



TREATMENTS AND SERVICES

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The SHA Method

SHA is a transformative experience focused on helping people reach and maintain their optimal state of health and enjoy their full physical, mental and spiritual potential. The secret is our SHA Method, which brings together a range of important disciplines that, working in harmony, allow us to improve and enhance the global and integrative health of our guests.

Our goal is to transform lives through our unique method, offering the best results in the shortest time possible, while providing the knowledge for people to maintain the optimal state of health reached at SHA Wellness Clinic indefinitely.



SHA Healthy Nutrition



SHA Nutrition is based on a healthy, energetic, mainly alkaline, and very balanced diet, inspired by ancient principles and adapted to modern life. With a practical and attractive approach, it places special emphasis on local, organic and seasonal foods, respecting nature's offerings at each time of the year and in each place.

It's a diet easily adapted to the needs of each individual. And it follows the most recent studies by the field's leading universities, such as the Harvard University Medical School, the Cornell Division of Nutritional Sciences, and the World Health Organization.

Nutrition and Health

HEALTHY NUTRITION CONSULTATION

160€

Includes review of medical history, personal interview and health evaluation check-up. During the session, you will undergo an oriental diagnosis, and a personalised diet and program on the recommended lifestyle will be created to help you achieve your desired objectives. You will be given a tailored profile report with specific dietary recommendations and suggestions about the lifestyle you need to follow.

NUTRITION PLAN VALIDATION CONSULTATION

80€

Essential consultation for those guests returning to us who wish to follow a Kushi, fasting or medicinal tea diet, for which a nutritional appointment is required in order to make a diagnosis of the patient's current health condition.

PERSONALISED HEALTH PLAN

160€

Set of recommendations related to natural therapies, diet, supplements and healthy lifestyle habits that you will receive after the complete check-up review is carried out by your nutritional consultant, based on the details received in the initial consultation.

EMOTIONAL EATING SESSION new

170€

Through an initial diagnosis, the psychological and emotional causes that result in difficulty in having healthy habits and an optimal weight are identified. Through the use of specific techniques, we teach you how to manage behaviours related to food addiction or rejection and, in addition, we work on unconscious mental blocks that prevent weight loss/gain and self-sabotage.

Healthy Cooking Classes

It is essential that we learn new healthy habits to help us achieve the goal of living longer and better. And the best way to optimise our health is to acquire knowledge in a practical and enjoyable way. As nutrition is one of the fundamental pillars of our concept, we've designed a space to share the secrets of our healthy gastronomy: The Chef's Studio.

In an interactive, professional and educational environment, you'll learn simple, delicious and healthy cooking recipes. You will get all the SHA Nutrition knowledge necessary for you to use in your day-to-day life and achieve a significant and substantial change in your health and lifestyle.



PRIVATE HEALTHY COOKING CLASSES

110min · 220€ (100€ additional person)

An opportunity to learn from the top nutritional and healthy cooking coaches, who are experts in their field. In this private class, we offer you a selection of different dishes from our kitchen so that you can choose in advance which of them you would like to learn during your tailored private class. Our chef will guide you step by step, teaching you the therapeutic benefit of each ingredient, as well as the importance of consuming local food (0 km travelled), designed to fit with each season of the year.

Pack of 3 Private Classes

550€ (220€ additional person)

Pack of 6 Private Classes

1.200€ (440€ additional person)

HEALTHY COOKING GROUP CLASSES

110min · 90€ (60€ listener)

Daily healthy nutrition coaching classes to share knowledge and teach you how to prepare delicious and healthy food dishes so you can continue to take care of yourself after your visit to SHA. You will learn in a practical way while our chef places special emphasis on the active ingredients of each food, as well as how it is cooked. A unique experience that will allow you to have fun, learning our culinary secrets together with other guests.

THE CHEF EXPERIENCE*

120min · 275€ per person (minimum 2 people, maximum 6)

A complete, personalised culinary experience carried out live by our Head Chef. In addition to learning how to cook delicious starters, main courses and/or desserts, you'll have the opportunity to taste the dishes made by the chef.



*Upon availability. Please book your desired session 72 hours in advance.

Natural Therapies



The natural therapies and complementary treatments that we offer at SHA are among the most effective and affirmed. Each one has been carefully selected after verifying its effectiveness. The goal is to reactivate our body's regulatory and self-regenerative power, which is often blocked or weakened by inadequate habits. We find integral solutions that strengthen the immune system and enhance the body's own healing and purifying power.

Traditional Chinese Medicine

TRADITIONAL CHINESE MEDICINE CONSULTATION + INITIAL SESSION

45min · 150€

Oriental diagnosis together with Traditional Chinese Medicine session (acupuncture, electromagnetic heat lamp or both, according to the therapist's criteria). The bioenergetic (Chi) movement paths through the body are altered with the gentle insertion of small needles or by the application of localised heat (electromagnetic heat lamp) to rebalance, tone or sedate specific organ functions. Both disciplines have already been recognised and endorsed by the World Health Organization.

ACUPUNCTURE SESSION

30min · 110€

Acupuncture stimulates the body's ability to preserve and regain healthiness through the balance and harmony of our different organs through the correct flow of energy.

STIMULATION WITH CUPPING new

50min · 150€

Traditional Chinese Medicine Therapy that consists of the application of suction cups on the body to eliminate any blood stagnation and stimulate the flow of vital energy (Qi) that circulates through the body, eliminating blockages or imbalances. From the perspective of Western physiology, suction cups relax connective tissue or fascia

and stimulate blood flow to the surface. They also facilitate distension of tissue and improve communication between cells, break down scar tissue and soothe pain.

ELECTROMAGNETIC HEAT LAMP

25min · 100€

The application of localised heat at the different acupuncture points allows us to improve and regulate the body's energy circulation through the meridians, eliminate internal cold and alleviate common ailments of the musculoskeletal system. At SHA we use a special electromagnetic spectrum (TDP) lamp, which provides highly pleasant and beneficial heat for the body.

LASER-ACUPUNCTURE

30min · 130€

Treatment with Laser Needle technology that allows precise irradiation of the laser into the affected tissue, even down to the deepest layers. It is effective for the treatment of muscle injuries and injured tendons. It can also be applied as a complementary treatment to acupuncture or as an alternative in cases of patients who, for various reasons, cannot be treated with the classic needle.

Osteopathy

CONSULTATION AND SESSION

50min · 200€

Osteopathic manipulation consists of a system of practical techniques aimed at relieving pain, restoring functions, and promoting health and wellness. Osteopathy is based on the belief that all body systems work together and are related. Disorders in one system can affect the functioning of others, therefore it is considered a holistic and integrative practice.

CRANIO-SACRAL OSTEOPATHY SESSION

50min · 200€

The cranio-sacral system is made up of the brain and spinal cord, both vital organs in the development of health and well-being. This manual technique, based on the application of gentle movements on the cranial bones, enhances the pumping of the cerebrospinal fluid and helps to detect and correct possible imbalances or blockages that may be the cause of sensory, motor or neurological dysfunctions.

VISCERAL OSTEOPATHY SESSION

50min · 200€

This osteopathy technique is based on the concept that all organs, like any other body part, require stimulation to function properly. Through manual mobilisation, it is possible to reactivate the organs and their interaction, guaranteeing the body's structural balance.

Hydrocolon Therapy

HYDROCOLON THERAPY SESSION*

50min · 160€

Gentle and completely hygienic cleansing of the large intestine with filtered and lukewarm water to eliminate any toxic residue caused by stress, lack of fibre in food and, above all, our unbalanced way of eating. These factors alter intestinal function and contribute to the development of symptoms and / or diseases such as: headaches, arthritis, osteoporosis, joint pain, flatulence, vitamin deficiency, allergies, hypertension, premature ageing, loss of energy, tiredness, depression, lack of concentration, aggression, states of anxiety, low defences, skin conditions and many others. This treatment represents a true intestinal rehabilitation, as it regulates peristaltic movements and improves the flora balance of the intestine.

*This treatment requires a prior Treatment Validation Consultation.



Energetic Health

ENERGY HEALTH ASSESSMENT

150€

Using scientific measuring of the electromagnetic field, the body's energetic health status is evaluated, emphasising the causes of imbalances and suggesting therapeutic strategies to hone them. To do this, we use state-of-the-art technology that allows us to produce graphs showing their current state and detect improvement areas.

TREATMENTS

FAR INFRARED BALANCE new

30min session · 125€ | Pack 3 sessions 350€ | Pack 5 sessions 500€

Treatment that strengthens the weak points detected in the assessment of energy status at the physiological level. It combines two important bioenergetic therapies (Far Infrared Heat with Pulsing Magnetic Fields (PEMF) and Optimal Electromagnetic Balance with Bioresonance), that work with a high level of precision on tackling the most vulnerable health issues, optimising them from an electromagnetic point of view. It allows us to boost health in all areas (physical, emotional and mental) and rebalance the body's self-recovery mechanisms. After an initial assessment, our specialist will recommend the number of sessions according to your particular case, adapting them to the needs of each patient.

FAR INFRARED HEAT "RELAX & ENERGY"

30min session · 100€ | Pack 3 sessions 300€ | Pack 5 sessions 450€

Treatment designed to calm the nervous system and promote cell regeneration. It has a great anti-stress effect and, at the same time, provides an optimal energy recharge at a cellular level. It creates balance in the nervous system, improving general and muscle relaxation, circulation and oxygenation, as well as reducing inflammation and improving sleep quality.

OPTIMAL ELECTROMAGNETIC BALANCE

30min · 100€

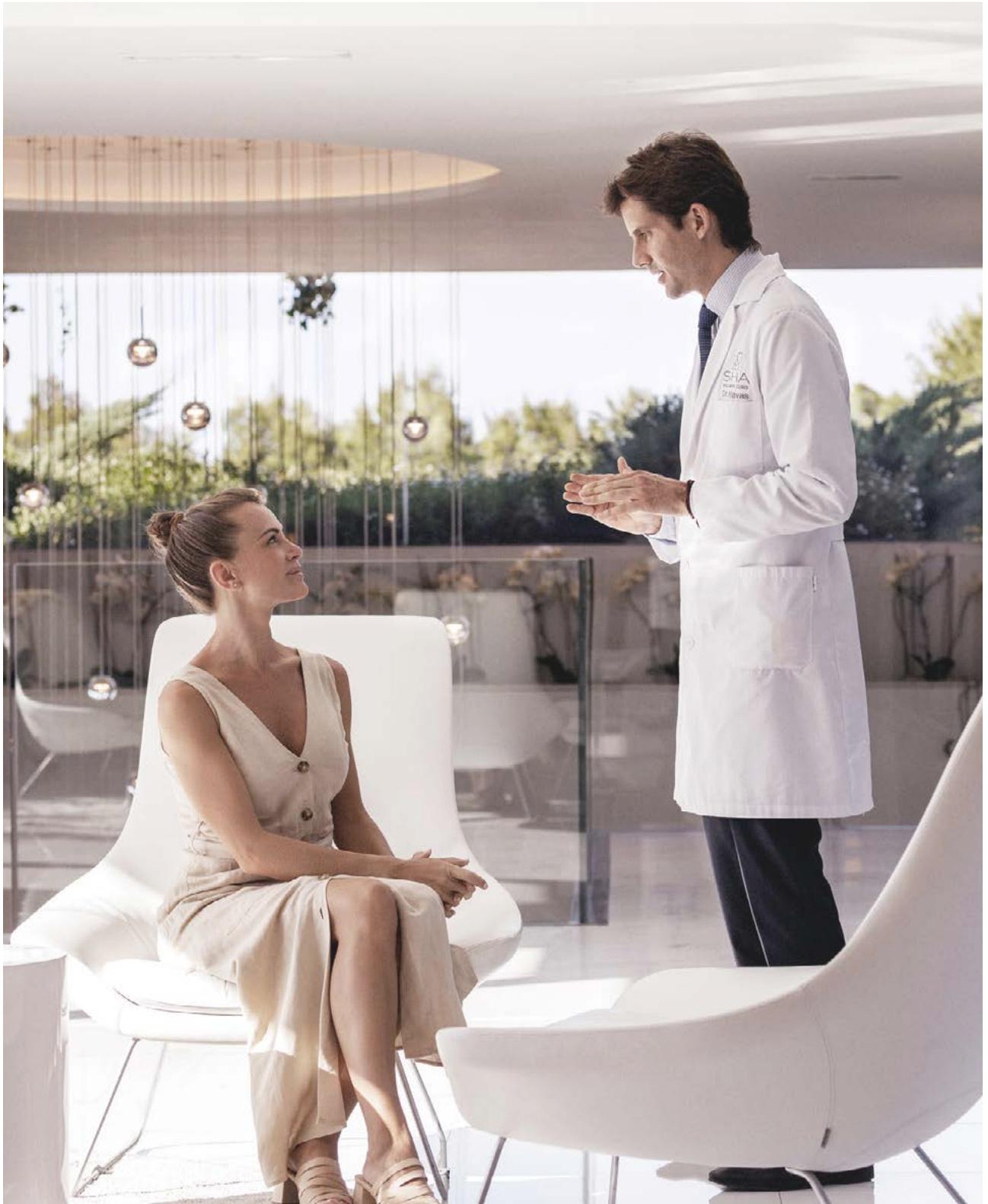
Bioresonance process of great therapeutic efficacy that, through specific frequencies, regulates different illnesses or conditions. Designed to strengthen and/or activate certain metabolic processes. Strengthens the immune system and the adrenal glands, favours vitality, balances the nervous system and, in addition, helps boost various organs, systems and meridians.

