

SHA
Masters of Longevity

PROGRAM

Advanced Longevity

7 nights | 10 nights | 14 nights



Preventive
and innovative
approach to
slowing down
cellular aging



The **Advanced Longevity** program is designed to slow cellular aging and enhance overall health. Through the natural stimulation and regeneration of key metabolic processes, this preventive approach incorporates innovative functional medicine treatments to optimize wellness and promote healthy longevity.

This program presents an innovative and comprehensive approach aimed at those looking to preserve optimal health and extend their vitality, using science-based strategies to slow down cellular aging and improve mitochondrial health.

WHAT CAN YOU EXPECT FROM THIS PROGRAM?

This program is for you if you are aware that due to the mere passage of time and being subjected to multiple external factors, bad habits or pathological processes, stress or lack of rest, you notice that your appearance, physical or mental capacities are not as good as you would like. Or if you want to know the many possibilities that exist to slow down your biological clock from a global approach, even enabling a biological rejuvenation.

It is also highly recommended if you notice that you begin to perceive that you suffer from certain health problems caused by the natural aging process and want to incorporate knowledge, techniques, eating habits and supplements to slow down the process.

WHAT ARE THOSE WHO SELECT THIS PROGRAM LOOKING FOR?



Enhance their biological rejuvenation



Slow down the aging process



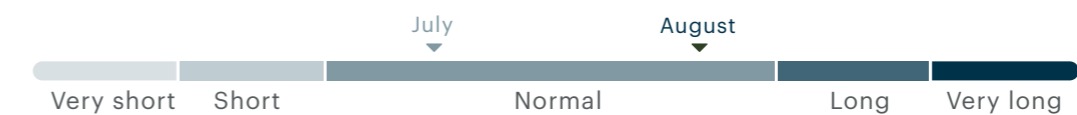
Incorporate nutritional knowledge and habits into their diets



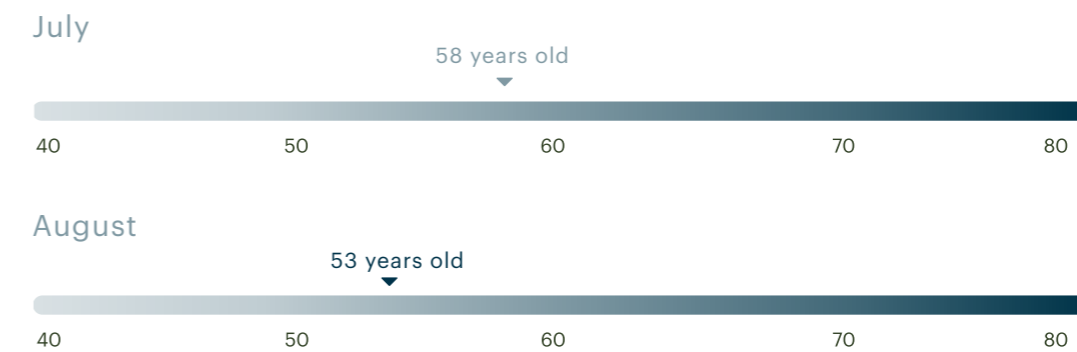
Increase su Healthspan

HEALTH INDICATORS

TELOMERE SIZE



BIOLOGICAL AGE



A study published in *Nature Food* (2023) indicates that adopting a healthy diet can add up to 10 years to life expectancy, especially when incorporating foods such as nuts, legumes, and whole grains, while avoiding red meats and sugary beverages.

ADVANCED LONGEVITY

Available for 7, 10 and 14 nights

MEDICAL SERVICES	7 nights	10 nights	14 nights
Health check	1	1	1
Advanced preventive diagnosis	1	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 			
Initial consultation with a longevity expert	1	1	1
Final consultation with a longevity expert	1	1	1
Online consultation with a longevity expert for post-stay follow-up	1	1	1
Post-stay medical follow-up consultation	1	1	1
Sexual health consultation	1	1	1
Urology or gynecology consultation	.	1	1
Revitalising medicine consultation	1	1	1
Informative dermoesthetic consultation	1	1	1
Informative consultation on trichology	1	1	1
Neurocognitive assessment consultation	1	1	1
Brain photobiomodulation treatment session	1	2	2
VO2 Max Cardiopulmonary capacity assessment	1	1	1
Hypoxia session	1	2	2
Ozone therapy session	.	1	2
NAD Therapy shot	1	1	1
Dental health diagnosis including full cleaning	1	1	1
Orthopantomography	1	1	1
SHA nutritional supplement tailored to your goals	3	3	3
CLINICAL ANALYSES			
Well-aging biological profile: complete personalized analysis including the 88 key determinations to understand premature aging, including extensive hematology, biochemistry, rheumatic tests, hormonal tests, deficiency signs, immunology, and vascular risk, among others	1	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1	1
HEALTHY DIET			
Consultation with a medical specialist	1	1	1
Meal plan tailored to your needs	1	1	1
Natural therapeutic drinks, as prescribed	1	1	1
Nutritional monitoring during your stay	1	1	1
Personalized Health Plan	1	1	1

HOLISTIC HEALTH	7 nights	10 nights	14 nights
Colon hydrotherapy session	2	2	2
Osteopathy consultation and session	1	1	2
WELLNESS			
High-tech treatment tailored to your needs	1	2	4
Hydroenergetic healing treatment detox, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	1	1	2
Advanced Facial Bespoke session	.	1	1
SHA Detox Therapy	1	1	2
Body Wrap Firming Perfection session	1	1	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)			
MIND AND BODY			
Stress management session	1	1	2
Private body and mind discipline session with a holistic expert, tailored to your needs: yoga, meditation, mindfulness, and pranayama techniques	.	1	2
PHYSICAL FITNESS			
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	2	3
Advanced Cellular Regeneration Therapy	2	2	3
Hyperbaric chamber session	1	2	2
Cryotherapy session	2	2	3
HEALTHY LIVING ACADEMY			
Free access to group activities: talks, holistic activities, fitness sessions, walks and healthy cooking demo class, among other activities			

ADVANCED LONGEVITY 7 nights € 7.500 | 10 nights € 9.500 | 14 nights € 12.000

