



Health Programs & Accommodation Guide

Discover our Transformative Health Programs

For nearly two decades, SHA has been at the forefront of health optimization, scientific well-being, and longevity, continuously refining and evolving its transformative health programs by integrating through advanced diagnostics, science-backed longevity protocols, functional and integrative medicine, and sustainable lifestyle optimization, the cornerstone of lasting health, with one clear purpose: to help you achieve and maintain your best self at any stage of life.

Our programs are clinically designed to deliver meaningful and measurable improvements in your vital health biomarkers, delivering sustainable results in the most efficient time possible. You will quickly feel the improvements in vitality, physical and cognitive performance, and functional capacity.



Optimal Health, Simplified

Staying true to our essence and our hyper-personalized, results-driven approach, we have simplified the way we present our offer.

All health stays are now presented with a single daily price, which includes:

For your Health



Cutting-edge diagnostics and consultations with health experts



One-to-one treatments
A wide range of treatments aligned with your objectives



Full board SHA Healthy Nutrition at our signature SHAMADI restaurant, with sea views and outdoor dining area



Healthy snacks and refreshments at the Harmony Lounge, according to prescription

+

For your Comfort



Deluxe Suite Accommodations
(enquiry to upgrade to other categories)



10+ daily activities going on for your health



VIP airport transfers from the nearest airport for stays of 4 nights onwards, or parking for your own vehicle.



Taxes and fees included in the price for simplicity.



Our Signature Health Programs

Click on the title of each health program for direct access



Detox & Optimal Weight

From 7 nights onwards
Resets inflammation, digestion, metabolism, and weight through a structured anti-inflammatory approach.



Executive Health & Performance

From 4 nights onwards - Explore personalized programs for groups
Sustain peak performance, resilience, and vitality in high-demand environments.



Detox & Optimal Weight Intensive

From 7 nights onwards
An accelerated metabolic reset targeting inflammation and long-term health risks.



Rebalance & Energize

From 3 nights onwards
Restores balance, optimizes energy, and supports emotional well-being.



Advanced Longevity

From 4 nights onwards
Optimizes key biomarkers to extend healthspan with precision and purpose.



Cellular Regeneration (SHA Mexico only)

From 4 nights onwards
Advanced regenerative medicine to support cellular repair and resilience.

Didn't find the perfect match among our Signature Programs?

Don't worry, we've got you covered.



Tailor-made

From 4 nights onwards
Create your own personalized health program before arrival, based on your needs, goals, and physiological profile, powered by a smart algorithm.



Stay Your Way

From 3 nights onwards
Our most flexible health pathway, combining advanced diagnostics, expert medical consultations, and two personalized treatments per day selected by you from a curated menu of wellness and technology-driven therapies.

How to Begin your Transformative Health Journey at SHA

1 • Contact us in the way that feels most convenient for you

Through our Health Journey Advisors, with the expertise to guide you through every step. You can contact them directly or schedule a consultation.

[Website](#)[Email](#)[Phone](#)[Whatsapp](#)[Your Travel / Wellness Advisor](#)

2 • Select your destination

Choose between our two iconic destinations:

- **SHA Spain**, set in the Spanish Mediterranean coast overlooking the Bay of Altea.
- **SHA Mexico**, located in Costa Mujeres in the Mexican Caribbean, just north of the Riviera Maya.

Both locations enjoy ideal year-round climates and share the same essence, delivering the transformative SHA experience in two extraordinary settings, with only minimal differences related to regional expertise or local healthcare regulations.

3 • Decide whether to begin this Health Journey on your own or accompanied

You may choose to embark on this transformative experience in the way that best suits you, whether on your own for a deeply personal and fully supported journey; with your life partner to enhance health while strengthening your connection, with friends to share a meaningful transformation; with your family sharing the legacy of self-care or alongside colleagues and peers through tailored health and performance programs designed for leaders and executives.

4 • Choose the Health Program or Pathway that best suits your goals

Select the program that best aligns with your primary health objective, for yourself and your guests. Each guest may choose the program that best suits their individual needs and goals. When choosing a program, we recommend selecting the one that best aligns with your primary objective. As your health improves, it will positively impact every other area of your life.

5 • Define how many days you wish to invest in your health, and your preferred dates

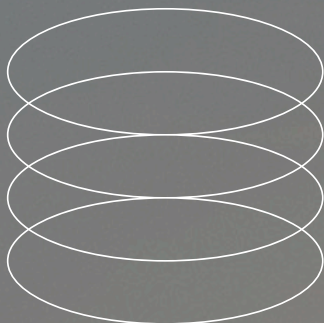
Your Health Programs and Pathways start from a minimum of 3 days, with longer stays allowing for deeper, more sustainable results and lasting lifestyle transformation.

6 • Select the accommodation category that best suits your needs

Your program rate includes accommodation in a Deluxe Suite. Guests wishing to elevate their stay may choose from our Superior and Grand Suites, Presidential and Royal Suites, or Private Residences and Villas.

7 • Prepare to elevate your health and wellbeing

After booking, our Guest Journey Designers will contact you to plan every detail of your stay ensuring you arrive fully prepared to elevate your health, well-being, and performance to your highest potential.



Rebalance & Energize

FROM 4 NIGHTS ONWARDS

Revitalize the body to restore and achieve maximum vitality,
as well as physical and mental balance.



Rebalance & Energize Program

This program interrupts the stress cycle through integrated holistic practices, precision nervous-system therapies, and targeted physical conditioning. Supported by advanced diagnostics and clinically informed interventions, it regulates cortisol rhythms, restores autonomic balance, and reactivates systemic energy production.

The outcome is measurable restoration, including improved resilience, renewed vitality, and a sustained sense of internal equilibrium. Mind-body stress reduction interventions have been shown to improve autonomic balance, reduce stress and anxiety, and enhance psychological and physiological well-being





What to Expect



Stress regulation & nervous-system balance

Clinically informed therapies designed to stabilize stress physiology, restore autonomic balance and mitigate the systemic effects of chronic stress activation.



Systemic energy recovery

Targeted interventions that enhance metabolic flexibility and efficiency, supporting sustainable energy production and an improved stress response.



Holistic restoration of well-being

Integrated mind-body practices that promote relaxation, reduce anxiety and improve sleep quality, reinforcing long-term vitality, balance and overall health.

