



TREATMENTS AND SERVICES  
2022/23

## Index

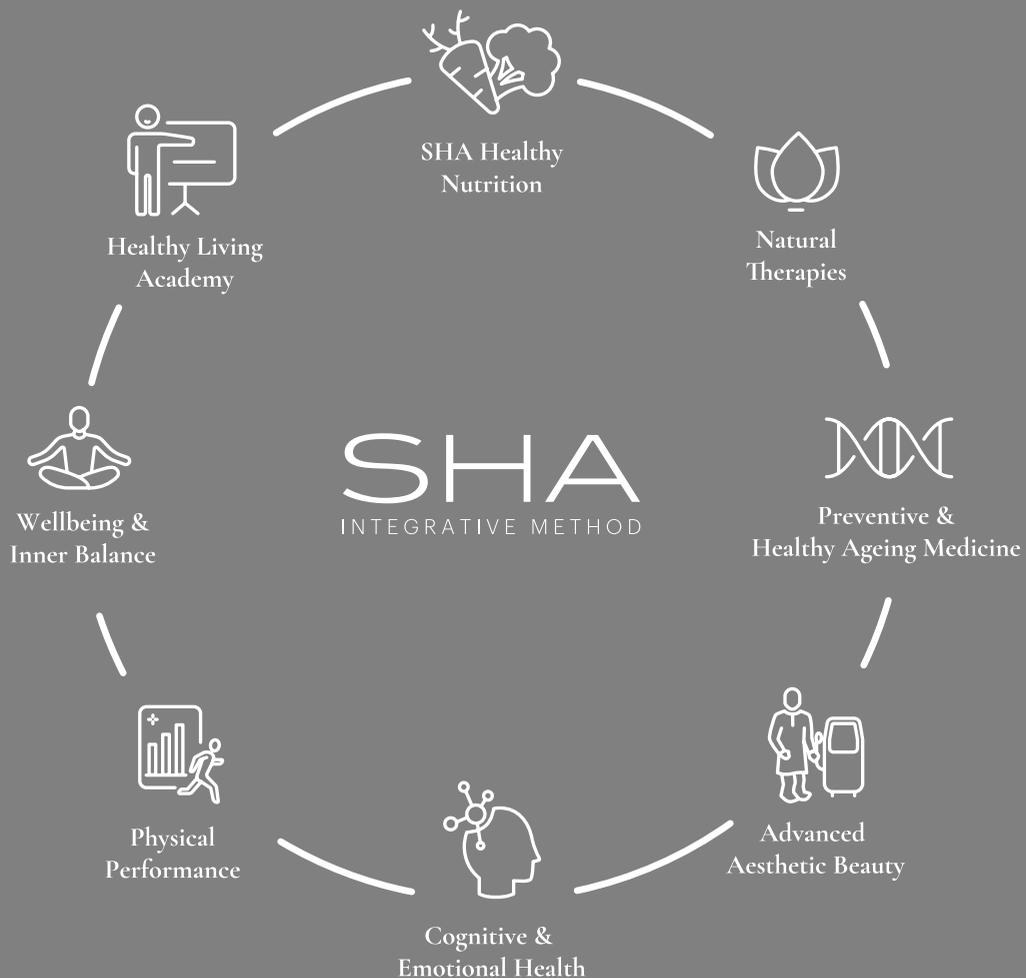
SHA Method	03
SHA Healthy Nutrition	05
Natural Therapies	09
Preventive and Healthy Ageing Medicine	12
Advanced Aesthetic Beauty	28
Cognitive and Emotional Health	38
Physical Performance	41
Well-being & Inner Balance	46
Healthy Living Academy	53

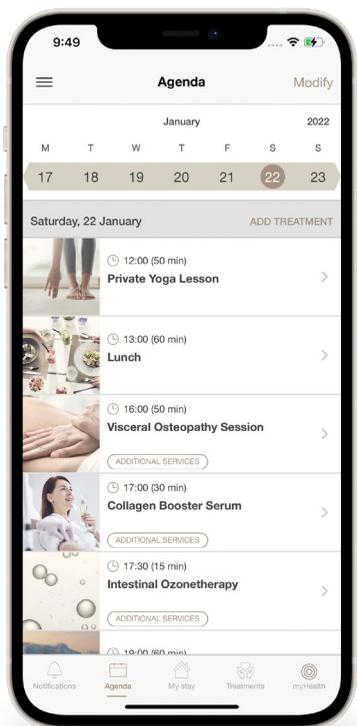
*Click on each number to go to the corresponding page*

# 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.





WE SIMPLIFY YOUR STAY

## SHA App

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.

Once you have stayed, you will be able to **schedule treatments quickly and easily**, adding services that you will find in this catalogue (except for those that require a doctor's prescription).

Our app has numerous advantages when it comes to consulting or scheduling treatments. These are some of the features you can enjoy:

- **Quick access to the list of treatments.**
- **Find everything easier by consulting the search engine.**
- **Schedule the treatments of your choice yourself**
- **View your agenda in real time**
- **Schedule appointments to make sure you don't miss them**
- **Rate the treatments you've had, mark your favourites... And much more!**

In addition to maximising your experience, our app allows us to promote environmental care, significantly reducing paper consumption by avoiding the printing of documents.

ENJOY MORE BENEFITS

## Packs that reward your perseverance

In some treatments, repetition is an important factor in achieving significant health results, which is why by contracting 3 or 5 sessions of the same service, you will receive a bonus of 30% or 50% respectively, applicable to the last session.

**x3 pack** The services identified with this icon have a bonus on the 3<sup>rd</sup> treatment.

**x5 pack** The services identified with this icon have a bonus on the 5<sup>th</sup> treatment.

For the benefit to be applicable, the services must be of the same type, duration and cost. The bonus will be on the 3<sup>rd</sup> or 5<sup>th</sup> service, no treatment is eligible for both benefits. Not combinable with other discounts or promotions in force.

# 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.

### 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

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.

#### TO KEEP IN MIND

For the prescription of a Kushi diet, fasting or medicinal teas, a **Nutritional Plan Validation** consultation is required.

## Healthy Cooking Classes x3 pack

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 CLASS

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.

### 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.



# 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 x5 pack

### TRADITIONAL CHINESE MEDICINE CONSULTATION + INITIAL SESSION

160€

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.

## Energetic Health x5 pack

### 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.

### FAR-INFRARED ELECTROMAGNETIC BALANCING TREATMENT\*

30min · 125€

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.

\*Requires prior Energy Health Assessment consultation.

## Osteopathy x3 pack

### STRUCTURAL OSTEOPATHY 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.

# Preventive & Healthy Ageing Medicine



# Healthy Ageing

The aim of Healthy Ageing 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.

### 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.

### 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.

### TO KEEP IN MIND

We have a wide range of hair, blood and urine tests to determine the level of toxic metals in the body or hypersensitivity to certain allergens. For more information, please contact our specialists.

## Genomic Medicine

Every day more and more is known about the importance of knowing a person's genome, which contains invaluable information about who we are on a biological level.

Today's preventive medicine is based on "predict to prevent" through the ability to identify the risk of certain diseases by studying changes in genes. Once we are aware of the individual risk of any disease, appropriate and necessary measures can be taken to avoid such a situation.

Early treatment, together with appropriate lifestyle habits, allows prevention guidelines to be established before the onset of symptoms and unwanted effects. The analysis of the results of genetic tests allows the correct application of Preventive Medicine, which will help you to live longer and with a better quality of life.

Our specialists will advise you on which tests are the most appropriate 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.

**OBESGENES**

1.450€

It studies the predisposition to obesity, linked to certain genetic polymorphisms.

**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.

**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.

**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.

# 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**

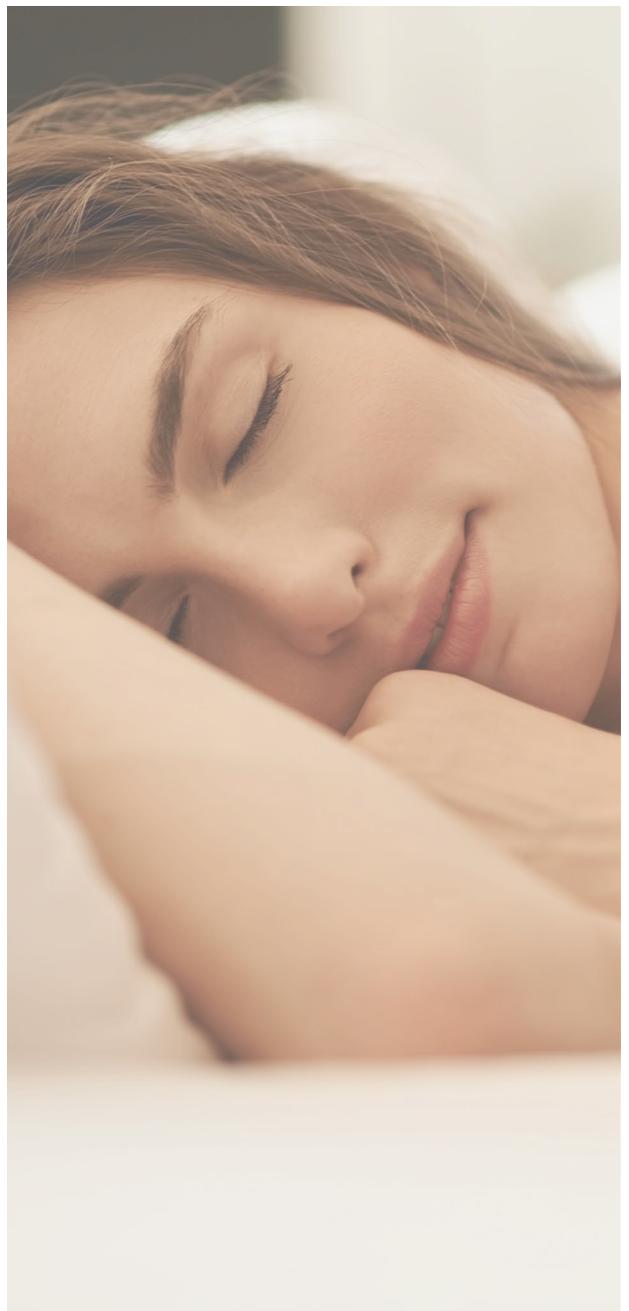
200€

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.



