

SHA  
Masters of Longevity



PROGRAM

# Leader's Performance

4 nights | 7 nights | 10 nights | 14 nights



Optimal performance and lasting vitality for those living in high-demand lifestyles







The **Leader's Performance** program is designed to optimize the physical, mental, and cognitive performance of individuals facing the challenges of high-demand positions. This holistic approach combines advanced Western medicine treatments, known for their precision and effectiveness, with ancient practices of Eastern medicine that promote the balance and resilience in the body.

The synergy between both approaches not only addresses the immediate demands of the body and mind but also enhances cognitive function, improving skills such as decision-making, memory, and focus. This program lays the foundation for sustainable health and optimal overall performance, ensuring sustained productivity and mental capacity even in the most demanding environments.

## WHAT CAN YOU EXPECT FROM THIS PROGRAM?

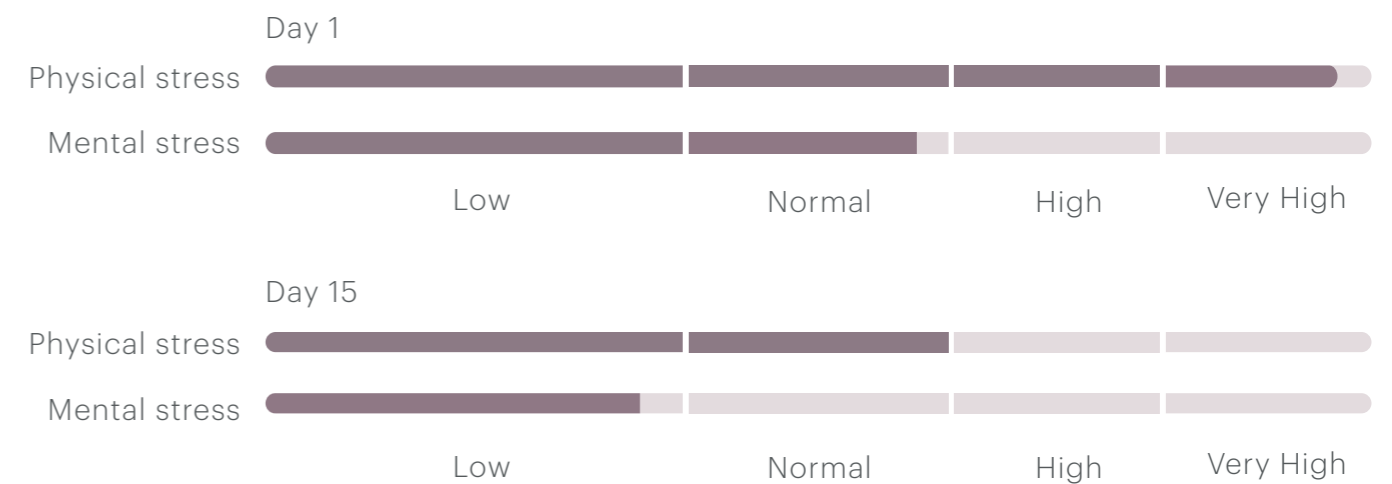
For those people who feel general exhaustion, suffer from mental and psychological stress or have just recovered from some kind of aggressive illness and are looking to revitalize their organism while learning new healthy living habits at the same time.

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

-  Stress management
-  Improve their productivity
-  Improve their performance
-  Enhancing concentration capacity

## HEALTH INDICATORS

### STRESS LEVEL



A study conducted at the University of Wisconsin-Madison (2023) found that greater cumulative exposure to stress is associated with poorer cognitive performance in older adults. Similarly, a study by the Latin American Economy Observatory (2013) concluded that chronic stress affects objective decision-making and negatively impacts the physical and social well-being of executives.

# LEADER'S PERFORMANCE

Available for 4, 7, 10 and 14 nights

MEDICAL SERVICES	4 nights	7 nights	10 nights	14 nights
Health check	1	1	1	1
Advanced preventive diagnosis	1	1	1	1
<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>				
General medical consultation at the start of the program	1	1	1	1
General medical consultation at the end of the program	-	1	1	1
Post-stay medical follow-up consultation	1	1	1	1
Revitalising medicine consultation	1	1	1	1
Neurocognitive assessment consultation	1	1	1	1
Informative consultation on regenerative medicine	-	1	1	1
Informative dermoesthetic consultation	1	1	1	1
Informative consultation on trichology	-	1	1	1
Consultation with a hormonal expert	-	-	1	1
VO2 Max   Cardiopulmonary capacity assessment	1	1	1	1
Hypoxia session	1	1	2	2
Neurotech session	-	1	1	2
Leader's MindCare coaching session	-	1	1	1
Ozone therapy session	1	1	2	2
NAD Therapy shot	1	1	1	2
WHOOP* x SHA Membership	-	1	1	1
<b>CLINICAL ANALYSES</b>				
Performance biological profile: Comprehensive analysis that evaluates 62 key biomarkers, providing an advanced diagnosis of the biological profile, which identifies possible imbalances, allowing the definition of personalized strategies to enhance physical and mental performance	-	1	1	
Oxytest, oxidative stress test to determine the level of oxidation in the body	-	1	1	
<b>HEALTHY DIET</b>				
Consultation with a medical specialist	1	1	1	1
Meal plan tailored to your needs	1	1	1	1
Natural therapeutic drinks, as prescribed	1	1	1	1
Nutritional monitoring during your stay	-	1	1	1
Personalized Health Plan	-	1	1	1

HOLISTIC HEALTH	4 nights	7 nights	10 nights	14 nights
Integrated bioenergy assessment, with electromagnetic field mapping	1	1	1	1
Acupuncture session	1	1	2	2
Relax & Energy Far Infrared Heat Session	-	-	2	2
Osteopathy consultation and session	1	1	1	2
<b>WELLNESS</b>				
Treatment with Eastern therapies tailored to your needs: shiatsu, nuat boran, and sound therapy with Tibetan bowls	1	1	1	2
Aquatic treatment tailored to your needs: aquatic therapy, hydroenergetic detox cure, and cranio-cervical massage in water	1	1	2	3
Ice Bath Session	1	2	3	4
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>MIND AND BODY</b>				
Mindfulness session	1	1	1	2
<b>PHYSICAL FITNESS</b>				
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	1	3	4
Virtual reality training session	1	1	1	2
Boxing or Kickboxing session	-	1	2	2
Cryotherapy session	1	1	2	2
<b>HEALTHY LIVING ACADEMY</b>				
Free access to group activities: talks, holistic activities, fitness sessions, walks and healthy cooking demo class, among other activities.				

LEADER'S PERFORMANCE 4 nights € 3.500 | 7 nights € 6.000 | 10 nights € 8.000 | 14 nights € 10.000

