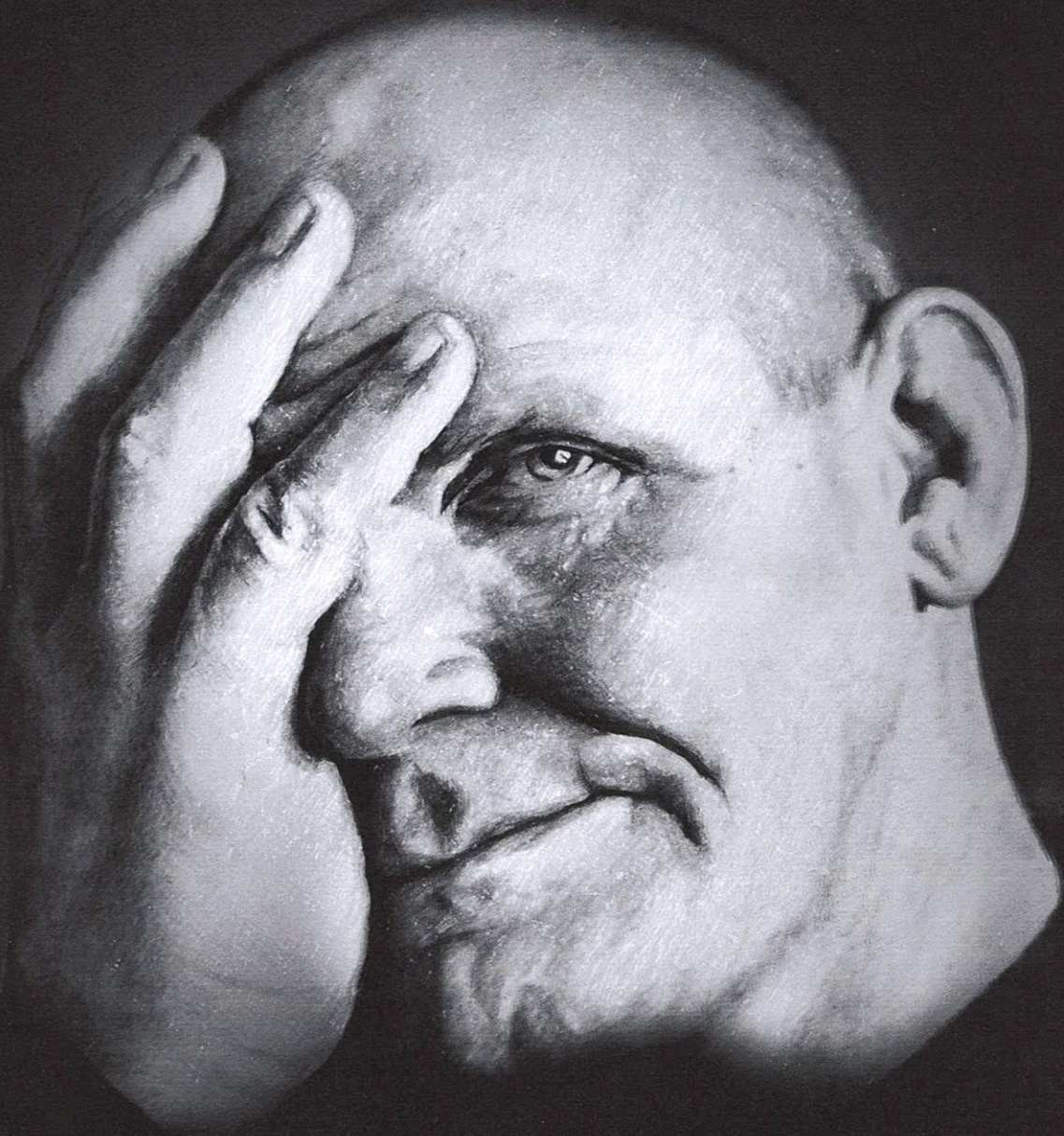


ANNIVERSARY EDITION ★

6th 2018

the **WORLD**

Bridging. Connecting. Uniting



Alexander Karelin

Wrestling is not just a sport. It's a way of life

SHA Wellness Clinic



150

The three types of Residences (Garden, Premier and Penthouse) range between 300 m² — 500 m², and depending on the category, offers a fitness room, treatment cabin, Turkish bath or sauna, as well as a private cinema room. Each include private gardens and terraces with infinity pools made from glass, amounting to a total of 82 linear metres of glass pool.

There is no doubt that finding yourself in the middle of a natural park, like the natural park of Sierra Helada, home to one of the main bird reserves in Spain, and having such a favourable climate (330 days of sunshine a year and an average temperature of between 15° and 25°) is also a big advantage when it comes to attaining ideal health.

As much as SHA Residents aims to care for its guests, it also aims to look after the environment. The desire to integrate the natural surroundings, the practices of sustainable building, the selection of natural materials, the use of renewable energies and water recycling systems, have enabled this project to obtain the top environmental rating, positioning it as a model of sustainable living.

SHA Residences offer an extensive list of massages as well as therapeutic and cosmetic treatments, water therapies such as "watsu", and all kinds of activities such as functional training, pilates, yoga, meditation, aquagym, etc. Without forgetting about nutrition, the SHA pillar, the Residences offer healthy cooking classes or show cooking, as well as nutritional, medical and psychological consultations, among others.





SHA Clinic is placed in the picturesque area of Villa-de-Altea Comunidad Valenciano surrounded by beauty of Sierra-Elada natural park. Mild and pleasant climat of the zone guarantees the optimal for health care weather through all the year.

Coinciding with its 10th anniversary and always faithful to the spirit of continuous innovation which characterises the brand, SHA Wellness Clinic, a worldwide reference in health and wellbeing, is launching "SHA Residences". A new way of experiencing an ideal state of health in luxurious residences which actively seek to care for both the environment and its guests.

Lifestyle and healthy nutrition directly condition our health, but the environment and space that we live in also have a very significant influence. By studying the space where wellbeing and architecture meet, SHA has used its team of experts of renowned architects and interior designers to design a new concept of space where the design, material and technology actively contribute to the improvement of ones wellbeing.

The selection of the most suitable orientation, the merge of interior spaces into exterior surroundings to maximise the use of natural light, the respect for the traditional principles of feng shui, the adaption of technology and home automation for wellbeing, chromotherapy, systems for measuring and purifying the quality of air are just some of the elements that help to create these healthy Residences.



Spain, Villa de Altea