



TREATMENTS AND SERVICES
2024/25

Index

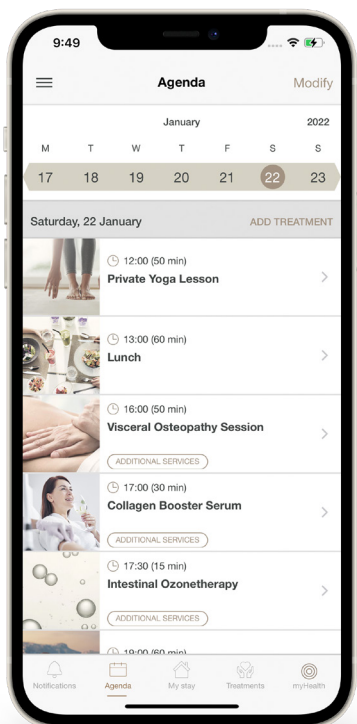
SHA Method	03
Advanced Preventive Diagnosis	05
SHA Healthy Nutrition	08
Well Ageing Medicine	12
Holistic Medicine	28
Brain Health	31
Advanced Aesthetic	33
Well-being & Inner Balance	43
Physical Performance	52
Healthy Living Academy	57

The 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 integrative point of view, while providing the knowledge to enable people to maintain the optimal state of health achieved in SHA.





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 3rd treatment.

x5 pack The services identified with this icon have a bonus on the 5th treatment.

For the benefit to be applicable, the services must be of the same type, duration and cost.

The bonus will be on the 3rd or 5th service, no treatment is eligible for both benefits.

Not cumulative or compatible with other discounts, promotions or benefits of the SHA Privileged programme.

The prices contained in this catalogue are valid for the 2024-25 period, applicable only for SHA México.

Advanced Preventive Diagnosis





At SHA we firmly believe that prevention is the cornerstone of optimal health and by taking proactive steps to safeguard it, we ensure that our guests enjoy a full and happy life.

One of the essential areas of our SHA Method is Advanced Preventive Diagnosis, which involves a series of innovative medical tests, cutting-edge diagnostic screenings, and state-of-the-art equipment, to offer our guests a comprehensive evaluation of their health in order to diagnose different pathologies early on.

Because prevention is not only an essential way to avoid illnesses, but also an act of care towards oneself, and constitutes a key tool to achieve lasting wellness.

ADVANCED PREVENTIVE DIAGNOSIS new 600 USD

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
- Cognitive domain test
- Stress level and resilience
- Advanced glycation measurement
- Central nervous system, sympathetic and parasympathetic function
- Vascular age
- Pulse, blood pressure, oxygen saturation, among others
- Results reading

OTHER DIAGNOSTIC TESTS

ECOGRAPHY*

265 USD

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*

265 USD

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

265 USD

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

LABORATORY TESTS

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

Blood Test

Biochemical study to determine your current state of health.

Metabolic System

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.

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



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

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

200 USD

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

200 USD

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

185 USD

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 · 240 USD (110 USD 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 · 110 USD (75 USD 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.



Well Ageing Medicine



Well-ageing

The aim of Well-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.

WELL AGEING CONSULTATION

250 USD

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

MELATONIN BIORHYTHM

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

COMPLETE FOOD SENSITIVITY TEST

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

ADVANCED HORMONAL PROFILE - WOMEN

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

ADVANCED HORMONE PROFILE - MALE & PH

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

TOTAL ANTIOXIDANT POWER

Measurement of the blood's total antioxidant capacity.

ANTIOXIDANTS AND VITAMINS

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:

TO KEEP IN MIND

All our genomic medicine tests are subject to medical prescription after consultation with our specialists.