## 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

200€

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 their history, their interactions with the environment, as well as their 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 x5 pack

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 well-being 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€

It consists of applying ozone to the body intramuscularly, intravenously or rectally. It stands out for its antioxidant, oxygenating, revitalising, anti-ageing, regenerating and immunomodulating power, providing positive effects that last over time: vitality, energy and a great feeling of well-being, all while strengthening the immune system.

Intramuscular application activates the immune system, treating acute or chronic conditions such as allergies, acne, infections, blood circulation disorders and chronic degenerative diseases. At the intestinal level, it has a disinfectant, local anti-inflammatory and microbial balance restoring effect. Intravenous application is indicated for those under stressful situations or exposed to excessive physical or mental strain.



## SERUM THERAPY

It consists of the intravenous application of special combinations of bioregulatory substances, vitamins and minerals. It is especially recommended for people who wish to quickly and effectively recover their biological cellular balance and well-being, with the least possible toxicity.

### Essential Nutrients

Session 180€

Supplement on ozone therapy included in the program 150€

Provides essential vitamins and minerals for proper cellular function. Especially indicated in situations that deplete nutrient reserves, such as stress, polymedication, environmental toxicity, intense exercise or ageing.

### Cleanse Detox new

200€

Intravenous application of a physiological solution in which a mixture of ozone and oxygen has been diluted. Especially recommended in cases of infections, as well as in pulmonary, renal and hepatic detoxification processes.

### Antioxidant new

250€

It consists of the intravenous administration of reduced glutathione, the main element of the antioxidant defence of our cells. Recommended in cases of high oxidative stress, immune deficiency, toxic overload, excessive exercise and arduous physical stress, ageing, and fatigue-prone profiles.

### Aminoessentials new

250€

This serum provides amino acids in a balanced way contributing to well-being and vitality. It helps to repair tissues, especially skin and hair, muscles and bones. It reduces the negative impact of metabolic diseases on our body.

### Alkaline new

300€

Consists of the administration of molecules that help maintain the body's acid-base balance. Its benefits include the inhibition of inflammation and pain, as well as the reduction of oxidation and the harmonisation of the vegetative nervous system.

### Vitamine C Megadose

300€

Intravenous administration of high doses of vitamin C, which has immunostimulant, anti-toxic and anti-inflammatory properties, with a powerful antiviral action. Promotes tissue regeneration, stimulating collagen formation. Indicated for viral infections, chronic and degenerative diseases, and ageing.

### Weight Control new

400€

Amino acid serum, enzyme cofactors and antioxidants that promote the proper metabolic functioning of the body. Indicated in slimming diets, to improve insulin sensitivity and enhance fat catabolism.

### Collagen Booster new

400€

Intravenous administration of MSM, vitamin C and other cofactors, which promote tissue regeneration by stimulating collagen formation. Helps firm skin and improve joint health. It also strengthens hair and nails.

### Focus & Memory new

400€

Provides nutrients needed to improve exhaustion and mental fatigue associated with stress. Calms and strengthens the mind, promotes sleep, improves intellectual performance and enhances memory.

### Mental Balance new

400€

Intravenous administration of tryptophan, as well as other amino acids and cofactors that help optimise serotonin synthesis, providing better emotional balance. Indicated in cases of irritability, anxiety, depression and lack of motivation. Especially recommended for people who are in the process of quitting smoking and slimming diets.



#### TO KEEP IN MIND

All intravenous infusions require prior medical validation consultation with one of our experts in Revitalising Medicine.

**Vitality Support** new

400€

Contains Arginine and other nutrients that improve overall blood flow and oxygen supply to the organs, resulting in improved sexual performance.

**Liver Repair** new

650€

This consists of the intravenous administration of silymarin (the active ingredient of milk thistle), which has antioxidant, anti-inflammatory, regenerating and anti-fibrotic properties. It is indicated for liver diseases such as cirrhosis, fatty liver and drug-induced injuries.

**NAD & Mito-Rebalance** new

1.000€

NAD is a coenzyme present in almost every cell in the body. Replenishing its levels intravenously improves overall cardiometabolic health, as well as chronic inflammation, immune impairment, cognitive decline, metabolic diseases, sarcopenia and age-related frailty.

**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**

500€

Intravenous treatment that combines vitamins, minerals and a chelating agent (amino acid) that allows the elimination of heavy metals through urine. It has an antioxidant effect that slows down the ageing process and restores the elasticity of the arteries, improving cardiovascular, musculoskeletal and gastrointestinal function. It is a powerful anti-ageing therapy.



# 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.

## IMMUNOTHERAPY 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€

## CYTOKINES COMPLEMENT new

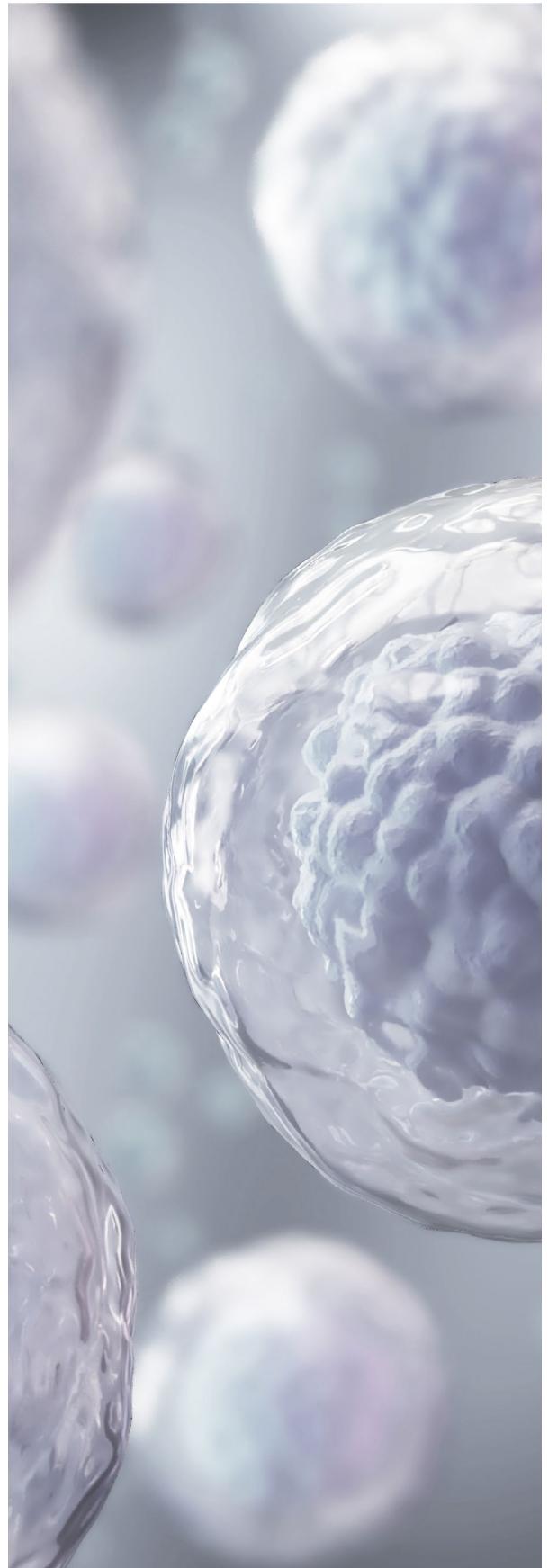
600€

Cytokines are small proteins, crucial for controlling the growth and activity of other cells of the immune system and blood cells, with an important anti-inflammatory effect indicated in arthritis, osteoarthritis and sports trauma, among other pathologies.

**STEM CELL THERAPY** (Mesenchymal)

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.

<b>Basic Anti-Ageing treatment</b> (one single area: face, scalp, etc.)	5.900€
<b>Basic Orthopaedic Treatment</b> (one joint)	5.900€
<b>Systemic Treatment and Immunomodulation</b>	5.900€
<b>Extra Treatment</b>	2.300€
<b>Treatment with Autologous Micro-grafts and Cellular Ultrafiltrates</b>	3.500€
<b>Treatment for Erectile Dysfunction</b>	5.900€
<b>Treatment with Bone Marrow Stem Cells</b>	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, aesthetic reconstructions 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.

