

SHA METHOD

SHA is a transformative experience that helps people to reach and maintain their optimal state of health and enjoy their full physical, mental and spiritual potential. The secret is the SHA Method, scientifically designed to achieve in the shortest possible time, and through diverse and highly efficient disciplines, to improve and enhance the global and integrative health of our guests, from a global and integrative point of view, while providing the knowledge to enable people to maintain the optimal state of health achieved in SHA.

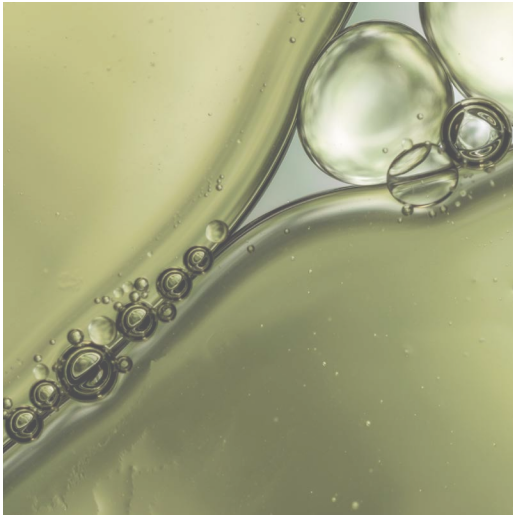


HEALTH PROGRAMMES

SHA Wellness Clinic programmes aim to help you achieve and maintain an optimal state of health and well-being through a global and integrative vision of health that combines proven and effective disciplines of both scientific and holistic medicine, with special attention to a healthy, balanced and appetising diet, and at the same time very varied and appetising.

Whatever your choice of programme, you will have a diagnostic tests and a wide variety of treatments and consultations, tailored to your needs and objectives. Together with a series of exciting activities that will help you achieve your goals.

The SHA experience takes an educational approach that will enable you to acquire and incorporate healthy habits into your day-to-day life. That way you will continue to improve your health, well-being and vitality after your stay.



Detox & Optimal Weight

From 7 days



Intensive version

From 7 days



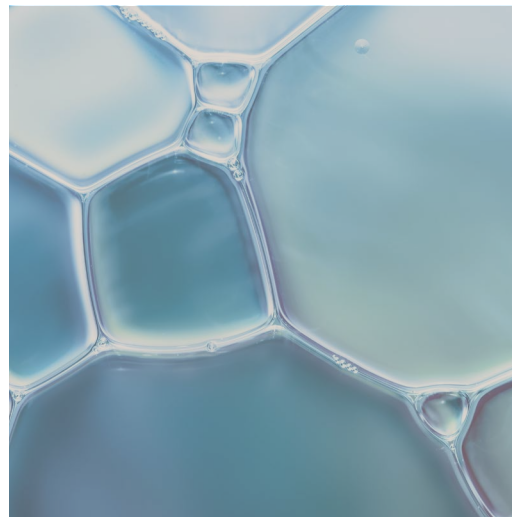
Rebalance & Energise

From 4 days



Leader's Performance

From 7 days



Well-ageing & Prevention

From 7 days

ADDITIONAL WEEKS

All our programmes have the option of adding extra weeks in which you will have a range of treatments to help you go even further towards achieving your health goal.

Detox & Optimal Weight

Effective synergy for cleansing the body and achieving a healthy weight

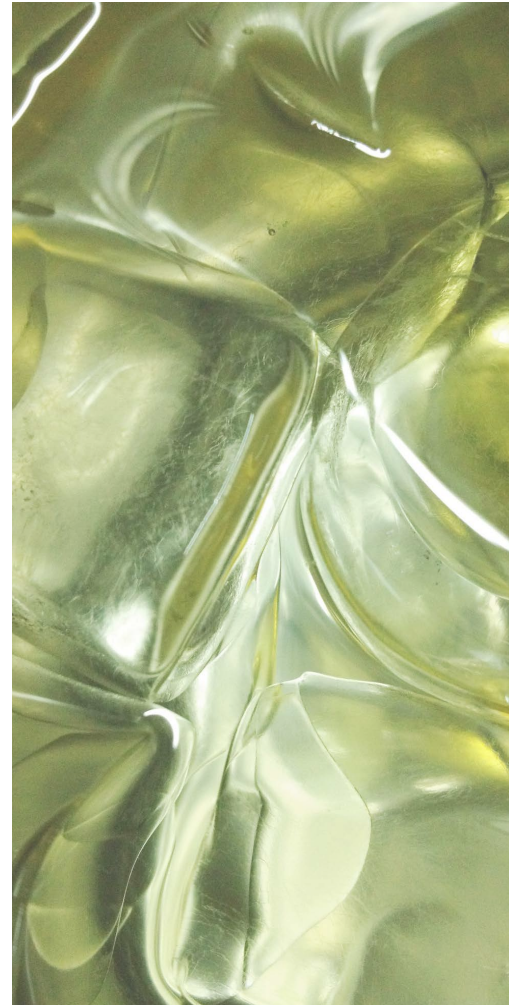
This programme is designed to provide remarkable and concrete results in the process of bodily detoxification and metabolic reactivation. Our focus is centered on achieving a deep purification and revitalizing the metabolism, with special attention to attaining effective and long-lasting results that will enable you to progress towards optimal health.

WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- Enhance the body's detoxification process by merging two vital approaches: achieving a healthy ideal weight while simultaneously conducting a cleansing and detoxification procedure for an optimal state of health.
- Analyze various metabolism and detoxification indicators, as well as **implementing measures to counteract any metabolic imbalances.**
- Promote physical activity as an essential component to achieve an ideal weight and enhance the body's natural detoxification capability.

IT IS FOR YOU IF

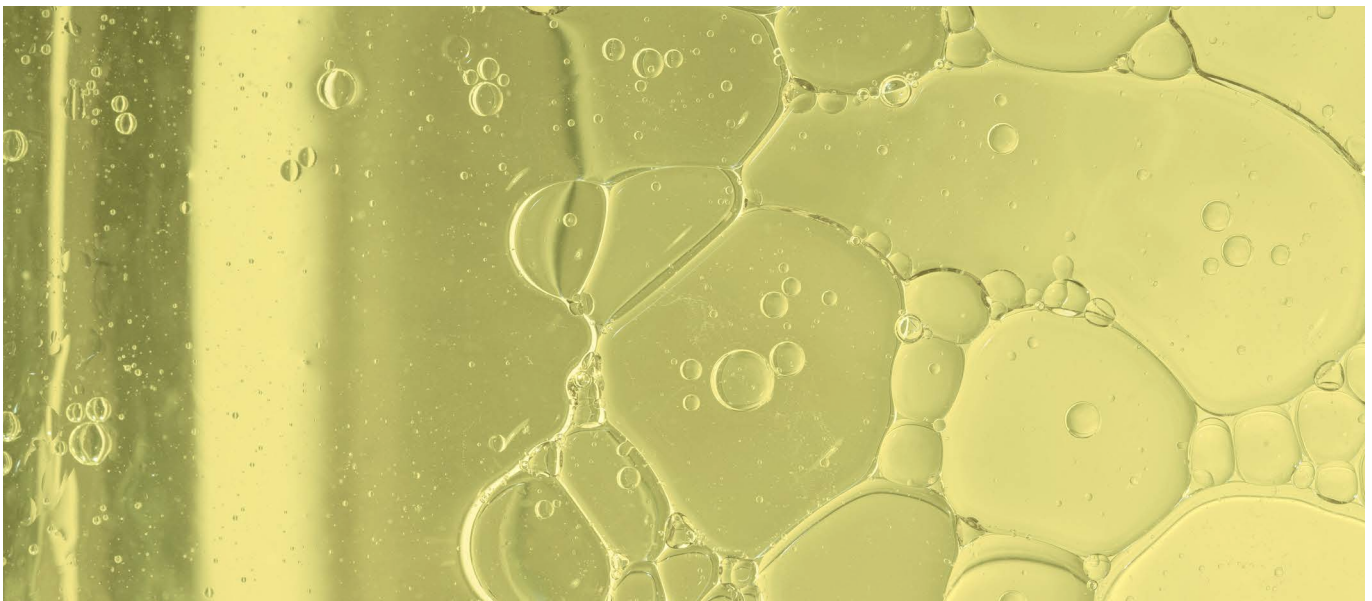
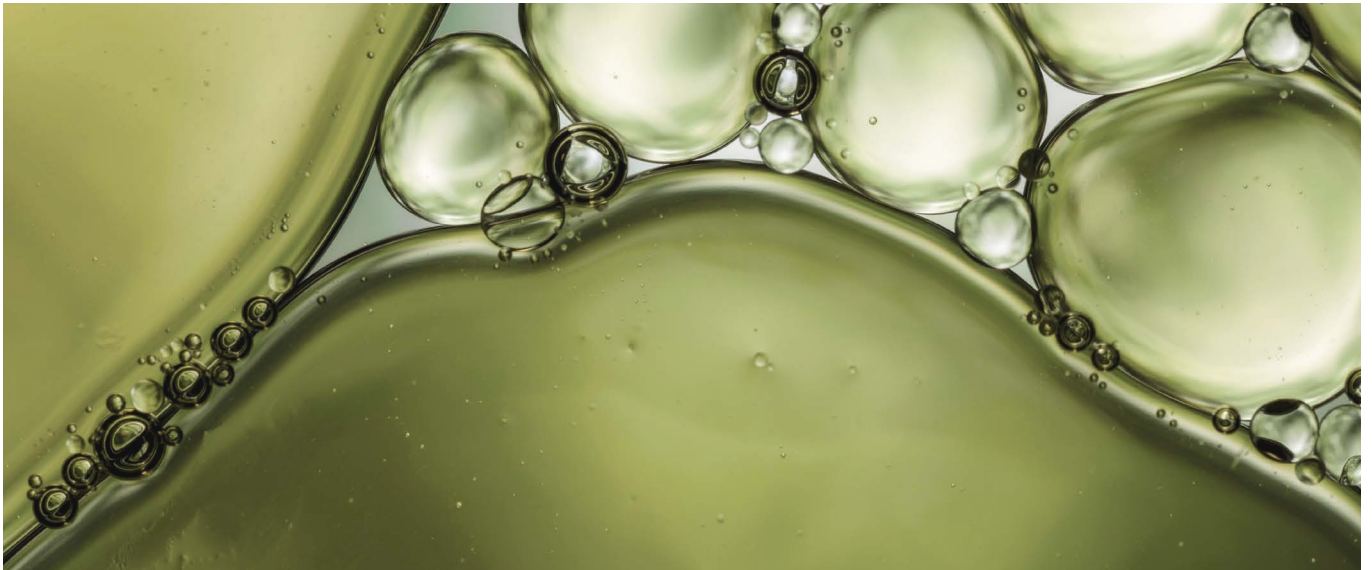
- You have **inadequate habits** such as excessive consumption of coffee, alcoholic drinks, tobacco, medicines and/or poor diet, among others.
- Suffer from overweight or obesity and **are looking to improve your state of health**, as well as if you wish to reduce or gain a few kilos to improve your appearance.
- You have a **reduced physiological capacity** for proper detoxification of the body.



