



## SHA METHOD

SHA is a transformative experience that helps people to reach and maintain their optimal state of health and enjoy their full physical, mental and spiritual potential. The secret is the SHA Method, scientifically designed to achieve in the shortest possible time, and through diverse and highly efficient disciplines, to improve and enhance the global and integrative health of our guests, from a global and integrative point of view, while providing the knowledge to enable people to maintain the optimal state of health achieved in SHA.

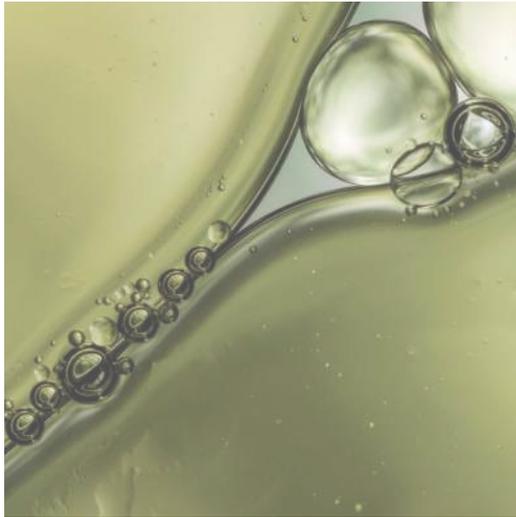


## HEALTH PROGRAMMES

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, and at the same time very varied and appetising.

Whatever your choice of programme, you will have a diagnostic tests and a wide variety of treatments and consultations, tailored to your needs and objectives. Together with a series of exciting activities that will help you achieve your goals.

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.



## *Detox & Optimal Weight*

From 7 days



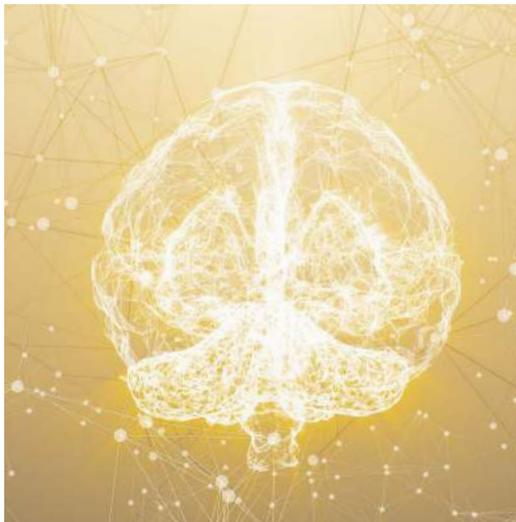
### *Intensive version*

From 7 days



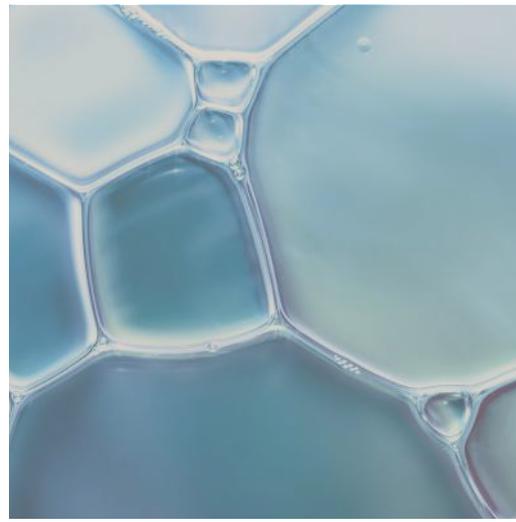
## *Rebalance & Energise*

From 4 days



## *Leader's Performance*

From 7 days



## *Well-ageing & Prevention*

From 7 days

#### **ADDITIONAL WEEK**

All our programmes have the option of adding extra weeks in which you will have a range of treatments to help you go even further towards achieving your health goal.

# Detox & Optimal Weight

Effective synergy for cleansing the body and achieving a healthy weight

This programme is designed to provide remarkable and concrete results in the process of bodily detoxification and metabolic reactivation. Our focus is centered on achieving a deep purification and revitalizing the metabolism, with special attention to attaining effective and long-lasting results that will enable you to progress towards optimal health.

### WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- Enhance the body's detoxification process by merging two vital approaches: achieving a healthy ideal weight while simultaneously conducting a cleansing and detoxification procedure for an optimal state of health.
- Analyze various metabolism and detoxification indicators, as well as **implementing measures to counteract any metabolic imbalances.**
- Promote physical activity as an essential component to achieve an ideal weight and enhance the body's natural detoxification capability.

### IT IS FOR YOU IF

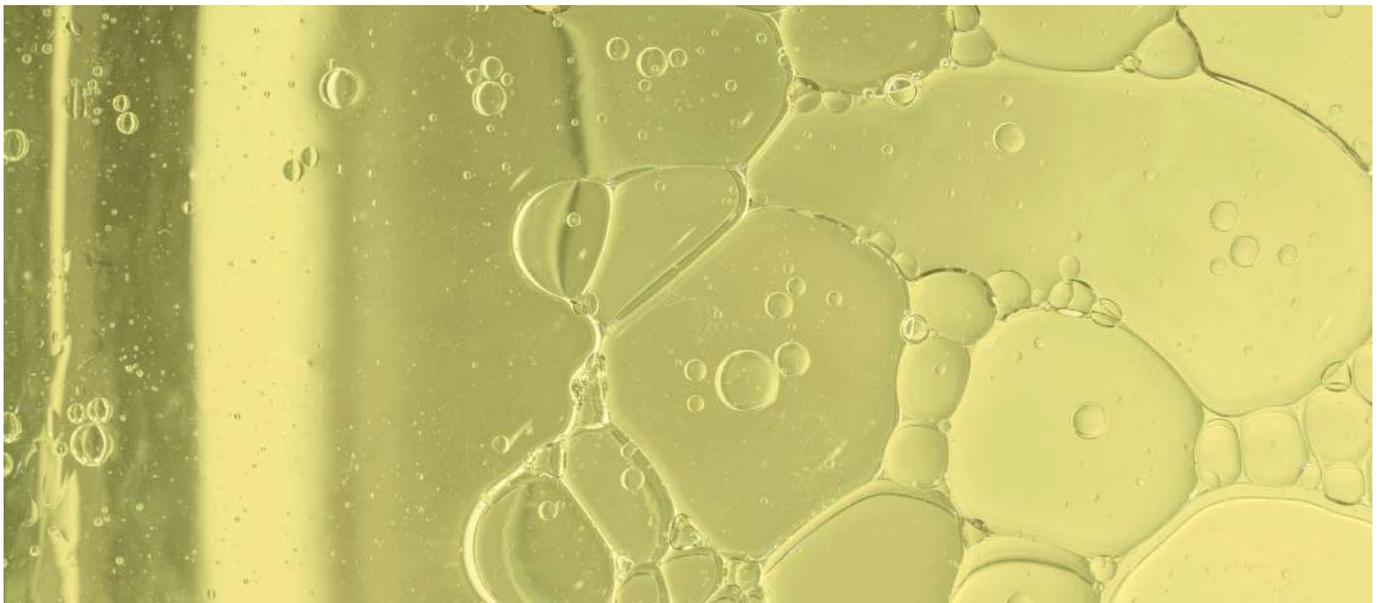
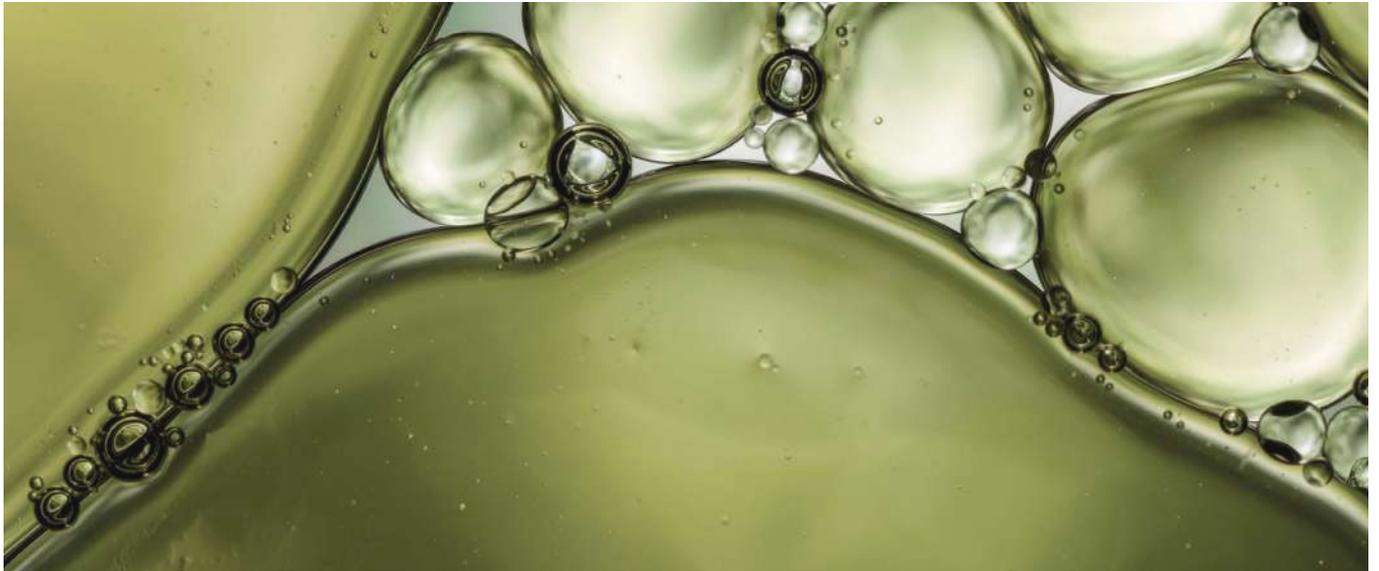
- You have **inadequate habits** such as excessive consumption of coffee, alcoholic drinks, tobacco, medicines and/or poor diet, among others.
- Suffer from overweight or obesity and **are looking to improve your state of health**, as well as if you wish to reduce or gain a few kilos to improve your appearance.
- You have a **reduced physiological capacity** for proper detoxification of the body.