BIOELECTRIC NEUROREGULATION

30min · 90€

Treatment based on electrical signals that are applied to specific areas of the skin. It acts on the neural response by stimulating the secretion of key substances to de-colonise problematic points, activating self-recovery mechanisms. It is especially useful in back pain, lower back pain, muscle contractions, disc problems, pain in the musculoskeletal system or stiffness, among others, providing immediate relief for both acute and chronic processes.

Preventive & Healthy Ageing Medicine



Healthy Ageing

The aim of HealthyAgeing medicine is to slow down the cellular degeneration process and reactivate the health potential of each individual. Our objective is not only to prevent or reverse premature ageing after diagnosing its causes, but also to provoke a natural stimulation and reconstruction of the different processes and metabolic systems needed in each particular case. SHA's anti-ageing therapies are designed to allow life to be enjoyed with health and vitality, avoiding the ailments and illnesses that ageing often brings.

HEALTHY AGEING CONSULTATION

200€

Integrative consultation that assesses the state of your health from a multidisciplinary approach: genetic, hormonal, nutritional and / or biochemical, in order to determine which diagnostic tests or treatments are appropriate, as each case dictates, to delay the ageing process and improve the patient's quality of life and wellness.

DIAGNOSTIC TESTS

TELOMERIC LENGTH MEASUREMENT

700€

Evaluation of biological age.

PROFILE OF TOXIC MINERAL ELEMENTS IN HAIR

300€

Very complete profile of mineral elements (nutrients, essential traces and toxic elements).

BRAINSCREEN PROFILE

430€

Study of the main biochemical parameters for optimal working of neurons and the brain itself.

MELISA TEST

Blood test that measures hypersensitivity to metals and other allergens.

Basic Profile

590€ (5 metals)

Full Profile

960€ (15 metals)

SENESCENCE IMMUNE PROFILE

560€

Study of the ageing of the immune system.

MELATONIN BIORHYTHM

520€

Study of the biorhythm of melatonin in saliva to evaluate sleeping problems.

CORTISOL BIORHYTHM

100€

Study of the cortisol biorhythm in saliva in people with possible stress or depression.

COMPLETE FOOD SENSITIVITY TEST

450€

Determination or identification of IgG antibodies to check sensitivity to certain foods.

DAO PROFILE - MIGRAINE TEST

450€

New diagnostic test to measure levels of the DAO enzyme.

ADVANCED HORMONAL PROFILE - WOMEN

800€

Study of hormones in women that play a significant role in ageing.

ADVANCED HORMONE PROFILE - MALE & PH

360€

Study of hormones in men that play a significant role in ageing.

TOTAL ANTIOXIDANT POWER

110€

Measurement of the blood's total antioxidant capacity.

ANTIOXIDANTS AND VITAMINS

265€

Measurement of a wide range of antioxidants and vitamins important for our health.

AM/PM PROFILE

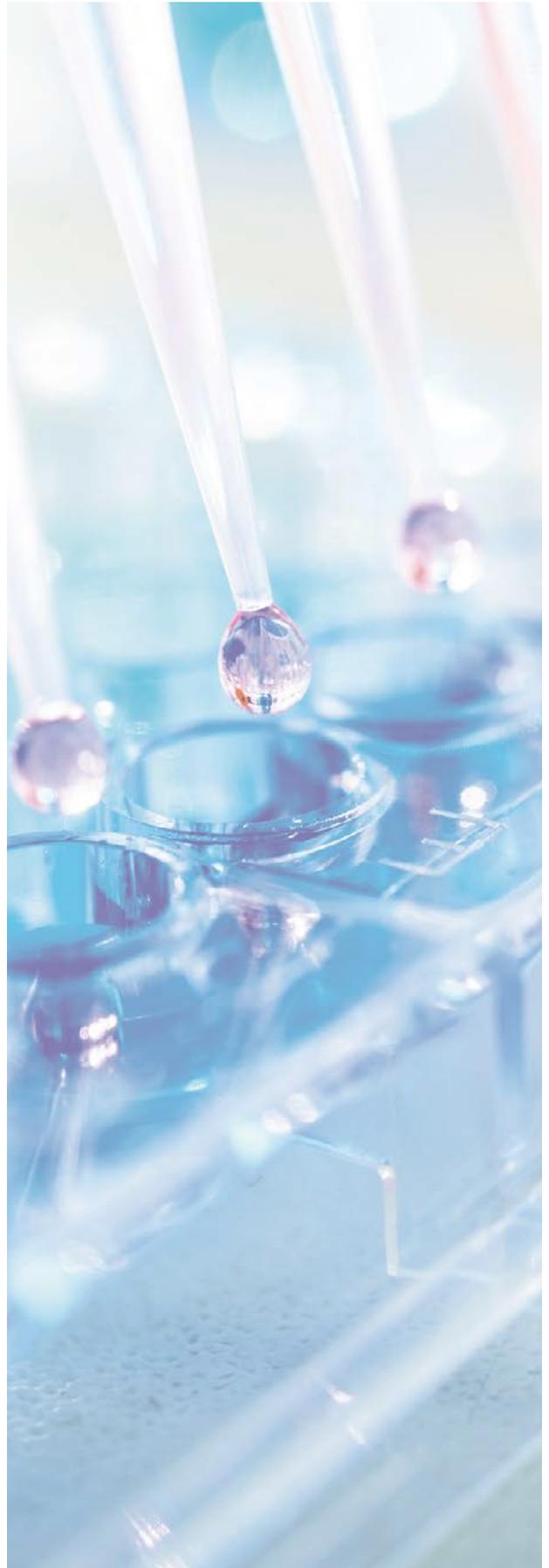
Two simple measurements (in the morning and at night) indicate cortisol and melatonin levels to identify or rule out hormones as the cause of sleep disorders.

AM Profile

160€

PM Profile

160€



Genomic Medicine

We learn more every day about the importance of knowing a person's genome and the invaluable biological information it contains about who we are. It's a gift to know that we can learn to live in harmony with our genes. The difference between that harmony and living against our genes is immense, and it can result in serious illness and an unnecessary negative impact on both our length and quality of life. Although we know some foods are beneficial for all, and equally that there are foods just as harmful, we can refine this knowledge further still by understanding our genome.

Today's Preventive Medicine is based on "predicting to prevent", thanks to the ability to identify the risk of suffering from certain illnesses. Once we are aware of the individual risk of suffering from an illness, and always under the supervision of a specialist, we can take the appropriate and necessary measures to prevent such a situation and advise the patient in a personalised way.

Early treatment and appropriate lifestyle habits allow us to establish prevention guidelines before the appearance of symptoms and undesirable effects. The analysis of genetic test results allows the correct application of Preventive Medicine, helping us live longer and with a better quality of life.

GENOMIC MEDICINE CONSULTATION

200€

Assessment carried out by our specialists in Genomic and Preventive Medicine, who will advise you on which tests are the most suitable and, depending on the results, will recommend guidelines to follow in terms of supplements, diet, medication and lifestyle habits.

DIAGNOSTIC TESTS

At SHA, we have a wide list of genetic tests that allow us to establish early treatments and lifestyle habits that let us foster prevention before the onset of symptoms and unwanted effects. The analysis of the results allows us to apply any necessary treatment on a case-by-case basis.

We have more than 25 different tests, including:

SHA VIP COMPLETE

3.500€

Without a doubt, the most complete, personalised genetic test that includes the analysis of polymorphisms in 86 genes. Reports risks in different areas of pathology, including weight control-obesity, cardiovascular risk, liver detoxification, osteoporosis, emotional health, periodontitis risk and skin quality.

CARDIOGENES

1.450€

Preventive genomic test designed to identify cardiovascular diseases.

NEUROGENES

1.140€

Genomic test that assesses the risk of suffering from the most frequent neurodegenerative diseases in order to put into practice preventive measures.

DETOXGENES

1.220€

Genomic profile that reports the liver's detoxification capacity in order to adapt diet and lifestyle habits, avoiding the risks of toxicity.

FEMGENES

1.350€

Genomic test that measures the risk of breast cancer and/or thrombosis if hormonal therapy is performed during the menopause.

SPORADICGENES

1.350€

Study of polymorphisms in a group of genes that predicts the risk index of developing non-hereditary breast cancer. The goal is to put into practice any necessary preventive measures.

GLOBAL PGX FARMAGEN

1.130€

Evaluation of polymorphisms in the genes involved in the metabolism of most drugs in order to avoid toxic reactions or therapeutic failures through personalised treatment therapy.

TO KEEP IN MIND

In addition to these diagnostic tests, we have a wide catalogue of genetic tests to determine the risks of suffering from different conditions, such as glaucoma, age-related macular degeneration (AMD), osteoporosis, skin ageing, androgenic alopecia, prostate cancer, colorectal carcinoma, periodontitis, gluten intolerance, and type 2 diabetes, amongst others.

This type of test also allows us to identify the most suitable sport based on our resistance or lung capacity, the most appropriate measures to stop smoking, the most recommended diet, the emotional response to stress and adverse situations, the ability to detoxify heavy metals, or to understand individual needs in terms of basic nutrients to avoid deficiencies as a basis for staying in good health.

Do not hesitate to ask our specialists to find out the most suitable genetic tests according to your profile and needs.

GENETIC TESTS**GINEGENES**

4.020€

Hereditary genetic test for breast, ovarian or uterine cancer. Tests 19 genes.

MAMAGENES

3.150€

Hereditary genetic test for breast cancer. Gene sequencing (BRCA1 and BRCA2) with 100% coverage.



Sleep Medicine

Sleep is our body's main reparative process. Sleep disorders such as insomnia, frequent waking, snoring and apnoea are some of the most frequent causes of tiredness and chronic exhaustion. Sleeping little or badly can result in severe adverse consequences, both physically and mentally. It is scientifically proven that there is a relationship between a lack of restorative sleep and sadness, irritability, depression, digestive system disorders, the immune system, early ageing, high blood pressure, increased risk of cardiovascular disease, and problems with concentration and performance, amongst other issues. Getting a better sleep is indispensable.

SLEEP MEDICINE CONSULTATION

160€

Consultation with an expert in sleep problems who, from an integrative approach, seeks to identify the causes that generate the disruptions in the normal rhythms of sleep. Through measurements and the use of specialised technology, the origin of the pathology is determined, applying specific treatments and therapies focused on the gradual reestablishment of the natural sleep cycle. All this in order to achieve a restorative rest and recover the appropriate energy levels for a fuller and healthier life.

NIGHT POLYGRAPHIC DIAGNOSIS

1 Night 250€

A study of sleep characteristics through the use of a polygraph that detects the different variables that influence the initiation (falling asleep) and maintenance of sleep.

CPAP DIAGNOSIS AND TREATMENT

1 Night 295€

A complete examination that allows the detection and rectification of any alteration in the sleep pattern. Through this diagnosis, positive results are obtained in a short period of time.

PSYCHOPHYSIOLOGICAL TEST OF SLEEP AND DAYTIME ACTIVITY new

600€

Psychophysiological factors analysis system that allows us to know the functioning of variables related to sleep and well-being. This analysis helps get short and long-term sleep habits under control, showing a

personalised indicator of their quality and how to improve them. This system measures sleep and daytime activity using sensors that record body signals, including resting heart rate, heart rate variability, body temperature, respiratory rate, and movement. The objective is to determine activity and sleep patterns through different sensors.



Anti-tobacco Medicine

Smoking causes cancer and chronic heart, vascular and lung diseases. Aware of the risks of smoking, many people ask themselves every day how to stop. Yet being able to kick the habit is a major challenge. In our medical unit, we combine different treatments to make sure you leave SHA not only as a non-smoker, but knowing how to overcome situations that may cause a relapse in the future.

ANTI-TOBACCO CONSULTATION

160€

Consultation with a doctor specialised in tobacco addiction, who, in addition to assessing the patient's general state of health, will examine and analyse the consequences that tobacco consumption may have had on the patient's body by means of specific diagnostic tests. Once studied the guest's profile, natural supplementation is prescribed and personalised recommendations are designed according to each case, in order to support the process of readaptation and detoxification. In addition, new life habits are established to overcome tobacco dependence.

COTININE | NICOTINE METABOLITE

40€

Cotinites detect the metabolism of tobacco nicotine in the smoker's body. Their concentration in urine depends on the number of cigarettes consumed per day, and the body's ability to metabolise nicotine. This study is an excellent feedback tool for determining exposure to tobacco smoke, and the effect of nicotine on the patient.

ANTI-TOBACCO COACHING SESSION

170€

Session with one of our expert psychologists, who will guide the patient through the entire process of detachment from the cigarette addiction. With the help of the coach, several areas of work are proposed, in order to achieve the objective in an effective way and in the shortest time possible:

1. The current situation of the smoker is explored by studying his/her history, his/her interactions with the environment, as well as his/her limitations and blockages.
2. Specific achievable objectives are established, according to the needs and level of predisposition of the patient.
3. An action plan is defined to achieve the main objective: to stop smoking. This is done through transformation therapy and new behaviours.



Revitalising Medicine

Revitalising Medicine seeks to restore the balance and functioning of the body and its organs and tissues in order to improve our quality of life. Revitalisation is the process of restoring deteriorated functions, and quickly translates into a feeling of wellbeing and the recovery of both mental and physical abilities. There are several therapies involved in this process, including ozone therapy and serum therapy, as well as cell bioanalysis, intravenous laser therapy, and chelation therapy, amongst others.

