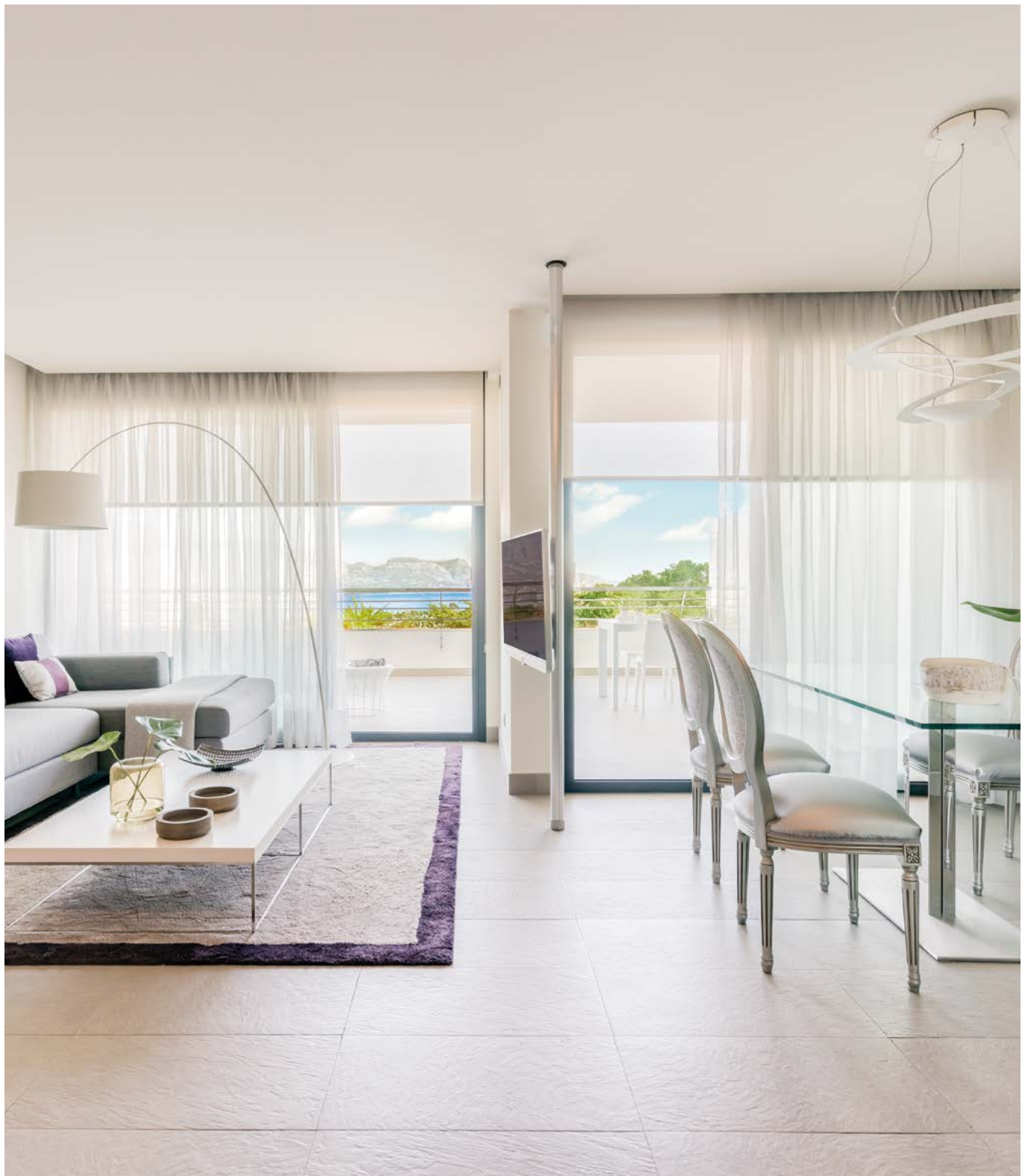


Rates per night

	January to March & November to December		April to October	
	individual	double	individual	double
Montain view	350€	450€	400€	500€
Montain view & jacuzzi	400€	500€	450€	550€
Sea view	450€	550€	500€	600€
Sea view & jacuzzi	500€	600€	550€	650€

Superior

Versatile with all the luxury of refinements



Superior



100 m²

- 1 bedroom
- Lounge-dining room
- Large terrace

UNDER REQUEST
Sea or montain view
Jacuzzi in terrace

- Independent bedroom and in-suite bathroom with bathtub
- Queen size bed
- Guest bathroom with shower
- Walk-in closet
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- Healthy snacks list available

Estimated space of the suite includes terrace.