### METHOD

With the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalised food and health plan.
- Natural therapies and technological treatments focused on weight reduction, elimination of body toxins and reinforcement of natural purification mechanisms.
- Control and monitoring of body weight and body composition.
- Lifestyle recommendations, with activities that enable the learning of new healthy habits.



## DETOX & OPTIMAL WEIGHT

From 7 days

| MEDICAL SERVICES   | 7 days | Per additional week |
|--|--------|---------------------|
| General health examination   | 1      | -                   |
| Advanced Preventive Diagnostic   | 1      | -                   |
| <ul style="list-style-type: none"> <li>· Body Composition Analysis</li> <li>· 3D Body Scanner</li> <li>· Measurement of Vital Signs</li> <li>· Cognitive Domain Test</li> <li>· Analysis of cardiovascular status and nervous system activity</li> <li>· Measurement of advanced glycation product accumulation</li> </ul> |        |                     |
| Initial laboratory test  | 1      | -                   |
| Oxytest, oxidative stress test to determine the level of oxidation in the body   | 1      | -                   |
| General medical consultation at the beginning of the programme   | 1      | -                   |
| General medical consultation at the end of the programme   | 1      | -                   |
| Regenerative medicine consultation   | -      | -                   |
| Revitalising medicine consultation   | 1      | -                   |
| Consultation with well-ageing expert   | -      | -                   |
| Derma-aesthetic consultation   | 1      | -                   |
| Cleanse Detox serum  | -      | -                   |
| Weight Control serum   | -      | -                   |
| Weight control follow-up through body composition analysis   | 2      | 3                   |
| 3D Body scanner at the end of the programme  | 1      | -                   |
| Dietary supplement Be Slim   | 1      | -                   |
| <b>HEALTHY NUTRITION</b>   |        |                     |
| Consultation with an expert in nutrition and natural therapies   | 1      | -                   |
| Nutrition plan adapted to your needs   | 1      | 1                   |
| Natural therapeutic drinks, based on prescription  | 1      | 1                   |
| Mindful eating session   | 1      | -                   |
| Nutritional follow-up consultation during your stay  | 1      | 1                   |
| Personalised health plan   | 1      | -                   |
| Healthy group cooking class at The Chef's Studio   | 1      | 1                   |

| <b>NATURAL THERAPIES</b>  | 7 days | Per additional week |
|---|--------|---------------------|
| Diagnostic session of traditional Chinese medicine, including acupuncture treatment   | 1      | -                   |
| Acupuncture session   | 1      | 2                   |
| Colon hydrotherapy session  | 2      | 1                   |
| <b>WELLNESS</b>   |        |                     |
| Underwater therapy  | 2      | 2                   |
| High-tech treatment session, based on individual objectives and needs: Indiba or Icoone   | 1      | 2                   |
| Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet   | 2      | 2                   |
| SHA Detox therapy   | 2      | 2                   |
| Cryotherapy session   | 1      | 1                   |
| Intensive sculpting body wrap   | 1      | 1                   |
| Vela Shape treatment, 1 zone  | -      | 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) |        |                     |
| <b>PHYSICAL PERFORMANCE</b>   |        |                     |
| Introductory fitness evaluation with a personal trainer   | 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                   |
| Group training sessions, adapted to your optimal weight objective and needs   | 2      | 2                   |
| <b>HEALTHY LIVING ACADEMY</b>   |        |                     |
| Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others  |        |                     |

| 7 days | Additional week |
|--------|-----------------|
| 4.500€ | 3.500€          |