OZONE THERAPY

Session 180€ | Pack 5 sessions 750€

Session ozone + serum 300€ | Pack 5 sessions 1.275€

Treatment that provides vitality, energy and a great feeling of well-being while rejuvenating the body, improving the immune system and providing multiple health benefits. It consists of the introduction of ozone to the body (either intramuscularly, intravenously or rectally) and stands out for its antioxidant, oxygenating, revitalising, regenerating and immunomodulating power and benefits, providing positive effects that last over time.

The intramuscular application is recommended to activate your immune system, treat allergies, acne, infections, problems with blood circulation, chronic degenerative, acute or chronic diseases. At an intestinal level, it has a disinfecting, local anti-inflammatory and restorative effect on the microbial balance.

The intravenous application is especially recommended for those people who are experiencing stressful situations or exposed to too much physical or mental strain. Due to its incomparable usefulness for treating oxidative stress and the additional oxygenation it generates in the tissues, it is a therapy with anti-ageing effects.



SERUM THERAPY

Session 180€

Session serum + ozone 300€

Supplement on ozone therapy included in the program 150€

This therapy consists of the intravenous application of a personalised combination of bioregulatory substances, vitamins and minerals. Especially recommended for those who want to quickly and effectively recover their biological balance and well-being with the lowest possible level of toxicity.

INTRAVENOUS VITAMIN C MEGADOSE new

300€

Vitamin C is an essential nutrient for humans that plays an important role in the working of the immune system, tissue repair through collagen production, and antioxidant protection. This therapy involves the slow intravenous infusion of vitamin C at doses higher than the recommended daily amount, in order to modulate any type of inflammation while regulating oxidative stress with its powerful antiviral action. Additionally, its application can have an important preventive and therapeutic benefit for a wide range of conditions (infections, chronic degenerative diseases and early ageing), improving health and general well-being.



CELLULAR BIOANALYSIS

300€

This consists of the live test of a drop of blood through a dark field microscope. Thanks to this technique, the internal environment can be observed and a wide range of cellular disorders that could, in the future, lead to chronic or degenerative diseases can be detected. It also allows monitoring of the effectiveness of treatments being taken.

INTRAVENOUS LASER THERAPY

400€

Cutting edge therapeutic method based on the direct introduction of intravenous light to the bloodstream. This process provides numerous positive effects on the body (increased energy, reduced pain and inflammation, improved mood and sleep, regulation of the endocrine system) to achieve optimal overall performance. Additionally, the combination of different wavelengths means the therapy can be adapted to the needs of each individual.

CHELATION THERAPY new

500€

Medical treatment used to remove heavy metals from the body, such as lead, mercury, aluminium, arsenic and cadmium, which represent a major health problem because the human body cannot break them down, causing them to build up to toxic levels and interfere with normal working of the body. It also acts as a powerful anti-ageing tool.

Regenerative Medicine

Regenerative Medicine is a scientific discipline that works, principally, on the prevention of diseases, as well as to regenerate tissues damaged by old age or trauma and to help prepare organs for transplants. Its main objective is to repair damaged tissues utilising mechanisms similar to those the body itself naturally uses to renew cells.

REGENERATIVE MEDICINE CONSULTATION

160€

Consultation session with our expert in regenerative medicine, who will explain in detail the present and future possibilities of neural therapy, autologous plasma and stem cell treatments. At SHA we have the most pioneering, forward-thinking treatments, such as:

- Intraarticular treatments.
- Systemic treatment (metabolic diseases).
- Treatment of nervous system diseases.

NEURAL THERAPY (Infiltrations with procaine and medications)

200€

A bioregulatory therapy through which the irritant foci or interfering fields of the organism can be treated. This is done through injections of micro-doses of substances, mainly local anaesthetics to these irritant foci, it is possible to restore the affected cells to their full functionality, soothing inflammation and reducing pain.

MICROIMMUNOTHERAPY CONSULTATION

200€

Advanced diagnoses are performed, including basic analyses of the status of the cellular and humoral immune systems, along with complete lymphocyte and senescence profiles. The objective is to assess the degree of activity or deterioration of the system, as well as the level of ageing. Immunomodulation treatments are prescribed in:

Primary, acquired immunodeficiency (HIV/AIDS) or chemotherapy and radiotherapy.

Secondary disorders caused by immunosuppressive drugs.

Autoimmunity: lupus, rheumatoid arthritis, sclerosis, etc. Hypersensitivity system responses: allergies, asthma, etc.

AUTOLOGOUS PLASMA THERAPY

Procedure consisting of the use of growth factors derived from autologous platelet-rich plasma (from the same patient) for subdermal or intra-articular application in the treatment of chronic degenerative or strain-related diseases.

Anti-Ageing Treatment (non-facial or aesthetic)

400€

Intraarticular Treatment (one joint)

1.000€

Extra joint

600€

STEM CELL THERAPY

Treatment based on the use of stem cells from the patient's own fat, bone marrow, skin, or other tissues, as well as the incorporation of novel treatments with ultra-filtered cells and other related molecules. All this as part of our new generation of regenerative medicine treatments.

Basic Anti-Ageing treatment in a single area

(face, scalp, etc.)

5.900€

Basic Orthopaedic Treatment (one joint)

5.900€

Systemic Treatment and Immunomodulation

5.900€

Extra Treatment

2.300€

Treatment with Autologous Micro-grafts and Cellular Ultrafiltrates

3.500€

Treatment for Erectile Dysfunction

5.900€

Treatment with Bone Marrow Stem Cells new

6.700€

Dental Health

You can make the most of your stay at SHA to return home with healthier and/or more beautiful teeth. Our Dental Health and Aesthetics unit uses the most advanced, world-leading techniques to take care of your oral health and offer you effective results in just one session.

DIGITAL IMAGING DIAGNOSIS

A complementary digital imaging technique that let us explore detailed images of your teeth, which allows for an in-depth diagnosis of any condition, and, as a result, set up the most appropriate procedures and treatments for your particular needs.

ODONTOLOGY

Our team of experts from a wide range of dentistry fields and dental aesthetics is prepared to treat and resolve all types of issues in the shortest possible time, staying true to all principles and philosophy of SHA related to the comprehensive care of people and to achieve the best results through a minimal amount of invasive action.

- **Advanced technology in dentistry and dental aesthetics.**
- **Wide portfolio of services:** whitening, fillings and comprehensive dental prophylaxis, implants, prosthetics (without metal) and dental surgery.
- **Latest generation equipment** in radiology and implantology.

All of these factors enable us to optimise time and achieve very noticeable results in just a few days.



More Medical Specialities

BIOLOGICAL MEDICINE CONSULTATION

220€

Biological and Anti-homotoxic Medicine takes the whole body into consideration when testing, taking into account all the data provided from conventional medicine and looking at the relationships between organs, tissues and emotions. Its goal is to stimulate the self-healing capacity of our body for the prevention and treatment of diseases, modifying lifestyle habits, diet, etc. The goal is for the body's own defences to work properly again.

CARDIOLOGY CONSULTATION

300€

Assessment of the state of your heart, including an electrocardiogram and an ultrasound to measure the state of your heart valves and general functioning.

TRAUMA AND SPINAL TREATMENTS CONSULTATION

200€

Assessment of spinal diseases to determine the most appropriate treatment according to the type of condition or malaise.

Infiltration of 4 zones with ozone

500€

Infiltration of more than 4 zones with ozone

700€

Infiltration of 4 zones with collagen

500€

Infiltration of more than 4 zones with collagen

700€

Infiltration with Noltrex

900€

PSYCHIATRY CONSULTATION

300€

During the consultation with our expert in Psychiatry, a complete assessment of the patient is carried out in order to investigate the possible causes of the behavioural or addictive problem, exploring the presence of psychic symptoms associated with this pathology and studying

the current and future repercussions. All this allows a diagnostic approach to be made, in order to offer the most appropriate therapy, such as psychotherapy, psycho-education or, ultimately, specific pharmacological treatment, depending on the case.

UROLOGY AND ANDROLOGY CONSULTATION

300€

Consultation with the specialist, who make a complete urological study, including the highly important prostate check-up, to diagnose and treat problems related to the urinary system.

GYNAECOLOGY CONSULTATION

300€

Consultation with the specialist, who make a complete gynaecological review including smear test, gynaecological ultrasound and breast check-up.



General Medical Services

CONSULTATIONS

GENERAL MEDICINE CONSULTATION

160€

Complete assessment of the state of your health, giving special emphasis to those aspects that could benefit from our treatments and services. It is combined with a physical check-up.

TREATMENT VALIDATION CONSULTATION

80€

Essential medical review to be able to carry out certain treatments that require professional validation. This is absolutely necessary for those who have not already purchased and undergone a General Medicine Consultation.

GENERAL HEALTH EXAMINATION

100€

Consultation carried out by a nurse which involves conducting a series of tests to collect relevant information about the current state of your health.

NIGHT MEDICAL ASSISTANCE OR EMERGENCY

200€

DIAGNOSTIC

MAGNETIC RESONANCE

1 area 450€ | 2 areas 650€ | 3 areas 800€

Non-invasive technology that allows for a detailed and localised diagnosis of the patient's condition without the use of radiation. SHA's open resonance imaging equipment provides greater comfort compared to traditional closed MRIs, reducing the feeling of claustrophobia and anxiety.

ELECTROCARDIOGRAM

80€

The electrocardiogram (ECG or EKG) graphically represents the electrical activity of the heart so it can be interpreted by your doctor. The ECG provides useful information when interpreting chest discomfort or pain.

CAROTID ULTRASOUND

240€

Ultrasonic test that measures the thickness of the atheroma plaque deposited inside the carotid arteries. It is a risk marker for the degree of severity of arteriosclerotic disease and is essential for assessing cardiovascular risk factors.

THYROID ULTRASOUND* new

240€

Assessment of the thyroid gland responsible for metabolism and body temperature. Especially recommended in cases of personal or family history of thyroid disease and in cases of unexplained weight loss or gain.

LIVER ULTRASOUND*

240€

Assessment of the liver, gallbladder, and pancreas. Especially recommended in cases of abuse in the consumption of alcohol, the use of hepatotoxic drugs and a personal or family history of liver disease.

*Painless, needle-free, physical effort and radiation-free test using ultrasound. The results are delivered on the spot.

UROLOGICAL ULTRASOUND

240€

Ultrasound study of the urological system with special focus on the prostate to rule out possible pathologies.

NECK DOPPLER ULTRASOUND (CAROTID)* new

240€

Study that quantifies the amount of cholesterol in the wall of the neck arteries (carotids) that run from the heart to the brain, as well as the presence of possible thrombi. Especially recommended for those with high cholesterol, smokers and people with a personal or family history of cardiovascular events such as strokes and / or myocardial infarction.

LOWER LIMB ARTERIAL DOPPLER ULTRASOUND* new

240€

Assessment of the arteries in the lower limbs that maps the presence of possible thrombi that may have formed with the consequent loss of blood supply that causes coldness, changes in colour, pain and difficulty in walking in the legs and / or feet.

VENOUS DOPPLER ULTRASOUND OF LOWER LIMBS* new

240€

Assessment of the veins of the lower limbs that visualises the presence of possible thrombi and collateral circulation that may have formed in the venous network. It is recommended for people with varicosities, especially in women with a personal or family history of peripheral vascular disease, use of contraceptives, or non-bioidentical hormone replacement therapy or inherited blood coagulation defects.

BONE ECHO-DENSITOMETRY*

240€

Evaluation of the mineral density of the bones. Tests for the presence of osteopenia or osteoporosis and quantifies the risk of fracture associated with them. It is especially recommended in women immediately before, during and after menopause, when the risk of osteoporosis is greater.



*Painless, needle-free, physical effort and radiation-free test using ultrasound. The results are delivered on the spot.

SPIROMETRY

80€

Assessment of the state of lung function. Especially recommended for smokers to measure the degree of injury potentially sustained.

HOLTER BLOOD PRESSURE MONITOR

240€

System that registers, in a programmed and frequent way, heart rates during the course of 24-48h. A blood pressure map is obtained and assessed by a specialist to determine the state of your cardiac health.

LABORATORY TESTS

At SHA, we have a wide range of clinical laboratory tests to predict and diagnose various conditions or monitor regular health indicators. These include:

Blood Test

230€

Biochemical study to determine your current state of health.

Metabolic System new

880€

Analytical test that lets us know which metabolic processes are not working correctly, anticipating the onset of conditions and allowing for preventive action to be taken.

OncoPredictor

950€

Genetic test that, through a saliva sample, allows for the identification of tumour markers and prediction of possible conditions.

Intestinal Dysbiosis Test

750€

Test that lets us identify imbalances in the intestinal flora in order to regain optimum digestive function.

Stress Resilience Test* new

150€

Assessment of the impact of stress on circulation and respiration, which also determines the rigidity of blood vessels. It is especially recommended in people subjected to physical and / or mental stress who want to know with numerical accuracy the degree of resilience to stress and the predominant type of neurovegetative response, as well as the degree of elasticity of blood vessels and their cholesterol content.

*Painless, needle-free, physical effort and radiation-free test using ultrasound. The results are delivered on the spot.

For more information on other laboratory tests not listed in this catalogue, please contact our medical team.