Rates per night

	January to March & November to December		April to October	
	individual	double	individual	double
Montain view	550€	650€	600€	700€
Montain view & jacuzzi	600€	700€	650€	750€
Sea view	650€	750€	700€	800€
Sea view & jacuzzi	700€	800€	750€	850€

Grand





Spaciousness and lovely rooms



Grand



120 m²

-  1 bedroom
-  Lounge-dining room
-  Multifunctional room
-  Large terrace with jacuzzi

UNDER REQUEST
Sea or montain view

- Bedroom with king size bed and en-suite bathroom with bath and shower
- Guest bathroom with shower
- Walk-in closet
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- Healthy snacks list available

Estimated space of the suite includes terrace.



Rates per night

	January to March & November to December	April to October
Montain view & jacuzzi	1.300€	1.500€
Sea view & jacuzzi	1.400€	1.600€

Presidential

Elegance and exclusivity



Presidential



175 m²

-  2 bedrooms
-  Lounge-dining room
-  Large terrace with jacuzzi
-  Sea views
-  Personal assistant 8h/dia*

- Master bedroom with king size bed, as well as in-suite bathroom with bathtub and shower
- Guest bedroom with queen size bed
- Guest bathroom with shower
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- Healthy snacks list available

*Service available only for stays of at least 7 days.
Estimated space of the suite includes terrace.