METHOD

With the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalised food and health plan.
- Natural therapies and technological treatments focused on weight reduction, elimination of body toxins and reinforcement of natural purification mechanisms.
- Control and monitoring of body weight and body composition.
- Lifestyle recommendations, with activities that enable the learning of new healthy habits.



DETOX & HEALTHY WEIGHT

From 7 days

MEDICAL SERVICES	Intensive version			
	7 days	Per additional week	7 days	Per additional week
General health examination	1	-	1	-
Advanced Preventive Diagnostic	1	-	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 				
Initial laboratory test	1	-	1	-
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-	1	-
General medical consultation at the beginning of the programme	1	-	1	-
General medical consultation at the end of the programme	1	-	1	-
Regenerative medicine consultation	-	-	1	-
Revitalising medicine consultation	1	-	1	-
Consultation with well-ageing expert	-	-	1	-
Derma-aesthetic consultation	1	-	1	-
2 serotherapy sessions	-	-	1	1
Weight control follow-up through body composition analysis	2	3	2	3
3D Body scanner at the end of the programme	1	-	1	-
Dental Health Diagnostics by Digital Imaging	-	-	1	-
Dietary supplement Be Slim	1	-	1	-
HEALTHY NUTRITION				
Consultation with an expert in nutrition and natural therapies	1	-	1	-
Nutrition plan adapted to your needs	1	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1	1
Mindful eating session	1	-	1	-
Nutritional follow-up consultation during your stay	1	1	1	1
Personalised health plan	1	-	1	-
Healthy group cooking class at The Chef's Studio	1	1	1	1

Intensive version

NATURAL THERAPIES	7 days	Per additional week	Intensive version	
			7 days	Per additional week
Acupuncture session	1	2	2	2
Colon hydrotherapy session	2	1	2	1
WELLNESS				
Underwater therapy	2	2	2	2
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	1	2	2	2
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	2	2	3	2
SHA Detox therapy	2	2	2	2
Cryotherapy session	1	1	2	1
Intensive sculpting body wrap	1	1	1	1
Pressotherapy session	-	-	1	2
Slim & Fit body treatment	-	1	2	1

Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)

PHYSICAL PERFORMANCE

Introductory fitness evaluation with a personal trainer	1	-	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	1	2	2	2
Group training sessions, adapted to your optimal weight objective and needs	2	2	2	2

HEALTHY LIVING ACADEMY

Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others

Detox and Optimal Weight		Intensive version	
7 days	Additional week	7 days	Additional week
5,000 USD	3,900 USD	6,600 USD	4,500 USD

Rebalance & Energise

Revitalise the body to restore and achieve maximum physical and mental vitality and balance

Rebalance & Energise takes an innovative approach that incorporates clinically supported and patented technologies and treatments to relieve stress, rebalance the body's systems and revitalise its functions at the cellular level, providing maximum recovery and dramatically boosting vital energy.

WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- **Recover and revitalise the organism** through different natural therapies and scientific medicine treatments, which **reduce the negative effects produced by continuous stress**, promoting cellular health and longevity
- **Increase vitality levels** through revitalising medicine and energy health treatments, which provide energy at a cellular level and improve the functioning of all the body's systems.

IT IS FOR YOU IF

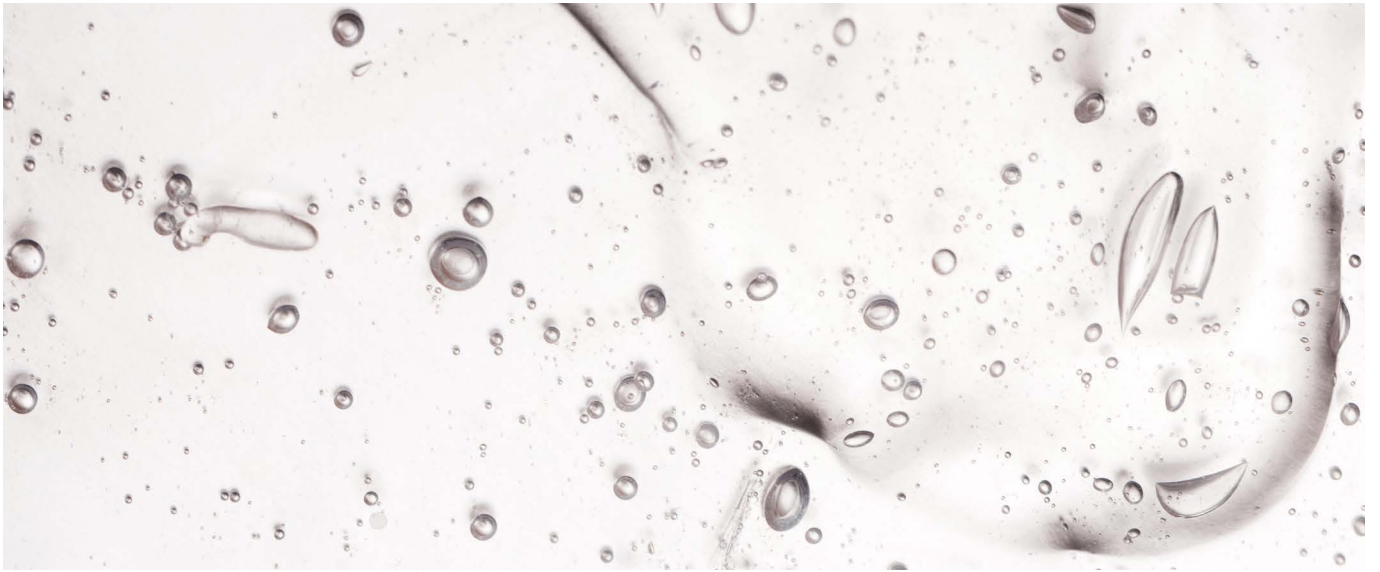
You feel exhausted and **you are looking to regain energy**, revitalise or reduce stress, as well as wanting to unwind and relax while learning new healthy lifestyle habits.

METHOD

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalised diet and health plan.
- Natural therapies and technological treatments.
- Lifestyle recommendations, with activities that allow the learning of new lifestyle habits.





REBALANCE & ENERGISE

From 4 days

MEDICAL SERVICES	4 days	7 days	Per additional week
General health examination	1	1	-
Advanced Preventive Diagnostic	1	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 			
General medical consultation at the beginning of the programme	1	1	-
General medical consultation at the end of the programme	-	1	-
Initial laboratory test	-	1	-
Revitalising medicine consultation	1	1	-
Ozone therapy session with GAH intravenous	1	1	1
Emotional coaching session	-	1	1
Derma-aesthetic consultation	-	1	-
Neurocognitive assessment	-	-	1
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	1	1	-
Nutrition plan adapted to your needs	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1
Nutritional follow-up consultation during your stay	-	1	1
Personalised health plan	-	1	-
NATURAL THERAPIES			
Integrated bioenergy assesment with electromagnetic evaluation	1	1	-
Acupuncture session	1	2	1
Relax & Energy far infrared heat session	1	1	2
Osteopathy session	-	1	1