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

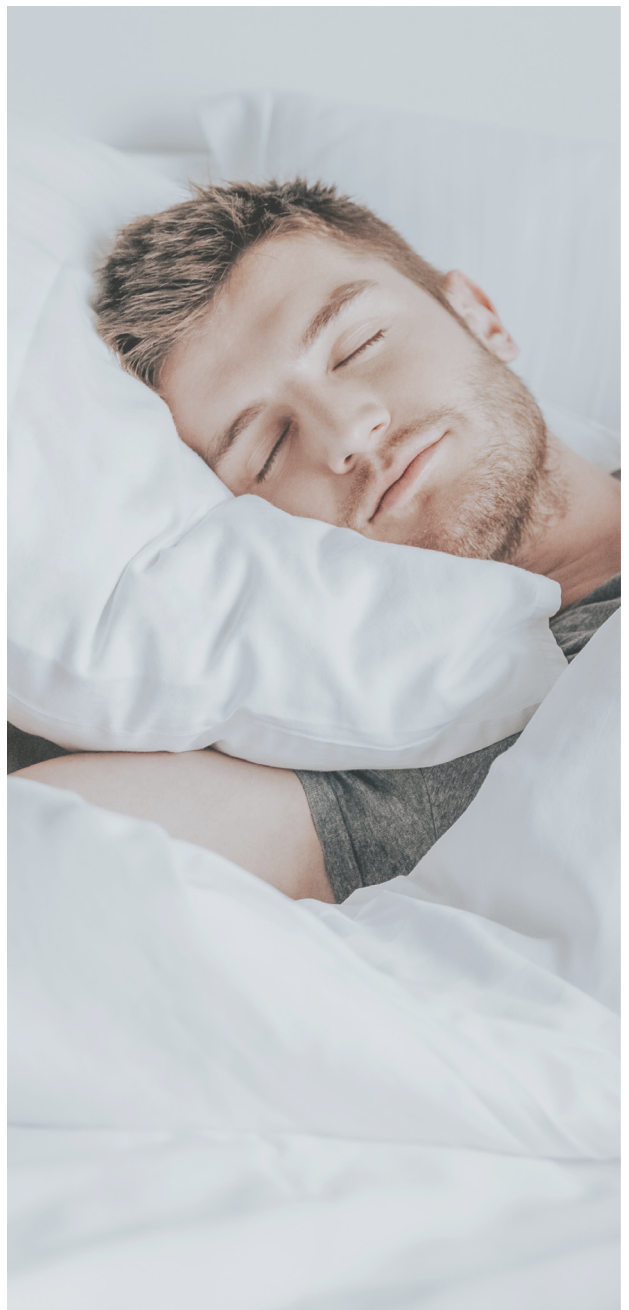
250 USD

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 275 USD

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

250 USD

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

126 USD

Cotinine 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

190 USD

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 200 USD

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

200 USD

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

220 USD

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

275 USD

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

275 USD

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

330 USD

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

330 USD

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

440 USD

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

440 USD

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

440 USD

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

440 USD

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.

Vitality Support

440 USD

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

Liver Repair

715 USD

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

1.100 USD

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.

TO KEEP IN MIND

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

Sexual Health

SHA's Sexual Health Unit is focused on achieving sexual wellbeing from a global and integrative point of view through a multidisciplinary approach.

SEXUAL HEALTH CONSULTATION new

250 USD

Clinical evaluation with a specialist in sexual health who carries out a comprehensive assessment of the patient's current situation, including physical, emotional and psychological aspects, which serves as an initial diagnosis of the state of health and which allows specific diagnostic tests and treatments to be recommended depending on the case.

CONSULTATION WITH A GYNAECOLOGIST

330 USD

An assessment of the patient's medical history and current gynaecological situation is carried out. Through a detailed physical examination and questionnaire, key concerns are addressed and personalised recommendations are provided to maintain optimal female health.

CONSULTATION WITH AN UROLOGIST

330 USD

Consultation with a urology specialist for a review of the patient's history, as well as a check-up of the patient's current urinary tract status. In cases of erectile dysfunction, detailed further studies are carried out, depending on the case, with the performance of various tests and/or specific treatments, in order to find personalised solutions.



DIAGNOSTIC TESTS

Metabolic Genetic test

Complete genetic study consisting of 3 tests: Oestrogens, Thrombogens and Sporadicgenes, whose aim is to detect genetic variants related to oestrogen metabolism, oestrogen receptors, progesterone, and genes associated with thrombosis or breast cancer, in order to evaluate possible health risks in the patient.

TREATMENTS

Emsella pack x3 new

275 USD

A treatment that stimulates the pelvic floor area through deep electromagnetic contractions to improve blood flow to the area and help restore neuromuscular control. Recommended for cases of urinary and/or faecal incontinence in men and women, erectile dysfunction or extreme weakness in the pelvic floor.

Emfemme new

990 USD

Radiofrequency treatment for vaginal laxity and sexual dysfunction. Increases local blood circulation and remodels elastin and collagen fibres through the application of homogeneous heat to the internal/external vaginal area.



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.



General Medical Services

CONSULTATIONS

GENERAL MEDICINE CONSULTATION

200 USD

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.

TREATMENTS

LUNG DETOX NEBULISATION

Sesión 220 USD

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.

FERROTHERAPIA

Sesión 220 USD

Consisting of the parenteral application of iron, cyanocobalamin and folic acid in patients with anaemia caused by a lack of iron, vitamins or poor diet.

More Medical Specialities

CONSULTATIONS

CARDIOLOGY CONSULTATION

330 USD

A consultation in which a cardiology expert assesses the state of health of your heart by means of an exhaustive analysis obtained through the results of your electrocardiogram.

PSYCHIATRY CONSULTATION

330 USD

The professional focuses on the diagnosis and treatment of mental disorders with the main focus on the management of biological and medical aspects.