*Intensive***DETOX & OPTIMAL WEIGHT**

From 7 days

| <b>MEDICAL SERVICES</b>  | 7 days | Per additional week |
|--|--------|---------------------|
| General health examination   | 1      | -                   |
| Advanced Preventive Diagnostic   | 1      | -                   |
| · Body Composition Analysis  |        |                     |
| · 3D Body Scanner  |        |                     |
| · Measurement of Vital Signs   |        |                     |
| · Cognitive Domain Test  |        |                     |
| · Analysis of cardiovascular status and nervous system activity                |        |                     |
| · Measurement of advanced glycation product accumulation                       |        |                     |
| Initial laboratory test  | 1      | -                   |
| Oxytest, oxidative stress test to determine the level of oxidation in the body | 1      | -                   |
| General medical consultation at the beginning of the programme                 | 1      | -                   |
| General medical consultation at the end of the programme                       | 1      | -                   |
| Regenerative medicine consultation   | 1      | -                   |
| Revitalising medicine consultation   | 1      | -                   |
| Consultation with well-ageing expert   | 1      | -                   |
| Derma-aesthetic consultation   | 1      | -                   |
| Cleanse Detox serum  | 2      | -                   |
| Weight Control serum   | -      | 1                   |
| Weight control follow-up through body composition analysis                     | 2      | 3                   |
| 3D Body scanner at the end of the programme                                    | 1      | -                   |
| Dental Health Diagnostics by Digital Imaging                                   | 1      | -                   |
| Dietary supplement Be Slim   | 1      | -                   |
| <b>HEALTHY NUTRITION</b>   |        |                     |
| Consultation with an expert in nutrition and natural therapies                 | 1      | -                   |
| Nutrition plan adapted to your needs   | 1      | 1                   |
| Natural therapeutic drinks, based on prescription                              | 1      | 1                   |
| Mindful eating session   | 1      | -                   |
| Nutritional follow-up consultation during your stay                            | 1      | 1                   |
| Personalised health plan   | 1      | -                   |
| Healthy group cooking class at The Chef's Studio                               | 1      | 1                   |

| <b>NATURAL THERAPIES</b>  | <b>7 days</b> | <b>Per additional week</b> |
|---|---------------|----------------------------|
| Integrated bioenergy assesment with electromagnetic evaluation  | 1             | -                          |
| Acupuncture session   | 2             | 2                          |
| Colon hydrotherapy session  | 2             | 1                          |
| <b>WELLNESS</b>   |               |                            |
| Underwater therapy  | 2             | 2                          |
| High-tech treatment session, based on individual objectives and needs: Indiba or Icoone   | 2             | 2                          |
| Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet   | 3             | 2                          |
| SHA Detox therapy   | 2             | 2                          |
| Cryotherapy session   | 2             | 1                          |
| Intensive sculpting body wrap   | 1             | 1                          |
| Pressotherapy session   | 1             | 2                          |
| Vela Shape treatment, 1 zone  | 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) |               |                            |
| <b>PHYSICAL PERFORMANCE</b>   |               |                            |
| Introductory fitness evaluation with a personal trainer   | 1             | -                          |
| Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat   | 2             | 2                          |
| Group training sessions, adapted to your optimal weight objective and needs   | 2             | 2                          |
| <b>HEALTHY LIVING ACADEMY</b>   |               |                            |
| Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others  |               |                            |

| <b>7 days</b> | <b>Additional week</b> |
|---------------|------------------------|
| <b>6.000€</b> | <b>4.000€</b>          |

# Rebalance & Energise

Revitalise the body to restore and achieve maximum physical and mental vitality and balance

Rebalance & Energise takes an innovative approach that incorporates clinically supported and patented technologies and treatments to relieve stress, rebalance the body's systems and revitalise its functions at the cellular level, providing maximum recovery and dramatically boosting vital energy.

### WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- **Recover and revitalise the organism** through different natural therapies and scientific medicine treatments, which **reduce the negative effects produced by continuous stress**, promoting cellular health and longevity
- **Increase vitality levels** through revitalising medicine and energy health treatments, which provide energy at a cellular level and improve the functioning of all the body's systems.

### IT IS FOR YOU IF

You feel exhausted and **you are looking to regain energy**, revitalise or reduce stress, as well as wanting to unwind and relax while learning new healthy lifestyle habits.

#### METHOD

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalised diet plan and health plan.
- Natural therapies and technological treatments.
- Lifestyle recommendations, with activities that allow the learning of new lifestyle habits.





## REBALANCE & ENERGISE

From 4 days

| MEDICAL SERVICES   | 4 days | 7 days | Per additional week |
|--|--------|--------|---------------------|
| General health examination   | 1      | 1      | -                   |
| Advanced Preventive Diagnostic   | 1      | 1      | -                   |
| <ul style="list-style-type: none"> <li>· Body Composition Analysis</li> <li>· 3D Body Scanner</li> <li>· Measurement of Vital Signs</li> <li>· Cognitive Domain Test</li> <li>· Analysis of cardiovascular status and nervous system activity</li> <li>· Measurement of advanced glycation product accumulation</li> </ul> |        |        |                     |
| General medical consultation at the beginning of the programme   | 1      | 1      | -                   |
| General medical consultation at the end of the programme   | -      | 1      | -                   |
| Initial laboratory test  | -      | 1      | -                   |
| Revitalising medicine consultation   | 1      | 1      | -                   |
| Ozone therapy session with GAH intravenous   | 1      | 1      | 1                   |
| Emotional coaching session   | -      | 1      | 1                   |
| Derma-aesthetic consultation   | -      | 1      | -                   |
| Neurocognitive assessment  | -      | -      | 1                   |
| <b>HEALTHY NUTRITION</b>   |        |        |                     |
| Consultation with an expert in nutrition and natural therapies   | 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                   |
| Personalised health plan   | -      | 1      | -                   |
| <b>NATURAL THERAPIES</b>   |        |        |                     |
| Integrated bioenergy assesment with electromagnetic evaluation   | 1      | 1      | -                   |
| Acupuncture session  | 1      | 2      | 1                   |
| Relax & Energy far infrared heat session   | 1      | 1      | 2                   |
| Osteopathy session   | -      | 1      | 1                   |

| <b>WELLNESS</b>   | <b>4 days</b> | <b>7 days</b> | <b>Per additional week</b> |
|---|---------------|---------------|----------------------------|
| Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran or sound therapy with Tibetan singing bowls.   | 1             | 1             | 1                          |
| Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet   | 1             | 1             | 1                          |
| Cryotherapy session   | 1             | 1             | 2                          |
| SHA Psammo Therapy  | -             | 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) |               |               |                            |
| <b>MIND AND BODY</b>  |               |               |                            |
| Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques   | 1             | 1             | 1                          |
| <b>PHYSICAL PERFORMANCE</b>   |               |               |                            |
| 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   | 1             | 2             | 3                          |
| <b>HEALTHY LIVING ACADEMY</b>   |               |               |                            |
| Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others  |               |               |                            |

| <b>4 days</b>  | <b>7 days</b> | <b>Additional week</b> |
|----------------|---------------|------------------------|
| <b>2.300 €</b> | <b>4.000€</b> | <b>3.000€</b>          |

# Leader's Performance

Optimal performance and long-lasting vitality for those who live under demanding conditions

Being aware of how difficult it is in a leadership position to find the time to take care of oneself, we have designed an intensive 7-day programme combining the most effective treatments and methodologies from both scientific and holistic medicine to achieve optimal physical and mental performance. An executive health programme.

## WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- Achieve optimal physical and mental performance through the application of highly effective treatments, including Western and Eastern medical approaches.
- Achieve and maintain **optimal health in the face of high levels of activity**, exertion and stress, with substantial improvement in performance and productivity.