Who is it for

For those seeking to:

Improve energy and reduce fatigue

Regulate stress response

Support mental and physical balance

Strengthen overall resilience and well-being



Rebalance & Energize

PROACTIVE DIAGNOSIS	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Health check-up	1	1
Advanced health optimization diagnostics <ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	1	1
SHA core health biomarker panel	-	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	-	1
SHA Essentials supplement	1	1
FUNCTIONAL PRECISION MEDICINE		
Functional medicine consultation at the start of the program	1	1
Functional medicine consultation at the end of the program	-	1
Revitalizing medicine consultation	1	1
Informative dermoaesthetics consultation	-	1
Ozone therapy session	1	-
Bespoke energizing IV therapy	1	-
ANTI-INFLAMMATORY NUTRITION		
Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1
HOLISTIC HEALTH		
Integrated bioenergy assessment, with electromagnetic field mapping	1	1
Acupuncture session	1	2
Osteopathy consultation and session	-	1
HOLISTIC WELL-BEING		
Non-invasive neuromodulation	-	1
Therapeutic massage adapted to your needs (relaxing, deep tissue, etc)	1	1

HOLISTIC WELL-BEING	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Private mind & body discipline session with a holistic expert, tailored to your needs: yoga, meditation, mindfulness, and pranayama techniques	1	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	1	1
High-tech revitalization treatment, choosing between a photobiomodulation red light session or a hyperbaric oxygen chamber.	1	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)		
PHYSICAL PERFORMANCE		
Biomechanical performance assesment	-	1
Functional assessment with personal trainer	1	1
Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	-	2
Cryotherapy session	1	1
ACTIVE & HEALTHY LIVING ACADEMY		
10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.		
FOR YOUR COMFORT		
Deluxe Suite Accommodation (Enquiry to upgrade to other categories)		
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle		
HEALTH & WELLNESS CREDIT		
For stays longer than those indicated above, the same daily rate applies, with a daily credit of USD \$500 for treatments aligned with your health objectives		

REBALANCE & ENERGIZE

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee

DELUXE SUITE

Double Use
Single Use

Per night*

From USD \$1.060 pp
From USD \$1.400

4 nights

USD \$4.240 pp
USD \$5.600

7 nights

USD \$7.420 pp
USD \$9.800

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Detox & Optimal Weight

FROM 7 NIGHTS ONWARDS

Restore metabolic intelligence through detoxification and gut health optimization, enabling the body to self-regulate, rebalance, and naturally reach its optimal body composition.

Detox & Optimal Weight Program

This program delivers a science-based metabolic reset to reduce inflammation, eliminate toxins, and restore metabolic flexibility. Using advanced diagnostics, precision detox therapies, and personalized anti-inflammatory nutrition, it targets key drivers of weight gain, including insulin resistance, oxidative stress, and visceral fat.

Taking gut health as the foundation of total well-being, this program rebalances your gut microbiome to enhance digestion, immunity, and vitality.





What to Expect



Deep detoxification & metabolic activation

Advanced, clinically guided techniques that stimulate the body's natural detoxification pathways while activating metabolic processes essential for sustainable results.



Personalized anti-inflammatory nutrition

A precision-designed nutritional strategy that supports detoxification, reduces inflammatory burden and promotes healthy, long-term weight regulation.



Continuous biomarker insight

Ongoing evaluation of metabolic and oxidative stress markers to dynamically personalize the approach, ensuring safety, efficacy and alignment with individual health goals.

Who is it for

For those seeking to:

Achieve a healthy and sustainable weight

Reduce inflammation and eliminate toxins

Build a solid foundation for long-term well-being

Optimize gut health to support immunity, energy, and longevity



Detox & Optimal Weight

PROACTIVE DIAGNOSIS

From 7 nights

Health check-up	1
Advanced health optimization diagnostics	1
<ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	
SHA core health biomarker panel	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1
Weight control monitoring through body composition analysis	2
3D body scanner at the end of the program	1
Dental health assessment using digital imaging	1

FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1
Functional medicine consultation at the end of the program	1
Revitalizing medicine consultation	1
Informative dermoaesthetics consultation	1

ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Anti-inflammatory nutritional post stay follow-up consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1
Emotional health session	1
Nutritional monitoring during your stay	1
Personalized health plan	1
Group healthy cooking class at The Chef's Studio	1

HOLISTIC HEALTH

Colon hydrotherapy session	1
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**HOLISTIC
WELL-BEING****From 7 nights**

Underwater therapy	2
High-tech treatment tailored to your needs	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangotherapy, and hydrojet	2
SHA detox therapy	1
Intensive reshaping body wrap	1
SHA body drainage session	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)	

**PHYSICAL
PERFORMANCE**

Functional assessment with personal trainer	1
Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	2
Cryotherapy session	1

**ACTIVE & HEALTHY
LIVING ACADEMY**

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

FOR YOUR COMFORT

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

**HEALTH & WELLNESS
CREDIT**

For stays longer than those indicated above, the same daily rate applies, with a daily credit of USD \$550 for treatments aligned with your health objectives

DETOX & OPTIMAL WEIGHT

Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee**

DELUXE SUITE	Per night*	7 nights
Double Use	From USD \$1.110 pp	USD \$7.770 pp
Single Use	From USD \$1.450	USD \$10.150

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Detox & Optimal Weight Intensive

FROM 7 NIGHTS ONWARDS

Maximize results.

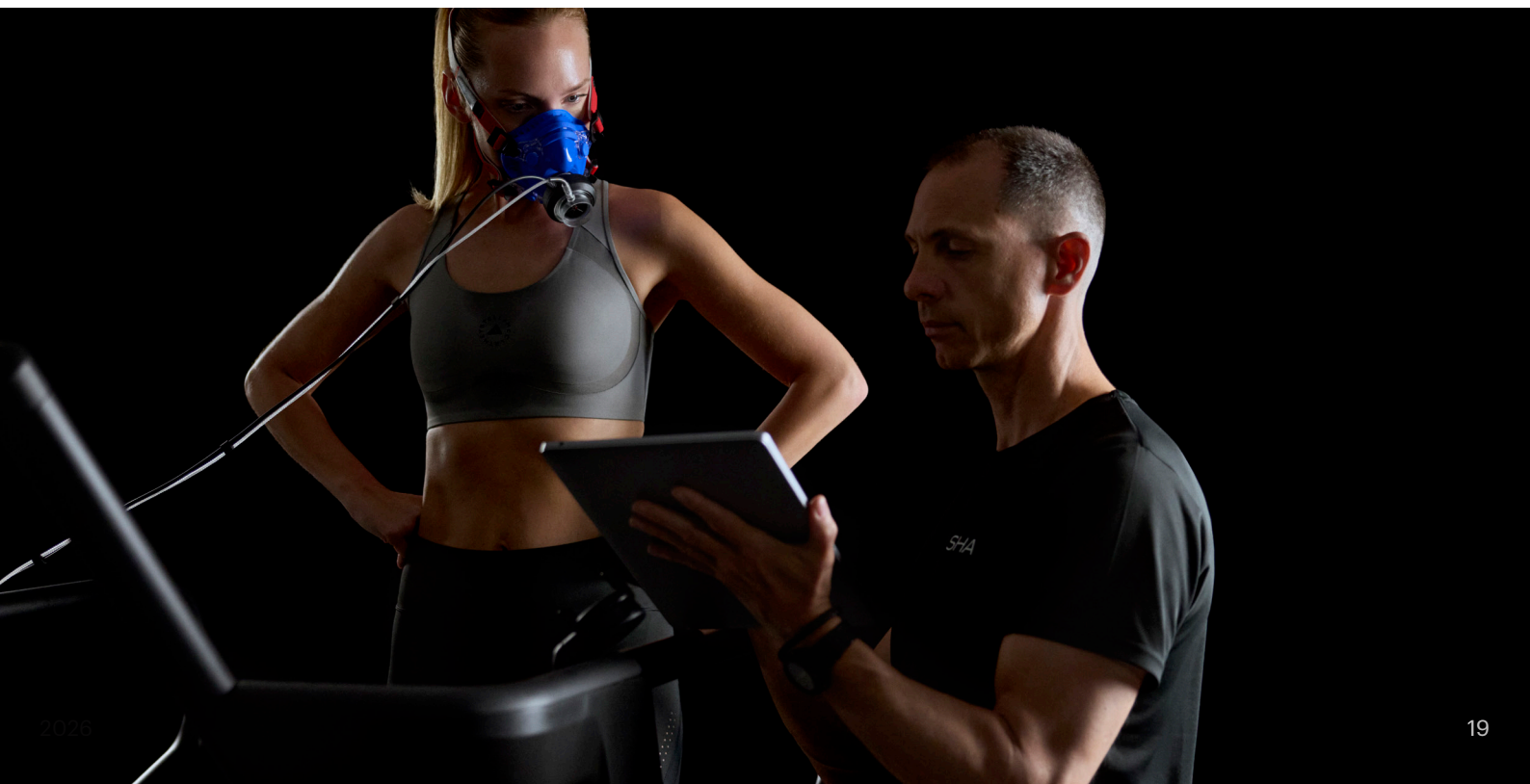
Take your health to the next level with an intensive approach designed to optimize performance, recovery, and long-term well-being.