### TRAUMA AND SPINAL TREATMENTS CONSULTATION

200€

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

<b>Infiltration of 4 zones with ozone</b>	500€
<b>Infiltration of more than 4 zones with ozone</b>	700€
<b>Infiltration of 4 zones with collagen</b>	500€
<b>Infiltration of more than 4 zones with collagen</b>	700€
<b>Infiltration with Noltrex</b>	900€

### CARDIOLOGY CONSULTATION

300€

### PSYCHIATRY CONSULTATION

300€

### UROLOGY AND ANDROLOGY

300€

### GYNAECOLOGY CONSULTATION

300€



# General Medical Services

## CONSULTATIONS

### GENERAL MEDICINE CONSULTATION

160€

Complete assessment of your state of health, with special emphasis on those aspects that can benefit from our treatments and services. This is complemented by a physical examination.

## DIAGNOSTIC

### ADVANCED PREVENTIVE DIAGNOSIS new

Session 200€

Session + consultation with doctor for analysis of results 290€

Session + standard analysis + consultation with doctor for analysis of results 470€

In a personalised interactive space, and using the latest advanced diagnostic technology and state-of-the-art devices, a series of diagnostic tests are performed to obtain detailed clinical data on the patient's state of health, including the measurement of the following values:

- Segmental body composition
- Basal metabolism
- Visceral fat
- Postural health and body perimeters
- Cardiovascular health and artery status
- Stress level and resilience
- Central nervous system, sympathetic and parasympathetic function
- Vascular age
- Pulse, blood pressure, oxygen saturation, among others

### FULL BODY DENSITOMETRY new

400€

Treatment focused on the non-invasive diagnosis and monitoring of osteoporosis. The amount of bone and its structure is analysed, which allows for a better assessment of osteoporosis and osteopenia, as well as the detection of microfractures and the risk of these.

### ECOGRAPHY\*

240€

Painless, non-invasive and radiation-free procedure that allows images to be obtained of various structures of the body using ultrasound waves. Several types of ultrasound are performed:

- **Carotid**
- **Thyroid**
- **Hepatic**
- **Urological**

### DOPPLER\*

240€

Doppler ultrasound is a painless, non-invasive test that calculates blood flow in the blood vessels by bouncing high frequency sound waves off circulating red blood cells.

- **Lower limb arterial Doppler**
- **Lower limb venous Doppler**
- **Neck (carotid) Doppler**

### 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.

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

## 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

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.



## TREATMENTS

### LUNG DETOX NEBULISATION

Session 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.

### VIRILE REJUVENATION WITH SHOCK WAVES

Session 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). 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.

### BIOPTRON

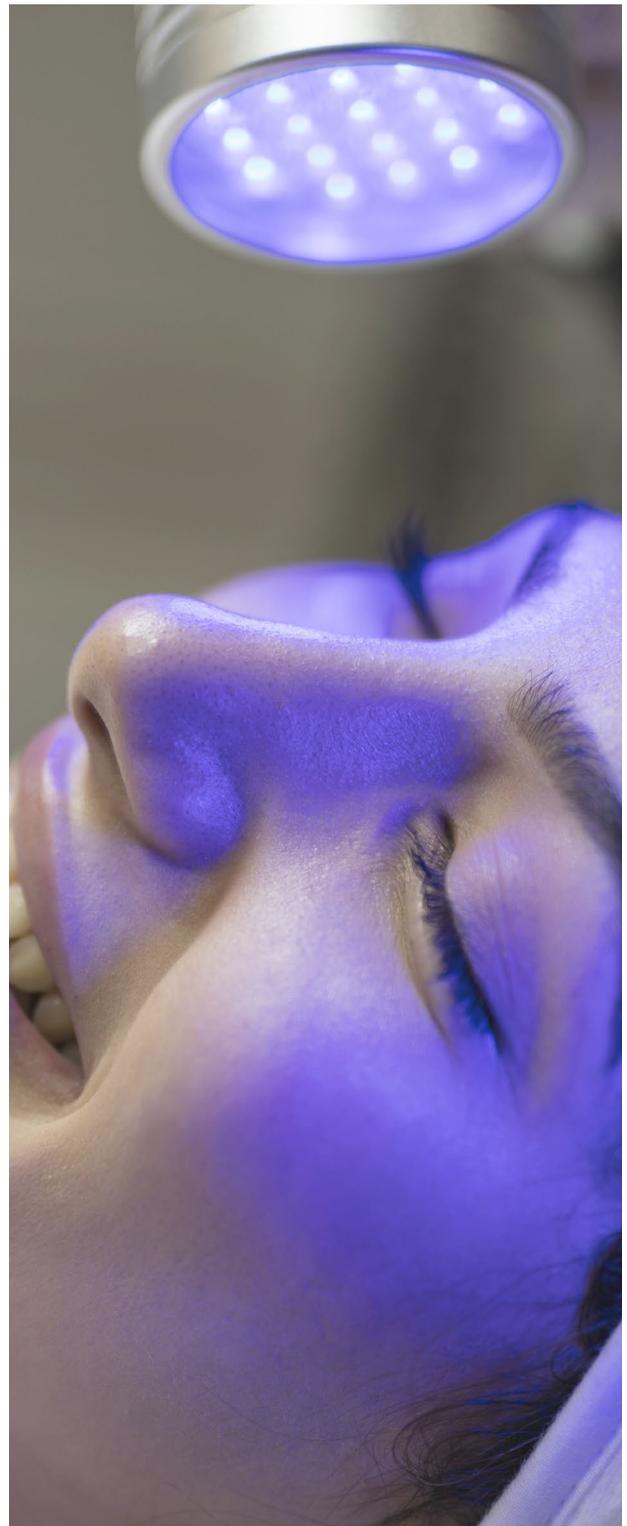
Session 100€

Pineal gland blocking procedure using polarised light. Indicated to accelerate the healing of injuries and pain relief, to strengthen the immune system, skin lesions associated with inflammation, as well as to reduce the effects of seasonal affective disorder and jetlag. Only contraindicated in patients with retinopathy or porphyria (hypersensitivity to light).

### INTRAVENOUS IRON THERAPY

Session 200€

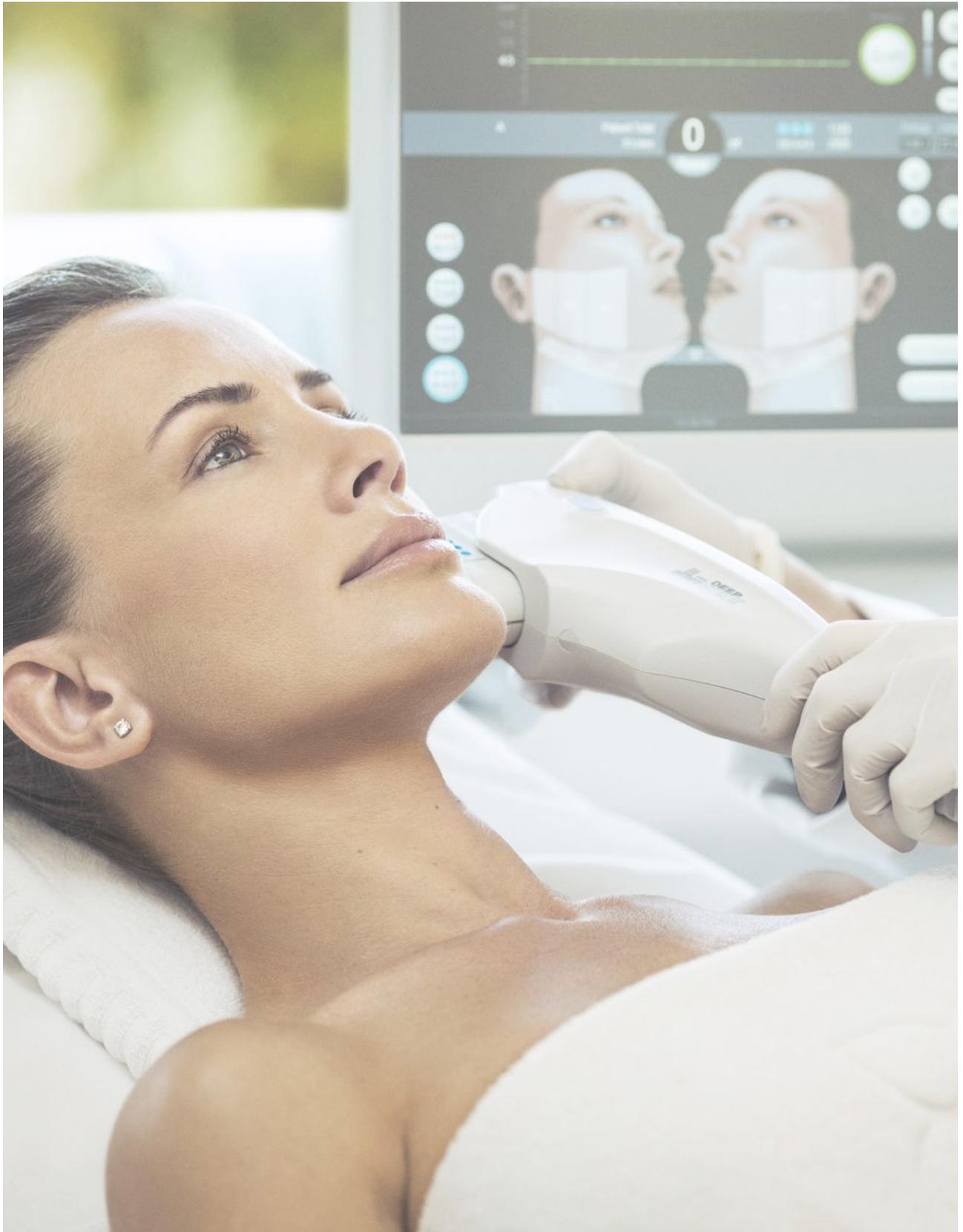
Procedure consisting of parenteral application of iron, cyanocobalamin and folic acid in patients with anaemia that has been caused by a lack of iron, vitamins or poor diet.