WELLNESS	4 days	7 days	Per additional week
Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran or sound therapy with Tibetan singing bowls.	1	1	1
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	1	1
Cryotherapy session	1	1	2
Watsu session	-	1	-
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)			
MIND AND BODY			
Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques	1	1	1
PHYSICAL PERFORMANCE			
Introductory fitness evaluation with a personal trainer	1	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	1	2	3
HEALTHY LIVING ACADEMY			
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others			

4 days	7 days	Additional week
2,600 USD	4,500 USD	3,500 USD

Leader's Performance

Optimal performance and long-lasting vitality for those who live under demanding conditions

Being aware of how difficult it is in a leadership position to find the time to take care of oneself, we have designed an intensive 7-day programme combining the most effective treatments and methodologies from both scientific and holistic medicine to achieve optimal physical and mental performance. An executive health programme.

WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- Achieve optimal physical and mental performance through the application of highly effective treatments, including Western and Eastern medical approaches.
- Achieve and maintain optimal health in the face of high levels of activity, exertion and stress, with substantial improvement in performance and productivity.

IT IS FOR YOU IF

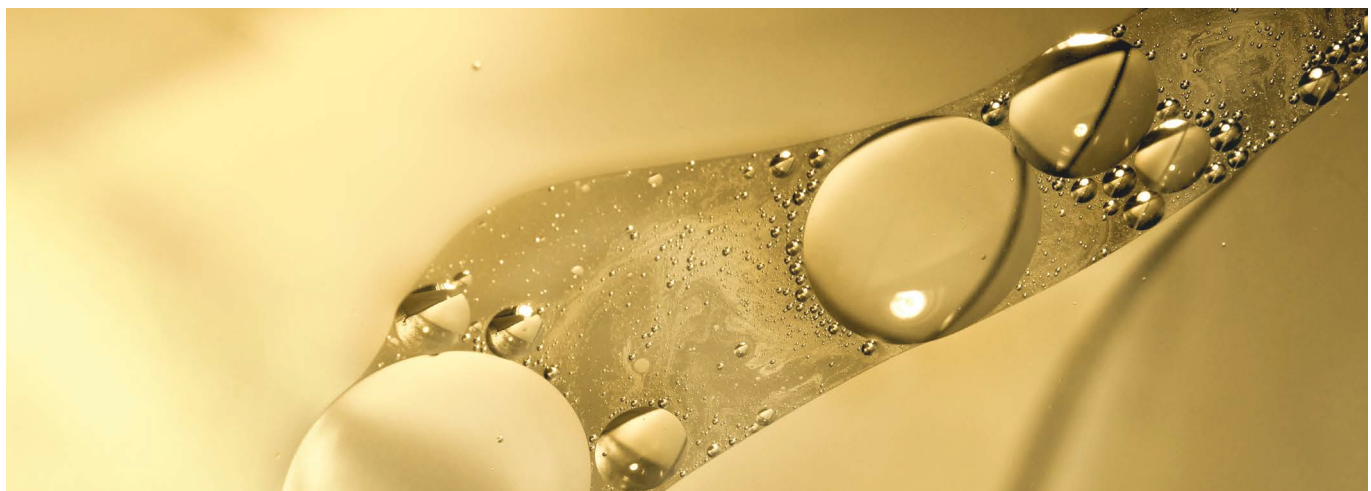
You are exposed to a high degree of activity, effort, stress, decision-making, continuous travel, etc., and seek to monitor and care for your health, improving your performance and productivity.

METHOD

Oxidative stress is caused by natural cell division or by external factors, such as poor diet, the bad air we breathe, bad habits, etc., which lead to inflammation, disease, infection, ageing and loss of vitality. Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- Personalised food and health plan.
- Natural therapies and advanced treatments of well-ageing, revitalising, regenerative and cognitive health medicine.
- Lifestyle recommendations, with activities that enable learning new lifestyle habits.





LEADER'S PERFORMANCE

From 7 days

MEDICAL SERVICES	7 days	Per additional week
General health examination	1	-
Advanced Preventive Diagnostic	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 		
Biological Profile Performance	1	-
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-
General medical consultation at the beginning of the programme	1	-
General medical consultation at the end of the programme	1	-
Revitalising medicine consultation	1	-
Sexual Health consultarion	1	-
Derma-aesthetic consultation	1	-
Neurocognitive assessment	1	-
Neurotechnical session	1	1
Psychology session Breathing for Wellness	1	-
Ozone therapy session + Biological serum	1	1
Dental Health Diagnostics by Digital Imaging	1	-
HEALTHY NUTRITION		
Consultation with an expert in nutrition and natural therapies	1	-
Nutrition plan adapted to your needs	1	1
Natural therapeutic drinks, based on prescription	1	1
Nutritional follow-up consultation during your stay	1	1
Personalised health plan	1	-
NATURAL THERAPIES		
Integrated bioenergy assessment	1	-
Acupuncture session	2	2
Relax & Energy far infrared heat session	2	2
Osteopathy session	1	1