Detox & Optimal Weight Intensive Program

This program is designed for individuals seeking accelerated metabolic transformation through an intensive clinical approach. Building on the Detox & Optimal Weight foundations, it enhances the precision, frequency, and intensity of targeted interventions to amplify detoxification and metabolic activation, delivering deeper results in less time.

Scientific evidence shows that anti-inflammatory nutrition combined with intensive lifestyle and detox strategies can rapidly improve metabolic function, reduce inflammation, and enhance insulin sensitivity—key drivers of sustainable weight regulation and long-term metabolic resilience.

At SHA, this protocol is delivered through a medically supervised, personalized framework integrating advanced diagnostics, targeted detox therapies, and metabolic conditioning to support rapid yet safe body composition transformation, promoting lasting health, vitality, and optimal metabolic balance.



What to Expect



Accelerated metabolic activation

A higher-intensity, clinically guided protocol designed to rapidly stimulate metabolic pathways involved in fat oxidation, glucose regulation and energy balance.



Enhanced body composition transformation

Targeted interventions that support faster reductions in visceral adiposity while preserving muscle mass and functional performance.



Intensive detoxification support

Advanced detox therapies delivered at greater frequency to promote efficient toxin elimination and reduce inflammatory burden.



Fast-tracked anti-inflammatory nutrition

A precision anti-inflammatory nutritional strategy optimized to support rapid metabolic recalibration, improve insulin sensitivity and enhance fat utilization.



Frequent biomarker monitoring

Regular assessment of metabolic and inflammatory markers to dynamically adjust the program, ensuring safety, efficacy and optimal results.

Who is it for

For those seeking to:

Achieve faster, clinically guided metabolic results

Accelerate fat loss while preserving metabolic health

Improve insulin sensitivity and inflammatory balance

Reset weight-regulation mechanisms efficiently

Commit to a more intensive, results-driven protocol

Intensive

PROACTIVE DIAGNOSIS

From 7 nights

Health check-up	1
Advanced health optimization diagnostics	1
<ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	
SHA core health biomarker panel	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1
Weight control monitoring through body composition analysis	2
VO ₂ Max Assessment of cardiorespiratory capacity	1
3D body scanner at the end of the program	1
Dental health assessment using digital imaging	1

FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1
Functional medicine consultation at the end of the program	1
Regenerative medicine consultation	1
Revitalizing medicine consultation	1
Informative dermoaesthetics consultation	1
Bespoke IV therapy	1

ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Anti-inflammatory nutritional post stay follow-up consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1
Emotional health session	1
Nutritional monitoring during your stay	1
Personalized health plan	1
Group healthy cooking class at The Chef's Studio	1

HOLISTIC HEALTH

Integrated bioenergy assessment, with electromagnetic field mapping	1
Colon hydrotherapy session	2

**HOLISTIC
WELL-BEING****From 7 nights**

Underwater therapy	2
High-tech treatment tailored to your needs	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	3
SHA detox therapy	2
Intensive reshaping body wrap	1
Pressotherapy session	1
Slim & Fit body treatment	1
SHA body drainage session	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)	

**PHYSICAL
PERFORMANCE**

Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	4
Cryotherapy session	2

**ACTIVE & HEALTHY
LIVING ACADEMY**

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

FOR YOUR COMFORT

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

**HEALTH & WELLNESS
CREDIT**

For stays longer than those indicated above, the same daily rate applies, with a daily credit of USD \$830 for treatments aligned with your health objectives

DETOX & OPTIMAL WEIGHT INTENSIVE

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee

DELUXE SUITE

Double Use

Single Use

Per night*

From USD \$1.390 pp

From USD \$1.730

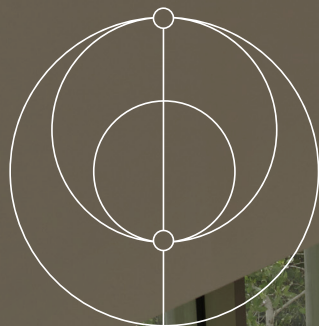
7 nights

USD \$9.730 pp

USD \$12.110

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Advanced Longevity

FROM 4 NIGHTS ONWARDS

Our Advanced Longevity Program is a data-driven, results-oriented journey that goes beyond quick fixes, optimizing the core pillars of lifestyle and applying the most scientifically proven longevity protocols. More energy. Sharper mind. Stronger body. A higher quality of life, today and for years to come.



Advanced Longevity Program

Aging is the cumulative result of cellular damage, metabolic decline, mitochondrial dysfunction, and chronic inflammation. While chronological age is fixed, biological age can be modified.

The Advanced Longevity program targets the core drivers of aging at cellular and systemic levels. Using advanced diagnostics and functional medicine, it combines precision nutrition, regenerative therapies, metabolic optimization, and lifestyle interventions to enhance mitochondrial function, reduce oxidative stress, and improve resilience.

At SHA, this personalized longevity protocol is designed to protect vitality, preserve cognitive and physical function, and extend healthspan—supporting healthier, more energetic, and resilient aging over time.



What to Expect



Biological aging modulation

Clinically informed longevity interventions designed to influence key biomarkers of aging, supporting cellular repair, metabolic balance and long-term physiological resilience.



Optimization of mitochondrial and metabolic health

Targeted strategies that enhance mitochondrial efficiency and energy production, essential drivers of vitality, physical performance and healthy aging.



Reduction of oxidative stress and inflammatory burden

Advanced therapies and precision nutrition protocols aimed at lowering chronic inflammation and oxidative damage, two core mechanisms underlying age-related decline.



Cognitive, physical, and hormonal resilience

Integrated approaches that support brain health, musculoskeletal integrity and hormonal balance to preserve functional capacity over time.



Personalized longevity roadmap

Comprehensive diagnostic insights translated into an individualized, evidence-informed strategy to support sustained health optimization beyond the stay.