#### 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.

### CONSULTATION WITH A SPECIALIST

160€

In the Dermo-aesthetic Medicine consultation, a diagnosis is carried out in two phases at an aesthetic level: facial and body, guided by the experience of our professionals, who carry out a complete aesthetic assessment to determine and propose the treatments that best suit your needs, within the wide range of treatments offered by SHA.

## DERMAESTHETIC TREATMENTS

### FACIAL TREATMENTS

- Fenix treatment, which stimulates the action of collagen naturally with the application of micro-punctures to activate the cell regeneration process and make the skin look younger and free of marks such as wrinkles, scars or blemishes.
- Revitalising mesotherapy for face, hands, neck and décolleté, with the use, depending on the case, of hyaluronic acid and biomimetic peptides.
- Firming facial treatment with Radiese.
- LipRefresh - Lip rejuvenation.
- Plasma enriched in facial platelets.
- Filling of furrows and perioral wrinkles, cheekbones and temporal area (Juvederm, RX Teoxane).
- Treatment of expression wrinkles 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 FLX new**

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.

**LEDS Medical**

Thanks to the placement of LEDs on the face, the skin is biostimulated and blood flow is increased. It has anti-inflammatory, bacteriological, regenerating and depigmenting properties.

**BODY TREATMENTS****Body Mesotherapy**

For lymphatic drainage and to target localised fat.

**Radiesse**

Injectable filler treatment that stimulates natural collagen production and restores volume, with quickly visible and long-lasting results.

**Hyaluronic Acid**

Volume compensation treatment through the application of hyaluronic acid.

**Profilo**

Application of hyaluronic acid of the highest purity with very specific properties to stop flaccidity and lack of hydration, as well as to reduce skin ageing without volumising and, therefore, nourishing it cellularly.

**BODY TREATMENTS  
WITH TECHNOLOGICAL TOOLS****Thermage FLX new**

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.

**EMSCULPT® NEO new**

Treatment that uses radiofrequency and the innovative HIFEM® technology (High Intensity Focus Electromagnetic Wave) to burn fat and build muscle in a non-invasive way. During the treatment the sensation is similar to exercising the muscle at high intensities.

**CRYO Slim**

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 CO<sub>2</sub>RE)**

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 TRASPLANT

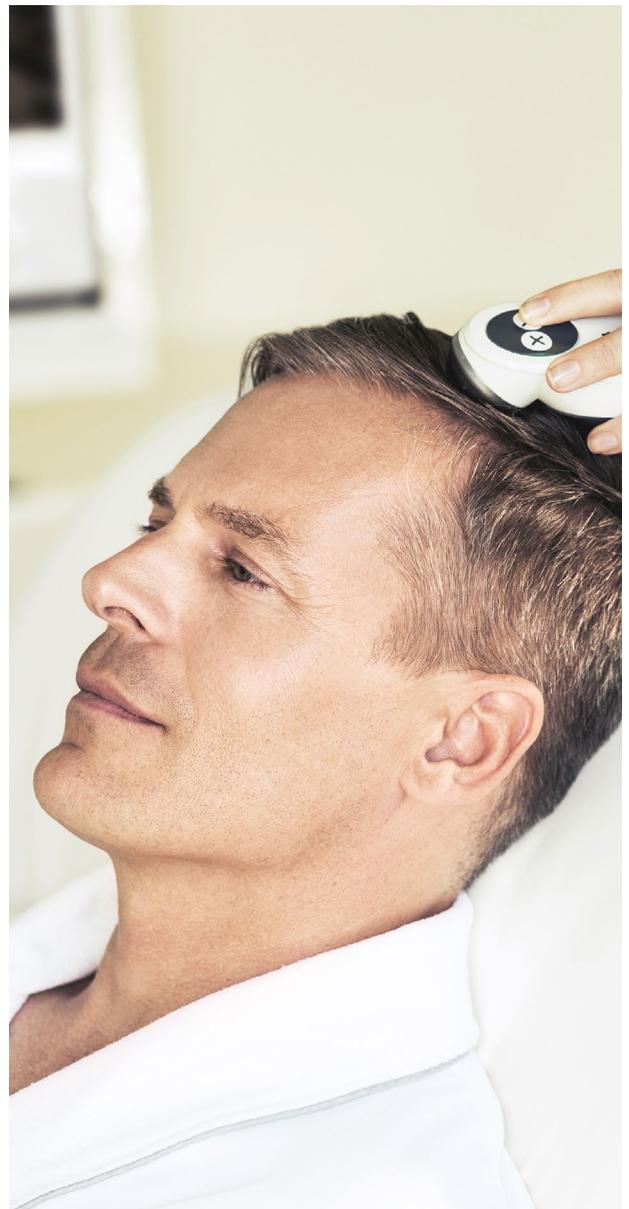
The manual mechanised transplant technique that we use at SHA allows us to extract hair from the entire donation area on the head and use maximum 0.8 mm incisions when extracting follicles. After careful preparation under the microscope the follicles are implanted using micro incisions.

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 €7,000 - €9,000 depending on the number of follicles transplanted.



## 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**

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.** Incluye el aeropolido con flash pearls, dejando la superficie del diente perfectamente limpia, suave y sin manchas. It can be complemented with dental ozone therapy and bioadhesive gel with hyaluronic acid to accelerate the recovery of the gums.

**SHA Dental Analysis.** X-ray/visiograph.

**Whitening Advanced Tooth Brightening System.** It can be applied several times in the same session, and does not damage the tooth enamel.

**Complete Oral Rehabilitation Treatments.** Fixed prosthesis made of zirconium or porcelain, finished in only 2 weeks.

**Surgical options.** Computer guided dental implant surgery, impaction or window sinus lifts, Platelet Rich Plasma (PRP), autologous bone aggregation and surgery for extraction of retained third molars.

#### **Dental Ozone Therapy**

Periodontal treatments and surgeries.



All our treatments can be carried out under general conscious sedation. If you are interested in any of the dental services we have available, please consult with our professionals.

## Facial & Body High-Tech Treatments x5 pack

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.

#### FACIAL INDIBA® OR BODY TREATMENT

50min · 180€

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.

#### ICOONE® FACIAL OR BODY TREATMENT

50min · 200€

Microalveolar therapy treatment that works on the skin tissue with an advanced technology that generates 1180 micro-stimulations in each treated area of its surface. By means of special rollers, a suction pressure is applied that generates a vacuum effect fragmentation, which allows the tissues to recover their natural structure. It helps to firm, reshape and combat cellulite with maximum effectiveness on localised areas that are difficult to treat with other techniques (inner thighs, abdomen, knees, arms, buttocks and buttocks). It also improves fluid retention, lymphatic drainage and blood flow.

#### CRYOTHERAPY\*

10min · 90€

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 ni-trogen 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.

\*Requires prior Treatment Validation Consultation.

## PRESSOTHERAPY

20min · 90€

Beauty treatment that promotes lymphatic drainage through the use of air pressure from the feet to the abdominal area. By alternating compression and decompression, the circulatory system is improved, reducing venous problems and the sensation of tired legs and heavy limbs. The combination of this therapy with correct nutrition and exercise allows results to be obtained in less time. It also contributes to the elimination of liquids, fats and toxins that produce cellulite, oedemas, lymphoedemas and venous disorders such as varicose veins.

## FACIAL TREATMENTS

### BIOLOGIQUE RECHERCHE PACK

900€

Facial cure with a high level of personalisation that progressively works on the needs of the skin, covering different objectives that start with a detailed diagnosis, followed by a skin preparation phase, in order to obtain the maximum benefit in the sequence of the treatments that are carried out. This ritual is characterised by the synergy of active ingredients from plant, biomarine and biotechnological extracts at very high concentration levels, and its protocol is carried out in 4 phases.

**Phase 1:** Diagnosis, preparation and hydration of the skin.

**Phase 2:** Personalised conditioning ritual.

**Phase 3:** Personalised moisturising ritual.

**Phase 4:** Restructuring ritual.

### 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.

### FACIAL RED CARPET

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.