TREATMENTS

LUNG DETOX NEBULISATION

30min · 200€

Treatment recommended for smoking patients with chronic bronchitis, emphysema or other respiratory tract conditions through use of bronchial nebulisation with N-acetylcysteine, oxygen and ipratropium.

INTRAVENOUS HEPATIC DETOX

45min · 300€

Intravenous treatment that enhances the cleansing processes of the liver in order to promote a natural elimination of toxins that have built up in the body. Recommended for people with bad eating habits, who abuse alcohol, consume other toxins or suffer from liver conditions.

VIRILE REJUVENATION

WITH SHOCK WAVES new

400€

Treatment used to improve the poor performance of erectile function. This technique, although not insensitive, is painless and is performed in various protocols (continuous or intermittent) of sessions of about 15 minutes in duration. Low-intensity radial waves are applied that penetrate (up to 40 mm) directly through the surface in question, causing a tilting microtrauma that improves circulation and generates new blood vessels. It is only contraindicated in case of anticoagulant treatment.

ANTI-JETLAG PHOTOTHERAPY new

100€

Technique that uses an electromagnetic spectrum lamp that emits visible light (without generating heat or burns) and that blocks the unnecessary production of melatonin. This completely harmless and relaxing light therapy is applied directly to the (closed) eyes up to the pineal gland. For more effective results, it should be applied at an early time, between 7.00 and 10.00 in the morning. A half-hour session of one to three days is enough to readjust the cerebral chronometer. It is only contraindicated in cases of retinopathy or porphyria (hypersensitivity to light).

BIOPTRON

30min · 100€ | 60min · 150€

Procedure for blocking the pineal gland through polarised light. Accelerates and boosts the healing of injuries, soothes pain, strengthens the immune system and reduces the effects of Seasonal Affective Disorder (SAD).

CUTANEOUS PHOTO-BIOSTIMULATION new

30min · 100€ | 60min · 150€

Treatment that is mainly applied in case of skin diseases where infection associated with inflammatory phenomena predominates. It is used by applying light at the appropriate distance and on skin lesions in daily sessions lasting half an hour per area to be treated. It is only contraindicated in retinopathy or porphyria (hypersensitivity to light).

INTRAVENOUS IRON THERAPY

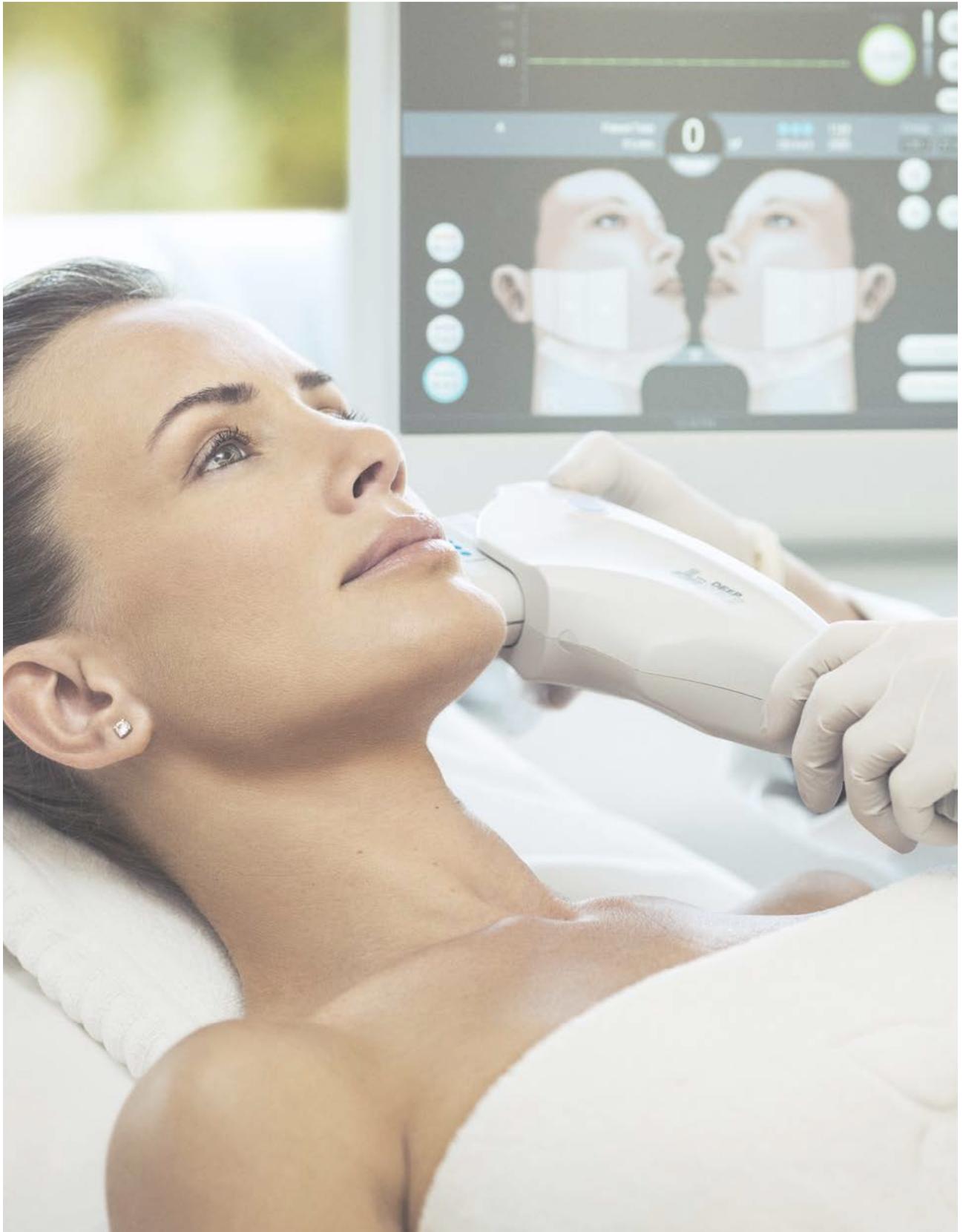
30min · 200€

Procedure consisting of parenteral application of iron, cyanocobalamin and folic acid in patients with anaemia that has been caused by a lack of iron, vitamins or poor diet.

TO KEEP IN MIND

All our medical treatments, including laboratory tests, must be prescribed by attending a medical consultation.

Advanced Aesthetic Beauty



At SHA, we believe that physical appearance plays an important role in achieving balance between body and mind, feeling good about yourself, and gaining confidence. To this end, we have units specialising in Hair Health, Dental Health, and Derma Aesthetic Medicine, as well as a wide range of aesthetic and beauty treatments, with the most advanced manual and technological procedures, and experts with extensive experience. The treatments are non-invasive yet capable of notably rejuvenating physical appearance, as well as delaying signs of ageing and enhancing the body's natural beauty.

Dermaesthetic Medicine

Composed of internationally renowned specialists, the SHA Derma Aesthetics Unit perfectly combines advanced manual techniques and non-invasive technology with a simple and fast procedure based on an initial medical assessment, diagnosis and action.

This allows for excellent results and immediate return to your normal activity, regardless of the ailment being treated: flaccidity, localised fat, wrinkles, skin spots, lack of luminosity, injuries, or hair problems.

Body assessment evaluates the skin's general condition and quality, detecting localised areas of fat and recommending the best treatments to eliminate them. It also highlights loose skin on the arms, legs, abdomen and buttocks created by weight gain or weight loss, so that specific treatments can be offered.

The dermaesthetic consultation includes a complete aesthetic assessment to identify and suggest treatments that best suit your needs, from the wide range that SHA offers.

CONSULTATION WITH DERMAESTHETIC SPECIALIST

150€

The consultation with a doctor specialising in dermaesthetic medicine includes a comprehensive two-phase analysis of both face and body, guided by the doctor's extensive professional experience and the most innovative diagnostic tools and the latest technology.

Facial scanner used to provide a comprehensive analysis of the patient's facial expression and skin, it gives an accurate biological age for the dermis, assesses pigmentation type and reddening of the underlying skin as well as collagen and elastin levels. It also assesses the type and number of wrinkles as well as the volume and proportions of the face, which is useful when deciding which dermaesthetic techniques to use.

DERMAESTHETIC TREATMENTS

FACIAL TREATMENTS

- Revitalising mesotherapy facial treatments for face, hands, neck and neckline, using hyaluronic acid and biomimetic peptides, depending on the case.
- Firming facial treatment using Radiesse, thread lifts or Restylane.
- LipRefresh - Lip rejuvenation.
- Platelet-rich plasma.
- Smoothing fine lines, crow's feet and wrinkles on the cheeks and temples. (Juvederm, RX Teoxane).
- Treatment of expression lines using botulinum toxin.

FACIAL TREATMENTS WITH TECHNOLOGICAL TOOLS

Intense Pulsed Light (IPL)

Used to treat thread veins, pigmentation and for laser hair removal.

Ultherapy

Highly focused ultrasound treatment used to lift the skin, acting as a natural face lift for the face, neck and neckline. Offered as a non-invasive, annual treatment, it helps to stimulate collagen.

Dual Fraxel Laser

Treatment with micro fractional laser to eliminate sun damage.

Clear & Brilliant

Treatment using micro fractional laser to close pores and improve the texture and brightness of the skin, and all with no recovery time.

Thermage

Radio-frequency treatment that provides a natural, non-invasive facelift.

Four Seasons Bioestimulation

Uses an innovative anti-ageing method which gives immediate revitalising effects at any time of year, even in months when there is greater sun exposure.



BODY TREATMENTS

Mesotherapy Body Treatment

For lymphatic drainage and to act on localised fat.

BODY TREATMENTS USING TECHNOLOGICAL TOOLS

Thermage CPT

A treatment for loose skin on the abdomen, arms, legs, buttocks and knees.

Liposonix

A treatment that eliminates localised fat on the waist, abdomen, thighs, "saddlebags" and knees, helping you to lose inches without the need for surgery.

Dual Fraxel Laser

Treatment for sun damaged skin and scarring.

CRYO Slim new

Treatment that reduces weight and volume in specific areas of the body. It also improves the texture and appearance of the skin. Cryotherapy stimulates the muscles, oxygenating the cells and firming the tissues.

Female Intimate Rejuvenation (Intima CO₂RE)

Non-surgical genital rejuvenation using lasers, it prevents infections, improves the pelvic floor and reduces urinary incontinence. Advanced technology for a complete recovery of intimate feminine hygiene.

If you would like more information about treatments and prices, please ask our specialist doctor.

Capillary Health

The objective is to analyse the profile of each guest and make a corresponding and proper diagnosis, counting on a range of possible procedures to strengthen the hair and stop hair loss, as well as the most advanced hair transplant techniques.

DIAGNOSIS

During the session, our experts use Tricosan technology to conduct a complete study of the health of the patient's hair, analysing not only the current state of the hair but also possible future haircare needs.

MEDICAL TREATMENTS FOR HAIR

HAIR STRENGTHENING MESOTHERAPY

320€

A cocktail of vitamins and ingredients proven to prevent male pattern baldness are injected into the scalp to stimulate tissue regeneration and the growth of hair follicles.

CAPILLARY GROWTH FACTORS THERAPY

380€

Blood rich in platelets, bioactive proteins and growth factor is injected into the scalp.

HAIR TRANSPLANT

The manual mechanised transplant technique that we use at SHA allows us to extract hair from the entire donation area on the head and use maximum 0.8 mm incisions when extracting follicles. After careful preparation under the microscope the follicles are implanted using micro incisions.

This technique is known as FUE (follicular unit extraction or individual follicular extraction) and the follicles are implanted without the need for stitches in a non-invasive procedure. It is agreed to be the most advanced hair

transplant technique, implanting each hair individually and leaving only a small incision that does not require stitches and heals by itself without scarring.

The grafts taken from the back and sides of the head have hormonal receptors which are not affected by enzyme hyperactivity, meaning that once they are implanted in other areas they do not fall out and continue growing normally.

This procedure takes between 7 and 8 hours and costs can range from €4,000 - €13,000 depending on the number of follicles transplanted.

Up to 1,200 follicles

7€ each

Up to 2,000 follicles

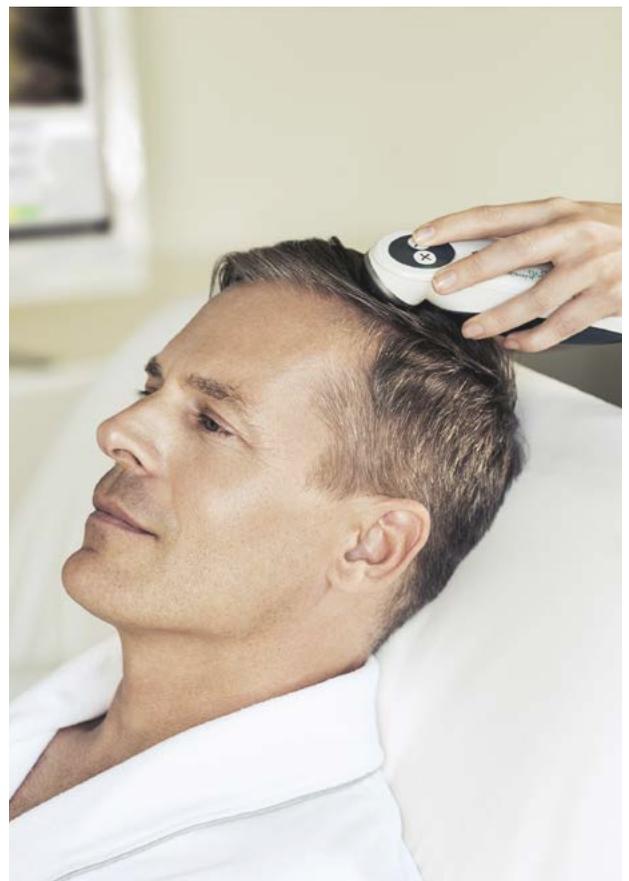
6€ each

More than 2,000 follicles

5€ each

Using NONSHAVEN technology

11€ each



Dental Aesthetics

At SHA, we take care of your smile: not only to make it healthy, but to make it shine too. We have specialised treatments and the latest technology that allow us to achieve an aesthetic smile and perfect alignment.

