



DETOX PROGRAMME
AND GUT HEALTH FOCUSED PACK

Detox

Deep cleansing of the body



Objectives

- Purify the body of toxins accumulated in the liver and digestive system due to bad eating habits and external pollutants.
- Find the level of oxidative stress in the body in order to take measures to counteract it.
- Learn new healthy eating habits to optimise natural detoxification.

Recommended for

- People with inappropriate habits such as excessive consumption of coffee, alcohol, tobacco, medicines or poor diet, among others.
- People subjected to high levels of stress or pollution.
- People with reduced physiological detoxification capacity.

Method

Under the supervision and advice of our team of professionals, we detoxify the body through:

- A food plan and personalised health plan.
- Natural therapies, medical treatments and adequate supplementation, all focused on the elimination of toxins and the reinforcement of natural purification mechanisms.
- Lifestyle recommendations, with activities that enable learning new healthy habits.

Length

7 days
Initial detox

Begin to perceive changes inherent in the process of eliminating toxins.

14 days
Enhanced Purification

More obvious results, especially in terms of energy levels and vitality. Natural detoxification mechanisms are enhanced.

21 days
Deep restoration

Clearly noticeable results: lightness, energy, mental clarity and general well-being. Learned habits are strengthened, ensuring that changes are sustainable in the long run.

Programme content

MEDICAL SERVICES	7 days	14 days	21 days
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	✓	✓	✓
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	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	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	-	✓	✓
WELLNESS			
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

WELLNESS	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)	✓	✓	✓
MIND AND BODY			
Pranayama breathing techniques to improve the oxygenation of the organs involved in the depurative process	-	1	2
HEALTHY LIVING ACADEMY			
Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓





Detox



You can sign up for just the Detox programme or supplement it with the following Focused Pack, which will allow you to boost the functioning of your digestive system.

+

Focused Pack



Gut Health

Programa Detox + Gut Health Focused Pack		
7 days	14 days	21 days
5.600€	10.000€	13.800€



Focused Pack Gut Health



The aim of this focused pack is to restore the balance and proper functioning of the digestive system as much as possible, improving the state of the gut microbiota and the immune, neuroendocrine, and emotional system through an integrative approach.

This is done thanks to a detailed assessment of the individual's current state, in addition to specialised treatments to detoxify and repair the intestinal mucosa to fully purify the organism and improve the tolerance to certain foods, thus optimising the overall health and quality of life.

	7 days	14 days	21 days
Consultation with a specialist in digestive health and inflammation (at the beginning and end of the programme)	✓	✓	✓
Medical follow up during the stay	-	1	2
Nutritional follow up during the stay	-	-	1
Far infrared balance treatment	-	-	✓
Intestinal ozone therapy session	6	10	15
Serum therapy session	-	1	3
Intravenous liver detox session	✓	✓	✓
Hydrocolon therapy session	-	-	1
Dental health assessment using digital imaging	✓	✓	✓
Stress management session	-	1	2
Emotional eating session	✓	✓	✓
Visceral osteopathy session	-	1	2
Intestinal dysbiosis test	✓	✓	✓
Digestive panel (blood and urine)	✓	✓	✓
Elipse nutrigenomic testing	-	✓	✓
Food sensitivity test (220 foods)	-	✓	✓
Diagnostic and blood test results	✓	✓	✓
Specific supplementation (L-glutamine and ozonated oil pearls)	✓	✓	✓
Healthy cooking class at The Chef's Studio	✓	✓	✓
eHealth online consultation	✓	✓	✓

For further information about accommodation conditions and details, cancellation and booking modification policy, as well as other available services, please contact our Reservations Department:

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lifelong health and wellbeing