



SHA  
Masters of Longevity

PROGRAM

# Detox & Optimal Weight

7 nights | 10 nights | 14 nights



Effective  
synergy  
to cleans  
the body  
and reach the  
ideal weight



This program is designed to eliminate toxins and reactivate the metabolism in a sustainable way, through a personalized strategy that includes an anti-inflammatory nutrition plan. This revitalizes the body, improves energy levels and establishes a solid foundation for long-term optimal health.

## WHAT CAN YOU EXPECT FROM THIS PROGRAM?

For people whose habits are inadequate such as excessive consumption of coffee, alcoholic beverages, tobacco, medications and/or poor diet, among others. It is also advisable if you are looking to improve your health or if you want to lose or put on some weight to look better. Or if you have a reduced physiological capacity for proper detoxification of the body.

## WHAT ARE THOSE WHO SELECT THIS PROGRAM LOOKING FOR?



Improve their appearance



Improve their health condition



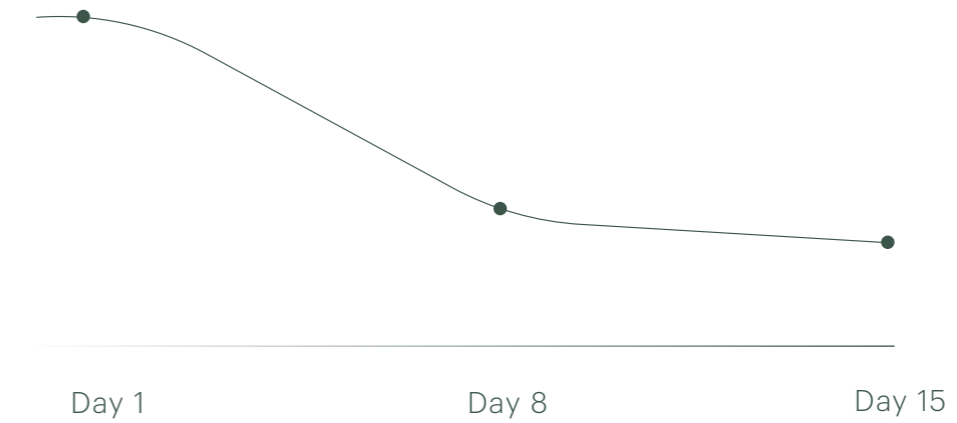
Achieve an optimal weight



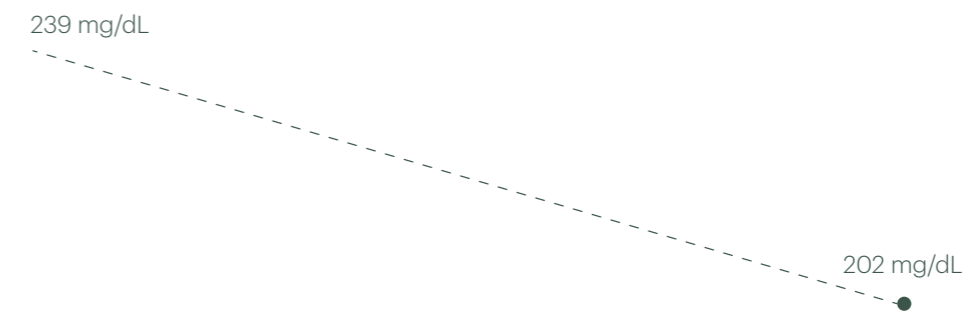
Detoxify their body

## HEALTH INDICATORS

### BODY WEIGHT



### CHOLESTEROL



A study published in the Journal of Internal Medicine (2018) showed that following an anti-inflammatory diet reduces the risk of overall mortality by 18%, cardiovascular disease by 20% and cancer by 13%, after evaluating 68,273 individuals for 16 years. Another review published in the British Journal of Nutrition (2023) concluded that anti-inflammatory diets can decrease markers of inflammation and improve metabolic and body functions.