TO KEEP IN MIND

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



Holistic Medicine



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

200 USD

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 · 155 USD

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

165 USD

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 · 140 USD

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 · 220 USD

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 · 220 USD

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 · 220 USD

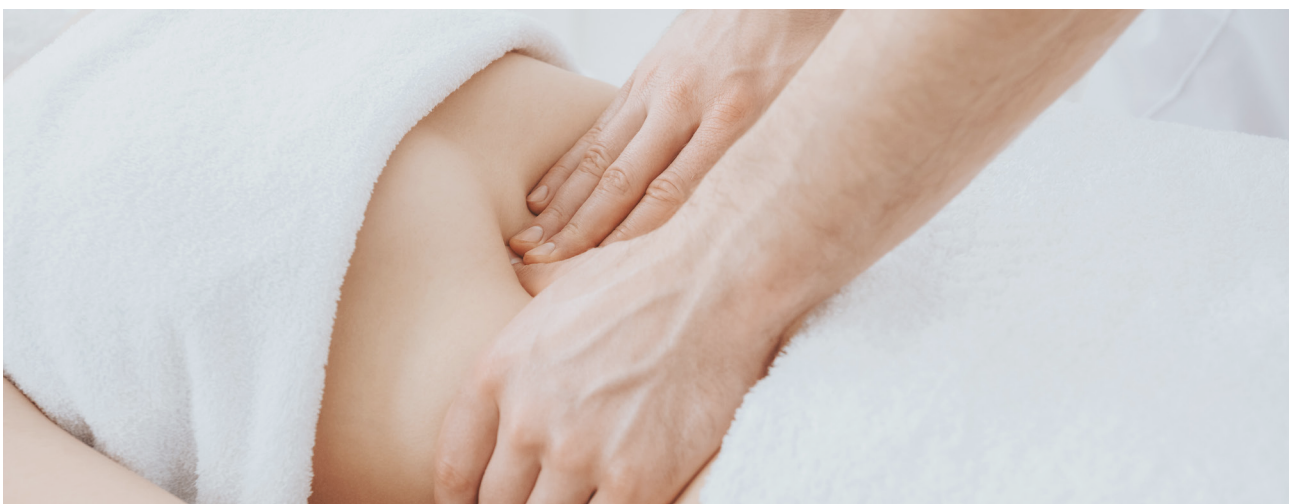
This osteopathy technique is based on the concept that all organs, like any other body part, require stimulation to function properly. Through manual mobilisation, it is possible to reactivate the organs and their interaction, guaranteeing the body's structural balance.

Hydrocolon Therapy

HYDROCOLON THERAPY SESSION*

50min · 195 USD

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.



*It requires a prior Treatment Validation Consultation.

Brain 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

250 USD

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 220 USD

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 440 USD

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.

Advanced Aesthetic



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

200 USD

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

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.

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

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

Four Seasons Bioestimulation

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

BODY TREATMENTS

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

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.

EMSCULPT® NEO

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.