Who is it for

For those seeking to:

Slow biological aging and preserve long-term vitality

Support mitochondrial and metabolic health

Reduce inflammation and oxidative stress

Optimize physical, cognitive, and hormonal resilience

Invest proactively in healthspan and longevity



Advanced Longevity

PROACTIVE DIAGNOSIS	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Health check-up	1	1
Advanced health optimization diagnostics <ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	1	1
SHA core health biomarker panel	1	-
SHA metabolic longevity biomarkers panel	1	1
SHA longevity panel	-	1
VO ₂ Max Cardiopulmonary capacity assessment	1	1
Biointestinal restore	-	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-
Dental health assesment using digital imaging	-	1
SHA Healthspan supplement	-	1
FUNCTIONAL PRECISION MEDICINE		
Initial consultation with a longevity expert	1	1
Final consultation with a longevity expert	-	1
General medical follow up consultation	1	1
Hormonal expert consultation	1	1
Revitalizing medicine consultation	1	1
Regenerative medicine consultation	1	1
Informative dermoaesthetics consultation	-	1
Hair optimization consultation	-	1
Sleep optimization consultation	1	1
Neuro longevity assessment	1	1
Neurofeedback session	1	1
Ozone therapy session	1	-
Targeted cellular health optimization	1	1
SHA bespoke mitobooster IV therapy	-	1
Stress management session	1	-
Intermittent hypoxia therapy	1	1

ANTI-INFLAMMATORY NUTRITION	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1

HOLISTIC WELL-BEING

Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)

CELLULAR PERFORMANCE & VIYSLITY

Biomechanical performance assesment	1	1
SHA Metabolic activation training, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	1	4
Advanced cellular regeneration therapy	1	1
Cryotherapy session	1	1
Photobiomodulation red light session	1	2

ACTIVE & HEALTHY LIVING ACADEMY

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

FOR YOUR COMFORT

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)
 VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

HEALTH & WELLNESS CREDIT

For stays longer than those indicated above, the same daily rate applies, with a daily credit of USD \$1.180 for treatments aligned with your health objectives

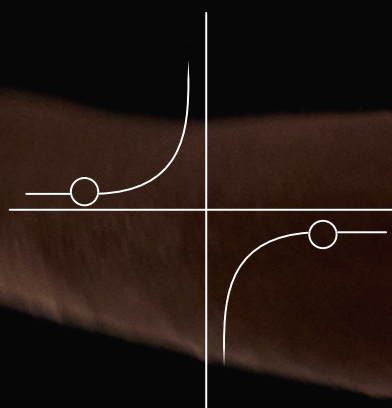
ADVANCED LONGEVITY

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee

DELUXE SUITE	Per night*	4 nights	7 nights
Double Use	From USD \$1.740 pp	USD \$6.960 pp	USD \$12.180 pp
Single Use	From USD \$2.080	USD \$8.320	USD \$14.560

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Executive Health & Performance

FROM 4 NIGHTS ONWARDS

Sustained exposure to high cognitive load and chronic stress has been shown to impair executive function, decision-making accuracy and physical resilience. Evidence indicates that cumulative stress burden is associated with measurable declines in cognitive performance, productivity and overall well-being in high-demand professionals.

Executive Health & Performance Program

In today's high-pressure business environments, chronic stress, cognitive overload, sleep debt, and metabolic imbalance silently erode decision-making quality, strategic clarity, leadership presence, and long-term productivity.

The SHA Executive Health & Performance Optimization Program is not a retreat. It is a medical-grade performance system designed to upgrade how elite leaders operate under pressure.

Through advanced diagnostics, precision medicine, targeted physical conditioning, and evidence-based mind-body interventions, SHA identifies and corrects the hidden biological and cognitive bottlenecks that constrain executive performance. The program delivers measurable improvements in energy, focus, stress resilience, cognitive speed, emotional regulation, and recovery capacity, directly translating into sharper decisions, sustained output, and stronger leadership effectiveness.



What to Expect



Optimization of cognitive and physical performance

Advanced diagnostic-led interventions designed to enhance executive function, mental clarity and physical endurance, essential for sustained performance in high-pressure environments.



Stress regulation and resilience building

Clinically informed holistic strategies that balance stress physiology, support autonomic stability and improve recovery capacity, protecting performance under ongoing demand.



Sustainable energy and focus

Targeted metabolic and conditioning protocols that support steady energy production, concentration and decision-making throughout the day.



Personalized performance strategy

An individualized, data-informed approach that integrates Western and Eastern medicine to address specific performance challenges while supporting long-term health and vitality.

Who is it for

For those seeking to:

Enhance cognitive performance, focus, and decision-making

Improve physical endurance and stress resilience

Maintain productivity under sustained pressure

Support long-term health alongside professional performance

Operate at a high level without compromising recovery or well-being



Executive Health & Performance

REALIGN

OPTIMIZE

PROACTIVE DIAGNOSIS

From 4 nights **From 7 nights**

Health check-up	1	1
Advanced health optimization diagnostics	1	1
<ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 		
SHA core health biomarker panel	1	-
Executive health biomarker panel	-	1
High-precision homodynamic doppler analysis	-	1
VO ₂ Max Cardiopulmonary capacity assessment	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1
WHOOP x SHA Membership	-	1

FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1	1
Functional medicine consultation at the end of the program	-	1
Post-stay medical follow-up consultation	1	1
Revitalizing medicine consultation	1	1
Informative consultation on regenerative medicine	-	1
Neuro Longevity assessment	-	1
Sleep optimization consultation	1	1
Restorative sleep mapping	-	1
Neurofeedback session	1	1
Stress management session	1	1
Ozone therapy session	1	1
Bespoke revitalizing IV therapy	1	1
Intermittent hypoxia therapy	1	1

ANTI-INFLAMMATORY NUTRITION

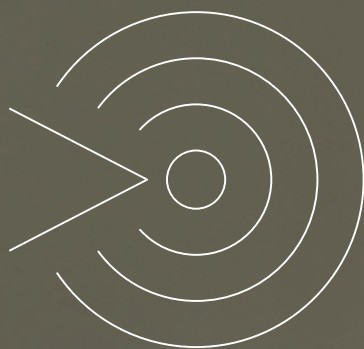
Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1

HOLISTIC HEALTH	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Integrated bioenergy assessment, with electromagnetic field mapping	1	1
Acupuncture session	-	1
Osteopathy consultation and session	1	1
HOLISTIC WELL-BEING		
Non-invasive neuromodulation	-	1
Photobiomodulation red light session	-	2
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)		
PHYSICAL PERFORMANCE		
Biomechanical performance assesment	1	1
Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	1	3
Cryotherapy session	-	1
ACTIVE & HEALTHY LIVING ACADEMY		
10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio. .		
FOR YOUR COMFORT		
Deluxe Suite Accommodation (Enquiry to upgrade to other categories) VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle		
HEALTH & WELLNESS CREDIT		
For stays longer than those indicated above, the same daily rate applies, with a daily credit of USD \$830 for treatments aligned with your health objectives		

EXECUTIVE HEALTH & PERFORMANCE			
Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee			
DELUXE SUITE	Per night*	4 nights	7 nights
Double Use	From USD \$1.390 pp	USD \$5.560 pp	USD \$9.730 pp
Single Use	From USD \$1.730	USD \$6.920	USD \$12.110

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Tailor-Made

FROM 4 NIGHTS ONWARDS

A personalized health program designed around your goals and your physiology. An intelligent algorithm integrates metabolic, biomechanical, and lifestyle data to select the most effective treatments for your unique profile, delivering superior outcomes in metabolic health, recovery, and long-term results.