### FACIAL FOAMING ENZYME

50min · 195€

Designed to revive devitalised skin and care for sensitive skin. It consists of a powerful exfoliating foaming mask that combines papaya enzymes, pineapple, and glycolic acid, which, together with specific bioactives with a soothing and moisturising effect, result in smooth and luminous skin.

### FACIAL HONEY ENZYME

50min · 195€

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.

### SAHO PURIFYING RITUAL

75min · 250€

Deep facial cleansing treatment inspired by a Japanese ritual divided into two steps. The first consists of cleansing the face of all oily residues such as make-up or sebum; in the second, all watery impurities are removed, as well as dead epithelial cells. The perfect detox ritual.

### SAHO DEEP MOISTURISING RITUAL

75min · 250€

Un elixir calmante compuesto por ocho aminoácidos esenciales que nutren y estimulan la piel, creando un efecto hidratante inmediato. Los antioxidantes y los pigmentos orgánicos utilizados en este ritual actúan conjuntamente para combatir la piel seca. Recomendado para pieles secas, deshidratadas, tirantes o delicadas.

### SAHO FIRMING RITUAL

75min · 250€

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 HIGH 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.

### FACIAL REJUVENATION SAKURA

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, so-metimes 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.



## 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

<b>Wash and cut</b>	80€
<b>Wash with treatment and styling</b>	
short	55€
medium	80€
large	95€
with extensions	100€

#### Colour

From subtle changes that will help enhance the natural shades of your hair, cover the first shades of grey or 180° changes in shades and textures. Our colour specialists will help you define the ideal colour to enhance your natural beauty.

<b>Root touch up</b>	70€
----------------------	-----

<b>Colour treatment</b>	100€
-------------------------	------

<b>Personalised colour treatment</b> (balayages, rootbeer, babylights)	from 160€
---	-----------

<b>Hair extensions</b>	customised estimate
------------------------	---------------------

Natural hair extensions, according to your needs, to give your hair more body and volume.

#### MEN

<b>Hair washing and styling</b>	40€
---------------------------------	-----

<b>Beard cut and/or shave</b>	45€
-------------------------------	-----

<b>Haircut</b>	55€
----------------	-----

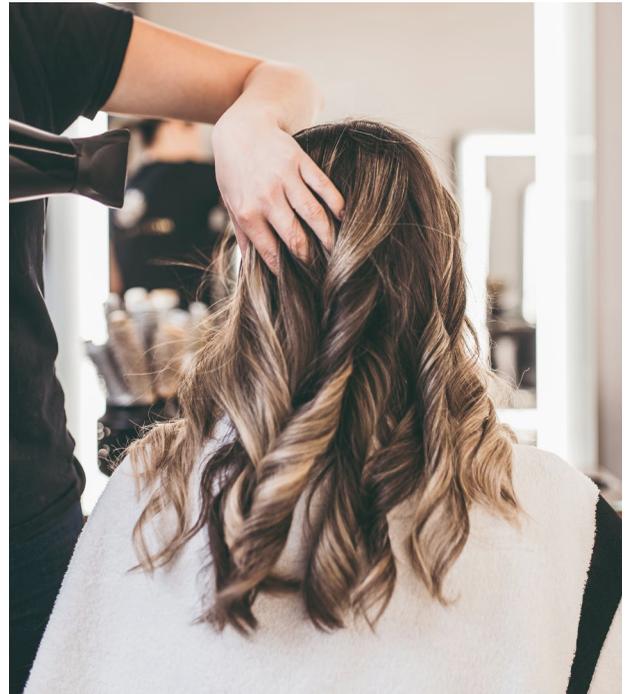
<b>Hair dye</b>	65€
-----------------	-----

### HAIR TREATMENTS

#### AQUATTO new

50 min · 225€

Specialised hair treatment that restores and revitalises damaged hair with the use of Aquatto equipment and a variety of care and repair products, which are selected according to the specific needs and type of hair to be treated.



#### 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.

#### AQUATTO PACK + SHA HAIR TREATMENT\*

300€

#### 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.

\*Hair drying not included

\*\*Requires prior consultation with our specialist.

## 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

<b>Manicure (without polish)</b>	90€
<b>Nail polish application</b>	30€
<b>Shellac manicure</b>	140€
<b>Pedicure (without polish)</b>	90€
<b>Shellac pedicure</b>	140€

Semi-permanent Shellac nails must be removed by an expert in this technique in order to avoid damage to the nail. The cost is €20 and must be booked prior to any manicure or pedicure service.



\*Requires previous consultation with our specialist.

\*\*Subject to availability.

# 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 x3 pack

### 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.

### BRAIN PHOTOBIO-MODULATION

Session 200€

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€

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 x3 pack

### 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 x3 pack

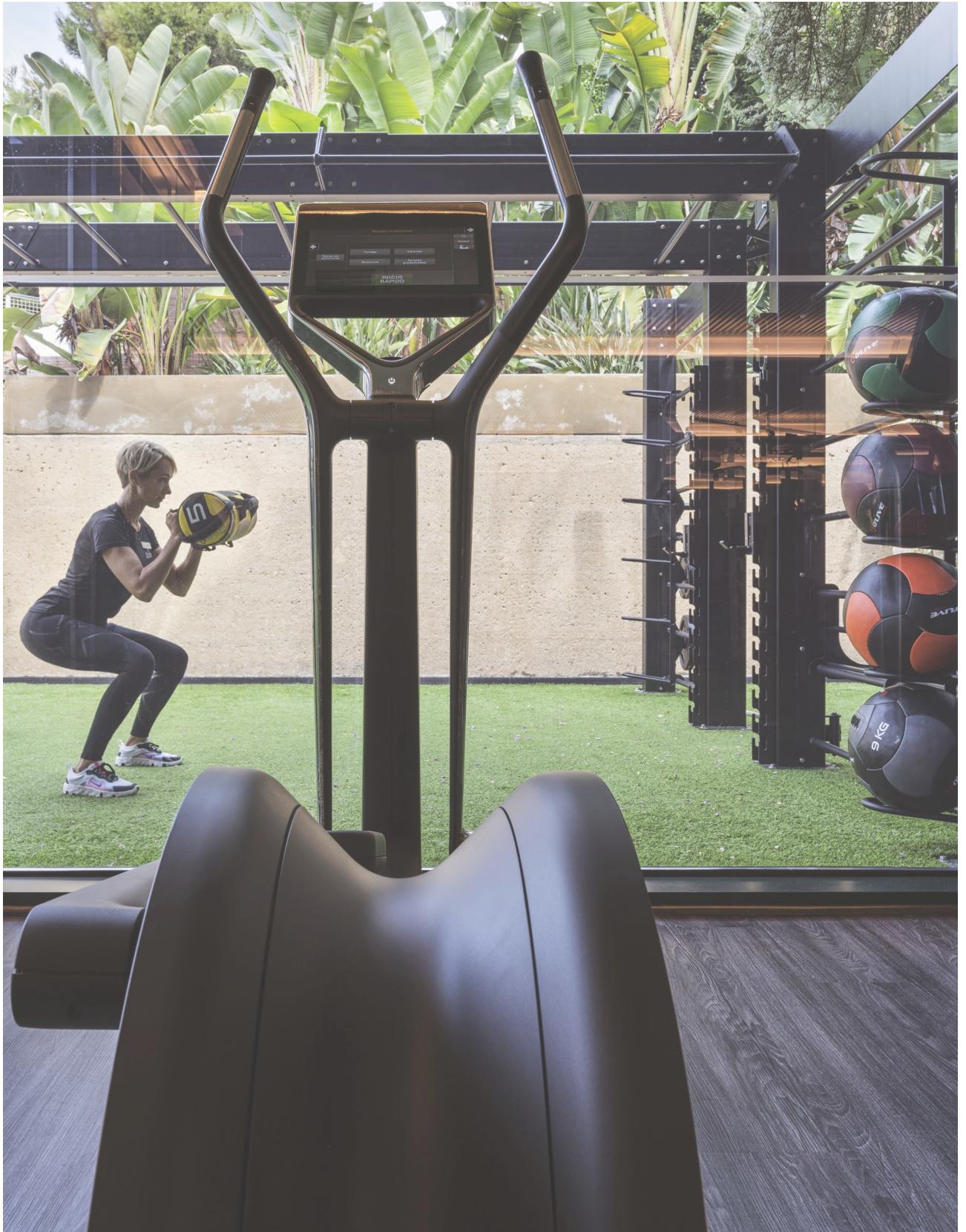
### STRESS MANAGEMENT SESSION

Session 170€

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 x5 pack

An overall state of well-being 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 · 120€

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 · 120€

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.

### WIRELESS ELECTRO-STIMULATION

30min · 150€

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.

## AQUABIKING new

Discipline that consists of pedalling on a special underwater bicycle, following the instructions of a personal trainer. Aquabiking benefits from the resistance and weightlessness of water, which transforms a traditional exercise into a progressive, non-impact exercise. It is very effective for the progressive elimination of cellulite, and also helps to reduce fluid retention to make your legs feel less heavy. Thanks to the "zero gravity" provided by buoyancy in water, the risk of muscle and joint injuries is reduced. In addition, the cooling effect of the water reduces pressure on the heart and the discomfort of sweating. It is particularly recommended in cases of rehabilitation and for treating excess weight.