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

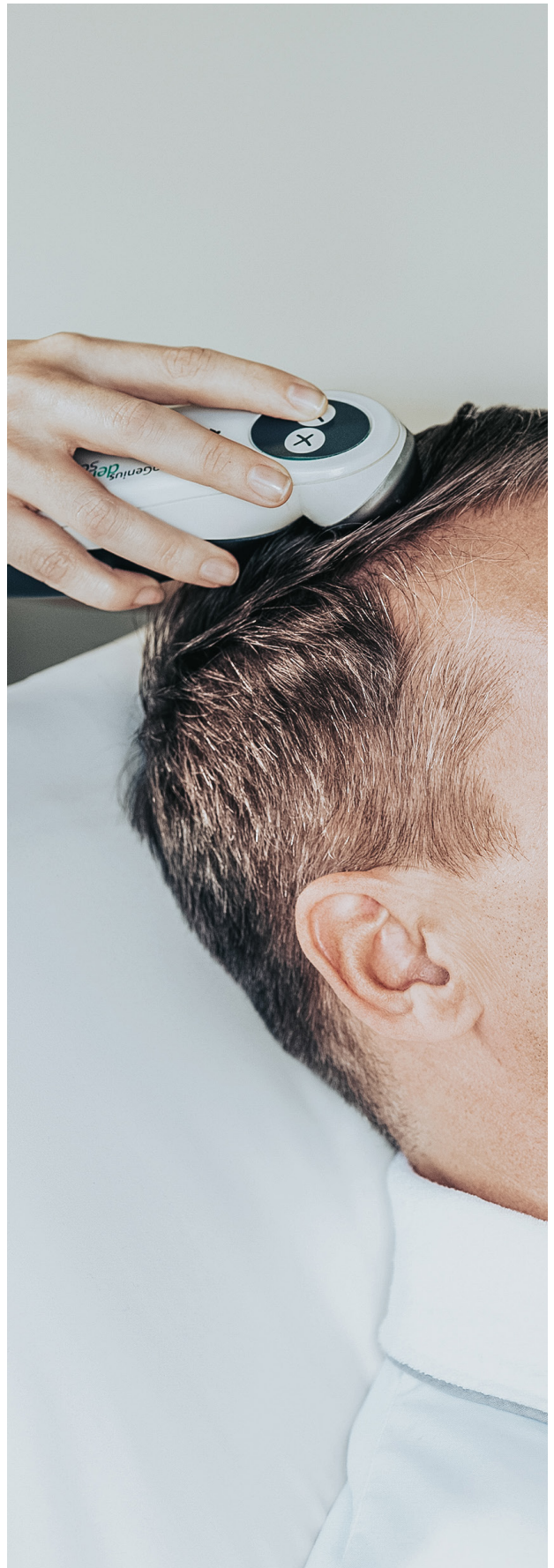
320 USD

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 USD

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



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

Minimally invasive esthetic treatment that allows harmonizing the patient's smile thanks to the personalized design and application of veneers, using state-of-the-art biocompatible and ultra esthetic materials. Before the elaboration of the digital design using 3D CAD-CAM digital technology, a facial and dental analysis is performed, as well as an evaluation of the emotional aspects, in order to achieve a natural smile according to the patient's morphological characteristics. Through a personalized approach, our specialists design and create the smile that best suits the patient's facial characteristics.

It allows correcting problems such as misaligned teeth, discolored, worn, fractured or with spaces between them. Through the use of porcelain veneers, dental implants and other solutions, a radiant, natural-looking smile is achieved. In addition, careful design of facial and dental proportions can improve facial symmetry and enhance the patient's individual features.

In addition to the aesthetic benefits, Dental Smile Design also has an impact on dental health. By correcting the alignment and occlusion of the teeth, problems such as excessive tooth wear, malocclusion and periodontal disease can be prevented and treated. It also promotes proper chewing function and improved oral hygiene, which contributes to maintaining a healthy mouth in the long term, offering a comprehensive solution to improve both aesthetics and dental health.

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.

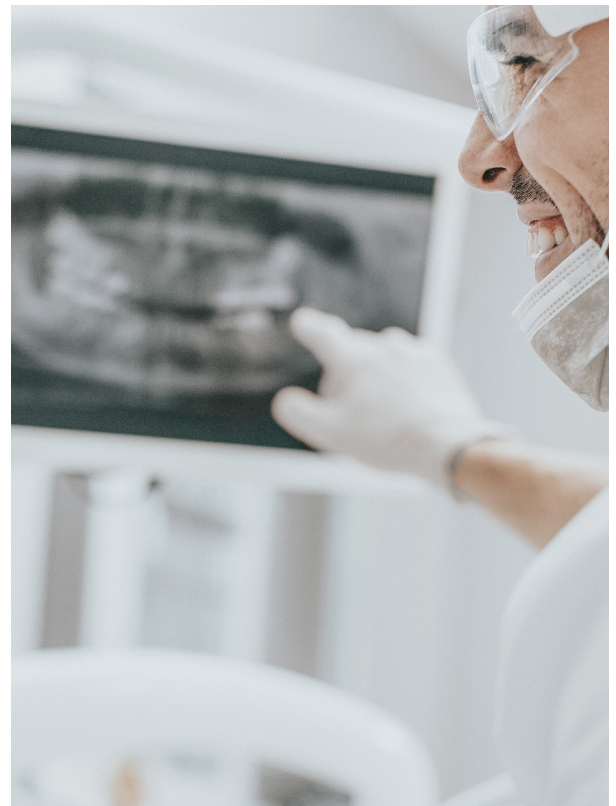
Whitening Advanced Tooth Brightening System. It can be applied several times in the same session, and does not damage the tooth enamel.

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

FACIAL INDIBA® OR BODY

50min · 200 USD

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

40min · 220 USD

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 · 110 USD

Treatment consisting of exposure of the body surface to very low temperatures for a short period of time in a controlled environment. Extreme cold conditions are used to induce a body response at three levels: circulatory, muscular and neuroendocrine. The aim is to achieve an anti-inflammatory, analgesic, stimulating and activating effect on the immune system and the body's metabolism. It reduces sensations of pain and fatigue, promotes muscle relaxation, improves blood circulation and is an effective treatment to prevent ageing.

PRESSOTHERAPY

20min · 100 USD

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.

*Requires prior Treatment Validation Consultation.

FACIAL TREATMENTS

SHA SKIN CURE signature

1.080 USD

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.

FACIAL BESPOKE

50min · 250 USD | 75min · 290 USD

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.

LUXURY EYES

40min · 200 USD

An intensive facial treatment that produces a global rejuvenating effect on the eye contour area. It combines different advanced technologies: the bioidentical growth factor, the patented Extremozyme technology, together with the application of active ingredients such as L-ascorbic acid and hyaluronic acid, which allow firming, smoothing, restoring, and moisturizing the contour area, as well as significantly reducing bags and dark circles under the eyes.