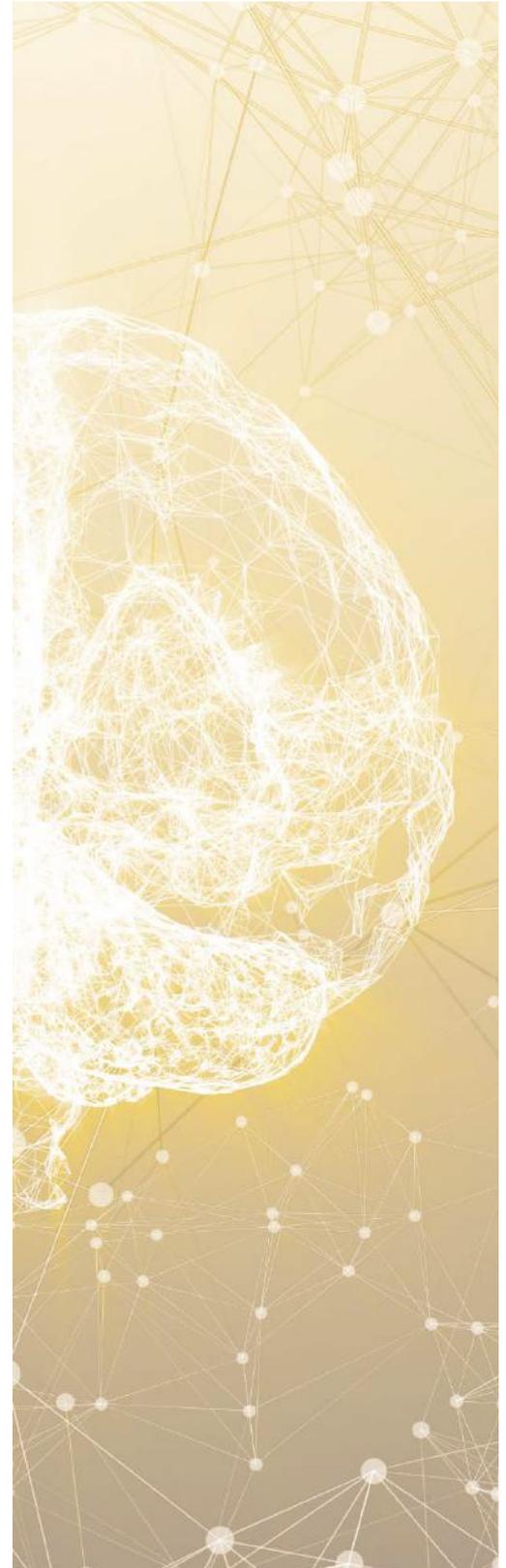
## IT IS FOR YOU IF

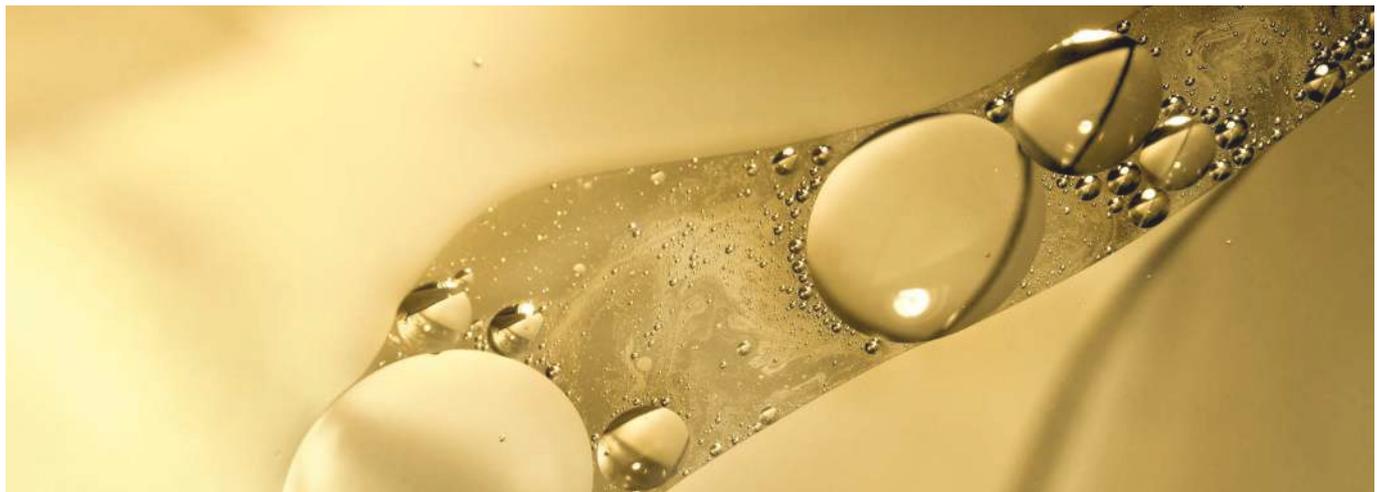
You are exposed to a **high degree of activity**, effort, stress, decision-making, continuous travel, etc., and seek to monitor and care for your health, improving your performance and productivity.

### METHOD

Oxidative stress is caused by natural cell division or by external factors, such as poor diet, the bad air we breathe, bad habits, etc., which lead to inflammation, disease, infection, ageing and loss of vitality. Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- Personalised food and health plan.
- Natural therapies and advanced treatments of well-ageing, revitalising, regenerative and cognitive health medicine.
- Lifestyle recommendations, with activities that enable learning new lifestyle habits.





## LEADER'S PERFORMANCE

From 7 days

| MEDICAL SERVICES   | 7 days | Per additional week |
|--|--------|---------------------|
| General health examination   | 1      | -                   |
| Advanced Preventive Diagnostic   | 1      | -                   |
| <ul style="list-style-type: none"> <li>· Body Composition Analysis</li> <li>· 3D Body Scanner</li> <li>· Measurement of Vital Signs</li> <li>· Cognitive Domain Test</li> <li>· Analysis of cardiovascular status and nervous system activity</li> <li>· Measurement of advanced glycation product accumulation</li> </ul> |        |                     |
| Biological Profile Performance   | 1      | -                   |
| Oxytest, oxidative stress test to determine the level of oxidation in the body   | 1      | -                   |
| General medical consultation at the beginning of the programme   | 1      | -                   |
| General medical consultation at the end of the programme   | 1      | -                   |
| Revitalising medicine consultation   | 1      | -                   |
| Hormone supplementation consultation   | 1      | -                   |
| Derma-aesthetic consultation   | 1      | -                   |
| Neurocognitive assessment  | 1      | -                   |
| Neurotechnical session   | 1      | 1                   |
| Psychology session   Breathing for Wellness  | 1      | -                   |
| Ozone therapy session + Mental Balance serum   | 1      | 1                   |
| Ozone therapy session + Collagen Booster serum   | -      | 1                   |
| Dental Health Diagnostics by Digital Imaging   | 1      | -                   |
| <b>HEALTHY NUTRITION</b>   |        |                     |
| Consultation with an expert in nutrition and natural therapies   | 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      | 1                   |
| Personalised health plan   | 1      | -                   |
| <b>NATURAL THERAPIES</b>   |        |                     |
| Integrated bioenergy assessment  | 1      | -                   |
| Acupuncture session  | 2      | 2                   |
| Relax & Energy far infrared heat session   | 2      | 2                   |
| Osteopathy session   | 1      | 1                   |

| <b>WELLNESS</b>   | 7 days | Per additional week |
|---|--------|---------------------|
| Underwater therapy  | 1      | 1                   |
| Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet   | 1      | 2                   |
| Cryotherapy session   | 1      | 1                   |
| Ice Bath  | 1      | -                   |
| Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran or sound therapy with Tibetan singing bowls.   | -      | 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) |        |                     |
| <b>MIND AND BODY</b>  |        |                     |
| Breathing techniques session   Breathing for Wellness   | 1      | -                   |
| Stress management session   | 1      | -                   |
| Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques   | -      | 1                   |
| <b>PHYSICAL PERFORMANCE</b>   |        |                     |
| Introductory fitness evaluation with a personal trainer   | 1      | -                   |
| Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat   | 5      | 4                   |
| <b>HEALTHY LIVING ACADEMY</b>   |        |                     |
| Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others  |        |                     |

| 7 days | Additional week |
|--------|-----------------|
| 6.000€ | 4.000€          |