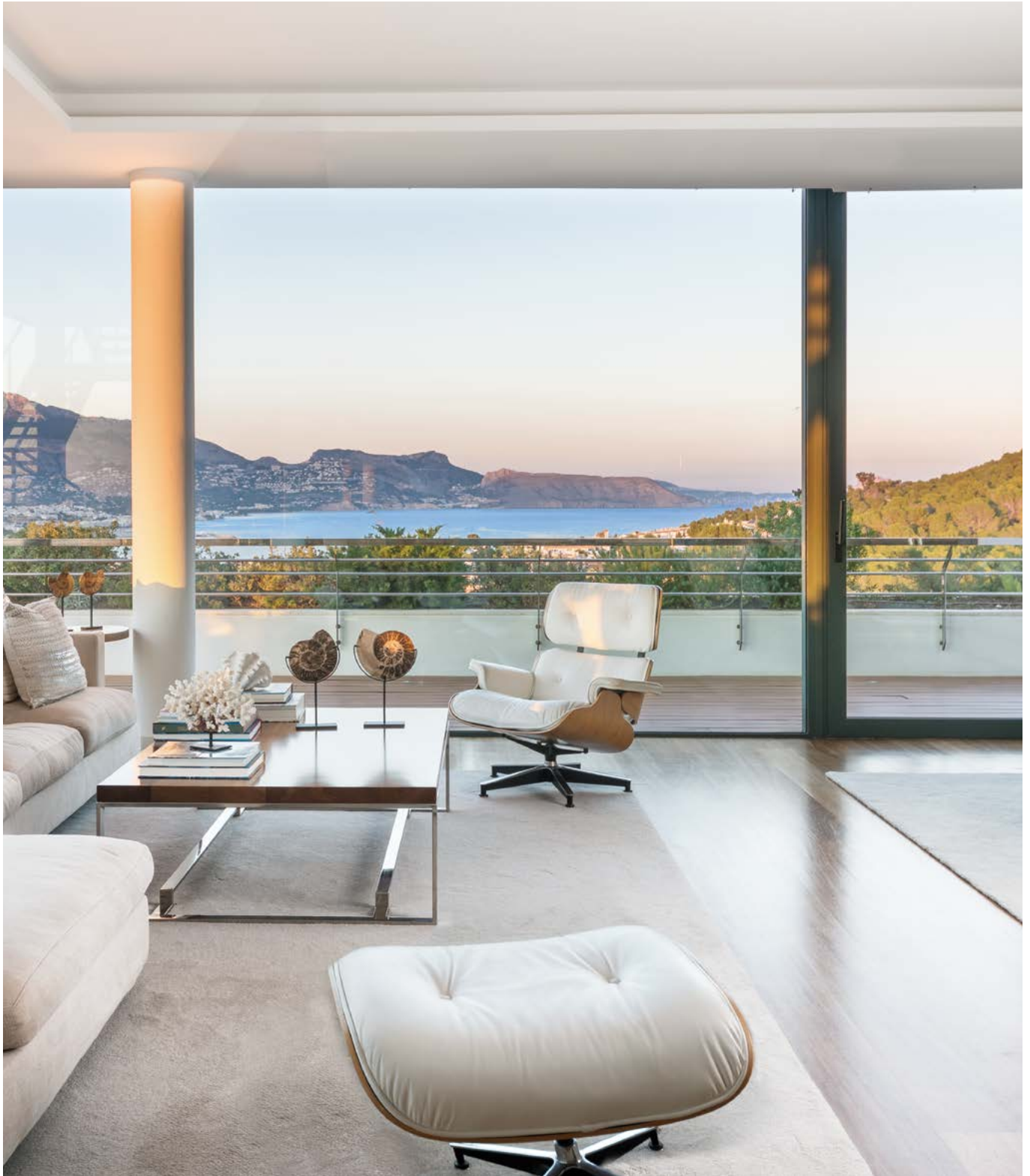


Rates per night

	January to March & November to December	April to October
Mountain & sea view	2.200€	2.400€

Royal







The most luxurious and comfortable



Royal



320 m²

-  2 bedrooms
-  Living room with terrace and 180° views
-  Kitchen
-  Rooftop with 360° views
-  Personal assistant 8h/dia
-  Complimentary VIP transfer (round trip) from Valencia and Alicante airports included

- Master bedroom with walk-in closet, as well as in-suite bathroom with hydro massage bathtub and shower
- Guest bedroom
- Guest bathroom with shower
- Rooftop with living and dinning room, fireplace and professional pool table
- Heated pool in terrace, lounge deck and Josper® grill station
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- Healthy snacks list available
- In-suite cooking service*

*Please, consult rates.
Estimated space of the suite includes terrace.
This category of suite required a minimum stay of 7 days.

Rate per night

	ALL YEAR ROUND
360° views Rooftop with private swimming pool	7.500€

Garden








Independence and spaciousness with all the SHA services



Garden



300 m² approx

-  2 or 3 bedrooms
-  Lounge-dining room
-  Show cooking station
-  Large terrace
-  Leisure & wellness*
-  Kids access allowed
-  Pets admitted

- Two-story residence
- Master bedroom with king size bed, in-suite bathroom with bathtub and cromotherapy shower head, as well as English patio with waterfall
- Guest bedroom with king size bed and in-suite bathroom with bathtub and shower
- Private pool
- High-tech domotics
- Security system
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- In-Residence Services
- Healthy snacks list available
- Private parking and garden

*Garden Residences count with one additional space, that depending on the residence, can be: an extra room, a private home cinema or wellness room with massage cabin and sauna.
Estimated space of the suite includes terrace.

Rates per night

	January to March & November to December	April to October
Gardens & private pool	2.200€	2.400€

Premier







Comfort and well-being in a unique setting



Premier



300 m² approx

-  2 bedrooms
-  Lounge-dining room
-  Show cooking station
-  Large terrace*
-  Mountain views
-  Pets admitted

- Master bedroom with king size bed, walk-in closet, as well as in-suite bathroom with bathtub and cromotherapy shower head
- Guest bedroom with king size bed
- Guest bathroom with shower
- Terrace with private pool
- High-tech domotics
- Security system
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- In-Residence Services
- Healthy snacks list available
- Private parking