FACIAL RED CARPET

75min · 275 USD

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 · 225 USD

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 · 225 USD

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 · 285 USD

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 · 285 USD

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 · 285 USD

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 · 330 USD

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 · 305 USD

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

Cut	90 USD
Wash with treatment and styling	
short	70 USD
medium	100 USD
large	115 USD
with extensions	145 USD

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.

Root touch up	80 USD
Colour treatment	110 USD
Personalised colour treatment (balayages, rootbeer, babylights)	from 175 USD

Hair extensions tailor-made quotation
Natural hair extensions, according to your needs, to give your hair more body and volume.

MEN

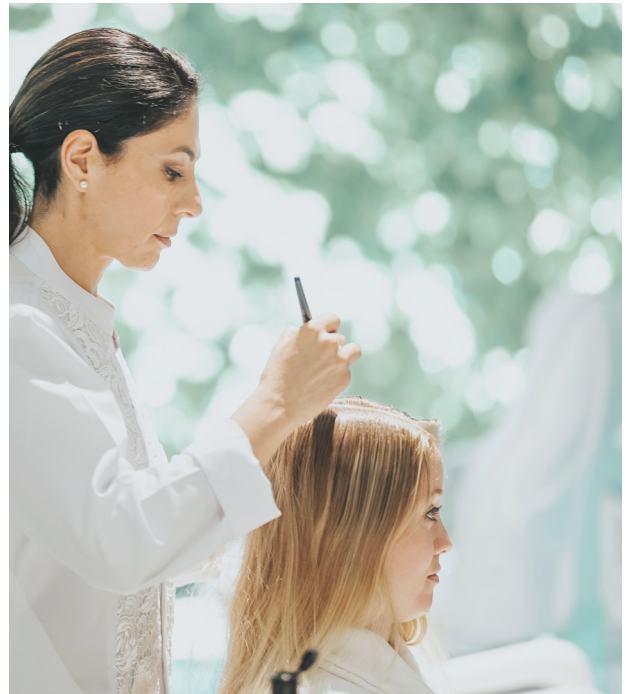
Haircut	60 USD
Hair washing and styling	45 USD
Beard cut and/or shave	50 USD
Hair dye	70 USD

HAIR TREATMENTS

AQUATTO

50 min · 250 USD

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 · 135 USD

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.

OLAPLEX

50min · 135 USD

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 275 USD | medium 415 USD | large 550 USD | extra large 690 USD

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

*Requires prior consultation with our specialist.

TANIN RECONSTRUCTION

120min · 255 USD

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 · 165 USD

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

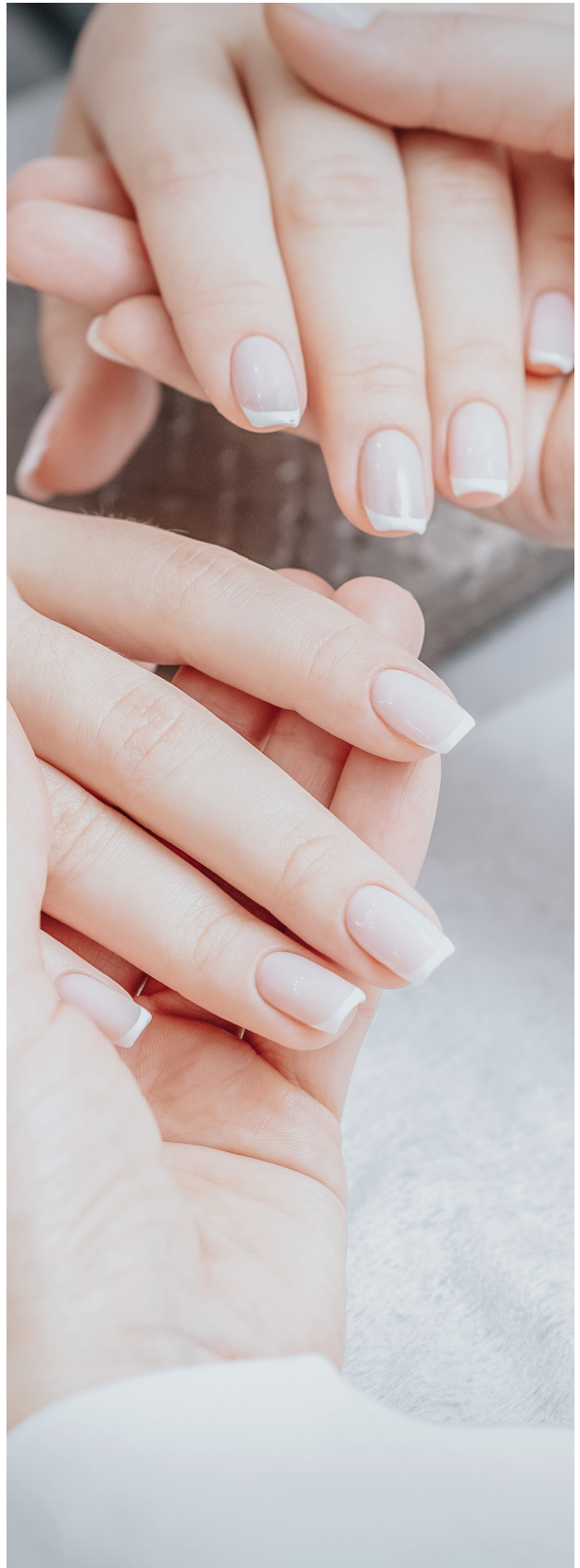
80min · 165 USD

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.