# Well-ageing & Prevention

Innovative preventive approach to slow cellular ageing

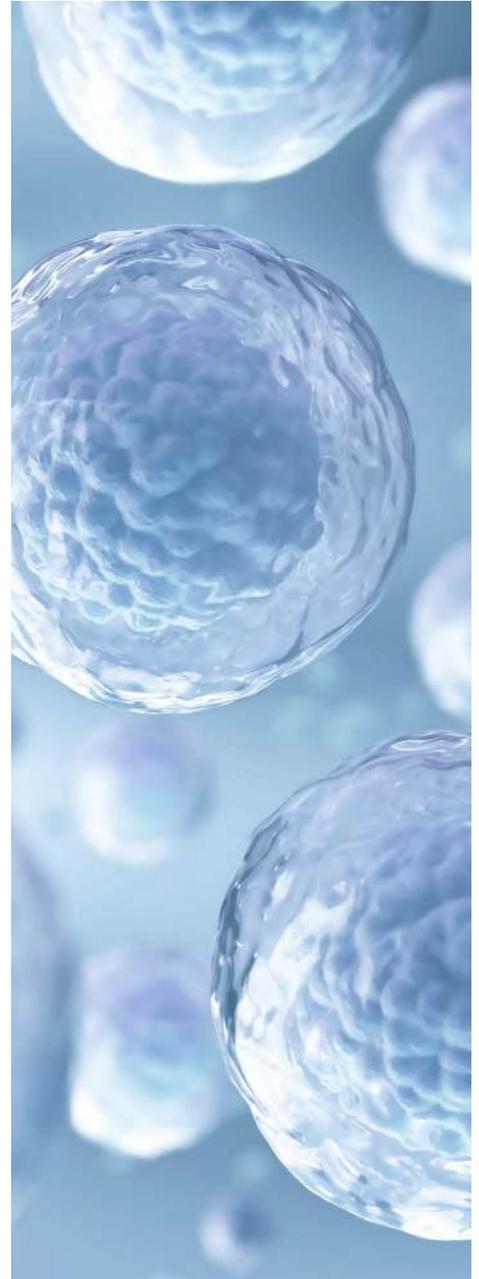
This programme aims to slow down the process of cellular degeneration and to reactivate the health potential of each person. The aim is to provoke a natural stimulation and reconstruction of the different metabolic processes and systems, through prevention and the strategic application of innovative treatments of well-ageing medicine.

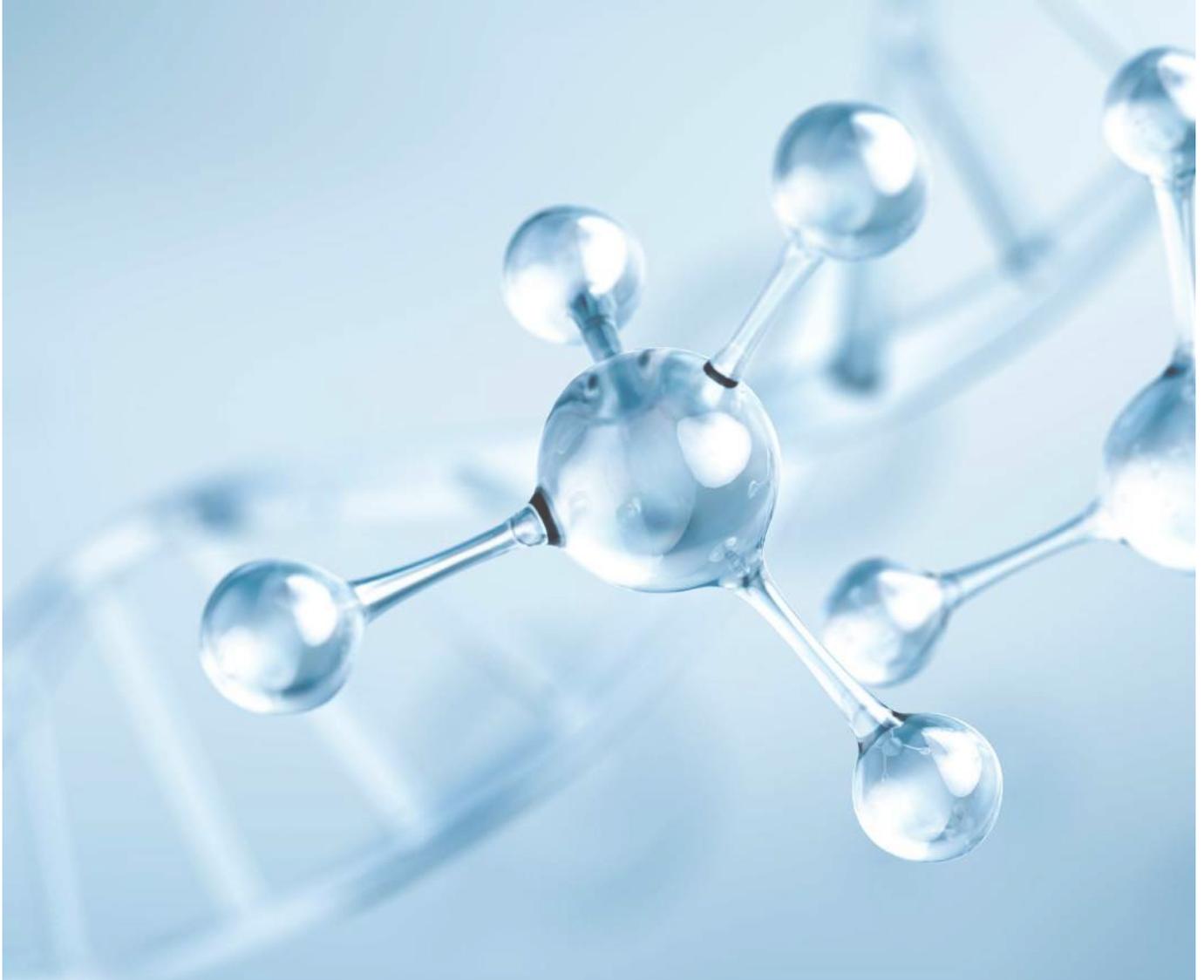
### **WHAT CAN YOU EXPECT FROM THIS PROGRAMME?**

- **Optimise health** by delaying or reducing the effects of ageing, determining biological age indicators and the differences regarding to chronological age, as well as factors that have a negative impact on quality of life..
- **Improve physical appearance and vitality**, slowing down the biological clock from a global and integrative approach, thanks to the combination of knowledge in natural therapies, oriental medicine, nutrition and the latest advances in well-ageing medicine.

### **IT IS FOR YOU IF**

- You are aware that due to the mere passage of time and being subjected to multiple external factors, bad habits or pathological processes, stress or lack of rest, **you notice that your appearance, physical or mental capacities are inferior to what you would like them to be.** You would like to know about the numerous possibilities that exist to slow down your biological clock from a global approach, making biological rejuvenation possible.
- Or if, in your case, **you perceive that you are beginning to suffer** from certain health problems caused by the natural ageing process and wish to incorporate knowledge, techniques, eating habits and supplements to slow down the process.





