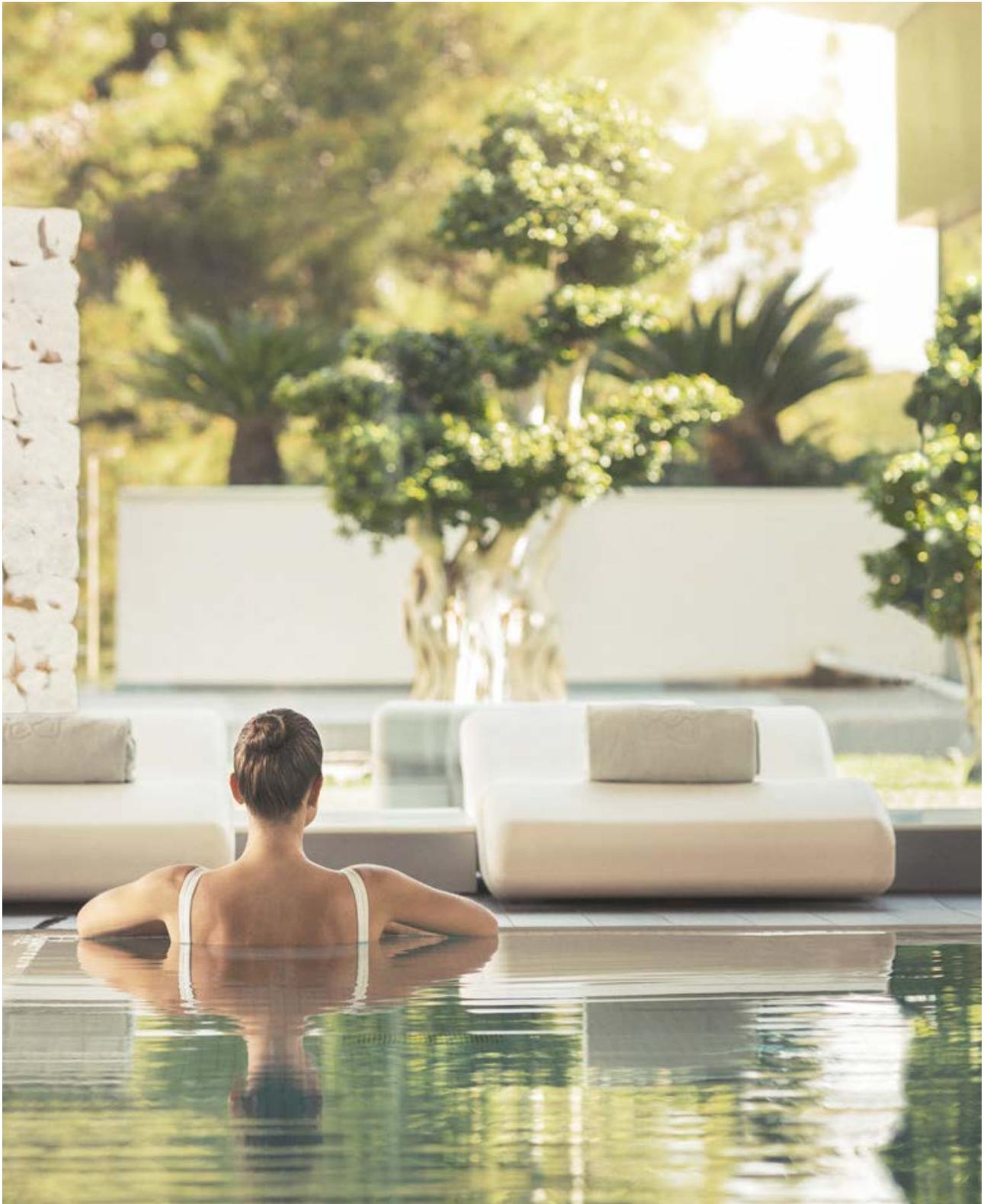


Rebalance

Mind and body in perfect harmony



Programme content

MEDICAL SERVICES	4 days	7 days	14 days
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	-	✓	✓
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	-	✓	✓
Personalized health plan	-	✓	✓
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	-	1	2
Osteopathy or physiotherapy consultation and session	-	1	2
WELLNESS			
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)	✓	✓	✓

MIND AND BODY

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

FITNESS

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

HEALTHY LIVING ACADEMY

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

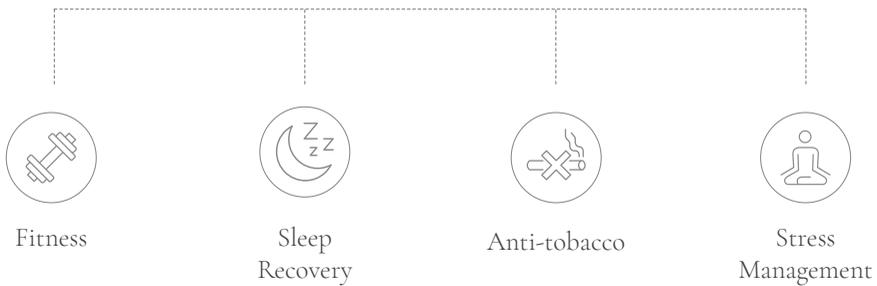


Rebalance

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
4.000€	7.000€



Focused Pack Sleep Recovery



Our staff see to identify the integrative causes that generate sleep problems, through measurements using specialised technology of the natural rhythms of the human body.

Once the origin of the pathology has been determined, specific treatments and therapies focused on the gradual restoration of the natural sleep cycle are applied, in order to achieve restful sleep and recover adequate energy levels for a full and healthy life.

	7 days	14 days
General medical consultation with a specialist at the beginning and at the end of the programme <small>(replaces the general medical consultation included in the Rebalance programme)</small>	✓	✓
Polygraph for the diagnosis of sleep at night	✓	✓
Neurocognitive assessment	✓	✓
Stress management session	✓	✓
Energy health assessment	✓	✓
Infrared heat and electromagnetic balance session	2	3
Mindfulness session	✓	✓
Tibetan healing bowls therapy	✓	✓
Dental health diagnosis by digital imaging	✓	✓
Brain photobiomodulation session	-	✓
Psychophysiological monitoring of sleep	-	✓
Magnesium bath with capillary massage	-	2
Dietary supplement Sleep & Relax	✓	✓