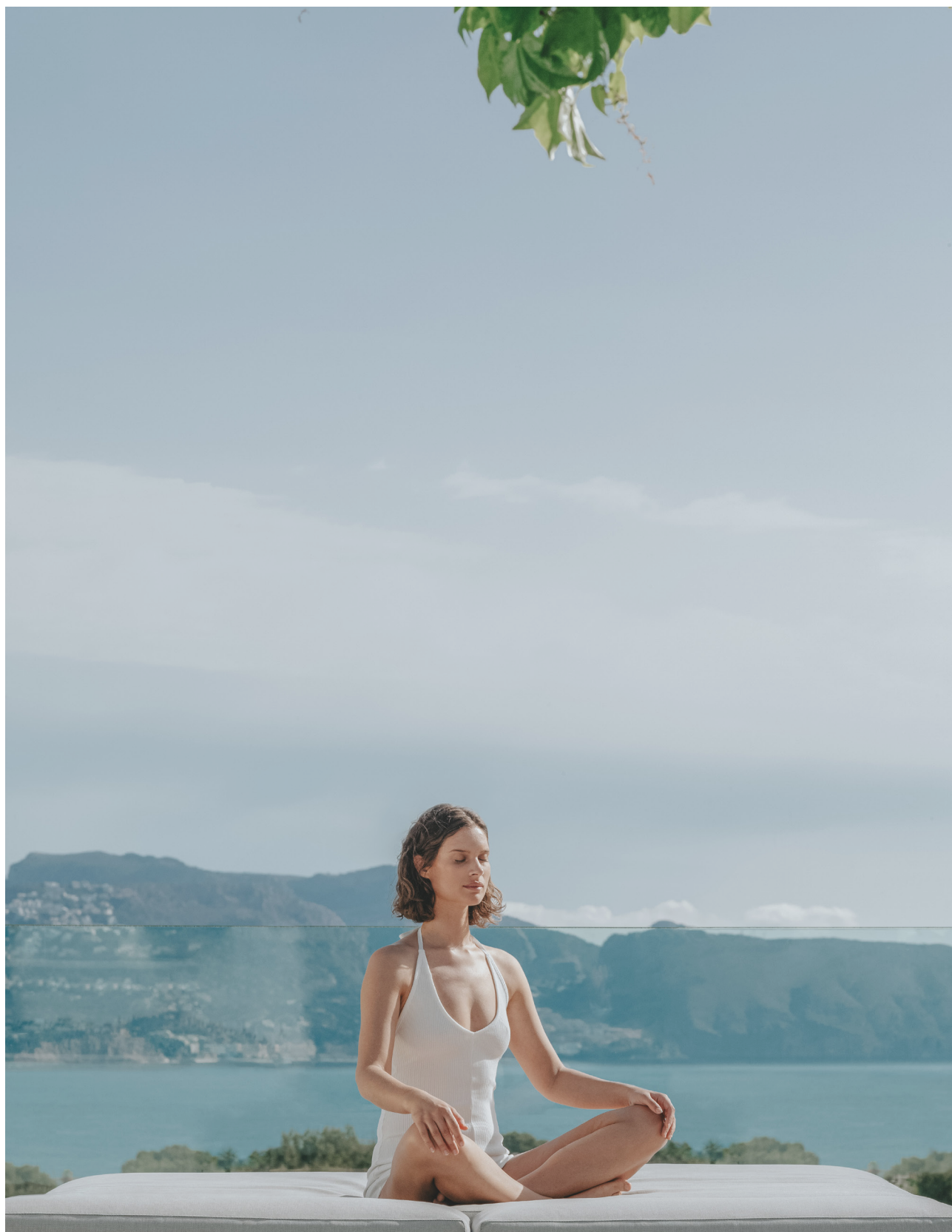
MANICURES AND PEDICURES

Complete manicure	140 USD
Express Manicure (without polish)	100 USD
Semi-permanent manicure	160 USD
Complete pedicure	140 USD
Express pedicure (without polish)	100 USD
Semi-permanent pedicure	160 USD

Semi-permanent Shellac nails must be removed by an expert in this technique in order to avoid damage to the nail. The cost is 30 USD and must be booked prior to any manicure or pedicure service.