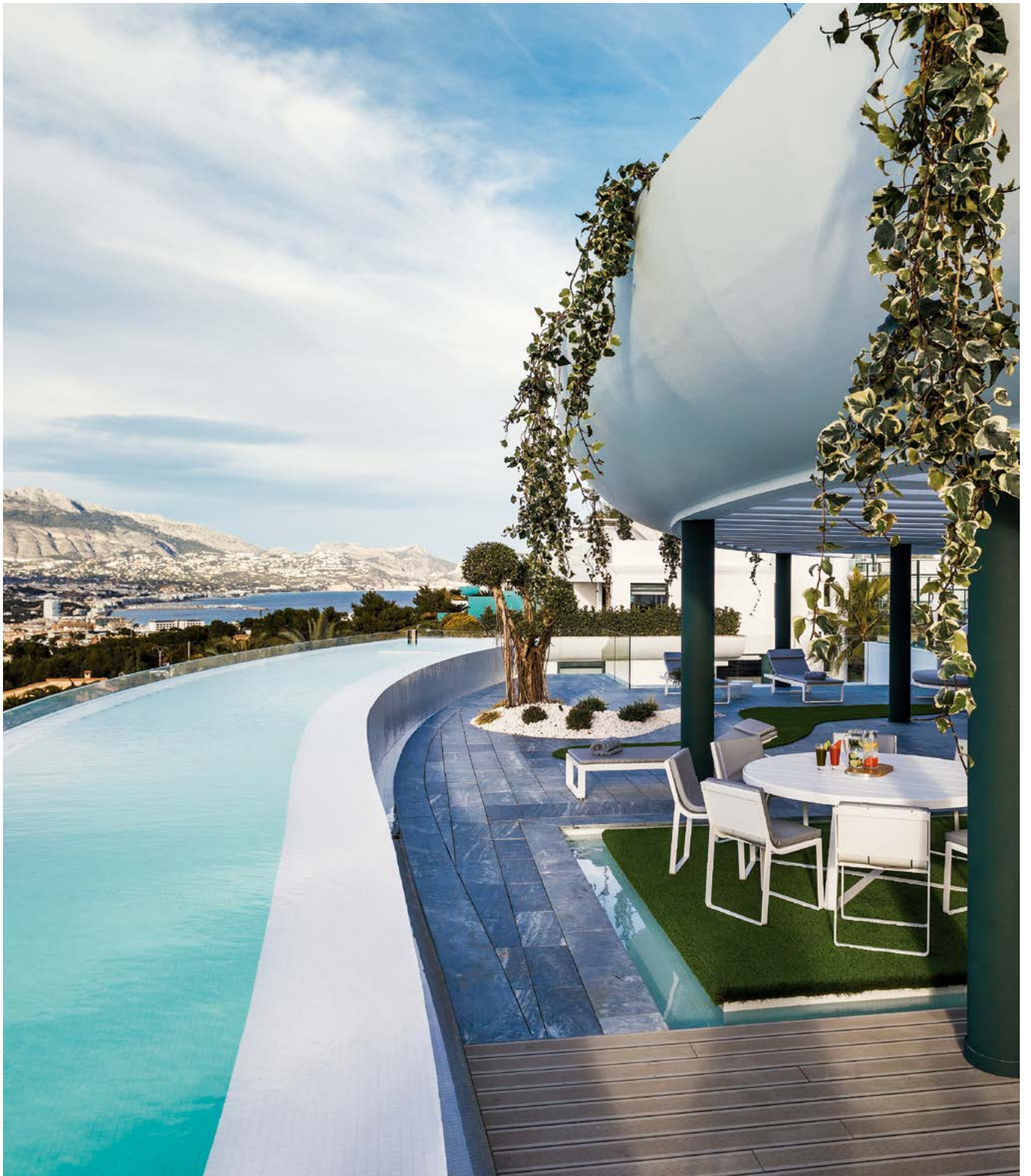
*Some Premier Residences count with barbecue and private garden.
Estimated space of the suite includes terrace.

