



SHA
Masters of Longevity

PROGRAM

Recover & Energize

4 nights | 7 nights | 10 nights | 14 nights



Revitalize
the body
to restore
and achieve
maximum
vitality, as well
as physical and
mental balance







The **Recover & Energize** program combines advanced technologies and clinically supported treatments to relieve stress, rebalance the body's systems, and revitalize its functions at the cellular level. This holistic approach is designed to promote deep recovery, improve energy levels, and restore overall well-being.

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.

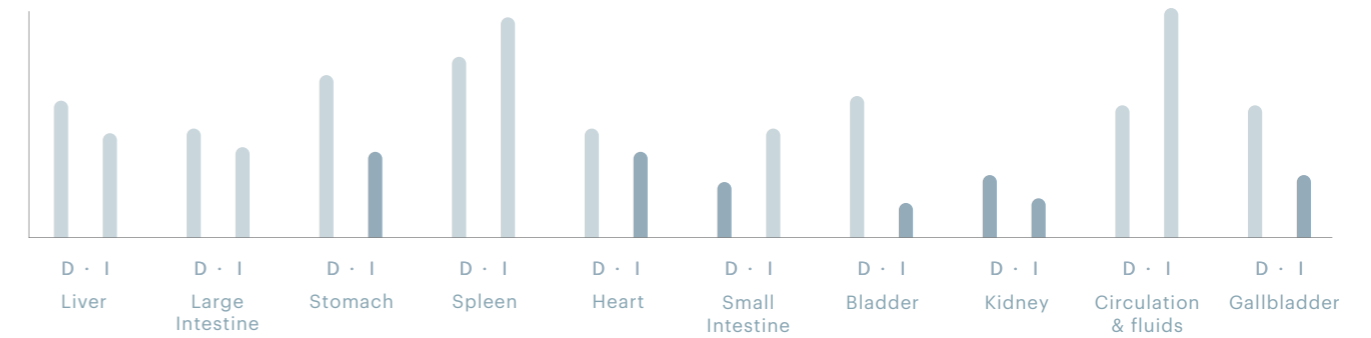
WHAT ARE THOSE WHO SELECT THIS PROGRAM LOOKING FOR?

-  Reduce stress
-  Recover energy
-  Relax
-  Revitalize your body

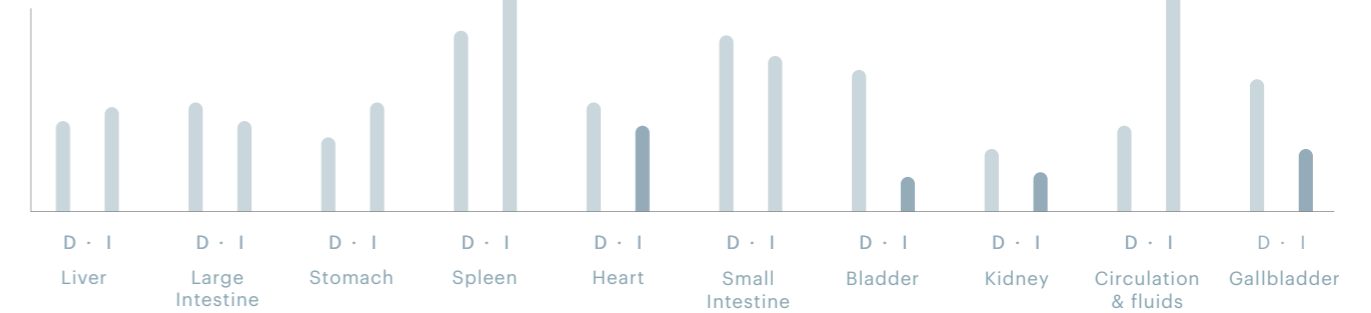
HEALTH INDICATORS

BLOCKED ORGANS

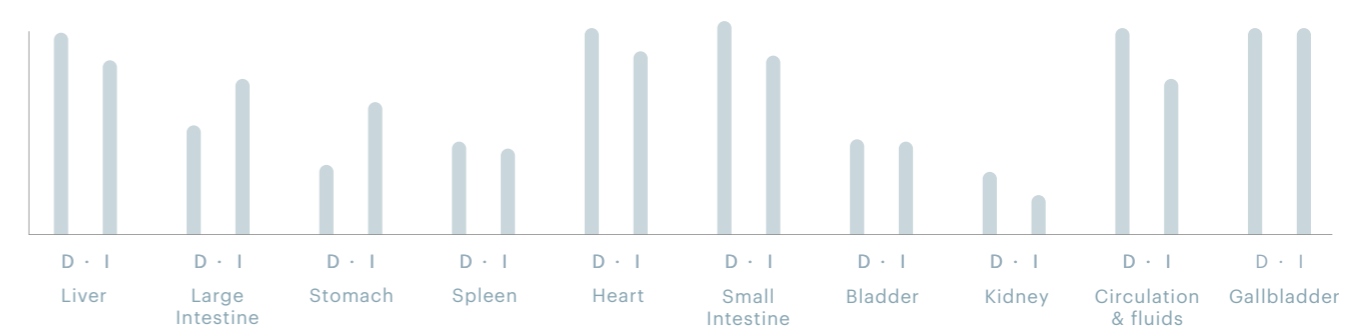
Day 1 | 7 blocks



Day 7 | 4 blocks



Day 15 | 0 blocks



Research published in the Journal of Psychosomatic Research (2018) indicates that reducing chronic stress significantly improves bodily homeostasis and energy performance.

RECOVER & ENERGIZE

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 <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 	1	1	1	1
Initial clinical analysis	-	1	1	1
Cortisol biorhythm test	-	1	1	1
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
Revitalising medicine consultation	1	1	1	1
Informative dermoesthetic consultation	-	1	1	1
Non-invasive neuromodulation	-	1	1	2
Emotional and Stress Management	-	1	1	1
GAH intravenous ozone therapy treatment	1	1	2	2
HEALTHY DIET				
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				
Integrated bioenergy assessment, with electromagnetic field mapping	1	1	1	1
Acupuncture session	1	2	3	3
Relax & Energy Far Infrared Heat Session	1	1	2	3
Osteopathy consultation and session	.	.	1	2

WELLNESS	4 nights	7 nights	10 nights	14 nights
Treatment with Eastern therapies tailored to your needs: shiatsu, nuat boran, and sound therapy with Tibetan bowls	.	.	1	1
Abhyanga Massage	1	1	1	1
Hydroenergetic healing treatment detox, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	1	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				
Private body and mind discipline session with a holistic expert, tailored to your needs: yoga, meditation, mindfulness, and pranayama techniques	1	1	2	2
PHYSICAL FITNESS				
Functional assessment with personal trainer	1	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	1	2	3
High Intensity Training Group Session	1	2	3	4
Cryotherapy session	1	1	2	3
HEALTHY LIVING ACADEMY				
Free access to group activities: talks, holistic activities, fitness sessions, walks and healthy cooking demo class, among other activities				

RECOVER & ENERGIZE 4 nights € 2.500 | 7 nights € 4.000 | 10 nights € 5.500 | 14 nights € 7.000