WELLNESS	7 days	Per additional week
Underwater therapy	1	1
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	2
Cryotherapy session	1	1
Ice Bath	1	-
Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran or sound therapy with Tibetan singing bowls.	-	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)		
MIND AND BODY		
Breathing techniques session Breathing for Wellness	1	-
Stress management session	1	-
Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques	-	1
PHYSICAL PERFORMANCE		
Introductory fitness evaluation with a personal trainer	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	5	4
HEALTHY LIVING ACADEMY		
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others		

7 days	Additional week
6,600 USD	4,500 USD

Well-ageing & Prevention

Innovative preventive approach to slow cellular ageing

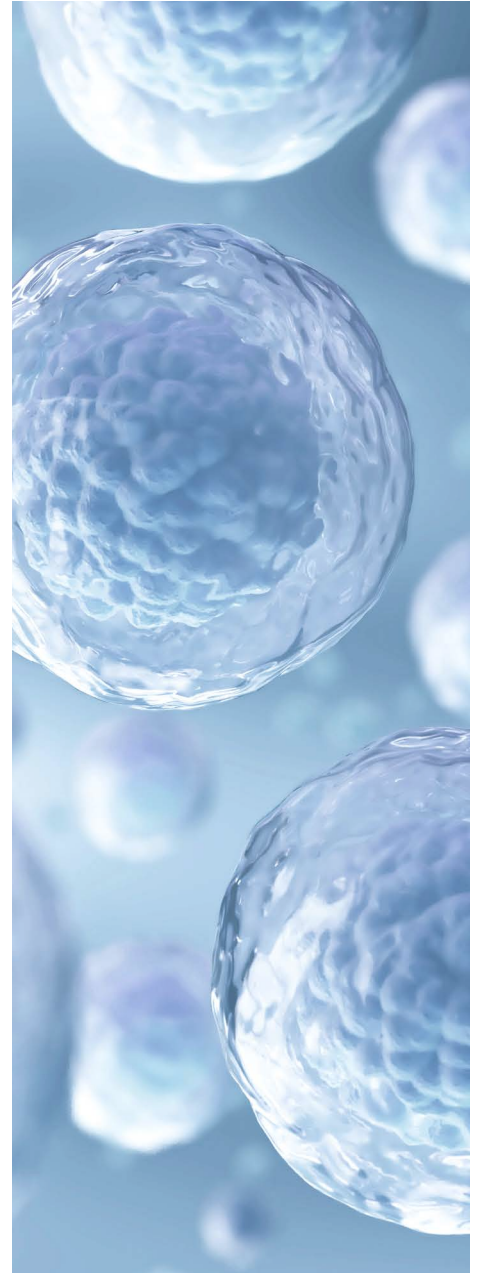
This programme aims to slow down the process of cellular degeneration and to reactivate the health potential of each person. The aim is to provoke a natural stimulation and reconstruction of the different metabolic processes and systems, through prevention and the strategic application of innovative treatments of well-ageing medicine.