## AQUAGYM

50min · 120€

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 · 120€

**Reformer Pilates**

50min · 150€

## STRETCHING

50min · 120€

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

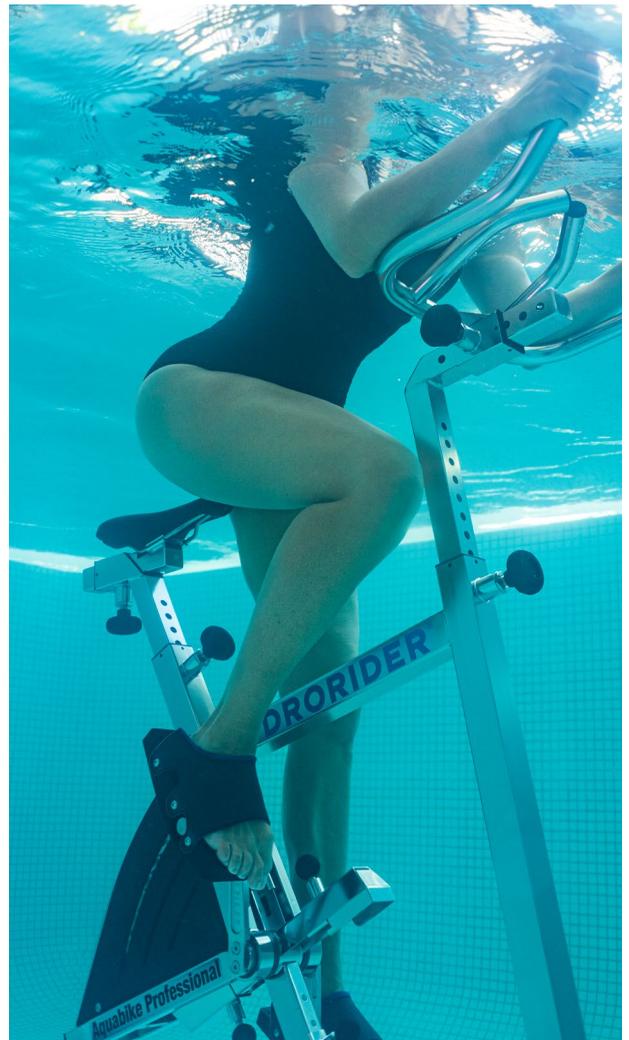
50min · 130€

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 · 130€

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, running or nordic walking

120€/hour (minimum 2 hours)

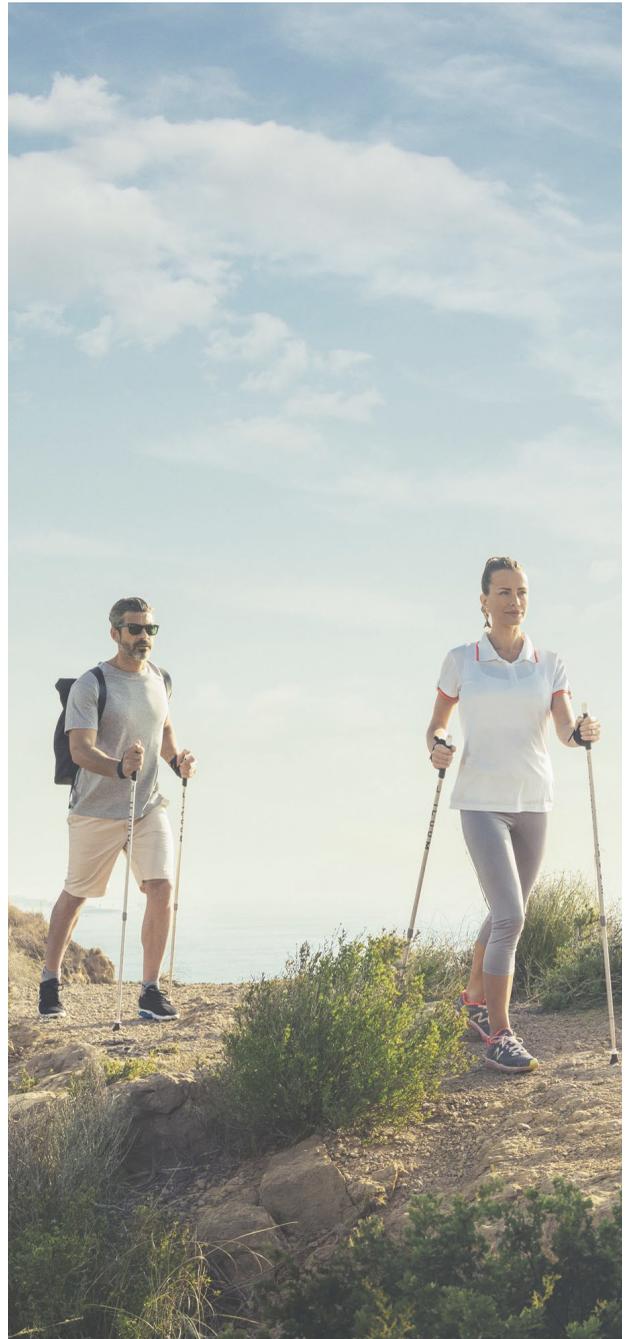
An exclusive combination of hiking and personal training, where you will have the possibility of choosing or designing the routes and location to suit your fitness goals: hiking along the beach, in the mountains, special trails and so on. The price includes the full trail, from setting out to returning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

### 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:

<b>Beginner and intermediate</b>	50min · 120€
<b>Advanced</b>	50min · 140€



### 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 x3 pack

## PHYSIOTHERAPY SESSION

200€

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.

## HUMAN TECAR® PHYSIOTHERAPY TREATMENT

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 well-being 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.

## INDUCTIVE THERAPY SESSION new

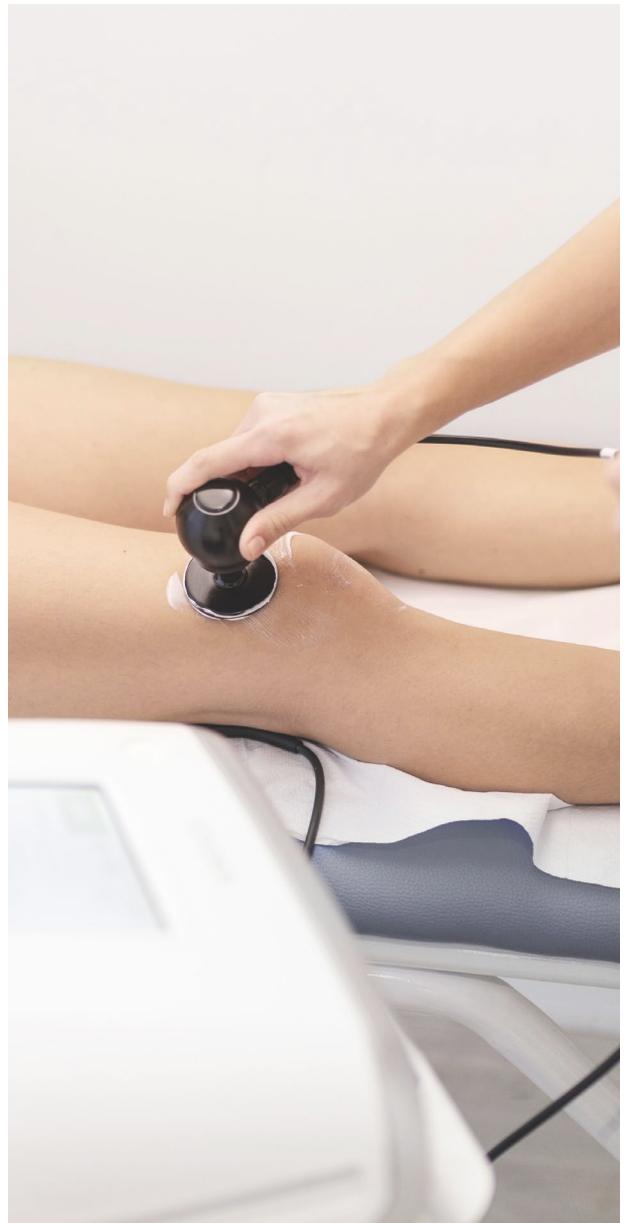
200€

Using high-intensity inductive technology, magnetic waves or fields are applied to specific areas of the body to stimulate nerve cells and tissues, producing repairing effects at a cellular level. We have specific treatments depending on the symptomatology or health objectives:

