

Healthy Ageing

Slow down biological ageing for a longer and fuller life



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, heumatic, hormonal, deficiency signs, immunology and vascular risk, among others	✓	✓	Dietary supplement based on prescription, to be determined between the following: Immun'Age dietary supplement treatment (fermented papaya preparation-FPP to help prevent oxidative stress and boost the immune system), NADH treatment to increase energy levels and the production of cells or antiageing supplement	✓	✓
Oxytest, oxidative stress test to determine the level of oxidation in the body	✓	✓	Dietary supplement SHA Younger Skin	✓	✓
Intestinal dysbiosis test	-	✓	Dietary supplemen Berberina Gold	✓	✓
DIAGNOSTIC TESTS			HEALTHY NUTRITION		
Spirometry test	✓	✓	Consultation with an expert in nutrition and natural therapies	✓	✓
Electrocardiogram	✓	✓	Nutrition plan adapted to your needs	✓	✓
Orthopantomography	✓	✓	Natural therapeutic drinks, based on prescription	✓	✓
Polygraph for the diagnosis of sleep at night	✓	✓	Nutritional follow-up consultation during your stay	✓	✓
Telomeric length measurement	-	✓	Personalized health plan	✓	✓
MEDICAL CONSULTATION			Complimentary recipe book "The SHA Recipes to Live Longer and Better" or 1 tea box from our SHA Tea Collection	✓	✓
General health examination	✓	✓	NATURAL THERAPIES		
Consultation with an expert in genetic and anti-ageing medicine at the beginning and at the end of the programme	✓	✓	Traditional Chinese Medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	✓	✓
Neurocognitive assessment	✓	✓	Traditional Chinese Medicine treatment session, based on prescription	1	3
Regenerative medicine consultation	✓	✓	Colon hydrotherapy session	2	3
Revitalising medicine consultation	✓	✓	Energy health assessment with bioenergetic mapping and evaluation	✓	✓
Consultation with a cardiologist	✓	✓	Infrared heat and electromagnetic balance session	1	4
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	✓	✓	WELLNESS		
Capillary health assessment consultation	✓	✓	Traditional massage or oriental therapy session, based on your needs: deep tissue massage, relaxing massage, cranio-cervical massage or shiatsu	1	3
Dental health diagnosis by digital imaging	✓	✓	High-tech treatment session, based on individual objectives and needs: Indiba, Icoone or LPG	1	3
MEDICAL TREATMENTS			Aquatic therapy sessions, based on individual needs: watsu, cranio-cervical water massage, underwater massage or hydroenergetic cure detox	1	2
Ozone GAH therapy session	2	3			
Lung detox nebulization session	✓	✓			
Four seasons bio-stimulation treatment	✓	✓			
Facial mesotherapy treatment with a DNA cell protector	✓	✓			
Complete dental cleaning	✓	✓			
Human Tecar session, integral physiotherapy session with high technology	-	2			
Intravenous liver detox session	-	✓			
Rectal ozone therapy session	-	2			
Neurofeedback session	-	2			

WELLNESS

	7 days	14 days
Foaming enzyme facial treatment	✓	-
Ageless Youth facial treatment	-	✓
Facial Icoone	-	✓
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

	7 days	14 days
Private session, based on your needs: yoga, meditation, mindfulness, chi-kung or pranayama techniques	1	2

FITNESS

	7 days	14 days
Introductory fitness evaluation with a personal trainer	✓	✓
Fitness session with a personal trainer, may include some of these disciplines: stretching, power plate, kinesis, cardio-tone circuit, aquagym, pilates mat, hiking or outdoor sessions	1	4

HEALTHY LIVING ACADEMY

	7 days	14 days
Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓



7 days

7.500€

14 days

12.900€**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	✓	✓
Urologic ultrasound	✓	✓
Liver ultrasound	✓	✓
Stress management session	✓	✓
Physiotherapy session	✓	✓
Osteopathy session	1	2
Cryotherapy session	2	4
Indiba scalp therapy session	1	2
Lymphatic drainage massage	✓	✓
Eyebright facial	✓	✓

WOMAN	7 days	14 days
Consultation with the gynaecologist	✓	✓
Gynecology ultrasound	✓	✓
Cytology	✓	✓
Bone densitometry scan	✓	✓
Session with emotional management and woman well-being expert	2	2
Pelvic floor physiotherapy session	1	2
Healthy back workout	✓	✓
Face gym	✓	✓
SHA capillary treatment	✓	✓
Osteopathy session	-	✓
Well Ageing body wrap	-	✓
Firm & Tight body treatment	-	✓