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 · 155 USD

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 · 155 USD

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 · 155 USD

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 · 155 USD

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.

Emotional Health x3 pack

PSYCHOLOGICAL CONSULTATION

200 USD

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

200 USD

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

190 USD

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.



TRANSFORMATIVE BREATHING new

1.050 USD

Innovative method that combines the proven benefits of ice bathing with the therapeutic power of breathing through a multidisciplinary technique that results in a transformative experience, both physically and mentally. The ice bath allows for increased levels of resilience, energy and vitality resulting from the release of dopamine and adrenaline, while the breathing techniques help to control the peripheral nervous system and properly manage stress levels and anxiety.

It is an immersive experience in which the patient is exposed to certain external stimuli in order to learn strategies that allow to optimally manage emotions and/or day-to-day difficulties.

This methodology, known to be used by many elite athletes, consists of three phases or experiences: Breathing for Wellness, Emotional Detox Breathwork Therapy and the Ice Bath.

PHASE 1 | BREATHING FOR WELLNESS

Psychology Session

Assessment session to determine your motivations or psychological blockages, and measure your breathing performance. The benefits and importance of breathing correctly are explained. Practical tips to apply in daily life are given.

Breathing Techniques

You will learn to be more aware and appreciate the importance of knowing how to breathe properly, through a series of techniques that will allow you to breathe correctly, which will positively influence your physiological and psycho-emotional state.

PHASE 2 | EMOTIONAL DETOX BREATHWORK THERAPY

Breathing Techniques

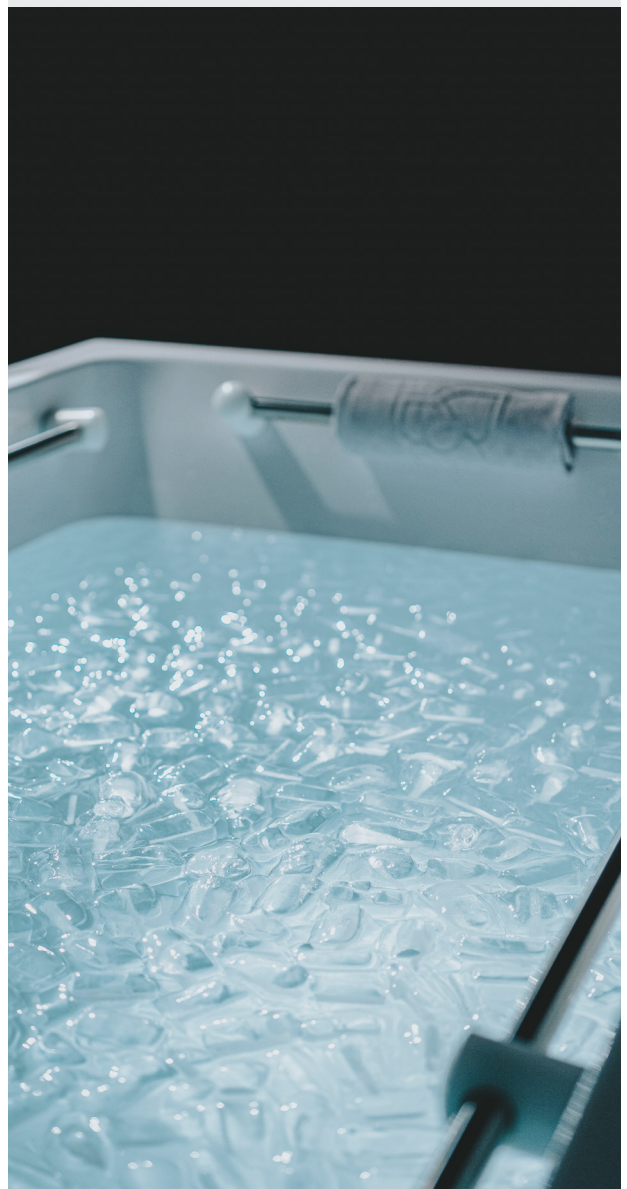
A session of accelerated breathing exercises to activate the sympathetic nervous system, the aim of which is to teach how to control the activation or deactivation of the peripheral nervous system in preparation for experiencing similar sensations prior to immersion in the ice bath.

Psychology Session

Final session to evaluate all the learning acquired by the patient in the previous phases of Transformative Breathing, in order to learn how to apply these breathing techniques in daily life.

PHASE 3 | ICE BATH*

Immersion in an ice bath at a temperature of 3°C, for at least 2 minutes, where the icy water acts as a mirror of all those situations that paralyse or produce blockages. It strengthens the immune system, increases resistance to stress, reduces muscular inflammation and cortisol levels.



*Requires previous consultation with our specialist.