## METHOD

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

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

## WELL-AGEING & PREVENTION

From 7 days

| MEDICAL SERVICES   | 7 days | Per additional week |
|--|--------|---------------------|
| General health examination   | 1      | -                   |
| Advanced Preventive Diagnostic   | 1      | -                   |
| <ul style="list-style-type: none"> <li>· Body Composition Analysis</li> <li>· 3D Body Scanner</li> <li>· Measurement of Vital Signs</li> <li>· Cognitive Domain Test</li> <li>· Analysis of cardiovascular status and nervous system activity</li> <li>· Measurement of advanced glycation product accumulation</li> </ul> |        |                     |
| Regenerative medicine consultation   | 1      | -                   |
| Revitalising medicine consultation   | 1      | -                   |
| Neurocognitive assessment  | 1      | -                   |
| Consultation with an expert in well-ageing medicine at the beginning of the programme  | 1      | -                   |
| Consultation with an expert in healthy ageing medicine at the end of the programme   | 1      | -                   |
| Online consultation with a healthy ageing expert for post-stay follow-up   | 1      | -                   |
| Sexual health consultation   | 1      | -                   |
| Advanced Cell Regeneration Therapy   | 4      | 4                   |
| Stress management session  | -      | 1                   |
| Brain photobiomodulation treatment   | 1      | 1                   |
| Ozone therapy session with GAH intravenous   | 2      | 2                   |
| Antioxidant Serum  | 1      | 1                   |
| Derma-aesthetic consultation   | 1      | -                   |
| Emface session, advanced facelift  | -      | 1                   |
| Dental health diagnosis including comprehensive cleaning   | 1      | -                   |
| Orthopantomography   | 1      | -                   |
| Dietary supplement Berberina Gold  | 1      | -                   |
| Dietary supplement Immun'Age   | 1      | -                   |
| Dietary supplement Young Skin  | 1      | -                   |
| <b>CLINICAL ANALYSES</b>   |        |                     |
| Well-ageing Biological Profile: complete personalised test that includes the 88 key determinations to understand premature ageing, including extensive hematology, biochemistry, heumatic, hormonal, deficiency signs, immunology and vascular risk, among others  | 1      | -                   |
| Oxytest, oxidative stress test to determine the level of oxidation in the body   | 1      | -                   |

| <b>HEALTHY NUTRITION</b>  | <b>7 days</b> | <b>Per additional week</b> |
|---|---------------|----------------------------|
| Consultation with an expert in nutrition and natural therapies  | 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             | 1                          |
| Personalised health plan  | 1             | -                          |
| <b>NATURAL THERAPIES</b>  |               |                            |
| Colon hydrotherapy session  | 2             | 1                          |
| <b>WELLNESS</b>   |               |                            |
| High-tech treatment session, based on individual objectives and needs: Indiba or Icoone   | 1             | 1                          |
| Cryotherapy session   | 2             | 2                          |
| Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet   | 1             | 1                          |
| SHA Detox therapy   | 1             | 1                          |
| Vela Shape session, 2 zones   | -             | 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) |               |                            |
| <b>PHYSICAL PERFORMANCE</b>   |               |                            |
| Introductory fitness evaluation with a personal trainer   | 1             | -                          |
| Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat   | 2             | 2                          |
| <b>HEALTHY LIVING ACADEMY</b>   |               |                            |
| Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others  |               |                            |

| <b>7 days</b> | <b>Additional week</b> |
|---------------|------------------------|
| <b>7.500€</b> | <b>5.000€</b>          |

# FAQ's

### 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:

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

| Length of stay      | Suitable programmes                  |
|---------------------|--------------------------------------|
| From 04 to 06 days* | 4-day Rebalance & Energize programme |
| From 7 to 13 days   | 7-day programmes                     |
| More than 13 days   | 7-day programmes + additional week   |

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.

### 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.

### 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.

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

**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 pro-programmes do not include accommodation. Instead, you may select it separately.

**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.

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@shawellness.com

Rates with taxes included, valid for stays during 2024.

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 Rates*





## *Rooms and Suites*

At SHA we think that it is possible to combine an innovating health offer with the highest comfort and service standards in order to offer the maximum level of wellness.

Considering that the average stay is always a week or even longer, all of our rooms and suites are of 70m<sup>2</sup> to 320m<sup>2</sup>, with the aim of making you feel at home.

They all have a living room and a big private terrace to enjoy nice weather, with a sophisticated yet warm decoration, creating a quiet and relaxing environment, where every detail has been carefully selected for your comfort.

Open spaces, exclusive designs, textures, aromas, comfort and refinement in every detail.

ROOM  
Deluxe







70 m<sup>2</sup>

-  1 bedroom
-  Living room
-  Large terrace

UNDER REQUEST

Sea or mountain 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 and November to December | April to October |
|-------------------------|---|------------------|
| Mountain view           | 400€                                      | 500€             |
| Mountain view & jacuzzi | 450€                                      | 550€             |
| Sea view                | 500€                                      | 600€             |
| Sea view & jacuzzi      | 550€                                      | 650€             |

SUITE  
Superior







100 m<sup>2</sup>

-  1 bedroom
-  Lounge-dining room
-  Large 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

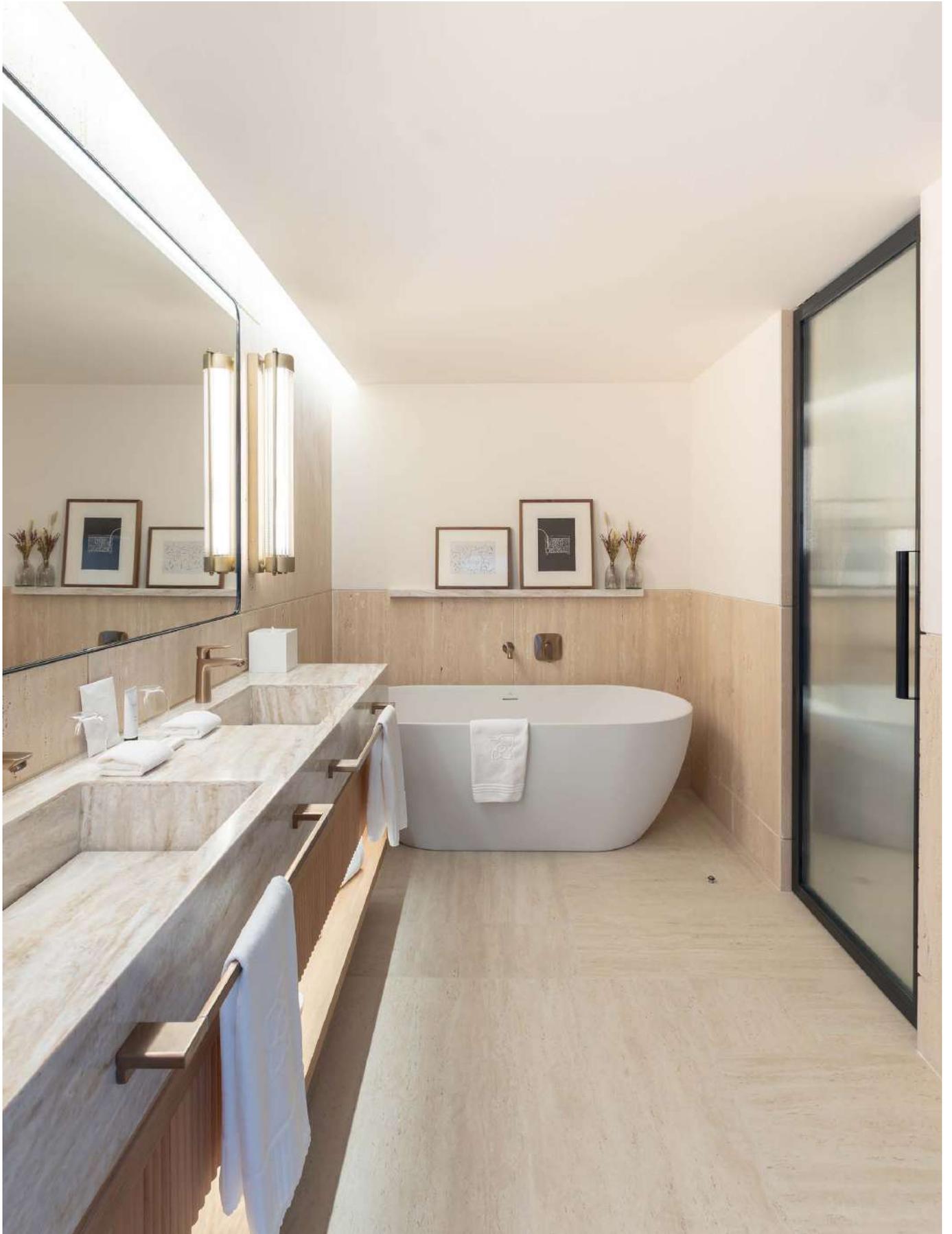
Estimated space of the suite includes terrace.