TREATMENTS

DSD - Digital Smile Design new

A minimally invasive cosmetic treatment that improves the patient's smile using personalised design and the application of veneers and the latest biocompatible cosmetic materials. Before creating the digital design with 3D CAD CAM digital technology, we conduct a facial and dental analysis and assess the emotional issues involved, creating a natural smile that fits the morphological features of the patient's face.

SHA Comprehensive Cleaning. Includes air-powered polish with flash pearls, leaving the enamel perfectly clean, smooth and blemish free.

SHA Dental Analysis. X-ray/visiograph.

SDI Pola Office Whitening System (Advanced Tooth Brightening System). It can be applied up to 4 times in the same session, and does not damage the tooth enamel.

Complete Oral Rehabilitation Treatments. Radical makeover in terms of both aesthetics and function in record time.

Surgical options. Computer-aided dental implant surgery, lateral window or impaction sinus lift, Platelet-Rich Plasma (PRP), autologous bone implant and extraction of impacted third molars.

Dental Ozone Therapy new

Periodontal treatments and surgeries.

Complete Oral Rehabilitation. Zirconia or porcelain fixed prostheses in just two weeks.



All our treatments can be performed under conscious sedation. If you are interested in any of the dental services available, please ask our staff.

Facial & Body High-Tech Treatments

When it comes to external beauty, both internal and external care is essential to stay healthy and radiant. At SHA, we offer specialised – and non-invasive – treatments that enhance the natural beauty of both skin and hair, slowing the ageing process, and providing shine, youth and radiance.

SPECIALIST TREATMENTS

VELA SHAPE

25min · 350€ (1 area) | 50min · 595€ (2 areas)

Painless and non-invasive procedure using radio frequency, infra-red light and vacuum therapy which reduces fatty deposits specific areas like the thighs, buttocks, waist and abdomen. It also reduces cellulite and can even take inches off the thighs.

INDIBA TECHNOLOGY AND ITS DIFFERENT USES

Indiba Facial or Body Treatment

50min · 180€ | Pack 5 sessions 800€

Non-invasive radio-frequency treatment used to stimulate cell regrowth and revitalisation, oxygenating, hydrating and firming the skin. We use patented 448 kHz frequency to create the following biological effects: bio-stimulation to activate cell repair, vein treatment to increase blood flow to the tissues and hyperactivation to stimulate metabolic processes and cell activity.

Indiba Detox

75min · 250€

This treatment is ideal for liquid retention, eliminating swelling on the face and body and reinvigorating the tissues. It also brightens the skin and increases energy.

Indiba Well-Ageing

75min · 250€

An exclusive session which works to balance the body's energy points, especially those areas affected by the natural ageing process including the face and neck. Its excellent results are a result of Indiba technology which balances and energises the cells as well as helping to improve bone health and the collagen in the skin.

ELECTRIC LYMPHATIC DRAINAGE

50min · 180€ | Pack 5 sessions 800€

An innovative treatment to combat the build-up of toxins in the body, ideal as part of a detox or weight loss program. The electrical impulses boost the natural workings of the lymphatic system, stimulating the metabolism and reducing excess volume caused by water retention.

ICOONE BODY TREATMENT

50min · 180€ | Pack 5 sessions 800€

A treatment combining massage and LED energy with thermal effects produced by the laser. The perfect option if you want to restore your skin's natural shine and elasticity. Improves the appearance of post-surgical scars and stretch marks. It also helps to prevent loose skin resulting from rapid weight loss. We recommend at least one treatment per week with a maximum of one treatment per day.

CRYOTHERAPY*

10min · 90€ | Pack 5 sessions 400€

This treatment involves exposing the body to very low temperatures (between -110° C and -196° C) for short periods of time (180 seconds) using evaporated liquid nitrogen in a controlled environment. Extreme cold is used to induce a reaction in the body in circulatory, muscular and neuroendocrine terms. The aim is to create an anti-inflammatory, analgesic effect and stimulate and activate the immune system. It helps reduce feelings of pain and tiredness, helps to relax the muscles and improves circulation.

*A consultation/assessment is required before undergoing this treatment

DERMIO CARE®

20min · 70€

The skin is the largest organ in the body and during the detox process may undergo drastic changes such as out-breaks of spots. This treatment with facial ions is the perfect complement to anti-ageing or detox programmes as it helps to eliminate toxins and restores skin cells and the skin's natural glow. We recommend this treatment in conjunction with pressotherapy.

PRESSOTHERAPY

20min · 70€

A beauty treatment that promotes lymphatic drainage by applying air pressure from the feet up to the abdominal area. The alternating compression and decompression improve the circulation reducing vein issues and relieving tired or heavy legs.

Even quicker results can be achieved by combining the treatment with good nutrition and exercise. The treatment also helps to eliminate the excess liquid, fat and toxins which lead to cellulite, swelling, lymphoedema and problems such as varicose veins.

ADD-ON Pressotherapy + Dermio Care®

100€

You can boost the results of lymphatic drainage and elimination of toxins by complementing the Pressotherapy treatment with a Dermiocare session.

**FACIAL TREATMENTS****B-SKIN SHA METHOD** new signature

900€

Facial cure composed of different facial treatments that adapt and adjust to the condition of your skin, through different active ingredients, in the highest possible concentrations, avoiding any element that could produce adverse reactions in it. The aim is to achieve a younger, more radiant and flawless skin.

Day 1: Analysis, deep cleansing and hydration (50 min).

Day 2: Skin Evolution personalised conditioning ritual (50 min).

Day 3: Skin Evolution personalised conditioning ritual (75 min).

Day 4: Bespoke SHA Skin Cure (75 min).

BESPOKE SHA SKIN CURE signature

50min · 205€

One of our most exclusive personalised treatments that, through a special selection of natural and biological products, achieves immediate and visible effects. It cleans, purifies, exfoliates and balances the pH of the skin, providing vitality, hydration, oxygenation, elasticity, protection and repair of the tissues, to give a younger and more radiant appearance to the skin.

RED CARPET FACIAL

75min · 250€

A facial treatment that is popular with celebrities to ensure impeccable skin. The formula consists of an exfoliating combination of amino acids, plant extracts and rose quartz, applied as part of an invigorating massage. It reduces hyperpigmentation and promotes cell regeneration, and firm, supple skin.

EXFOLIATING CLEAR SKIN

50min · 180€

An advanced facial treatment recommended for greasy, clogged skin that is prone to imperfections and other issues. As well as its rejuvenating and revitalising effect, the ingredients (based on hyaluronic acid, aloe vera, and natural extracts) purify and oxygenate the tissues. Calms and nourishes the skin.

FACIAL HONEY ENZYME

50min · 180€

A treatment based on honey, various antioxidant vitamins and tri-active peeling which regenerates and nourishes the skin. It can be applied to all skin types although it is especially recommended for dry and dehydrated skin.

PURIFYING SAHO RITUAL

75min · 225€

A deep cleansing facial treatment inspired by Japanese rituals and divided into two steps. The first step involves cleaning the face of all oily residue such as makeup and grease and the second step eliminates any watery impurities such as dead skin cells. The perfect detox ritual.

DEEP HYDRATION SAHO RITUAL

75min · 225€

A calming elixir made of eight essential amino acids which nourish and stimulate the skin, creating an immediate hydrating effect. The antioxidants and organic pigments used in this ritual work together to combat dry skin. Recommended for dry, dehydrated, tight or delicate skin.

FIRMING SAHO RITUAL

75min · 225€

A high concentration of antioxidants and firming ingredients (such as triple collagen, coenzyme Q10, amino acids and silk tree extract) creates the perfect combination for firmer skin. This ritual smooths expression lines and wrinkles as well as giving the skin a healthy glow.

FACIAL TREATMENTS COMBINED WITH THE LATEST TECHNOLOGY

AGELESS YOUTH

90min · 300€

A revolutionary anti-ageing facial treatment designed to rejuvenate all skin types thanks to the perfect combination of the main ingredients in the innovative Youth line by iSClinical and Indiba technology. Ageless youth cleans, tightens and firms the skin while also reducing wrinkles and expression lines and promoting cell regeneration.

SAKURA FACIAL REGENERATION

75min · 275€

The perfect combination of Indiba treatment and organic extracts. Following a muscle memory study, energy is applied to the cells to create a more youthful appearance and give the face a natural glow. The key ingredient of this ritual is extract from the legendary Sakura tree, sometimes known as the Japanese cherry tree.

Its benefits include the ability to repair genetic damage caused by exposure to UV rays and to increase levels of carnitine which encourages skin regeneration.

BDR FACIAL

45min · 160€ (deep cleansing and exfoliation)

75min · 220€ (anti-ageing)

A revolutionary treatment that uses special needles to painlessly micro perforate the top layers of the epidermis to create micro channels to conduct energy through to the deepest layers of the skin. This allows the active ingredients to be absorbed directly. A facial with a lifting and rejuvenating effect.

DETOX FACIAL

75min · 190€

Facial lymphatic drainage applied using glass suction cups, followed by a face massage, a personalised regenerating face mask on the less firm parts of the skin and a session of electro-stimulation focusing on the looser areas of skin. This treatment is like a session in the gym for your face and helps to tone and firm the muscles that support the skin.

Styling

At SHA you can also look after your daily appearance with the wide range of styling services we offer. You can receive personalised advice on any of our services by requesting an appointment with one of our specialists.

HAIRDRESSING

WOMEN

Cut and Styling

short 65€ | medium 75€ | large 95€

Haircut

60€

Lavado y Peinado

short 45€ | medium 75€ | large 85€ | with extensions 100€

Root Retouching

65€

We offer everything from subtle changes that will help to highlight the natural tones in your hair, to covering the first hints of grey, or 180° turnarounds in different tones and textures. Our colour specialists will help you decide on the perfect colour to highlight your natural beauty.

Personalised Colour Treatment

From 125€ to 195€ (balayages, root beer hair, babylights)

MEN

Beard Cutting and/or Shaving

45€

Haircut

55€

Haircutting and Beard Trimming

90€

Haircut and Colour

110€

HAIR TREATMENTS

SHA HAIR TREATMENT

50min · 120€

Excess product tends to build up on the hair, damaging it and slowing its growth, making your hair dull and porous. This ritual includes a refreshing exfoliation of the scalp, followed by our nourishing SHA mask and a scalp massage. The result is better blood flow and increased oxygen supply to the scalp.

PERSONALISED CHRISTOPHE ROBIN RITUALS

Care for, restore and reveal the natural beauty of your hair with exclusive Christophe Robin formulas. Choose from a wide range of products with different properties depending on your needs and what you want to achieve:

Extreme Hydration

50min · 120€

Maximum Volume

25min · 75€

Colour Wash

50min · 120€

Purifying Detox

25min · 75€

OLAPLEX

50min · 120€

An innovative method which permanently reconstructs the parts of the hair that have been damaged by exposure to chemical processes (dyeing, bleaching and so on). This treatment reconstructs 100% of the hair, helping it to recover its strength, structure and density.

ORGANIC STRAIGHTENING*

short 250€ | medium 375€ | large 500€ | extra large 625€

High-precision natural hair straightening for all hair types with 0% formaldehyde or derivatives, for a natural result with extra shine, hydration and strength.

*Consultation with a specialist is required before this treatment.

TANIN RECONSTRUCTION

120min · 230€

The aim of this treatment is to replace the hair's amino acids and keratin to increase strength, reduce volume and add natural shine. Recommended for delicate, sensitive and damaged hair.

CURL RECONSTRUCTION TREATMENT

80min · 150€

This technique restores the hair's natural curl, restructuring, redefining and adding body to the hair fibre. Purifies and hydrates while adding shine and radiance.

BLOND REPAIR SYSTEM

80min · 150€

Balances the hair's natural pH, stopping and preventing possible breakages, split ends and excess elasticity created by alkalinity. Recommended for hair that has been exposed to chemical treatments such as highlights, bleaching and so on.



MICROPIGMENTATION

EYEBROW MICROBLADING*

110min · 750€

Perfect for those looking to increase eyebrow volume in a natural way. A personalised and very accurate technique to modify the colour density of the eyebrows, giving a very natural look. An allergy patch test must be carried out beforehand (24-48hr).

MICROPIGMENTATION*

Semi-permanent makeup which helps to give the following results:

Eyebrows

110min · 850€

Redefines and highlights the shape, giving a natural, lifting effect.

Eyes

110min · 850€

Create a more expressive look, applied in black or blended colour.

Lips

120min · 1.250€

For correcting imperfections and asymmetry or adding volume.