Tailor-made Program

No two biological profiles are the same. Health optimization is most effective when designed around the individual rather than the average. Tailor-Made is the most advanced expression of the SHA Method®, integrating science, technology, and holistic medical expertise to deliver personalized transformation.

Guided by SHA's multidisciplinary specialists and an intelligent algorithm, the program translates personal data into a fully customized health strategy aligned with individual physiology, goals, preferences, and lifestyle. Supported by advanced diagnostics and continuous expert oversight, it is engineered to maximize efficacy and accelerate results.

Reflecting a broader shift toward customized, technology-driven, and evidence-based healthcare, this program empowers guests within a clinically supervised framework. It addresses immediate priorities while laying the foundation for long-term transformation and enduring results.



What to Expect



Comprehensive health assessment

A detailed, multi-dimensional evaluation capturing lifestyle habits, medical history, recovery patterns, emotional well-being and performance goals.



Intelligent program design

An advanced algorithm integrates personal data with SHA's medical expertise and therapeutic portfolio to configure a fully individualized health plan.



Guided autonomy

Complete freedom to shape the experience, supported at every step by SHA specialists to ensure optimal decision-making and outcomes.



Dynamic personalization

Continuous expert oversight and adaptive adjustments throughout the stay, ensuring the program evolves in line with progress, feedback and emerging needs.

Who is it for

For those seeking to:

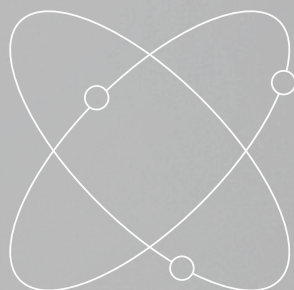
Achieve the highest level of personalization and efficacy

Address complex or multifactorial health goals

Maximize physical and cognitive performance efficiently

Access the latest medical advances and technologies

Create transformative, sustainable change through precision-led care



SHA Cellular Regeneration

4 NIGHTS

Advances in regenerative medicine demonstrate that targeted cellular therapies can support tissue repair, modulate immune responses and reduce chronic inflammation, key biological processes underlying aging, functional decline and loss of vitality.

Cellular Regeneration Program

Cellular health is the foundation of vitality, resilience and long-term longevity. Over time, cumulative cellular damage, immune dysregulation and oxidative stress impair tissue function and accelerate biological aging.

The Cellular Regeneration program is designed to restore and protect the body at a cellular level by applying the latest evidence-informed advances in regenerative medicine.

Guided by advanced diagnostics and clinical oversight, the program integrates targeted biological therapies, including advanced antioxidant strategies and next-generation mesenchymal stem cell-based approaches to support tissue repair, restore cellular integrity and reinforce immune resilience.

At SHA, these regenerative principles are translated into a precision-led, medically supervised protocol, engineered to activate repair pathways while supporting systemic balance and long-term vitality. The outcome is not simply cellular renewal, but enhanced functional capacity and resilience, supporting healthier aging and sustained physical performance.



What to Expect



Cellular renewal and protection

Clinically guided regenerative therapies designed to stimulate repair mechanisms, support tissue integrity and protect cellular structures essential to longevity.



Immune resilience and defense optimization

Advanced biomarker assessment and targeted interventions aimed at strengthening immune regulation and resilience against internal and environmental stressors.



Reduction of oxidative stress and inflammation

Evidence-informed strategies to neutralize oxidative damage and modulate chronic inflammation, two central mechanisms of biological aging and functional decline.



Precision-led regenerative oversight

A medically supervised, personalized approach ensuring safety, efficacy and alignment with individual regenerative capacity.

Who is it for

For those seeking to:

Support cellular repair and regenerative capacity

Strengthen immune resilience and systemic defence

Counteract biological aging at a cellular level

Enhance physical function and recovery

Invest proactively in long-term vitality and longevity

Cellular Regeneration

PROACTIVE DIAGNOSIS

4 nights

Health check-up	1
Advanced health optimization diagnostics	1
<ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	
Onco-biomarkers panel	1
SHA core health biomarker panel	1
Targeted cellular health optimization	1
Clinical-grade Mesenchymal Stem Cells (MSC) 100 millions	3
High-purity MSC-derived localized exosomes %B depending on clinical needs	1
High-purity MSC-derived nebulized exosomes 1B per day	1

FUNCTIONAL PRECISION MEDICINE

Precision medicine initial consultation	1
Regenerative medicine initial consultation	1
Regenerative medicine final consultation	1
Regenerative medicine post stay follow-up consultation	1
Revitalizing medicine consultation	1
Hormonal expert consultation	1
SHA antioxidant cellular therapy	1
Cytokine modulation therapy	1

ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1

FOR YOUR COMFORT

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)
 VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

STAY EXTENSION

As this is a highly specialized program, guests wishing to extend their stay are encouraged to continue with the Stay Your Way pathway or choose another program for the additional period

CELLULAR REGENERATION

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee

DELUXE SUITE

	Per night*	4 nights
Double Use	From USD \$4.090 pp	USD \$16.360 pp
Single Use	From USD \$4.430	USD \$17.720

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Stay Your Way

FROM 3 NIGHTS ONWARDS

Not sure which program best fits your needs, or prefer a more flexible approach to health optimization?

Stay Your Way lets you design a personalized journey, guided by diagnostics and expert consultations, at your own pace.



Stay Your Way Pathway

There is no single path to health, vitality or longevity. Each individual arrives with different goals, needs and expectations and the most effective health experiences are those that evolve accordingly.

Stay Your Way is SHA's most flexible program, designed to offer complete freedom within a clinically guided framework. It provides access to SHA's advanced diagnostics, expert medical consultations, personalized nutrition and a comprehensive portfolio of wellness, fitness and longevity experiences, while allowing guests to design their stay day by day.



What to Expect



Expert-guided personalization

Advanced diagnostics and professional consultations provide a clinical foundation, supporting informed choices and individualized guidance throughout the stay.



Complete flexibility and autonomy

Freedom to design each day independently, selecting from SHA's extensive range of medical, wellness, fitness and longevity therapies according to personal goals and preferences.



Foundational health optimization

Access to personalized nutrition, SHA Academy activities and holistic therapies that support vitality, balance and overall well-being.



Immersive wellness environment

Unlimited access to SHA's hydrotherapy circuit, fitness and wellness facilities and guided outdoor experiences that reinforce recovery, relaxation and enjoyment.

