

# Detox

Deep cleansing of the body



## Programme content

<b>MEDICAL SERVICES</b>	<b>7 days</b>	<b>14 days</b>	<b>21 days</b>
General health examination	✓	✓	✓
Initial laboratory test	✓	✓	✓
Ending laboratory test	-	✓	✓
Oxytest, oxidative stress test to determine the level of oxidation in the body	✓	✓	✓
Metabolic testing	-	-	✓
General medical consultation at the beginning and at the end of the programme	✓	✓	✓
Consultation with an expert in anti-ageing and genetic medicine	✓	✓	✓
Lung detox nebulization session	✓	✓	✓
Intravenous liver detox session	-	1	2
Revitalising medicine consultation	✓	✓	✓
Rectal ozone therapy session	-	2	3
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	✓	✓	✓
Dietary supplement SHA Detox	✓	✓	✓
<b>HEALTHY NUTRITION</b>			
Consultation with an expert in nutrition and natural therapies	✓	✓	✓
Nutrition plan adapted to your needs	✓	✓	✓
Natural therapeutic drinks, based on prescription	✓	✓	✓
Nutritional follow-up consultation during your stay	1	2	2
Personalized health plan	✓	✓	✓
Healthy group cooking class at The Chef's Studio	✓	✓	✓
Complimentary recipe book "The SHA Recipes to Live Longer and Better" or 1 tea box from our SHA Tea Collection	✓	✓	✓
<b>NATURAL THERAPIES</b>			
Traditional Chinese Medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	✓	✓	✓
Traditional Chinese Medicine treatment session, based on prescription	1	2	4
Colon hydrotherapy session	2	3	3
Initial and final energy health assessment with bioenergetic mapping and evaluation	✓	✓	✓
Infrared heat and electromagnetic balance session	2	3	3
Osteopathy session	-	✓	✓
<b>WELLNESS</b>			
SHA Detox massage	3	5	5
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	3	5	5
Pressotherapy session	2	2	3
Lymphatic drainage massage	1	-	-
Electro lymphatic drainage	-	2	2

<b>WELLNESS</b>	7 days	14 days	21 days
SHA Thalasso body contour	-	✓	✓
Detox premium facial treatment	-	✓	✓
Corporeal drainage SHA	-	-	✓
Detox Indiba	-	-	2
Icoone body	-	-	✓
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>			
Pranayama breathing techniques to improve the oxygenation of the organs involved in the depurative process	-	1	2
<b>HEALTHY LIVING ACADEMY</b>			
Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓



7 days

**3.600€**

14 days

**6.200€**

21 days

**8.800€**