MANICURES AND PEDICURES

Full Manicure

80€

Manicura Shellac

85€

Full Pedicure

90€

Men's Pedicure

90€

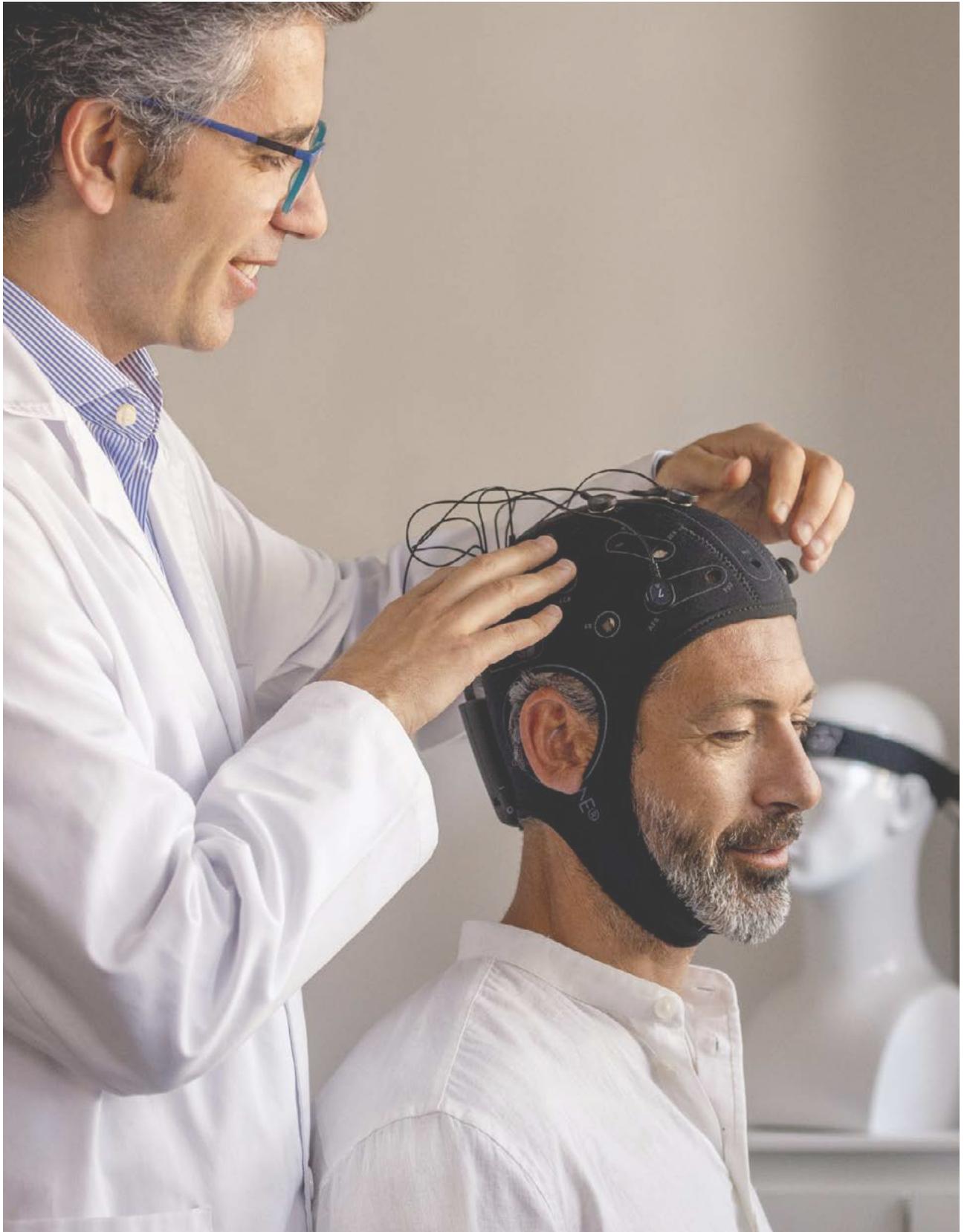
Shellac Pedicure

100€

*Upon availability

Semi-permanent Shellac nails should only be removed by an expert technician to avoid damaging the nail. The cost of this service is €20 and must be booked before any manicure and pedicure service.

Cognitive & Emotional Health



Our goal is for you to enjoy your full potential – not only on a physical level, but on a mental and emotional level too. To this end, our unit at SHA uses a multidisciplinary approach to combine the most validated and current scientific knowledge with the potential of new technologies, allowing us to carry out an evaluation of mental health and a series of exercises and activities aimed at developing the full potential of the mind.

You'll both improve your present situation and be provided with a series of tools and knowledge to strengthen and care for your mental health at home.

Cognitive Development

NEUROCOGNITIVE CONSULTATION

200€

Evaluation of higher mental functions including training on key aspects such as relaxation, concentration and overcoming phobias with the most innovative technology in terms of software and devices. Recommended for improving and optimising intellectual ability and for preventing Alzheimer's.

NEUROFEEDBACK SESSION

50min · 200€

A non-invasive training technique which allows you to identify and access your responses to specific situations to help you learn to adjust and improve those responses. The aim is to develop self-control which will help you to achieve an optimal mental state. Recommended for learning, concentration or memory problems.

BRAIN PHOTOBIO-MODULATION

Session 200€ | Pack 3 sessions 500€ | Pack 5 sessions 800€

An innovative system based on LED lights where different light waves are applied to produce what is known as mitochondrial photo modification for therapeutic ends. The technique uses infra-red

stimulation near the brain which encourages cell repair and brings with it increased energy, significant improvements in general performance and a positive effect on mood, allowing the patient to reduce medication for these issues. Recommended for tiredness, stress, insomnia, depression, anxiety or traumatic brain injury.

TRANSCRANIAL ELECTRICAL STIMULATION

Session 400€ | Pack 3 sessions 1.000€ | Pack 5 sessions 1.500€

This technique uses the neuropriming effect to increase brain plasticity when carrying out an activity and helps to strengthen connections in the brain. This makes it possible to adjust the way specific areas of the brain work through the use of bioelectrical impulses.

This is particularly useful for recovery after stroke and brain injury, as well as pain, depression, tinnitus, migraine, addiction and also as a way to boost cognitive function.

Emotional Health

PSYCHOLOGICAL CONSULTATION

170€

This individual psychology session uses self-help techniques and works to strengthen willpower to help you to manage your emotions, control negative thoughts and solve problems with greater assertiveness, especially at moments of conflict, self-doubt and depression.

EMOTIONAL COACHING SESSION

170€

A consultation with one of our expert psychologists to provide an improvement in your emotional state, allowing you to enjoy life more fully and with the balance that we all need.

Stress Management

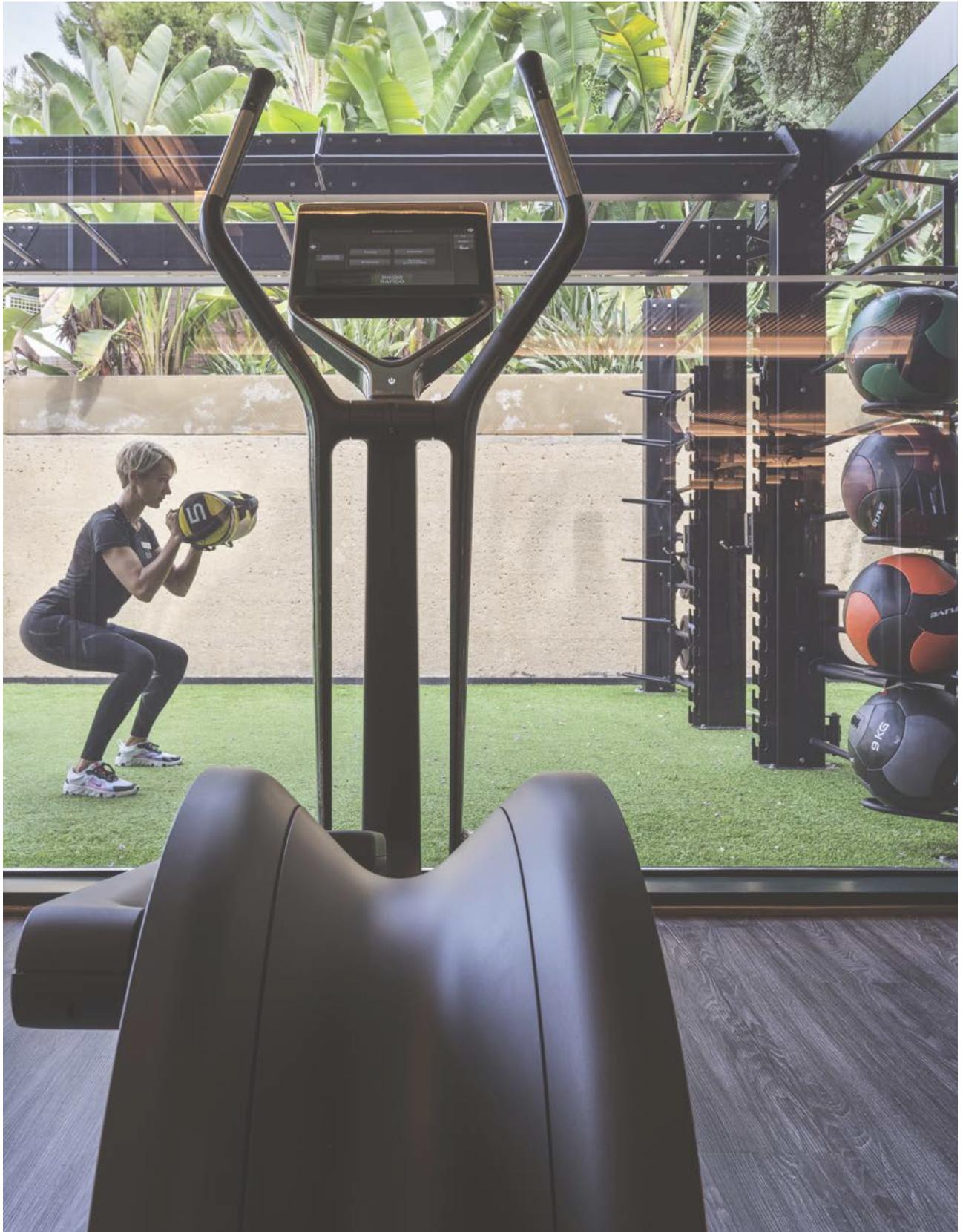
STRESS MANAGEMENT SESSION

Session 170€ | Pack 3 sessions 450€ | Pack 5 sessions 650€

Our stress management specialist conducts an in-depth analysis to help you identify internal and external factors which are creating stress in your daily life. They will then create an action plan to deal with your symptoms: frustration, loss of control, difficulty relaxing, pessimism and so on. This will help you to improve your emotional and physical health and the way you deal with stress.



Physical Performance



Physical activity and performance are essential for the care and improvement of health. At SHA, we have an outstanding team of experts in physiotherapy and personal training, the most innovative and next-generation state-of-the-art equipment, and the ideal environments for you to challenge your own limits, improving your performance and increasing vitality through a personalised session approach that is tailored to your individual needs.

Fitness

An overall state of wellbeing and physical health is achieved through healthy living and, especially, through regular and continuous exercise sustained over time. When the body gets used to exercising, strength, endurance, flexibility and coordination all increase, which bring important benefits, such as improved blood pressure and aerobic endurance, weight reduction and body toning, muscle maintenance and reduced risk of osteoporosis, as well as increased self-esteem and quality of life.

At SHA, we'll help you design the programme best suited to your health needs so that you can reach your goals during your stay.

FUNCTIONAL ASSESSMENT AND PERSONAL TRAINER

50min · 110€

One of our expert personal trainers will assess your physical, metabolic anatomical and structural state. Following this first consultation, the trainer will be able to suggest the best activities and routines to improve your physical fitness based on your individual characteristics and preferences.

PERSONAL TRAINER

50min · 110€

Our team of certified professionals has extensive knowledge and experience in creating made-to-measure physical fitness programs that are designed to suit the needs of each person. You will set goals in conjunction with your personal trainer who will guide you and challenge you each day to reach your targets.

SHA FITNESS ON THE GO

250€

Because the change starts here! We also encourage you to continue these good habits at home. To help with this, your personal trainer will design an exercise routine for you to follow in the 30 days after your stay to help you to continue to improve your health and keep following your wellbeing and physical fitness aims.

WIRELESS ELECTRO-STIMULATION new

30min · 140€

This high-tech system for physical exercise works by means of wireless neuromuscular electro-stimulation, which allows the muscles to be worked more directly and effectively. A 30-minute training session using this technology is practically the equivalent of a regular training session of one and a half hours. Designed for those who love challenges and wish to get the most out of their training session, by taking advantage of the multifunctionality of this technology.

AQUAGYM

50min · 110€

A low-impact aquatic exercise which strengthens the muscles, raises the heart rate and improves breathing and circulation. The combination of strength and cardiovascular exercise, along with the pressure of the water, ensures a workout for the entire body. It burns between 400 and 500 calories per hour of exercise.

PILATES METHOD

A range of physical exercises that provide an in-depth workout for body and mind, with smooth but consistent movements which require concentration to do correctly. Good technique as well as strength, stamina, muscular flexibility and self-control are important. We offer two types of Pilates: Mat Pilates, or Reformer Pilates, this last one using specialist equipment.

Mat Pilates

50min · 110€

Reformer Pilates

50min · 140€

STRETCHING

50min · 110€

An ideal session for practising daily stretching that helps to prevent loss of muscle mass, improves flexibility and the range of movement in the joints.

