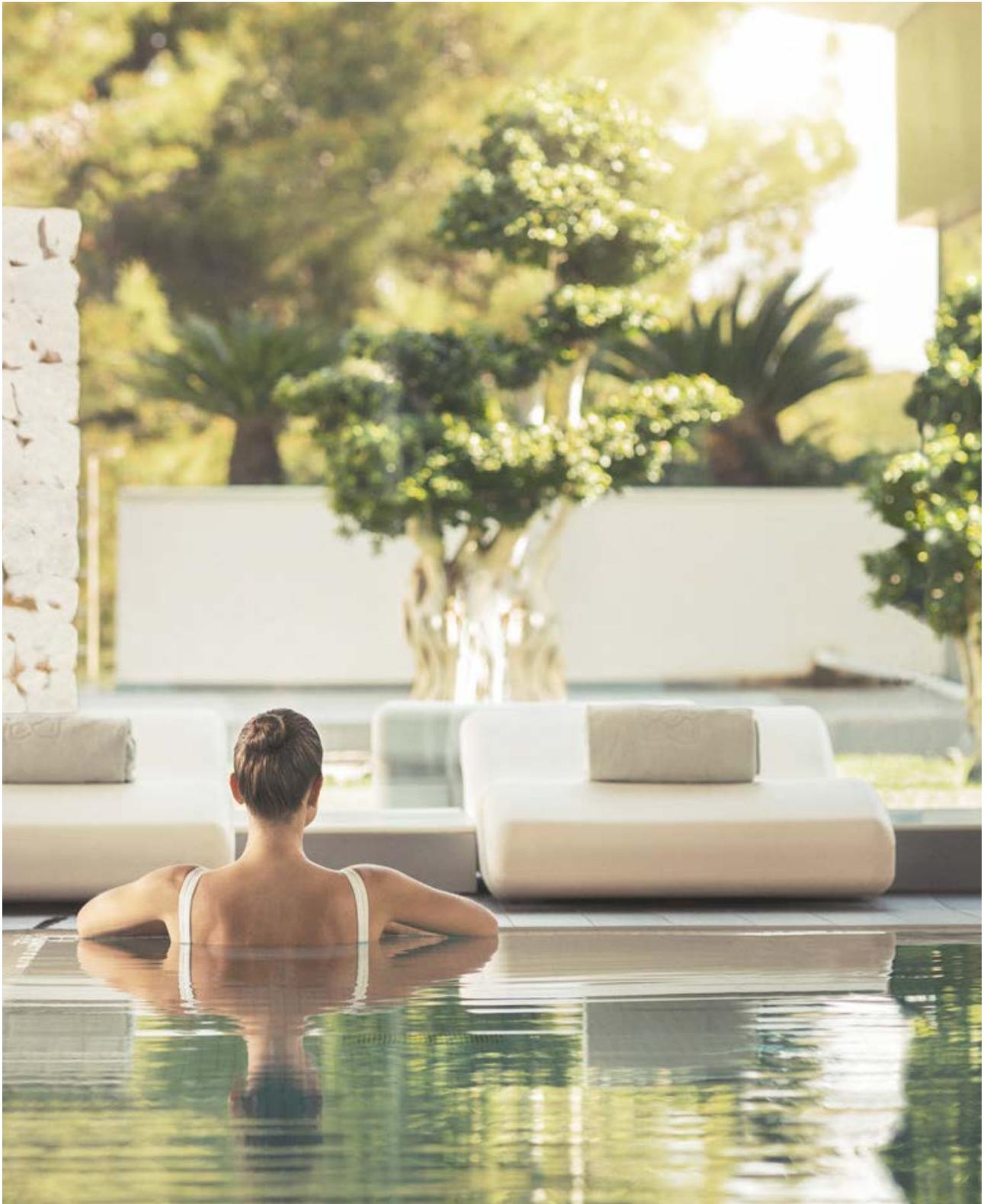


# Rebalance

Mind and body in perfect harmony



## Programme content

<b>MEDICAL SERVICES</b>	<b>4 days</b>	<b>7 days</b>	<b>14 days</b>
General health examination	✓	✓	✓
Initial laboratory test	-	✓	✓
General medical consultation at the beginning of the programme	✓	✓	✓
General medical consultation at the end of the programme	-	✓	✓
Revitalising medicine consultation	✓	✓	✓
Ozone therapy session with GAH intravenous	-	-	2
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	-	✓	✓
<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	-	✓	✓
Personalized health plan	-	✓	✓
<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
Colon hydrotherapy session	-	1	2
Osteopathy or physiotherapy consultation and session	-	1	2
<b>WELLNESS</b>			
Traditional massage or oriental therapy session, based on your needs: deep tissue massage, relaxing massage, cranio-cervical massage or shiatsu	1	1	2
Aquatic therapy session, based on individual needs: watsu, cranio-cervical water massage, underwater massage or hydroenergetic cure detox	1	1	2
High-tech treatment session, based on individual objectives and needs: Indiba, Icoone or LPG or electro lymphatic drainage	1	1	2
SHA Detox massage	✓	✓	✓
Foaming enzyme facial treatment	✓	✓	✓
Pressotherapy session	1	2	2
Cryotherapy session	-	1	3
Nuat boran, thai massage	-	-	✓
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)	✓	✓	✓

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



## 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.

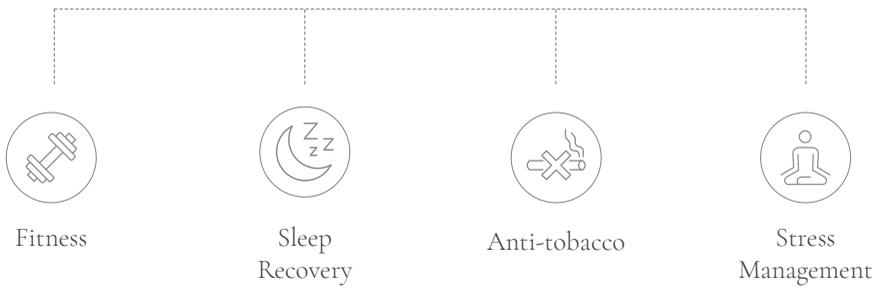


## Rebalance

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



Rebalance Programme

+  
Focused Pack selected

7 days	14 days
<b>4.000€</b>	<b>7.000€</b>



## Focused Pack Fitness



Under a multidimensional perspective, the goal is to increase the level of physical activity in general, increasing tone, muscle power, joint functionality and vitality. With the application of different techniques and specialised functional training, using advanced technology in addition to outdoor activities, more powerful and lasting results are achieved, under the advice and monitoring of expert physical trainers.

Skills and a series of personalised recommendations are acquired to establish habits and ensure continued training once the stay at SHA is over.

	7 days	14 days
VFit   Integral Functional Valuation (replaces the Standard Functional Assessment included in the Rebalance programme)	✓	✓
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	3	6
Outdoor workout session (2h length)	2	4
Cryotherapy session	✓	✓
Human Tecar session, integral physiotherapy session with high technology	1	2
Fitness on the Go	✓	✓
Electrocardiogram	-	✓
Spirometry test	-	✓