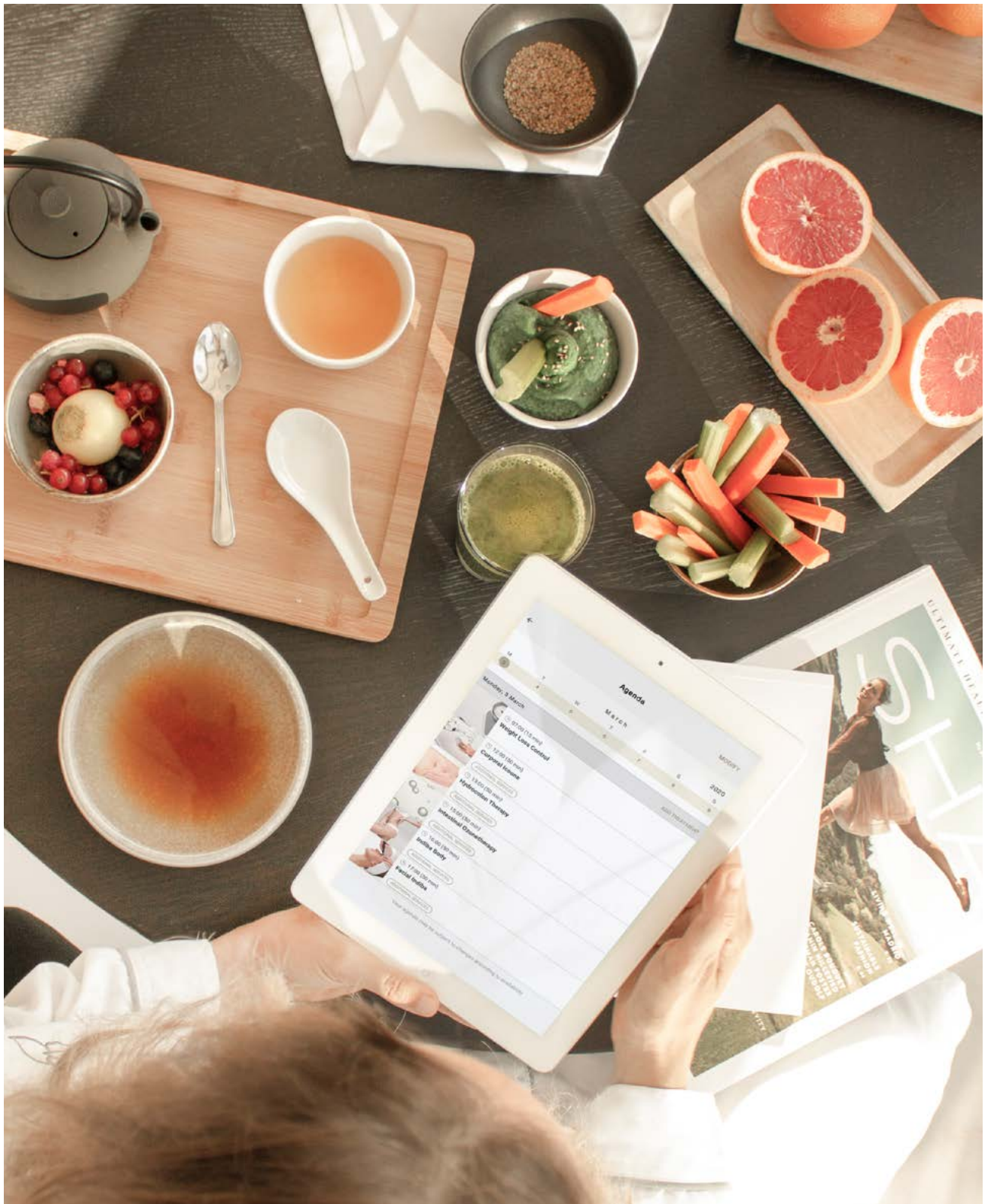


Intensive | Optimal Weight and Detox

The perfect blend for overall well-being



Programme content

MEDICAL SERVICES	7 days	14 days
General health examination	✓	✓
Initial laboratory test	✓	✓
Ending laboratory test	-	✓
Oxytest, oxidative stress test to determine the level of oxidation in the body	✓	✓
Basic hormonal profile	-	✓
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	1	2
Intravenous liver detox session	-	✓
Revitalising medicine consultation	✓	✓
Ozone therapy session with GAH intravenous	2	3
Regenerative medicine consultation*	✓	✓
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	✓	✓
Dental health diagnosis by digital imaging	✓	✓
Dietary supplement Be Slim or SHA Detox by SHA	✓	✓
HEALTHY NUTRITION		
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
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	✓	✓
NATURAL THERAPIES		
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	2	3
Initial and final energy health assessment with bioenergetic mapping and evaluation	✓	✓
Infrared heat and electromagnetic balance session	2	3
WELLNESS		
SHA Detox massage	2	3
Underwater massage	1	3
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	2	4
High-tech treatment sessions, based on individual objectives and needs: Indiba, Icoone or LPG	2	3
Shrinking Violet body wrap treatment	1	2

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

WELLNESS	7 days	14 days
Slim & Fit body treatment	✓	✓
Vela Shape treatment, 1 zone	✓	✓
Pressotherapy session	2	3
Lymphatic drainage massage	✓	-
Electro lymphatic drainage	-	2
Cryotherapy session	1	3
Detox premium facial treatment	-	✓
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, chi-kung or pranayama techniques	-	✓
FITNESS		
Introductory fitness evaluation with a personal trainer	✓	✓
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		
Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓



7 days

4.950€

14 days

7.950€