Rates per night

	January to March & November to December	April to October
Mountain view & private pool	2.200€	2.400€

Penthouse









Views and services of maximum exclusiveness



Penthouse



500 m²

-  2 or 3 bedrooms
-  Lounge-dining room
-  Large terrace
-  Show cooking station
-  Rooftop with 360° views
-  Leisure & wellness*
-  Pets admitted
-  Personal assistant 8h/día**

- Rooftop & wellness area with large terrace and barbecue
- Master bedroom with king size bed, walk-in closet, as well as in-suite bathroom with bathtub and chromotherapy shower head
- Guest bedroom with king size bed
- Guest bathroom with shower
- Private swimming pool
- Jacuzzi
- High-tech domotics
- Security system
- Safety box
- Smart TV
- Digital press service
- Free WiFi
- List of mattress topper and pillows
- In-Residence Services
- Healthy snacks list available
- Private parking

*Some Penthouse Residences count with wellness room which could include sauna and/or steam shower.

**Service available only for stays of at least 7 days.
Estimated space of the residence includes terrace.

Rate per night

ALL YEAR ROUND

Two-story residence, mountain
& sea view, with swimming pool

4.500€

Suites and residences rates per night

January to March & November to December

Suites*	Mountain view		Mountain view & jacuzzi		Sea view		Sea view & jacuzzi	
	INDIV.	DOUBLE	INDIV.	DOUBLE	INDIV.	DOUBLE	INDIV.	DOUBLE
Deluxe (70m²)	350€	450€	400€	500€	450€	550€	500€	600€
Superior (100m²)	550€	650€	600€	700€	650€	750€	700€	800€
Grand (120m²)	-	-	1.300€	-	-	-	1.400€	-
Presidencial (175m²)	-	-	-	-	-	-	-	2.200€
Royal (320m²)	-	-	-	-	-	-	-	7.500€
Residences*								
Garden (300m²)	2.200€							
Premier (300m²)	2.200€							
Penthouse (500m²)	4.500€							

April to October

Suites*	Mountain view		Mountain view & jacuzzi		Sea view		Sea view & jacuzzi	
	INDIV.	DOUBLE	INDIV.	DOUBLE	INDIV.	DOUBLE	INDIV.	DOUBLE
Deluxe (70m²)	400€	500€	450€	550€	500€	600€	550€	650€
Superior (100m²)	600€	700€	650€	750€	700€	800€	750€	850€
Grand (120m²)	-	-	1.500€	-	-	-	1.600€	-
Presidencial (175m²)	-	-	-	-	-	-	-	2.400€
Royal (320m²)	-	-	-	-	-	-	-	7.500€
Residences*								
Garden (300m²)	2.400€							
Premier (300m²)	2.400€							
Penthouse (500m²)	4.500€							

*Estimated space (m²) of the suites and residences include terrace.

Rates with taxes included, valid for stays during 2022.

SHA Wellness Clinic reserves the right to change its rates as well as the content of its programmes, and will make an effort to publish those changes, which will replace previously published prices and content.

General information and conditions

ACCOMMODATION CONDITIONS AND DETAILS

- Accommodation rates are per suite or residence and per night, taxes included.
- Arrival time is from 3:00pm and departure time is up to 12:00pm. If you leave the room after the established departure time, the corresponding current rate will be automatically charged to your account.
- For certain periods of the year SHA Wellness Clinic applies a minimum length of stay policy. Our Reservations team will inform you at the time of your booking request.
- The full board price includes breakfast, lunch and dinner, and will be charged as a total amount per person per night of your stay. No refund will be provided for not consumed meals.
- Presidential suites, Royal suite and SHA Residences' rates are per suite/residence regardless of the number of occupants. The maximum number of adults is 4.

PROGRAMME RESERVATION CONDITIONS

- The programmes offered at SHA have been designed by the medical team to achieve the indicated health goals. In order to ensure adequate therapeutic evaluation and achieve the desired results, booking a health programme is mandatory on your first stay at SHA. Additional treatments and services may be reserved as desired.
- For returning guests, although it is still advisable to book a health programme, it will be possible to design your stay using treatments and services *à la carte*, without a scheduled health programme.
- If a health programme is not booked, a full-board meal regime (175€/person per night of stay) will be automatically added to your reservation. In order to have access to the Kushi diet, medicinal teas and therapeutic fasts, a healthy nutrition consultation must be booked (160€). If you already had a SHA nutritional consultation in the 6 months prior to your visit, you may instead book a nutritional plan validation (80€).