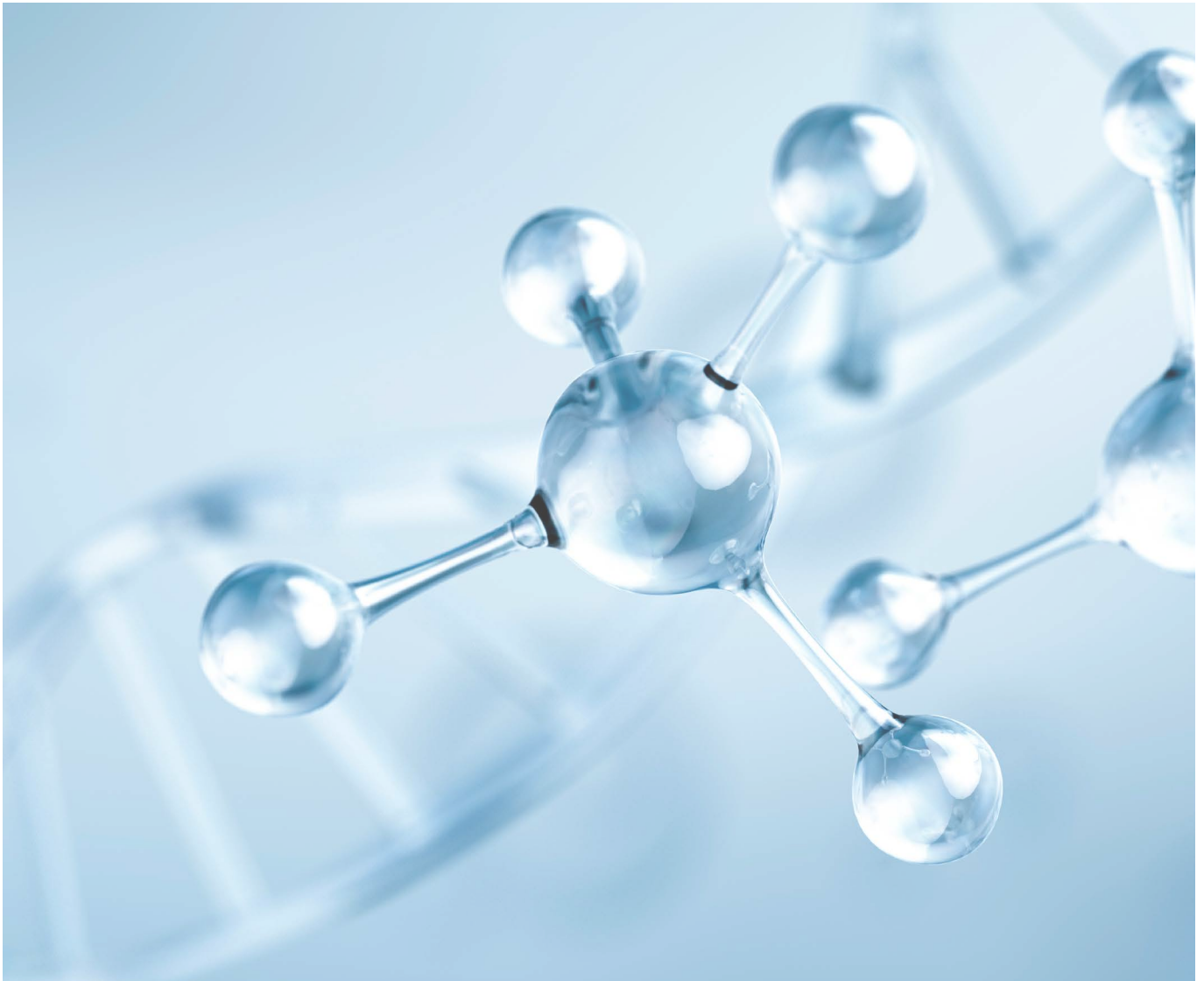
WHAT CAN YOU EXPECT FROM THIS PROGRAMME?

- **Optimise health** by delaying or reducing the effects of ageing, determining biological age indicators and the differences regarding to chronological age, as well as factors that have a negative impact on quality of life..
- **Improve physical appearance and vitality**, slowing down the biological clock from a global and integrative approach, thanks to the combination of knowledge in natural therapies, oriental medicine, nutrition and the latest advances in well-ageing medicine.

IT IS FOR YOU IF

- You are aware that due to the mere passage of time and being subjected to multiple external factors, bad habits or pathological processes, stress or lack of rest, **you notice that your appearance, physical or mental capacities are inferior to what you would like them to be**. You would like to know about the numerous possibilities that exist to slow down your biological clock from a global approach, making biological rejuvenation possible.
- Or if, in your case, **you perceive that you are beginning to suffer** from certain health problems caused by the natural ageing process and wish to incorporate knowledge, techniques, eating habits and supplements to slow down the process.





METHOD

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- Determination of biological age, level of oxidative stress, or other indicators obtained through various clinical analyses and diagnostic tests.
- Physical exercise with personalised training and body-mind discipline sessions.
- Natural therapies, medical and/or technological treatments
- Lifestyle recommendations, with activities that enable the learning of new healthy habits.

WELL-AGEING & PREVENTION

From 7 days

MEDICAL SERVICES	7 days	Per additional week
General health examination	1	-
Advanced Preventive Diagnostic	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 		
Regenerative medicine consultation	1	-
Revitalising medicine consultation	1	-
Neurocognitive assessment	1	-
Consultation with an expert in well-ageing medicine at the beginning of the programme	1	-
Consultation with an expert in healthy ageing medicine at the end of the programme	1	-
Online consultation with a healthy ageing expert for post-stay follow-up	1	-
Sexual health consultation	1	-
Pelvic floor stimulation treatment	2	2
Stress management session	1	1
Brain photobiomodulation treatment	1	1
Transcranial electrical stimulation session	1	1
Ozone therapy session with GAH intravenous	2	2
Biological Serum	1	2
Derma-aesthetic consultation	1	-
Emsculpt session	-	1
Dental health diagnosis including comprehensive cleaning	1	-
Orthopantomography	1	-
Dietary supplement	1	-
CLINICAL ANALYSES		
Well-ageing Biological Profile: complete personalised test that includes the 88 key determinations to understand premature ageing, including extensive hematology, biochemistry, heumatic, hormonal, deficiency signs, immunology and vascular risk, among others	1	-
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-

