



SHA  
Masters of Longevity

PROGRAM

# Intensive Detox & Optimal Weight

7 nights | 10 nights | 14 nights



# Radical results in less time

This intensive version of the **Detox & Optimal Weight** program is designed to achieve even deeper results, facilitating toxin elimination and metabolism activation from a more intensive approach, with a special focus on accelerated metabolic optimization to promote lasting transformations in less time.

This program is based on scientific research that demonstrates that specific dietary changes, along with detoxification strategies, can positively impact inflammatory biomarkers and optimize metabolic health.

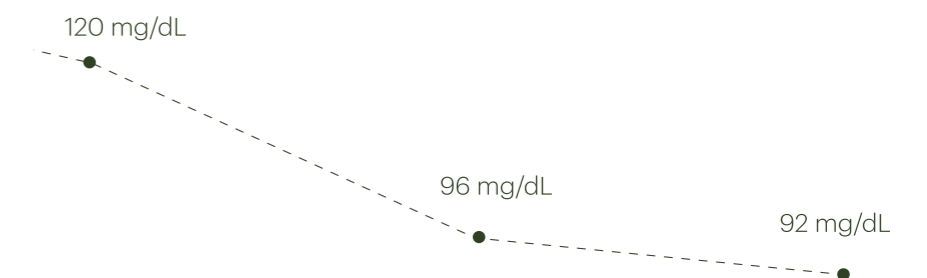


## HEALTH INDICATORS

### FAT MASS



### BLOOD SUGAR



A study published in *The Journal of Nutrition* (2022) investigated how an anti-inflammatory diet can influence inflammation biomarkers in patients with rheumatoid arthritis. The results suggest that adopting a diet rich in foods with anti-inflammatory properties can reduce inflammation levels in these patients.

# DETOX & OPTIMAL WEIGHT INTENSIVE

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
Cortisol biorhythm test	1	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	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
Regenerative medicine consultation	1	1	1
Revitalising medicine consultation	1	1	1
Consultation with a longevity expert	1	1	1
Informative dermoesthetic consultation	1	1	1
Intestine-brain-carotid-vagal photobiomodulation treatment	-	1	1
Cleanse Detox Serum	1	1	1
Weight Control Serum	-	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	1
Personalized health plan	1	1	1
Group healthy cooking class at The Chef's Studio	1	2	2

HOLISTIC HEALTH	7 nights	10 nights	14 nights
Integrated bioenergy assessment, with electromagnetic field mapping	1	1	1
Acupuncture session	1	2	3
Colon hydrotherapy session	2	2	3
<b>WELLNESS</b>			
Underwater therapy	2	3	3
High-tech treatment tailored to your needs	2	4	5
Hydroenergetic healing treatment detox, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	3	3	4
SHA Detox Therapy	2	3	3
Intensive reshaping body wrap	1	1	2
Pressotherapy session	2	2	3
Slim & Fit body treatment	1	1	1
SHA body drainage 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)			
<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	2	4	5
Fat Burning Training   Group Session	2	3	5
Cryotherapy session	2	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 INTENSIVE 7 nights € 6,000 | 10 nights € 8,000 | 14 nights € 10,000