BOOKING CANCELLATION POLICY

- As long as you give at least 14 days' notice, you may cancel your reservation without penalties, except for a 3% administrative fee. After this period, a penalty equivalent to 50% of the total contracted stay will be charged.
- If more than 30 days have elapsed since the payment of the deposit, the refund can only be made by bank transfer to the guest's preferred account.

All cancellations must be notified to the Reservations Department by email.

BOOKING MODIFICATION POLICY

- You may change your arrival date without fees as long as you notify us 7 days in advance.
- If you modify your arrival date fewer than 7 days before the booked date, the following fees will apply:
 - 500€ per person if the new arrival date is within 48 hours (before or after) of the original date
 - 1.000€ per person if the new arrival date is more than 48 hours (before or after) from the original date

- If the modification's notice is received on your scheduled arrival date, in addition to the previous fees, we will charge one night's stay. As an exception, we may waive the above charge if the original number of booked nights is unchanged.
- If the check-in date had already been modified, any successive cancellation will incur in cancellation fees, for the total amount of the deposit initially paid.

CANCELLATION POLICY AND MODIFICATION OF PROGRAMME AND / OR EXTRA TREATMENTS

- The booked programme may be replaced by another programme or, for returning guests, by *à la carte* treatments, up to 7 days before the arrival.
- Once this time limit has passed, the following fees will apply:
 - 300€ in the event of cancellation* or replacement of 4-day programme.
 - 500€ in the event of cancellation* or replacement of 7-day programmes.
 - 700€ in the event of cancellation* or replacement of programmes of 14 or more days.

*Cancelling a programme requires booking another programme or, in the case of returning guests, booking full board with treatments and/or services *à la carte*.
- The penalty shall not be applied when it is in favour of a programme of a higher amount.
- Additional treatments and services booked may be substituted during the stay for other treatments and/or services, but may not be cancelled, except for 30% of the total pre-contracted amount.

MINORS

- In order to maintain an atmosphere of relaxation and tranquillity, the minimum age for admission to SHA Wellness Clinic is 12 years old, with the exception of SHA Residences, where children under 12 years old are welcome, with adult supervision at all times.
- Children under 12 are not allowed in SHA common areas, including: the Wellness Clinic Area, the Hydrotherapy Circuit, SHAmadi Restaurant, swimming pools and terraces, among others.
- In the event guests between 12 and 16 years old wish to enjoy treatments or services, SHA requires signed authorisation and the presence of their parents or guardians during the provision of services.

PETS

- Pets weighing less than 5kg are welcome at SHA, with a supplementary fee per night of stay.
- Pets will not be allowed to walk in, access or stay in SHA common areas or make use of elevators.
- Owner supervision is required at all times to avoid any inconvenience with other guests and the owner will be responsible for any damage caused by the pet. In case these conditions are not respected, the owner will be asked to house the pet outside of the property.

TRANSFER AND PARKING SERVICES

- SHA offers a high-end car transfer service to and from the nearest airports, Alicante and Valencia, as well as other transfer options.
- Covered parking is available on the premises.

Contact the Reservations department to find out about prices and conditions for these services.

INFORMATION TO KEEP IN MIND

- The official languages of SHA are Spanish and English. If you need something translated or interpreted to any other language during your stay, please notify us in advance to discuss the additional costs.
- In compliance with current legal regulations and for your and other guests' well-being, smoking is strictly prohibited in the SHA Wellness Clinic facilities. In case of non-compliance with the current regulations, a penalty of €500 will be applied for each infringement.
- Silence and tranquillity are essential values at SHA. In order to enjoy them, please keep noise levels to a minimum, taking special care between 2:00pm and 4:00pm and after 10:00pm.
- Electronic devices must be kept silent. Answering phone calls in common areas is forbidden. Furthermore, in order to respect the privacy of all our visitors, it is strictly forbidden to take photos or videos of other guests without their consent.

For further information about accommodation conditions and details, cancellation and booking modification policy, as well as other available services, please contact our Reservations Department:

T +34 966 811 199
reservations@shawellnessclinic.com

lifelong health & wellbeing

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