BOXING

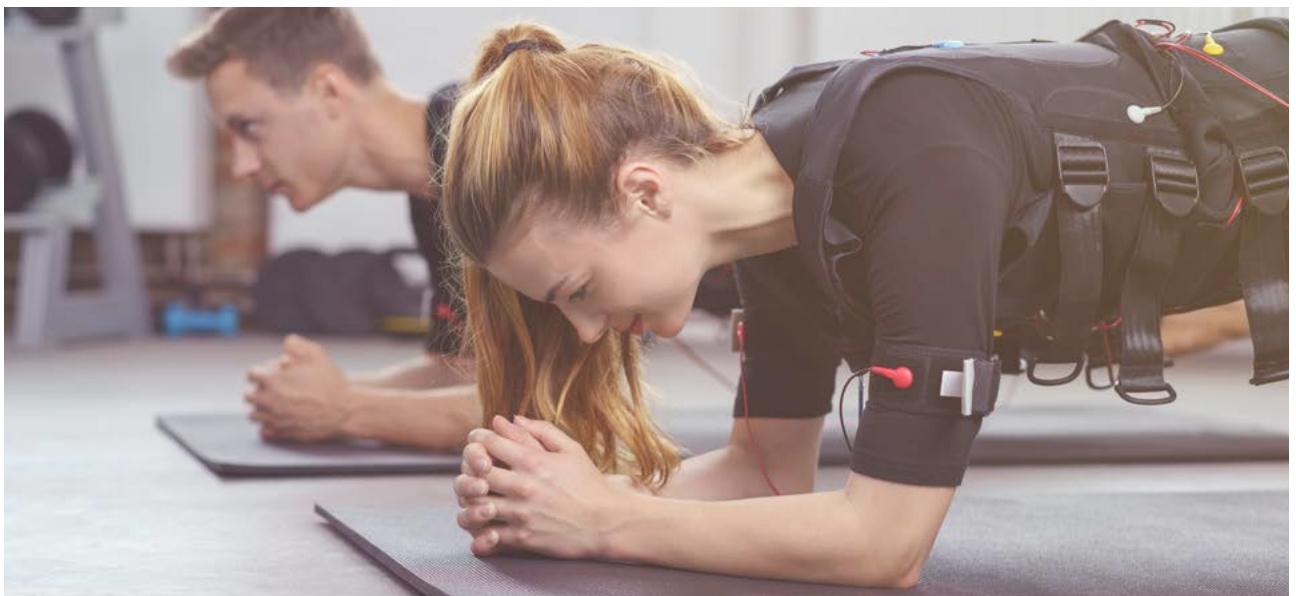
50min · 120€

Boxing works several different muscle groups and with this session you will learn how to hit harder and how to make your legs, hips, abdomen, back, shoulders and arms work together in one single movement. This is important to ensure the muscles help to support and stabilise the movement and body posture.

KICK BOXING

50min · 120€

A discipline that has its origins in Western boxing, Japanese karate, and Thai Muay Thai. It combines kicks and punches and, when performed, the body enters into an intimate relationship with the mind, generating a constant burning of calories, allowing the muscles to be defined, increasing resistance and coordination, as well as reducing weight and toning the body.



OUTDOOR TRAINING

We promote looking after your health through physical activity and contact with nature in a unique setting, offering different options for outdoor training with our highly qualified personal trainers team.

Hiking o running

110€/hour (minimum 2 hours)

An exclusive combination of hiking and personal training, where you will have the possibility of choosing or designing the routes and location to suit your fitness goals: hiking along the beach, in the mountains, special trails and so on. The price includes the full trail, from setting out to returning to SHA, including transfers.

Nordic Walking

50min · 120€

This is one of the most complete exercises; it works 90% of the muscles in the human body, and also improves aerobic capacity, maximum oxygen consumption, physical stamina, psychological stamina and strengthens the immune system.

Paddle

Playing paddle is very good for your health as it not only improves physical fitness, but also helps to improve coordination, agility and the reflexes as well as toning the body.

We offer you different categories according to your level of play:

Beginner and intermediate

50min · 110€

Advanced

50min · 130€

*Each additional person has an extra cost of 30€.



TO KEEP IN MIND

- All outdoor activities must be booked a minimum of 48 hours in advance.
- For more information about other activities available such as cycling trails, kayak, paddle surf, fly board and jet skis, please ask our guest service department.
- Prices per individual session. If you would like to include one or more people, please ask at the reception at the Wellness Clinic.

Physiotherapy

CONSULTATION AND PHYSIOTHERAPY SESSION

175€

The aim is to reprogramme, prevent and treat neuro, muscular, skeletal and postural issues with physical therapy, therapeutic exercise and manual therapy among other techniques, to restore function.

The first physiotherapy consultation involves taking a patient history, and assessing and creating a physiotherapy diagnosis and treatment plan that is implemented using manual and instrumental procedures, followed by evaluation of the results and the creation of a report about the patient's progress. All with the aim of improving the health of the guest in a personalised manner.

THERAPEUTIC EXERCISE SESSION

50min · 175€

A systematic and thorough session of body movements, postures and physical activities under the supervision and control of the physiotherapist who will create and plan exercises based on a rehabilitation process. These exercises can correct and prevent nerve, muscular and skeletal problems, injuries and dysfunction and improve and restore physical function.

It is also a great tool to prevent or reduce health risks, to optimise the patient's general condition, physical fitness and create a feeling of wellbeing, helping the person to re-adapt to sport and physical activity in a safe and controlled way.

HUMAN TECAR®

PHYSIOTHERAPY TREATMENT new

275€

The Human Tecar® method is focused on anti-ageing, prompting cellular bio-stimulation that boosts the effectiveness and speed of the therapeutic process to restore the individual's natural balance. It helps to reactivate physiological processes and rebalance the body in a natural way to restore function. It is an effective method for treating pain, problems with joints and bones, chronic and acute muscular problems, circulation, lymphatic tiredness and built up stress.

This complete treatment works on three biological systems that need to function correctly for good health and wellbeing for the entire body.

HumanTecar® Treatments:

HumanTecar trauma, rehabilitation and pain: inflammation, pain, neuro-muscular-skeletal problems.

HumanTecar energy and vitality: stress, tiredness, jet lag. Balance and stability.

HumanTecar circulation: lymphoedema, vein insufficiency, fibrotic cellulite.

HumanTecar sport and physical activity: preparation and return to physical activity and sport.

HumanTecar pelvic floor: pelvic floor dysfunction. Increased muscle tone, low muscle tone, lack of motor control.



PELVIC FLOOR HEALTH

50min · 175€

Using sophisticated manual therapy techniques and personalised training of the pelvic floor muscles, this treatment aims to prevent problems with and improve pelvic health and is complemented by information on healthy habits that can be put to daily use. Recommended for women who have recently given birth or those whose pelvic floor has weakened, become tense or suffered injury that may affect the correct function of the female organs.

LASER REBALANCE

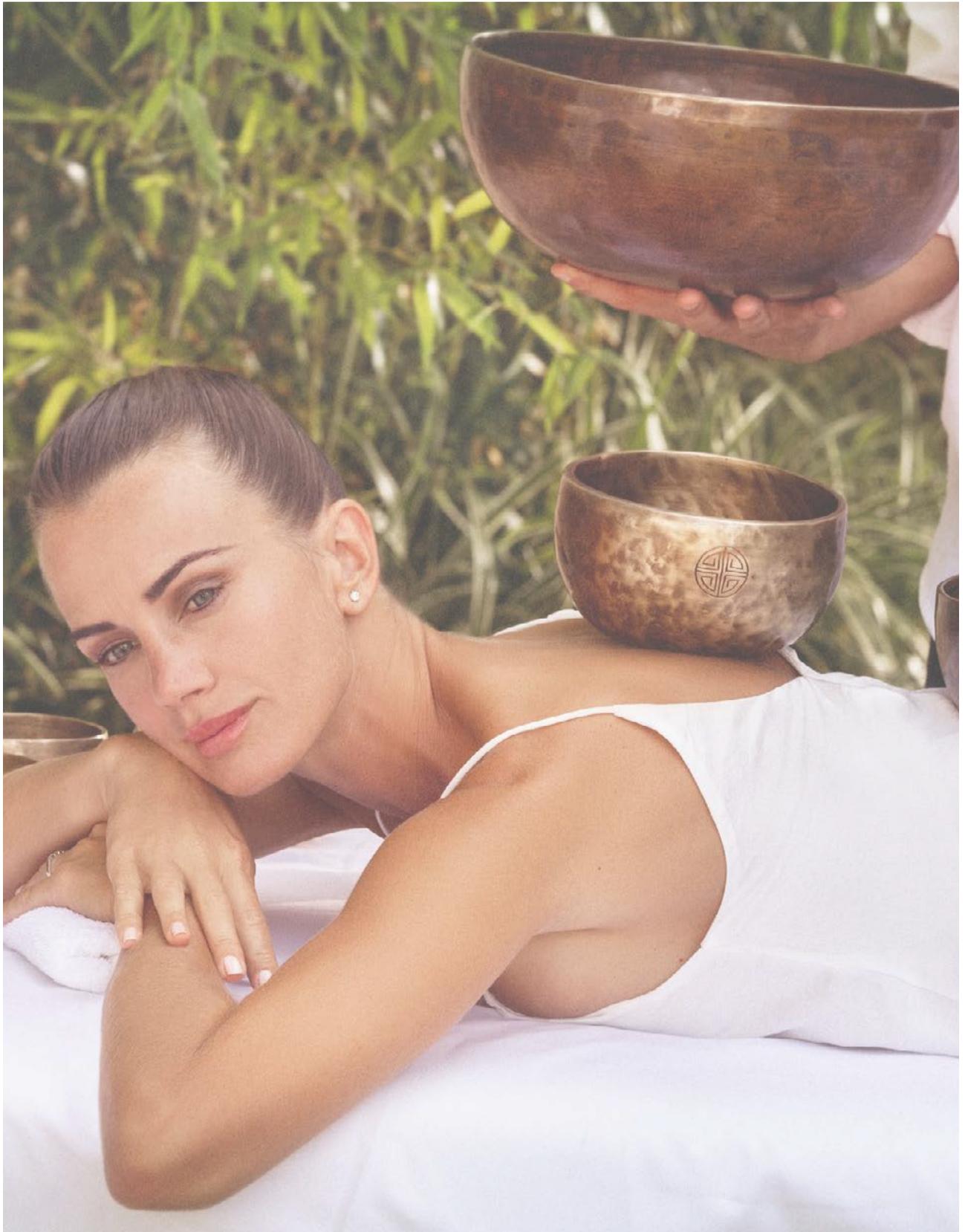
250€

Laser pointers and movement diagrams are used to create a therapeutic program to improve motor control and treat any dysfunction or neuro-muscular-skeletal problems. Not only current ailments but also as a preventative measure.

Recommended for tension or cervical-thoracic pain, joint problems, low muscle tone anywhere in the body, post-operative rehabilitation, balance and coordination problems, posture improvement and so on. At the end of the session, the patient is given a kit to continue the treatment at home.



Wellbeing & Inner Balance



Mind and Body Disciplines

Exercising the mind is important to restore and maintain overall wellbeing. Moreover, taking care of the balance between body and mind is fundamental for carrying out even routine activities effectively and for obtaining positive results in all possible aspects, particularly within a person's biological, psychological and social sphere.

In general terms, the mind-body disciplines reduce stress and anxiety levels, allowing us to face the day in a more relaxed way. They also improve emotional stability by allowing us to maintain a state of full awareness and calm.

YOGA

50min · 110€

Yoga aims to help you achieve personal growth and harmony between body, mind and spirit. It is also seen as a mindful activity. This can be anything you wish to cultivate, whether it is feeling better, developing your compassion, becoming stronger, losing weight, being more spiritual, managing stress, relieving pain or any other desire.

MEDITATION TECHNIQUES

50min · 110€

Meditation is the supreme state in yoga and is therefore the path to full attention and personal development. Practising mindfulness can help you achieve a state of balance and mental peace which allows you to recharge your energy and boost your physical and emotional wellbeing. Its benefits include increased lung capacity, greater stamina for physical exercise, reinvigoration of the body, improved digestion, reduced anxiety and the ability to better manage your emotions.

INTRODUCTION TO MEDITATION PACK

3 sessions 300€

These first steps will help you learn the techniques and benefits of meditation in a practical, guided way so that you can apply them to your daily life and achieve optimum balance.

PRANAYAMA | BREATHING CONTROL

50min · 110€

Prana means life force. When our breathing is calm, the mind is serene. This technique teaches you to breathe correctly, with benefits such as increased lung capacity, greater stamina for physical exercise, reinvigoration of the body, improved digestion, reduced anxiety and the ability to better manage your emotions.

MINDFULNESS

50min · 110€

A Buddhist-inspired relaxation technique which helps you to control your emotions and be fully conscious in the here and now. Perfect for dealing with depression or anxiety.

TO KEEP IN MIND

- Weather permitting, activities can be practised outdoors on one of our magnificent terraces, surrounded by a unique natural environment. Ask for this option in advance at our Wellness Clinic Reception or to your Agenda Planner.
- Prices per individual session. If you would like to include one or more people, please request our staff.

Hydrotherapy Treatments

WATER THERAPIES

WATSU®

50min · 160€ | 4 hands 300€ | Couple 300€

A therapy that combines gentle stretching movements with acupuncture and shiatsu massage. Your body floats in warm water, heated to a pleasant 34 to 36° C, which helps to decompress the spine, loosen the joints and stretch the muscles in a low-impact way. Ideal for relaxing the body, improving the digestion and eliminating the effects of jet lag.