Who is it for

For those seeking to:

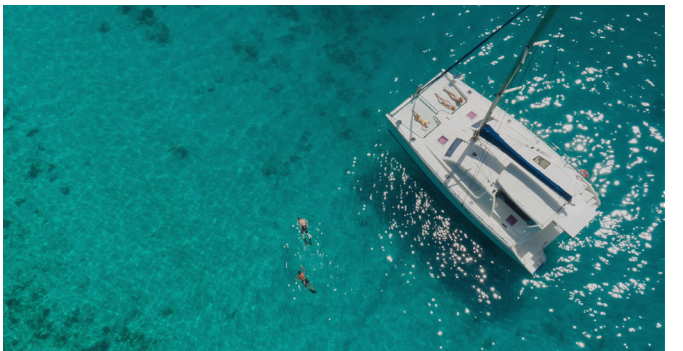
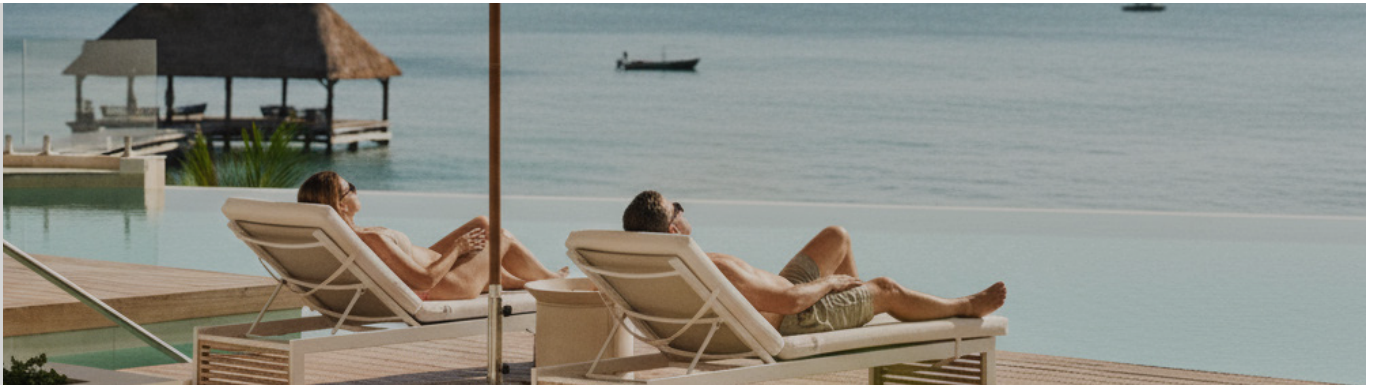
Discover the SHA experience without committing to a fixed program

Define or refine health goals in collaboration with SHA experts

Design a fully personalized wellness itinerary for every day

Combine medical insight with full flexibility

Enjoy a restorative, health-focused stay in an exceptional environment



Stay Your Way

PROACTIVE DIAGNOSIS	REALIGN		OPTIMIZE	
	From 3 nights	From 4 nights	From 4 nights	From 7 nights
Health check-up	1	1	1	1
Advanced health optimization diagnostics <ul style="list-style-type: none"> • Body composition analysis • 3D body scanner • Vital signs measurement • Cognitive function test • Cardiovascular status analysis and nervous system activity monitoring • Measurement of advanced glycation end products accumulation • Facial and hair scanner 	1	1	1	1
FUNCTIONAL PRECISION MEDICINE				
Initial consultation at the beginning of the program	1	1	1	1
Revitalizing medicine consultation	-	1	1	1
ANTI-INFLAMMATORY NUTRITION				
Anti-inflammatory nutritional consultation	1	1	1	1
Meal plan tailored to your needs	1	1	1	1
Natural therapeutic drinks, as prescribed	1	1	1	1
HOLISTIC HEALTH				
Integrated bioenergy assessment, with electromagnetic field mapping	-	-	-	1
HOLISTIC WELL-BEING				
Daily wellness treatment of your choice, from a curated selection	3	4	4	7
Unlimited access to the Hydrotherapy Circuit (sauna, roman bath, turkish bath, cold pool, hydrotherapy pool, biotherma showers, footbath, ice fountain, jet loungers)				
HIGH-TECH HEALTH TREATMENTS				
Daily high-tech treatment of your choice, from a curated selection	3	4	4	7
ACTIVE & HEALTHY LIVING ACADEMY				
10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.				
FOR YOUR COMFORT				
Deluxe Suite Accommodation (Enquiry to upgrade to other categories)				
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle				

STAY YOUR WAY

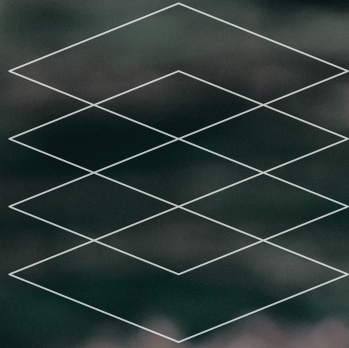
Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes & Service Fee**

DELUXE SUITE

	Per night*	3 nights	4 nights	7 nights
Double Use	From USD \$1.010 pp	USD \$3.030 pp	USD \$4.040 pp	USD \$7.070 pp
Single Use	From USD \$1.350	USD \$4.050	USD \$5.400	USD \$9.450

*Price may vary depending on the season

*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



Stay Your Way Young Adults

FROM 3 NIGHTS ONWARDS

Stay Your Way | Young Adults

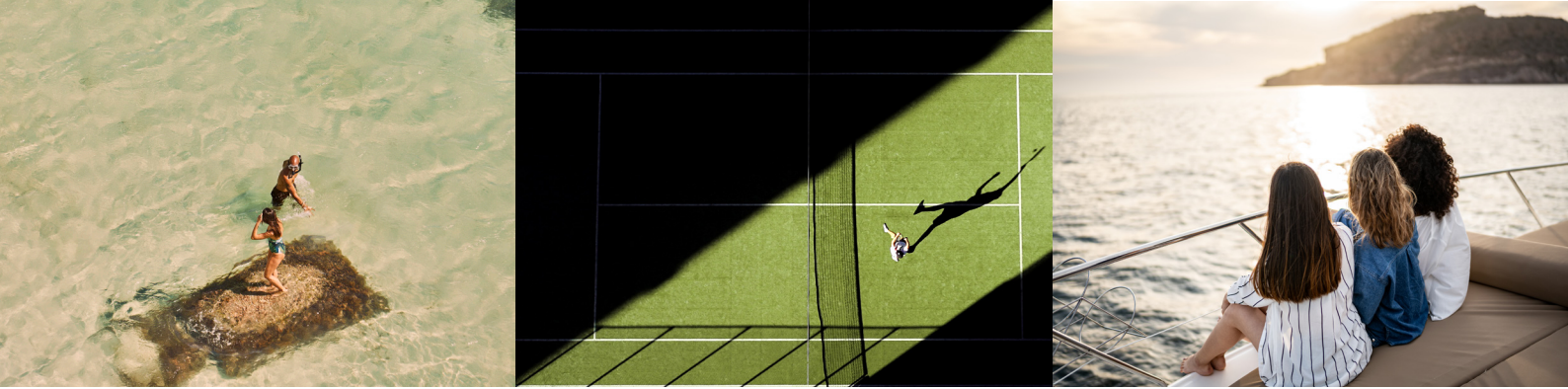
There is no greater legacy than teaching the art of self-care. Giving the next generation the tools, knowledge, and habits to take ownership of their health. Stay Your Way — Young Adults offers the freedom to explore health and wellbeing on their own terms, within a supportive, expert-led environment.