### RATES PER NIGHT

|                         | January to March and<br>November to December | April to October |
|-------------------------|--|------------------|
| Mountain view           | 600€   | 700€             |
| Mountain view & jacuzzi | 650€   | 750€             |
| Sea view                | 700€   | 800€             |
| Sea view & jacuzzi      | 750€   | 850€             |

SUITE  
Grand







120 m<sup>2</sup>

-  1 bedroom
-  Lounge-dining room
-  Additional space for home office or additional bedroom
-  Large terrace with jacuzzi

- Master bedroom with king size bed and en-suite bathroom with bath and shower
- Walk-in closet
- Guest bathroom with shower
- 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.

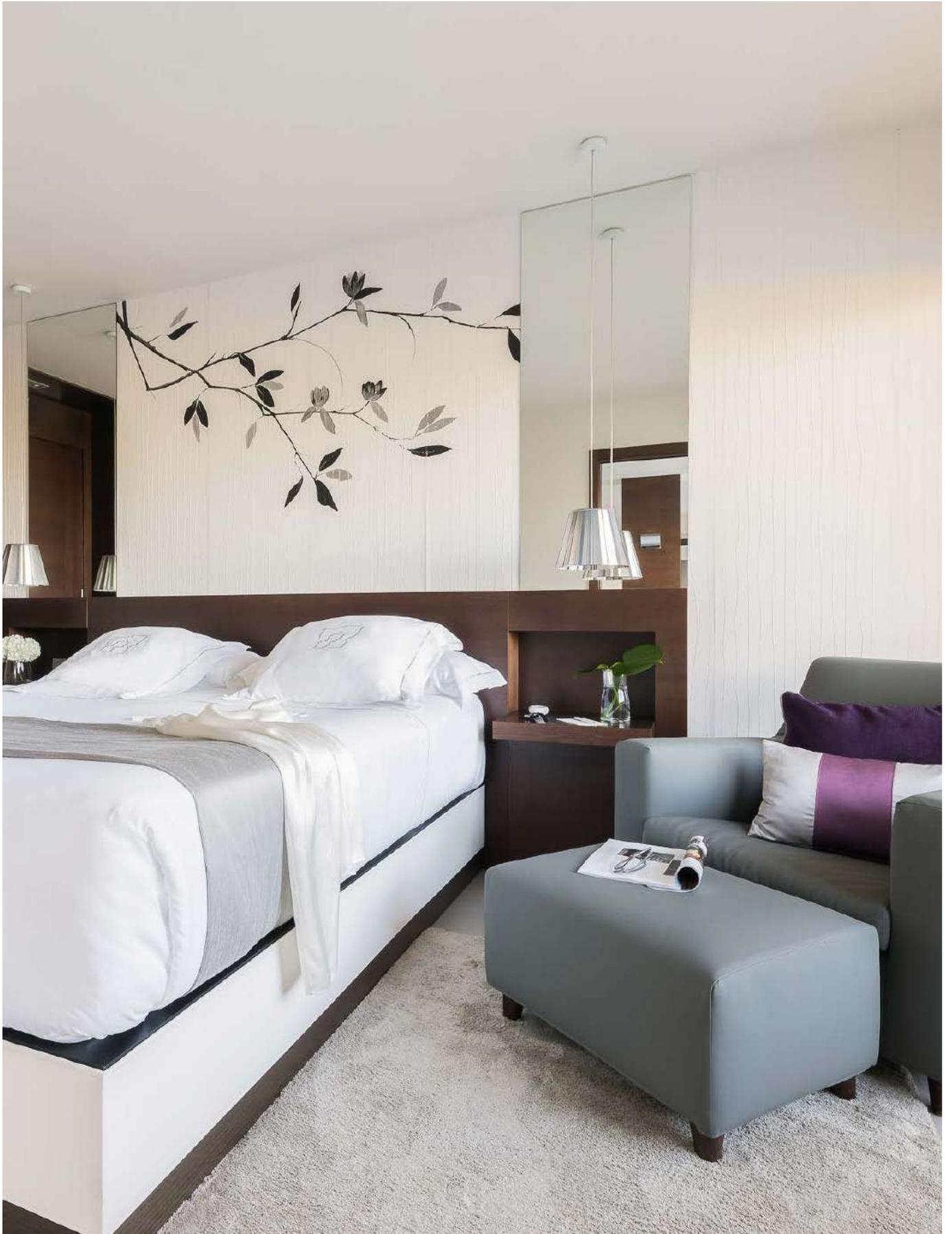
### RATES PER NIGHT

|                    | January to March and November to December | April to October |
|--------------------|---|------------------|
| Sea view & jacuzzi | 1.500€                                    | 1.700€           |