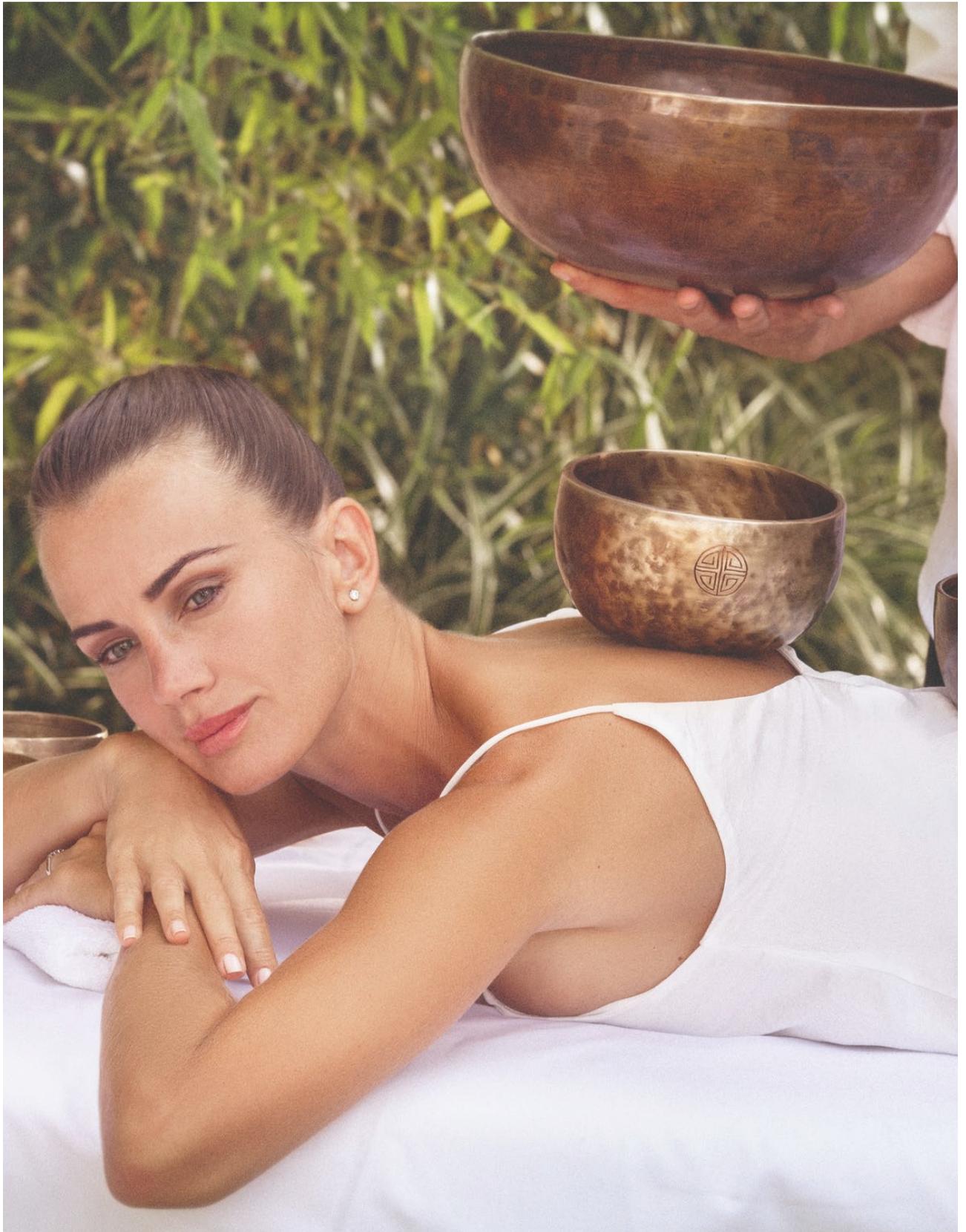
**Inductive therapy for digestive health**

**Inductive therapy for pain relief**

**Inductive therapy for pelvic floor health**



# Well-being & Inner Balance



## Mind and Body Disciplines x5 pack

Exercising the mind is important to restore and maintain overall well-being. 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 · 120€

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 · 120€

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 well-being. 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.

### PRANAYAMA | BREATHING CONTROL

50min · 120€

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 · 120€

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 x5 pack

## WATER THERAPIES

### WATSU®

50min · 180€

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.

### CRANIO-SACRAL WATER THERAPY

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 through a targeted massage composed of marine ingredients, accompanied by an exfoliation and a draining wrap. You will immediately notice an improvement in the liver and abdomen, as well as a feeling of lightness

## HYDROENERGETIC DETOX CURE

50min · 180€

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.

## UNDERWATER THERAPY

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.

## Body Wraps x3 pack

### INTENSIVE SCULPTING BODY WRAP

75min · 250€

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.