Through high-performance movement and experiential learning, Racquet Club training, boxing, virtual reality fitness, hiking, and water sports among other activities, they are encouraged to push their limits while building a strong foundation for long-term health.

Each day is fully personalized around what matters most: movement, recovery, nutrition, learning, or rest, supported by SHA's experts in an unparell environment. A meaningful reset to build resilience, body awareness, and healthy habits early in life, when they matter most.



Stay Your Way Young Adults Pathway



**ANTI-INFLAMMATORY
NUTRITION**

**From 3
nights**

**From 4
nights**

**From 7
nights**

- Meal plan tailored to your needs
- Natural therapeutic drinks,
as prescribed

1
1

1
1

1
1

HOLISTIC WELL-BEING

Daily choice of 2 individual or up to 4 group Sports & Active Living sessions, tailored to your goals and preferences, from a curated selection.

Access to the Hydrotherapy Circuit (sauna, roman bath, turkish bath, cold pool, hydrotherapy pool, biotherma showers, footbath, ice fountain, jet loungers)

**ACTIVE & HEALTHY
LIVING ACADEMY**

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

STAY YOUR WAY YOUNG ADULTS

USD \$450

This program is subject to minimum stays of 3 nights and tailored to young adults between the ages of 12 and 16. The price of the program is per night and per person.



Accommodation Guide

At SHA, health and soulful hospitality go hand in hand. As an exclusive all-suites and residences property, we offer unparalleled accommodation where even the smallest detail has been thoughtfully designed to nurture your well-being, restore your balance, and inspire a deep sense of calm.

Welcome to your Home of Well-being.








Oceanfront Deluxe

A refined and spacious oceanfront suite of up to 62 m², including terrace, thoughtfully designed for effortless comfort, natural light, and open-air relaxation, with uninterrupted Caribbean Sea views in a truly exceptional setting.

Oceanfront Deluxe

62 m²

-  Open-concept living/bedroom area
-  Spacious walk-in closet integrated into the bathroom
-  Large terrace for open-air relaxation in a sunny Caribbean setting
-  Oceanfront view
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards



The estimated space of the suite includes the terrace.

Starting rate per night

Base price of the Oceanfront Deluxe Suite included in your program.

Included
in your health stay price








Oceanfront Deluxe Plus

Comfortable room – with a space of up to 70 m² including a private terrace – carefully designed to provide a welcoming and pleasant experience. The opportunity to enjoy an incomparable environment in an ideal accommodation sheltered by breathtaking ocean views.

Oceanfront Deluxe Plus

70 m²

-  Open-concept living/bedroom area
-  Spacious walk-in closet integrated into the bathroom
-  Large terrace for open-air relaxation in a sunny Caribbean setting
-  Oceanfront view
-  **NEW!** VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards

The estimated space of the suite includes the terrace.



Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Deluxe Plus

From + USD \$145
Per day supplement








Oceanfront Superior

An elegant and spacious oceanfront suite of up to 90 m², featuring exquisite décor and a generous private terrace with panoramic views, thoughtfully designed to embrace natural light, serenity, and relaxation in a truly privileged setting.

Oceanfront Superior

90 m²

-  Open-concept living/bedroom area
-  Spacious bathroom with shower and bathtub, and integrated walk-in closet
-  Large terrace for open-air relaxation in a sunny Caribbean setting
-  Oceanfront view
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards

The estimated space of the suite includes the terrace.



Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Superior

From + USD \$370
Per day supplement










Oceanfront Superior Suite

A spacious oceanfront suite with exquisite design, of up to 100 m², offering generous interior spaces, a large private terrace, and panoramic ocean views, all wrapped in an atmosphere of unparalleled serenity.

Oceanfront Superior Suite

100 m²

-  1 bedroom
-  En-suite bathroom with shower
-  Open-concept living/dining area
-  Breakfast nook
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with a hot tub
-  Oceanfront view
-  **NEW!** VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards

The estimated space of the suite includes the terrace.



Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Superior Suite









From + USD \$520
Per day supplement

Oceanfront Grand Suite

A spectacular oceanfront grand suite of up to 150 m², thoughtfully laid out with spacious independent areas and a contemporary yet inviting design, featuring a private terrace with hot tub and advanced in-suite technology for an exceptional level of comfort.

Oceanfront Grand Suite

150 m²

-  Master bedroom with spacious dressing room and en-suite bathroom with bathtub
-  Open-concept living/dining area
-  Additional space for home office or extra bedroom
-  Guest bathroom with shower
-  Breakfast nook
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with a hot tub
-  Oceanfront view
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards



The estimated space of the suite includes the terrace.

Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Grand Suite








From + USD \$1.470
Per day supplement

Oceanfront Presidential Suite

Elegance embodied in a suite, one of the most exclusive accommodation categories at SHA México. A space designed with the latest in comfort and technology, where every detail has been carefully crafted to invite both body and mind to dwell in the present and experience a conscious, refined expression of luxury.

Oceanfront Presidential Suite

225m²

-  2 Master bedrooms with spacious dressing room and en-suite bathroom with bathtub
-  Open-concept living/dining area
-  Guest bathroom with shower
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with plunge pool
-  Oceanfront view
-  Personal assistant 8h/day*
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards

The estimated space of the suite includes the terrace.

*Service available exclusively for stays of a minimum of seven nights.



Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Presidential Suite

From + USD \$2.070
Per day supplement








Oceanfront Royal Suite

SHA's most exclusive suite has been designed with exquisite attention to detail to guarantee a unique and unforgettable stay. Comfort, spaciousness, technology, and incredible views of the sea foster total relaxation.

Everything to achieve personal growth toward the optimal balance between body and mind.

Oceanfront Royal Suite

640m²

-  2 Master bedrooms with spacious dressing room and en-suite bathroom with bathtub
-  Guest bedroom with en-suite bathroom & shower
-  Open-concept living/dining area
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with plunge pool
-  Oceanfront view
-  Personal assistant 8h/day*
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards

The estimated space of the suite includes the terrace.

*Service available exclusively for stays of a minimum of seven nights.



Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Oceanfront Royal Suite










From + USD \$3.820
Per day supplement

Oceanfront Premier Residence

Spacious and luxurious oceanfront residences, featuring two to four bedrooms, designed for privacy and comfort, with a private pool, expansive terraces, and uninterrupted ocean views from nearly every corner.

Oceanfront Premier Residence

350 m²

-  Up to 4 bedrooms with spacious dressing room, large bathroom and bathtub
-  Open-concept living/dining area
-  Fully equipped kitchen
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with plunge pool
-  Oceanfront view
-  Exclusive common areas for SHA Residences guests
-  Ideal for family stays with children
-  Pets allowed
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards



The estimated space of the suite includes the terrace.

Starting rates per night

These rates are additional to the base price of the Oceanfront Deluxe Suite included in your program.