AQUASONOTHERAPY new

50min · 160€

Based on the direct link between different parts of the body and certain sounds, this therapy aims to break, dissolve and eliminate blockages while harmonising the vibration of our body. It uses sound waves and water to create a calming and regenerating massage producing sensations that help energy to move through the cell membrane.

CRANIO-CERVICAL WATER MASSAGE

50min · 150€

A holistic therapy that helps relieve migraines, insomnia and neck pain. This treatment releases tension in the head, neck, shoulders and jaw while releasing energy blockages. The perfect choice to calm the mind.

CRANIO-SACRAL WATER THERAPY new

50min · 175€

Water treatment that merges the Watsu® technique with holistic cranio-sacral therapy. Designed to release contractions and restrictions in the connective tissues and improve functional alignment, facilitating the body's self-correcting mechanisms. Especially recommended to relieve craniofacial pain, migraines, chronic and acute neck or back pain, bruxism and dysfunctions of the temporomandibular joint, as well as for cases of insomnia, fatigue, stress, fibromyalgia, scoliosis, discopathies, herniated discs, as well as sports injuries.

HYDROTHERAPY SESSIONS

SHA BODY DRAINAGE

75min · 225€

The lymphatic system works together with the kidneys and liver to eliminate toxins and waste from the body. However, the lymphatic system does not have a natural pump like the heart and needs extra help to work optimally.

This treatment stimulates the lymph nodes using localised massage with marine ingredients. You will notice an immediate improvement in the liver and abdomen as well as a sense of lightness.

HYDROENERGETIC DETOX CURE

50min · 180€ | Pack 5 sessions 780€

A potent purifying and energising treatment consisting of three steps:

Whirlpool bath with essential oils. The essential oils have a calming and purifying effect and the warmth of the water helps them to be absorbed by the body.

Phyto-fangotherapy: A pleasant seaweed wrap with a draining, detoxifying and revitalising effect, which is applied on a flotation bed.

Hidro jets: Water jets which restore energy and vitality as well as toning the body.

SHA THALASSO BODY TREATMENT

50min · 180€

A unique experience which begins with a bubble bath with laminaria seaweed, famous for their remodelling properties. The minerals and trace elements in the seaweed boost the body's metabolism. Innovative slimming pearls are applied to the skin, producing a visibly slimmer figure from the first treatment.

UNDERWATER MASSAGE

30min · 150€

A massage with an invigorating and therapeutic effect using jets of hot water which have several benefits such as eliminating swelling caused by lymphatic blockage and improving circulation, combating cellulite, improving the firmness and elasticity of the skin, improving cellular metabolism, helping to burn more fat and reduce oxidation, producing an anti-ageing effect.

HYDROMASSAGE BATHS*

SLIMMING THALASSO BATH

20min · 70€

This treatment has a slimming effect. The body is covered in laminaria algae from Brittany, well known for their role in stimulating the metabolism thanks to the minerals and trace elements they contain.

HEALTHY AGEING BATH

20min · 70€

Calcium helps to improve the health of the joints and bones, preventing possible future issues. Good bone density has a direct effect on the skin making it look more youthful.

RELAXING BATH WITH MAGNESIUM

20min · 70€

Magnesium is a mineral that is essential for regulating levels of noradrenaline and cortisol, both directly related to weight loss and body cleansing.

THALASSO ENERGIZING MARINE BATH

20min · 70€

Rebalances the body with a bath including energising trace elements.

*A relaxing scalp massage is included during the hydromassage baths.



Body Wraps

“SHRINKING VIOLET” BODY WRAP

75min · 200€

Revolutionary, clinically tested body treatment that activates the fat-burning process, eliminating unwanted fat without effort or discomfort thanks to its active ingredient, hydrolysed lecithin, which penetrates the skin in seconds. The active ingredient is applied and then the arms and legs are covered with wraps. This wrapping produces an immediate and long-lasting slimming effect on the figure, helping to successfully eliminate fat in problem areas such as the thighs, hips and abdomen and others areas.

DETOXIFYING SEAWEED WRAP

50min · 180€

This wrap stimulates the metabolism and hydrates, purifies and nourishes the skin, helping to eliminate toxins and remodel the figure.

ALOE VERA BODY WRAP

50min · 180€

Exclusive products make this ritual a perfect combination of aloe vera and mint. This fresh and melting wrap nourishes and regenerates the skin, for a perfectly silky touch.

“FIRMING PERFECTION” BODY WRAP

50min · 200€

An exfoliating treatment that helps to balance the skin's pH, followed by a firming body mask with spirulina seaweed and ending with a firming massage that helps to preserve and improve skin tone and remodel the figure.

“INTENSIVE REDUCTIVE” BODY WRAP

50min · 200€

Deep body exfoliation followed by an iodine-rich body wrap that stimulates the body's metabolism, helping to burn the fat stored in fatty tissues.

Intensive Body Treatments

“SLIM & FIT” BODY TREATMENT

100min · 275€ | Pack 3 sessions 740€ | Pack 5 sessions 1.235€

Anti-cellulite slimming treatment in four phases to deal with the root causes of cellulite. Improves the circulation and has a fat-reducing effect, reducing fat and liquid retention. Rebalance your skin and let its natural shine come through.

“FIRM & TIGHT” BODY TREATMENT

100min · 275€ | Pack 3 sessions 740€ | Pack 5 sessions 1.235€

Non-invasive 3D lifting procedure which firms the skin from inside, improving elasticity and firming the tissues. Restores a youthful look to your face.



Massages

SIGNATURE MESSAGES

SHA DETOX MASSAGE signature

50min · 150€ | 75min · 200€

The SHA detox massage helps to eliminate those toxins that prevent the cells working correctly. This treatment combines essential oils adapted to your needs and works on the circulation through lymphatic drainage using glass suckers. This cupping technique stimulates the metabolism, eliminates liquid retention and helps the purification process.

SHA SPORTS MASSAGE signature

50min · 150€ | 75min · 200€

Specific therapy for areas of muscular tension. This massage is designed to reduce discomfort by liberating and reducing built-up tension in the muscles and surrounding tissue with the aim of restoring the body to a healthy condition. Ideal for preventing injury, improving physical performance and flexibility, improving blood flow and reducing recovery time between training sessions.

SHA PSAMMO THERAPY signature

75min · 285€

SHA Psammo therapy (hot sand therapy) is a healing technique that was used in ancient Egypt to relieve muscular pain, inflammation, stress and to detoxify the body. A unique experience which combines techniques such as relaxing massage with quartz compresses, healing sounds and the magic touches of our SHA specialists.

TRADITIONAL MESSAGES

RELAXING MASSAGE

50min · 130€ | Pack 5 sessions 580€

75min · 180€

A therapy that stimulates and relaxes the muscles, releasing tension and gradually loosening knots and muscle adhesions. Perfect for calming the nervous system, increasing oxygenation to the muscles and reducing anxiety and tension.

DEEP TISSUE MASSAGE

50min · 140€ | Pack 5 sessions 630€

75min · 190€

A therapeutic technique that uses firm pressure and slow movements on deep tissue structures in the muscles and connective tissue. Perfect for relieving pain and chronic muscle tension. It also helps improvement the range of muscle and joint movement, helping to reduce stiffness.

CRANIO-CERVICAL MASSAGE

50min · 135€

A manual therapy focused on releasing tension in the head, neck and upper back, as well as blocked energy. It helps with relaxation, producing simultaneous reactions in the rest of the body that helps to balance the nervous system.

LYMPHATIC DRAINAGE

50min · 140€

This treatment uses gentle pulling and pushing movements on the surface of the skin to work directly on the lymphatic system and stimulate the circulation and eliminate toxins and reduce liquid retention. Highly recommended for swelling and cellulite, as well as for detox treatments.



Oriental Therapies

SHIRODHARA new

75min · 250€

An ancient, holistic technique where oil is dripped onto the patient's forehead. The oil is selected for its balance of the three doshas, and acts to correct physical and emotional imbalances.

Combining two Ayurvedic techniques (Champi and Abhyanga massage), it is the perfect way to help synchronise alpha brainwaves, providing mental clarity, improving circulation, helping to detox the body and regulate the hormones, improving mood and therefore the emotions.

ABHYANGA MASSAGE

50min · 150€ | 75min · 215€

Full body massage that combines the use of different blends of aromatic oils with great therapeutic power with Ayurvedic massage techniques, aromatherapy, reflexology, lymphatic drainage

NUAT BORAN (traditional Thai massage)

50min · 140€ | 75min · 190€

This massage harmonises the body and eliminates toxins. An ancient technique which combines pressure on specific points, movement of the joints and stretching. It significantly improves the flow of energy, giving a sense of balance and wellbeing.

SHIATSU

50min · 140€ | 75min · 190€

An ancient Japanese healing technique that uses pressure on key points throughout the body to channel the body's Qi (vital energy) and reduce stress, tension, anxiety and depression.

SOUND THERAPY WITH TIBETAN BOWLS

50min · 150€ | 75min · 215€

Ancient technique traditionally used by Buddhist lamas and teachers, it uses sound and vibration to heal damage in the body. It discharges and releases physical and emotional tension, helping you to achieve inner peace.

REFLEXOLOGY

50min · 140€

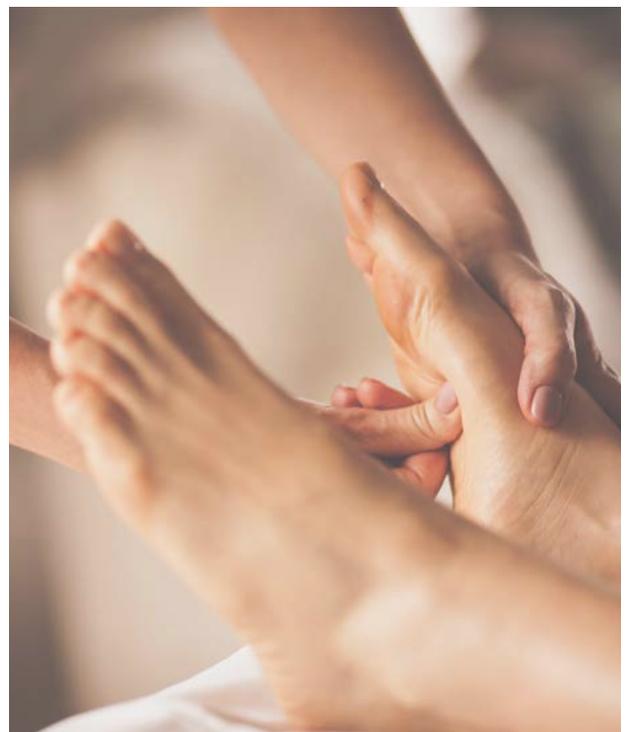
A 4000-year-old healing technique where pressure is applied to certain areas on the soles of the feet or palms of the hands, depending on how these pressure points affect the different organs in the body.

This treatment helps to improve and regulate the nervous system, strengthens the immune system, reduces blood pressure, relieves congestion and stimulates the internal organs.

DETOXIFYING GINGER COMPRESS

20min · 75€

An Ayurvedic technique inspired by Indian tradition where warm fabric bags filled with ginger and essential oils are placed on the skin. The healing properties help to improve circulation and eliminate toxins that are difficult for the body to absorb or excrete naturally.



Healthy Living Academy



Our vocation is to share the best healthy lifestyle knowledge with our guests. That's why we offer a weekly calendar of group activities: outdoors walks, physical exercise sessions, and body-mind disciplines, talks on health and wellness topics, projection of films and documentaries in our cinema room, healthy cooking demo classes at The Chef's Studio, art exhibitions, as well as live music shows and themed dinners at our SHAmadi restaurant.

We want you to enjoy and learn new habits that you can take with you after your stay, valuable knowledge that will allow you to continue living the SHA experience from home.



Morning walks



Healthy cooking classes



Mind and body sessions



SHA Talks



Fitness classes



Leisure activities

ACCESS THE CALENDAR OF ACTIVITIES AND SIGN UP THROUGH OUR APP

Among many other functions, by downloading our app you'll be able to learn in detail about each of the activities available to you at our Healthy Living Academy. In doing so, you'll also help us take care of the environment by reducing paper consumption.



At your service

AGENDA PLANNING

Your Personal Agenda Planner, along with the team at the reception of the Wellness Clinic, will provide personalised attention and help you with any questions you may have about the treatments and services offered.

TRANSLATION SERVICE

We have staff from 35 different nationalities and this means we understand how important it is for communication about medical issues to be in the patient's language. Although SHA's official languages are English and Spanish, if you need translation into any other language, we will be delighted to provide an interpreter.

EXPRESS

30€

Analytic reading, follow up and other brief consultations.

FULL

50€

Consultation and interpretation sessions of longer than 20 minutes.

APP SHA

Our SHA App is designed with a very high level of personalisation, so that you can access relevant information and manage services during your stay.

- Have your agenda updated in real time .
- Consult the treatment and service search engine by name and health objective.
- Add services according to your preferences.
- Rate the treatments enjoyed and mark your favourites ones.
- Set alarms so you don't miss any appointment.
- Among many other features.

As well as maximising your experience, our app allows us to better care the environment, significantly reducing paper consumption by avoiding printing documents.

lifelong health & wellbeing