# DETOX & OPTIMAL WEIGHT

Available for 7, 10 and 14 nights

| MEDICAL SERVICES                                                                                                                                                                                                                                                                                                                                                                                        | 7 nights | 10 nights | 14 nights |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------|-----------|
| Health check                                                                                                                                                                                                                                                                                                                                                                                            | 1        | 1         | 1         |
| Advanced preventive diagnosis <ul style="list-style-type: none"> <li>• Body composition analysis</li> <li>• 3D body scanner</li> <li>• Vital signs measurement</li> <li>• Cognitive function test</li> <li>• Cardiovascular status analysis and nervous system activity monitoring</li> <li>• Measurement of advanced glycation end products accumulation</li> <li>• Facial and hair Scanner</li> </ul> | 1        | 1         | 1         |
| Initial clinical analysis                                                                                                                                                                                                                                                                                                                                                                               | 1        | 1         | 1         |
| Oxytest, oxidative stress test to determine the level of oxidation in the body                                                                                                                                                                                                                                                                                                                          | 1        | 1         | 1         |
| Cortisol biorhythm test                                                                                                                                                                                                                                                                                                                                                                                 | 1        | 1         | 1         |
| General medical consultation at the start of the program                                                                                                                                                                                                                                                                                                                                                | 1        | 1         | 1         |
| General medical consultation at the end of the program                                                                                                                                                                                                                                                                                                                                                  | 1        | 1         | 1         |
| Revitalising medicine consultation                                                                                                                                                                                                                                                                                                                                                                      | 1        | 1         | 1         |
| Informative dermoesthetic consultation                                                                                                                                                                                                                                                                                                                                                                  | 1        | 1         | 1         |
| Weight control monitoring through body composition analysis                                                                                                                                                                                                                                                                                                                                             | 2        | 3         | 5         |
| 3D body scanner at the end of the program                                                                                                                                                                                                                                                                                                                                                               | 1        | 1         | 1         |
| Dental health assessment using digital imaging                                                                                                                                                                                                                                                                                                                                                          | 1        | 1         | 1         |
| SHA nutritional supplement tailored to your goals                                                                                                                                                                                                                                                                                                                                                       | 1        | 1         | 1         |
| <b>HEALTHY DIET</b>                                                                                                                                                                                                                                                                                                                                                                                     |          |           |           |
| 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         |
| Mindful eating session                                                                                                                                                                                                                                                                                                                                                                                  | 1        | 1         | 1         |
| Nutritional monitoring during your stay                                                                                                                                                                                                                                                                                                                                                                 | 1        | 1         | 2         |
| Personalized Health Plan                                                                                                                                                                                                                                                                                                                                                                                | 1        | 1         | 1         |
| Group healthy cooking class at The Chef's Studio                                                                                                                                                                                                                                                                                                                                                        | 1        | 1         | 1         |
| <b>HOLISTIC HEALTH</b>                                                                                                                                                                                                                                                                                                                                                                                  |          |           |           |
| Diagnostic session of traditional Chinese medicine, including acupuncture treatment                                                                                                                                                                                                                                                                                                                     | -        | 1         | 1         |
| Acupuncture session                                                                                                                                                                                                                                                                                                                                                                                     | -        | 1         | 2         |
| Colon hydrotherapy session                                                                                                                                                                                                                                                                                                                                                                              | 2        | 2         | 2         |

| WELLNESS                                                                                                                                                                                 | 7 nights | 10 nights | 14 nights |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------|-----------|
| Underwater therapy                                                                                                                                                                       | 2        | 3         | 3         |
| High-tech treatment tailored to your needs                                                                                                                                               | 1        | 2         | 4         |
| Hydroenergetic healing treatment detox, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet                                                                                  | 2        | 2         | 4         |
| SHA Detox Therapy                                                                                                                                                                        | 1        | 2         | 3         |
| Intensive reshaping body wrap                                                                                                                                                            | 1        | 1         | 2         |
| SHA body drainage session                                                                                                                                                                | 1        | 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) |          |           |           |
| <b>PHYSICAL FITNESS</b>                                                                                                                                                                  |          |           |           |
| Functional assessment with personal trainer                                                                                                                                              | 1        | 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         | 4         |
| Fat Burning Training   Group Session                                                                                                                                                     | 2        | 3         | 5         |
| Cryotherapy session                                                                                                                                                                      | 1        | 2         | 3         |
| <b>HEALTHY LIVING ACADEMY</b>                                                                                                                                                            |          |           |           |
| Free access to group activities: talks, holistic activities, fitness sessions, walks and healthy cooking demo class, among other activities                                              |          |           |           |

DETOX & OPTIMAL WEIGHT 7 nights € 4,500 | 10 nights € 6,000 | 14 nights € 8,000