Hydrotherapy Treatments x5 pack

WATER THERAPIES

WATSU®

50min · 200 USD

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 · 200 USD

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

MARINO SHA RITUAL

75min · 250 USD

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 · 200 USD

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 · 175 USD

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 · 275 USD

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 · 320 USD

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 · 320 USD

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 · 190 USD | 75min · 255 USD

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.

TRADITIONAL MESSAGES

RELAXING MESSAGE

50min · 175 USD | 75min · 230 USD

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 · 175 USD | 75min · 230 USD

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 · 175 USD

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 · 160 USD

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

50 min · 190 USD

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

50 min · 190 USD

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.

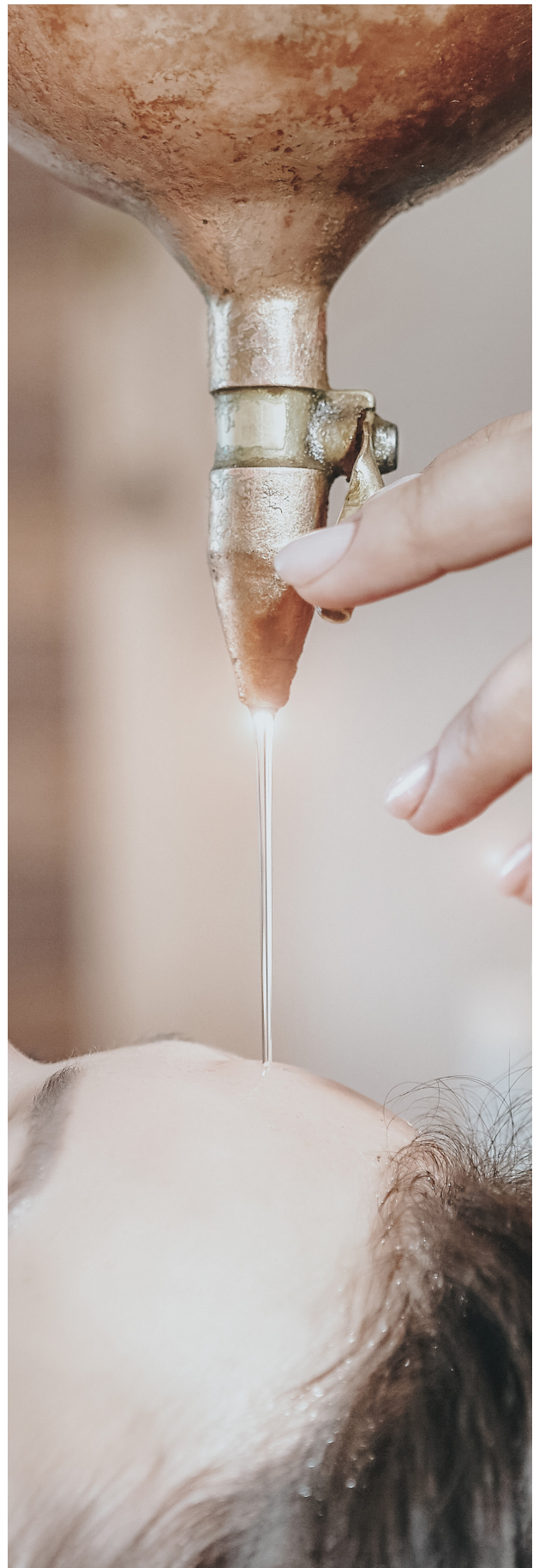
The treatment begins with an impact therapy (with percussion equipment), followed by a manual circulatory massage to finish mobilising the blood and lymph.

Oriental Therapies x5 pack

SHIRODHARA

50min · 210 USD | 75min · 285 USD

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 · 190 USD | 75min · 255 USD

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 · 190 USD | 75min · 255 USD

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 · 190 USD | 75min · 255 USD

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 · 190 USD | 75min · 255 USD

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 · 175 USD

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 · 100 USD

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.



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.

PERSONAL TRAINER

50min · 155 USD

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.

ICAROS® | VR TRAINING TECHNOLOGY new

50min · 190 USD

Personalised routine using advanced virtual reality technology. An innovative and exciting way to exercise, using the ICAROS Health system, which allows you to fly, glide and immerse yourself in different virtual scenarios, while working on balance, strength and endurance, offering an effective core workout. VR will make the experience much more interesting and challenging, as the movements are performed while suspended in the air, to work not only the core muscles, but the whole body.

AQUABIKING

50min · 175 USD

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 · 155 USD

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 · 155 USD

Reformer Pilates 50min · 190 USD

STRETCHING

50min · 155 USD

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 · 165 USD

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 · 165 USD

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.

Physiotherapy x3 pack

PHYSIOTHERAPY SESSION

220 USD

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.



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.



Outdoor
Activities



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 USD

Analytic reading, follow up and other brief consultations.

FULL

60 USD

Consultation and interpretation sessions of longer than 20 minutes.

Reaching your best version has never been so pleasant