SUITE

# Presidential







175 m<sup>2</sup>

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

- 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

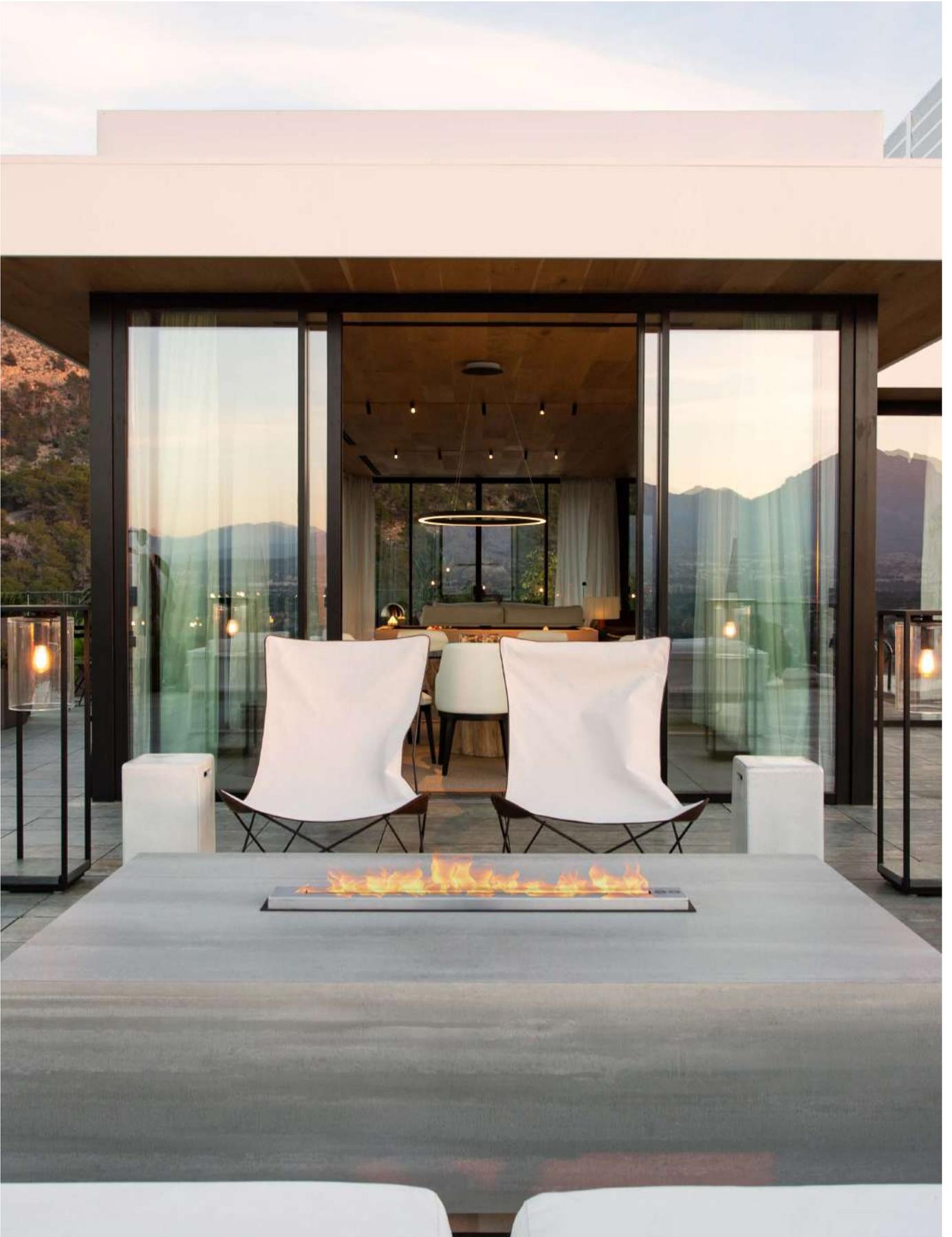
\*Service available only for stays of at least 7 days.  
Estimated space of the suite includes terrace.

## RATES PER NIGHT

|                       | January to March and<br>November to December | April to October |
|-----------------------|--|------------------|
| Sea view<br>& jacuzzi | 2.250€                                       | 2.500€           |

SUITE  
Royal







320 m<sup>2</sup>

-  2 bedrooms
-  Living room with terrace and 180° views
-  Kitchen
-  Rooftop with 360° views
-  Personal assistant 8h/día
-  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 queen size bed
- Rooftop with living and dining room, fireplace and professional pool table
- Heated pool in terrace, lounge deck and Jospers® 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\*

## RATE PER NIGHT

ALL YEAR ROUND

360° views  
Rooftop with private swimming pool

7.500€

\*Please, consult rates.

Estimated space of the suite includes terrace.

This category of suite required a minimum stay of 7 days.



## *Residences*

Welcome to SHA Residences, a pioneering, luxurious and healthy residential complex. It counts with 11 luxurious suites of 3 different typologies, each one has a private and independent entrance. In addition, the residences are integrated and connected with SHA Wellness Clinic spaces.

An innovative residential complex, built in compliance with the highest design and comfort standards. All the residences have a private pool and 2 or 3 bedrooms. The perfect layout to make your daily life a pleasant and lovely healthy experience.

# Garden







300 m<sup>2</sup>

-  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

### RATE PER NIGHT

|                        | January to March and<br>November to December | April to October |
|------------------------|--|------------------|
| Gardens & private pool | 2.250€                                       | 2.500€           |

\*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.

Premier







## 300 m2

-  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

### RATE PER NIGHT

|                              | January to March and<br>November to December | April to October |
|------------------------------|--|------------------|
| Mountain view & private pool | 2.250€                                       | 2.500€           |

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

# 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

### RATE PER NIGHT

ALL YEAR ROUND

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

4.500€

\*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

Rooms, suites and residences

Rates with taxes included, valid for stays during 2024.

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.

## JANUARY TO MARCH AND NOVEMBER TO DECEMBER

| <b>ROOMS AND SUITES*</b>          | Mountain view | Mountain view & jacuzzi | Sea view | Sea view & jacuzzi |
|-----------------------------------|---------------|-------------------------|----------|--------------------|
| Deluxe (70m <sup>2</sup> )        | 400€          | 450€                    | 500€     | 550€               |
| Superior (100m <sup>2</sup> )     | 600€          | 650€                    | 700€     | 750€               |
| Grand (120m <sup>2</sup> )        | 1.500€        |                         |          |                    |
| Presidential (175m <sup>2</sup> ) | 2.250€        |                         |          |                    |
| Royal (320m <sup>2</sup> )        | 7.500€        |                         |          |                    |
| <b>RESIDENCES*</b>                |               |                         |          |                    |
| Garden (300m <sup>2</sup> )       | 2.250€        |                         |          |                    |
| Premier (300m <sup>2</sup> )      | 2.250€        |                         |          |                    |
| Penthouse (500m <sup>2</sup> )    | 4.500€        |                         |          |                    |

## APRIL TO OCTOBER

| <b>ROOMS AND SUITES SUITES*</b>   | Mountain view | Mountain view & jacuzzi | Sea view | Sea view & jacuzzi |
|-----------------------------------|---------------|-------------------------|----------|--------------------|
| Deluxe (70m <sup>2</sup> )        | 500€          | 550€                    | 600€     | 650€               |
| Superior (100m <sup>2</sup> )     | 700€          | 750€                    | 800€     | 850€               |
| Grand (120m <sup>2</sup> )        | 1.700€        |                         |          |                    |
| Presidential (175m <sup>2</sup> ) | 2.500€        |                         |          |                    |
| Royal (320m <sup>2</sup> )        | 7.500€        |                         |          |                    |
| <b>RESIDENCES*</b>                |               |                         |          |                    |
| Garden (300m <sup>2</sup> )       | 2.500€        |                         |          |                    |
| Premier (300m <sup>2</sup> )      | 2.500€        |                         |          |                    |
| Penthouse (500m <sup>2</sup> )    | 4.500€        |                         |          |                    |

\*Estimated space (m<sup>2</sup>) of the suites and residences include terrace.

## GENERAL INFORMATION AND CONDITIONS

### ACCOMMODATION CONDITIONS AND DETAILS

- Accommodation rates are per room, 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 (200€/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 (180€). If you already had a SHA nutritional consultation in the 6 months prior to your visit, you may instead book a nutritional plan validation (90€).

### 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 7 days with additional weeks.

\*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 10kg 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@shawellness.com](mailto:reservations@shawellness.com)

Integrative. Cutting-edge. Results Driven.