HEALTHY NUTRITION	7 days	Per additional week
Consultation with an expert in nutrition and natural therapies	1	-
Nutrition plan adapted to your needs	1	1
Natural therapeutic drinks, based on prescription	1	1
Nutritional follow-up consultation during your stay	1	1
Personalised health plan	1	-
NATURAL THERAPIES		
Colon hydrotherapy session	2	1
WELLNESS		
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	2	2
Cryotherapy session	2	2
Ageless Youth Facial Treatment	1	-
Bespoke Facial Treatment	1	1
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	1
SHA Detox therapy	1	1
Aquatto hair treatment	-	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)		
PHYSICAL PERFORMANCE		
Introductory fitness evaluation with a personal trainer	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	2	2
HEALTHY LIVING ACADEMY		
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others		

7 days	Additional week
8,250 USD	5,500 USD

FAQ's

Can I stay at SHA without signing up for a health programme?

For your first visit, in order to get to know our concept and healthy lifestyle in depth, you must sign up for a health programme for the duration of your stay:

Your programme can always be complemented with additional treatments or services, according to your health needs and objectives.

Length of stay	Suitable programmes
From 04 to 06 days*	4-day Rebalance & Energize programme
From 7 to 13 days	7-day programmes
More than 13 days	7-day programmes + additional week

If you have already been a SHA guest, you may reserve a health programme or an *à la carte* visit. In that case you may select the treatments and services that best suit your needs and in all cases you must sign up for our complete meal plan.

When must I choose my programme or my *à la carte* treatments?

Preferably at the time of booking. This will allow us to organise your agenda in advance, thus optimising each day of your stay and reserving the treatments and services of your choice. Requests for additional services will be subject to availability at the time of your request.

May I start my programme any day of the week?

Yes, it is possible to start your health programme on the day that best suits your needs, subject to availability. It is important that you provide us with your estimated time of arrival and departure from SHA well in advance, so we can organise the beginning of your schedule accordingly. If we do not receive this information at least 72 hours before your arrival, your activities will begin the day after your arrival.

May I make changes to my programme?

Our programmes include a selection of treatments and services aimed at achieving a specific health objective. This means that we cannot permit changes to your programme, unless our medical team decides that treatments included in your programme after the initial consultations are contraindicated. In that case you will be offered a suitable alternative. However, some treatments included in your programme have predetermined alternatives that can be adapted to your preferences and needs.

What is the minimum time to achieve a health outcome?

The minimum duration to achieve a noticeable result is 7 days. However, we recommend a stay of at least 14 days for more visible and meaningful results.

May I complete my programme in less time?

To achieve your desired results, it is advisable to complete the full duration of each health programme.

*Subject to minimum stay policy according to the period of the year.

Does the programme include food?

Yes, all of our health programs include a complete meal plan. In the event you add days to your visit, you must also add full board those days at extra cost.

Why is the full meal plan mandatory?

Healthy nutrition is one of the fundamental pillars of our method, so it is essential that you follow a diet consistent with our philosophy during your stay.

All our dishes and menus, made with fresh and seasonal products, offer a wide variety of flavours and textures that awaken the palate while contributing to your health and well-being.

Is accommodation included in the price of the programme?

In order for you to select the type of accommodation that best suits your preferences and needs, our programmes do not include accommodation. Instead, you may select it separately.

Can you sign up for more than one programme per guest during the same stay?

In order to prioritise your health objective and avoid duplication of treatments and consultations, it is only possible to sign up for one programme per guest during your stay.

It is always possible to customise your programme by adding the most appropriate additional treatments and services.

Can a minor take a health programme?

A minor can take part in a health programme, subject to authorisation signed by a parent or legal guardian, from the age of 18.

Is it possible to do a health programme without being a guest?

In order to guarantee the exclusivity, peace and privacy of our guests, we do not offer health programmes for people not staying at SHA.

Our Reservations Department is at your complete disposal to provide you with all the information you may need, assisting you in selecting the health programme and the treatments and services that best fit your preferences and objectives.

If you need advice, do not hesitate to contact us.

SHA México
reservations.mx@shawellness.com

Rates with taxes included, valid for stays during 2024.

SHA Wellness Clinic reserves the right to change its rates as well as the content of its programmes, and will make an effort to publish those changes, which will replace previously published prices and content.

Reaching your best version has never been so pleasant