2 Bedroom	2 Bedroom + plunge pool	3 bedroom	3 Bedroom + plunge pool	4 Bedroom + plunge pool
From + USD \$1.320 Per day supplement	From + USD \$1.620 Per day supplement	From + USD \$2.020 Per day supplement	From + USD \$2.320 Per day supplement	From + USD \$3.020 Per day supplement












Oceanfront Penthouse Residence

Thoughtfully designed to embrace the surrounding environment, this two-storey residence features inviting bedrooms, a fully equipped kitchen, and expansive private terraces with plunge pools, alongside dedicated spaces for entertainment and relaxation under endless ocean skies.

Oceanfront Penthouse Residence

600 m²

-  Up to 4 bedrooms with spacious dressing room, large bathroom and bathtub
-  Open-concept living/dining area
-  Fully equipped kitchen
-  Large terrace for open-air relaxation in a sunny Caribbean setting, with plunge pool (on request)
-  Oceanfront view
-  Exclusive common areas for SHA Residences guests
-  Ideal for family stays with children
-  Pets allowed
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards



The estimated space of the suite includes the terrace.

Starting rates per night

These rates are additional to the base price of the Oceanfront Deluxe Suite included in your program.












2 Bedroom	3 Bedroom	3 bedroom + plunge pool	Two storey 3 Bedroom + plunge pool	Two storey 4 Bedroom + plunge pool
From + USD \$2.320 Per day supplement	From + USD \$3.020 Per day supplement	From + USD \$3.320 Per day supplement	From + USD \$4.320 Per day supplement	From + USD \$5.020 Per day supplement

Beachfront Founder's Residence

The Beachfront Founder's Residence represents the ultimate expression of the SHA lifestyle, featuring spacious bedrooms, a fully equipped kitchen, and the largest private terrace of all categories, with direct beach access and spaces designed for deep restoration, absolute privacy, and an unparalleled luxury experience by the sea.

Beachfront Founder's Residence

500 m²

-  Master bedroom with spacious dressing room, and large bathroom with bathtub
-  2 Guest bedrooms with king-size bed
-  2 Guest bathrooms with shower
-  Open-concept living/dining area
-  Fully equipped kitchen
-  Private terrace with infinity pool and direct access to the beach
-  Exclusive common areas for SHA Residences guests
-  1 maid's room with bathroom
-  Ideal for family stays with children
-  Pets allowed
-  NEW! VIP round trip VIP transfer from Cancun international airport or parking for your vehicle included on your rate from stays 4 days onwards



The estimated space of the suite includes the terrace.

Starting rate per night

This rate is additional to the base price of the Oceanfront Deluxe Suite included in your program.

Beachfront Founder's Residence

From + USD \$6.320
Per day supplement

General Information & Conditions

ACCOMMODATION CONDITIONS AND DETAILS

- Accommodation rates are per suite or residence, per night, and include applicable taxes.
- Check-in is from 3:00 pm and check-out is by 12:00 pm. Late departures will incur either a half-day or full-day rate, depending on the time of departure.
- During certain periods of the year, SHA applies a minimum length of stay policy. Our Health Journey Advisors will inform you of this at the time of reservation.
- The meal plan is included in your health program or pathway and covers breakfast, lunch, and dinner. No refunds will be issued for meals not consumed.
- Rates for Suites and Residences are per unit, regardless of the number of occupants. The maximum capacity is specified for each category.

PROGRAM RESERVATION CONDITIONS

- All health programs at SHA are designed by our medical team to achieve specific health objectives.
- To ensure an appropriate therapeutic assessment and optimal results, booking a health program or pathway is mandatory for all stays.
- Additional treatments and services may be reserved upon request. For returning guests, while it is still recommended to book a health program, the Stay Your Way option offers greater flexibility for those wishing to focus on selected treatments.
- For extensions of stay once you are already at the property, you may either continue with your existing program (using your daily treatment credit) or switch to Stay Your Way, according to your preference.
- Access to the most therapeutic dietary protocols, medicinal teas and therapeutic fasting requires a prior Healthy Nutrition consultation.

BOOKING CANCELLATION POLICY

- You may cancel your reservation without penalties (except for a 3% administrative fee) by providing at least 14 days' notice.
- After this period, a penalty equivalent to 50% of the total contracted stay will apply.
- If more than 30 days have elapsed since the deposit was paid, refunds can only be processed via bank transfer to the guest's nominated account.
- All cancellations must be communicated in writing via email to the Health Journey Advisors team.

BOOKING MODIFICATION POLICY

- Arrival dates may be modified without charge if notice is given at least 7 days in advance.
- If the modification is requested less than 7 days prior to arrival, the following fees apply:
 - USD \$550 per adult if the new arrival date is within 48 hours (before or after) of the original date.
 - USD \$1,100 per adult if the new arrival date differs by more than 48 hours.
- If notice is received on the scheduled arrival date, an additional charge of one night's stay will apply, on top of the above fees. This charge may be waived if the total number of booked nights remains unchanged.
- If the check-in date has already been modified, any subsequent cancellation will incur a penalty equivalent to 100% of the original deposit.

PROGRAM & TREATMENT CANCELLATION POLICIES

- Your booked program may be substituted by another program up to 7 nights prior to arrival.
- After this period, the following fee applies:
 - USD \$550 for program cancellation or substitution.
(Cancelling a program requires booking an alternative program.)
- This penalty does not apply if the change is medically prescribed by the SHA team, or if the guest upgrades to a more comprehensive or higher-value program.
- Additional treatments and services may be substituted during the stay, but cannot be cancelled, except for up to 30% of the total pre-contracted amount.

MINORS

- To preserve an atmosphere of relaxation and tranquillity, the minimum age for admission to SHA is 12 years.
- Children under 12 are welcome exclusively in SHA Residences, provided they are supervised by an adult at all times. They are not permitted in common areas, including the Wellness Clinic, Hydrotherapy Circuit, SHAmadi Restaurant, swimming pools and terraces.
- Guests aged between 12 and 18 years may receive individual treatments only with signed parental authorization and in the presence of a parent or legal guardian.

PETS

- Pets weighing less than 10 kg are welcome for an additional nightly fee.
- Pets are not permitted in common areas, including elevators. Owners must supervise their pets at all times and will be held responsible for any damage or disturbance caused. Failure to comply with these conditions may result in the pet being required to leave the property.

TRANSFERS & PARKING

- SHA offers a premium transfer service from nearby airports and train stations, as well as other destinations upon request.
- Transfers from Cancún International Airport are included for stays of 4 nights or more. For other airports or destinations, please consult our transfer rates.
- Covered parking is available on site and is included in the room rate for stays of 4 nights or more for guests arriving with their own vehicle.

PLEASE NOTE

- The official languages at SHA are Spanish and English. Translation or interpreting services in other languages may be arranged upon request and may incur additional charges.
- In compliance with current regulations and for the well-being of all guests, smoking is strictly prohibited throughout SHA facilities. A penalty of USD \$550 per infringement will apply.
- Silence and tranquillity are fundamental values at SHA. Guests are kindly asked to keep noise levels to a minimum, especially between 2:00 pm and 4:00 pm, and after 10:00 pm. All electronic devices must remain on silent mode, and phone calls are not permitted in common areas.
- To respect the privacy of all guests, photography or video recording of other guests without their explicit consent is strictly prohibited.

The Science of Longevity,
The Art of Living Well

Science-Backed. Personalized. Transformative.