## Intensive Body Treatments x3 pack

### “SLIM & FIT” BODY TREATMENT

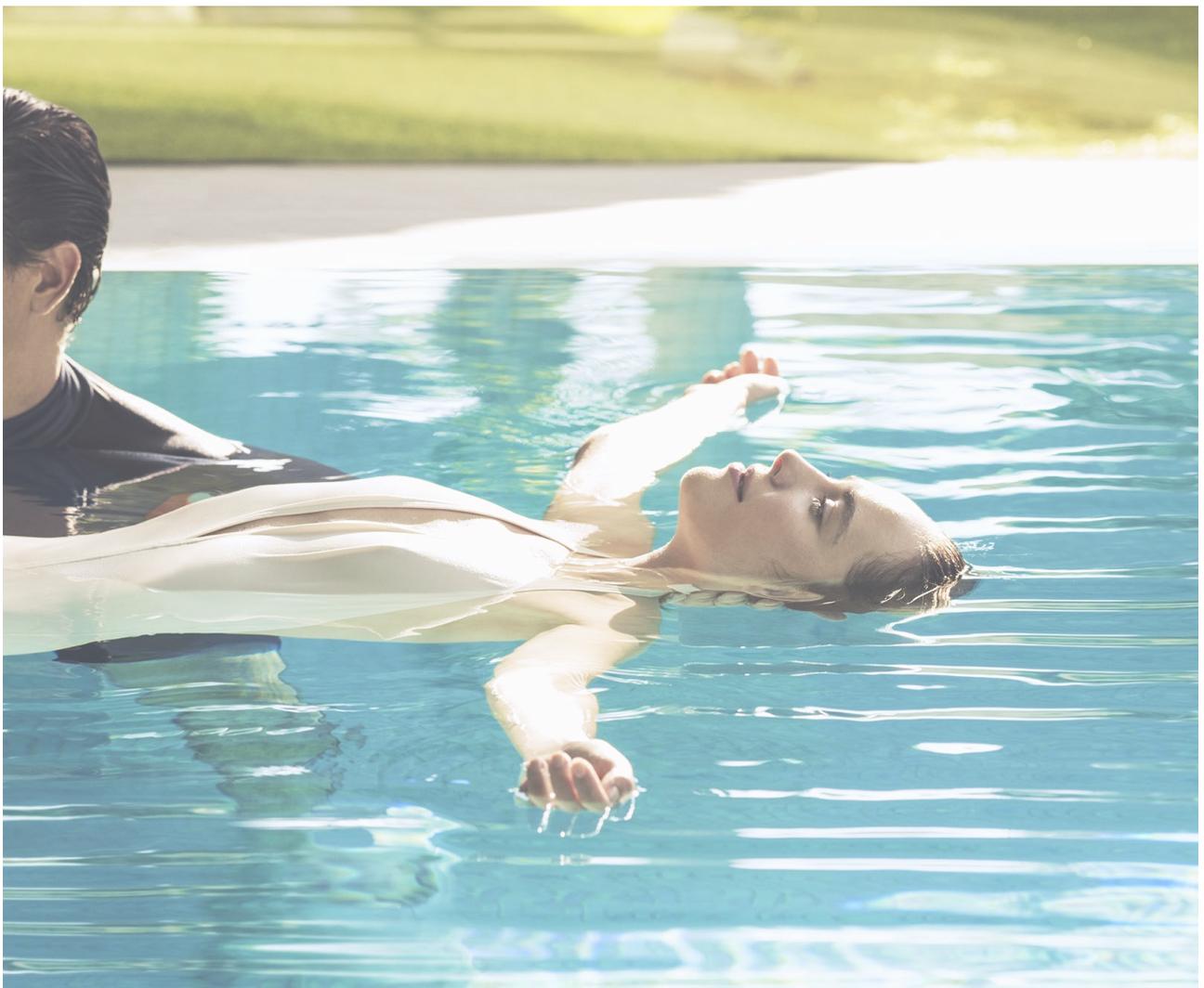
100min · 290€

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 · 290€

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 x5 pack

### SIGNATURE MESSAGES

#### SHA DETOX THERAPY signature

50min · 160€ | 75min · 215€

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 PSAMMO THERAPY signature

75min · 260€

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 MESSAGE

50min · 150€ | 75min · 195€

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 MESSAGE

50min · 150€ | 75min · 195€

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 THERAPY

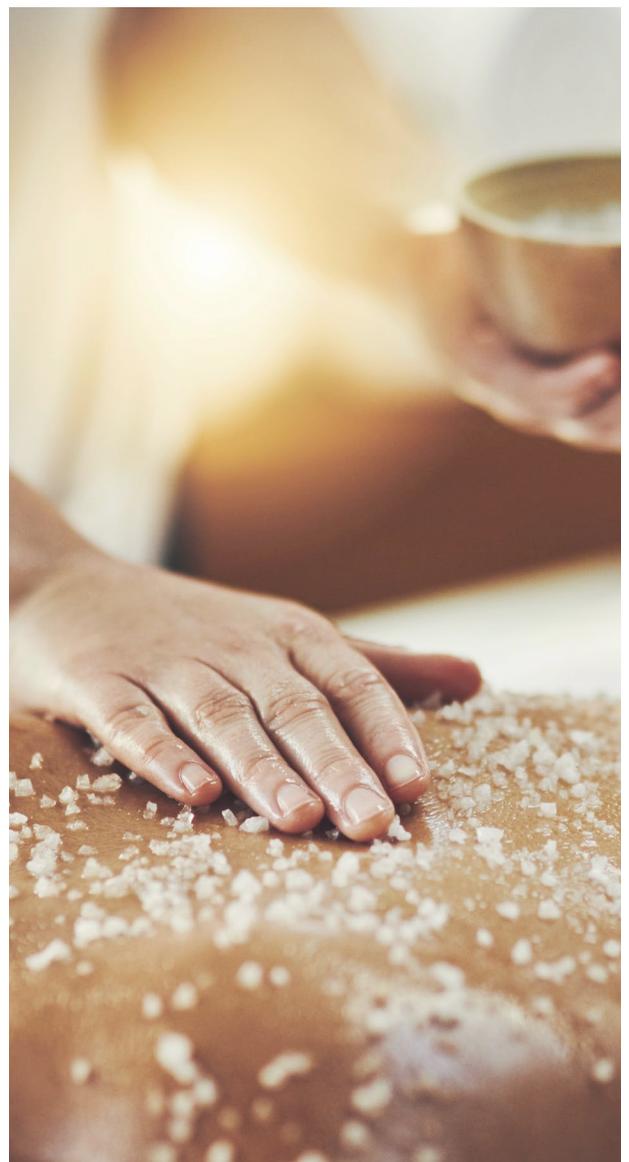
50min · 150€

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 · 150€

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.



## SPECIALISED THERAPIES WITH THE USE OF TECHNOLOGY

### SPORTS MASSAGE WITH BODY-IMPACT THERAPY new

50 min · 160€

Decontracting therapy aimed at loosening tight muscles, increasing blood flow and, consequently, facilitating post-exercise muscle recovery, in order to recover and improve performance after a physical routine.

### ANTI-CELLULITE MASSAGE WITH BODY-IMPACT THERAPY new

50 min · 160€

Localised therapy aimed at reducing cellulite by activating the blood flow in the deep and superficial muscles of the thighs, buttocks and legs, thanks to a drainage process that allows the elimination of excess liquids in the lymphatic system.

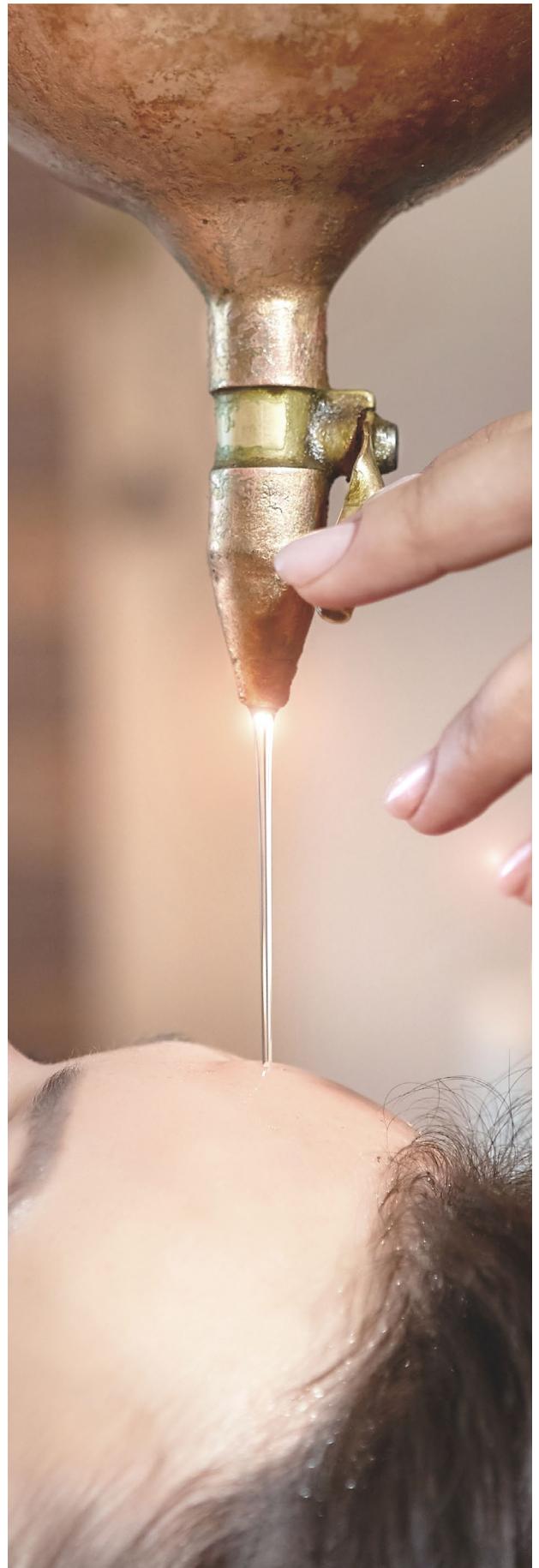
The treatment begins with an impact therapy (with percussion equipment), followed by a manual circulatory massage to finish mobilising the blood and lymph.

## Oriental Therapies x5 pack

### SHIRODHARA

75min · 260€

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 · 160€ | 75min · 215€

Ancient Ayurvedic massage from India, where you experience an emotional journey and holistic wellness through techniques and warm Ayurvedic oils with therapeutic properties, helping to balance body and mind, in which each movement is performed with a sense and a purpose of natural rebalancing.

## NUAT BORAN (traditional Thai massage)

50min · 160€ | 75min · 215€

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 well-being.

## SHIATSU

50min · 160€ | 75min · 215€

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 · 160€ | 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 · 150€

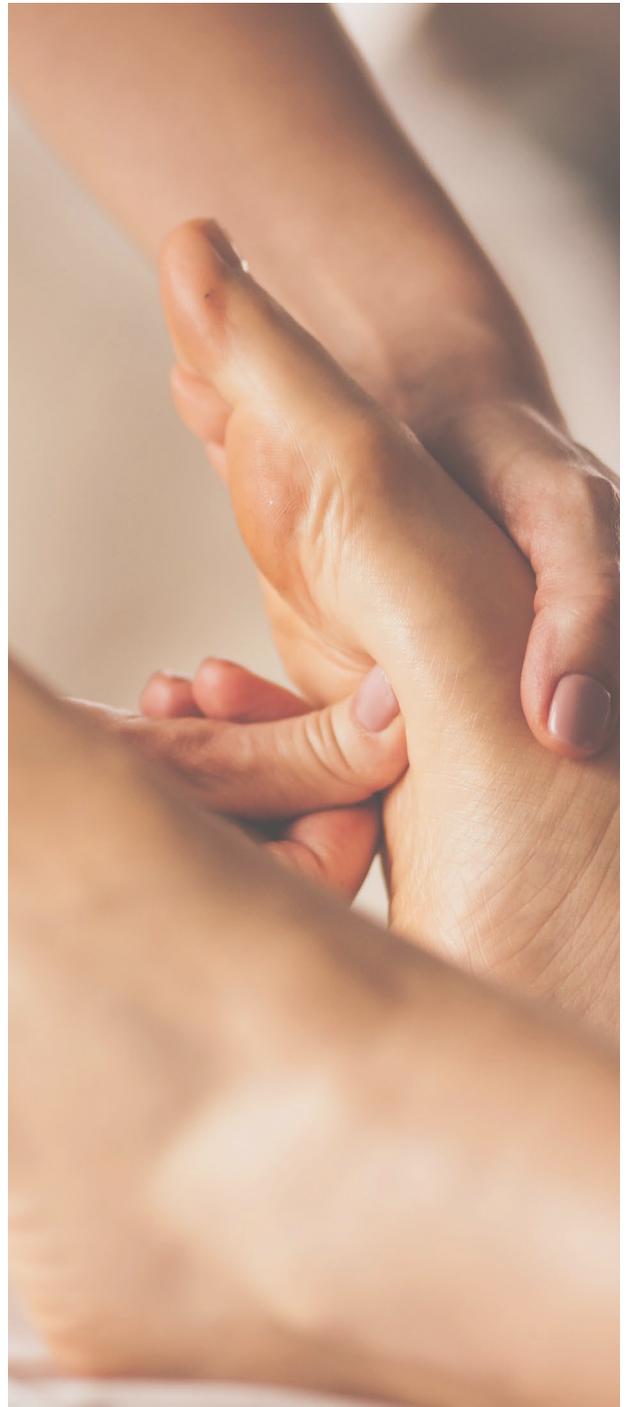
A 4000-year-old healing technique where pressure is applied to certain areas on the soles of the feet or palms of the hands, depending on how these pressure points affect the different organs in the body.

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 · 90€

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. You must request the service by making a reservation at least 48 hours in advance.

### **EXPRESS**

40€

Analytic reading, follow up and other brief consultations.

### **FULL**

60€

Consultation and interpretation sessions of longer than 20 minutes.

lifelong health & wellbeing