



treatments & services



wellness



traditional  
massages

## Traditional Massages

### Relaxing Massage

50 min / 135€ · 75 min / 190€

This soft to medium pressure massage helps to stabilize the cardiac and respiratory's functions, increases the level of energy and vitality, eases the muscle tension, improves the blood circulation, induces a deeper relaxation and balances body and mind inducing to a general wellbeing.

### Deep Tissue Massage

50 min / 135€ · 75 min / 190€

This energetic deep tissue massage works deep into the muscles, tendons and ligaments, improving chronic pain, muscular tension and contractures. Indicated for those persons with a high rhythm of life or sports activity.

### Therapeutic Massage

50 min / 135€ · 75 min / 190€

This medium to deep pressure massage is focused on the painful or muscle tension areas to relax, ease muscle tension and oxygenates the muscles. Specially designed to work the back area that tends to suffer in excess due to bad postures or emotional tension.

### Craniocervical Massage

50 min / 135€

Manual therapy designed to release the head, neck and upper back tension, energy blockages, and to favour relaxation that produces simultaneous reactions in the rest of the body that help to balance the nervous system.

### Lymphatic Drainage Massage

50 min / 135€ · 80 min / 215€

Massage with very smooth traction movements on the skin that acts on the lymphatic system and activates the circulation helping to eliminate toxins and water retention. Very effective in cases of edema and cellulite. Ideal in lower limbs.

### Circulatory Massage

50 min / 135€

Massage performed on the legs, with upward strokes towards the heart that improve venous return and relieve tired legs.

### Anti-cellulite Massage

50 min / 135€

Local massage to boost the elimination of toxins from the fat tissue, improves the venous return and brings more oxygen to the cells which restores the tissues, improving the orange peel appearance.

## Signature Massages

### SHA Massage

50 min / 140€

Purifying massage that combines oriental and western techniques through the use of herbal pindas, small cloth bags filled with herbal preparations that have a detoxifying effect when they release their active ingredients, which stimulates muscle relaxation and blood stimulation. It is especially recommended for people in search of a total and absolute state of relaxation for body and mind. It is an awakening of the senses.

### SHA Detox

50 min / 150€ · 75 min / 215€

Bioenergy treatment that favours the detoxification, oxygenation and the cell regeneration process of the body. Lymphatic drainage is carried out using glass suction cups by means of a controlled cupping technique and by using a combination of essential oils (bioaromas), which work on the body's energy meridians to stimulate the metabolism and enhance the elimination and purification processes.

## Masaje SHA Sport

50 min / 160€

This specialised massage is an efficient combination of technical techniques with the application of Lymphodrainer technology, whose objective is to relax muscles and tone tissues, thus alleviating the contractures caused by different factors such as: sport, a sedentary life, incorrect posture, stress, repetitive gestures and tension; in order to combat tiredness and fatigue, for the purpose of optimum and speedy recovery.

# Oriental Therapies

## Thai Massage

50 min / 135€ · 75 min / 190€ · 110 min / 280€

Ancient therapy based on Ayurveda and yoga. Deep body work that uses stretching techniques and pressure points to restore the vital energy, reduce muscle tension and rebalance body and mind.

## Abhyanga Fusion Massage

50 min / 150€ · 75 min / 215€

Full body massage that combines the use of different blends of aromatic oils with great therapeutic power with Ayurvedic massage techniques, aromatherapy, reflexology, lymphatic drainage and rebalancing of chakras.

## Hot Stones Massage

75 min / 195€

Ancient therapy used for a full and deep massage that helps relieve tension, relax muscles and reduce stress using the perfect combination between hot volcanic stones and essential oils. As the massage takes affect it produces a sedative response, so that the person having the massage goes into a state of deep relaxation.

## Shiatsu

50 min / 135€ · 75 min / 190€

Ancient native therapy from Japan and descendant of the Traditional Chinese Medicine that based on its benefits in the proper canalization of the vital energy (Chi) through the pressure on certain key points of the body using the fingers and palms of the hands.

## Reflexology

50 min / 145€

Based on an ancient technique, the reflexology treats different parts of the body through certain pressure points located on the feet. Relieves chronic diseases and improves the body's condition.

## Ginger Therapeutic Compresses

20 min / 75€

Stimulates blood and fluid's circulation in blocked parts of the body, as well as dissipates substances, especially in the kidney area.



facial  
treatments

# EvidenS de Beauté

## Beauty Rituals

Evidens de Beauté is “the first haute couture cosmetic line”, which combines the benefits of highly effective products with an ancient technique of facial massage from Japan, the Kao Bi Do. Muscles are worked one by one to shape the face and reactivate all the vital functions of the skin. Thanks to this authentic manual lifting, the skin glows, is full of energy and vitality. True beauty ceremonies without equivalent in delicacy, refinement and anti-aging results.

### Purifying Saho Ritual

75 min / 225€

Deep facial cleanse inspired by the Japanese tradition of triple skin cleansing. A concentration of active ingredients such as bentonite. The skin appears deeply purified from the first stage by eliminating toxins and impurities, pores are closed and the skin regains the lost brightness.

### Brightening Saho Ritual

75 min / 225€

This intensive facial treatment works at all stages of the dark spots' formation on the skin fighting again their appearance and to mitigate the existing ones. Its active ingredients will allow the skin to regain the control over the production of melanin and improve the brightness. The result is a glow, light and homogeneous skin tone.

### Deep Hydration Saho Ritual

75 min / 225€

Exceptional Japanese beauty protocol that combines a deep skin cleanse with an extra of hydration, thanks to the 8 essential amino acids of its components that dramatically increase the level of skin hydration and its ability to keep it at an optimum level. As a result the skin looks clean, smooth and comfortable.

### Oxygenating Saho Ritual

75 min / 225€

Thanks to the rich combination of active ingredients, this beauty ritual deeply nourishes and stimulates the natural collagen in the skin. It is the energy supplement that the skin needs for flexibility, hydration and firmness. The results are immediately visible: the skin colour is unified, the texture is smooth, the moisturizing is optimal and the skin looks younger and healthier.

### Firming Saho Ritual

75 min / 225€

This facial treatment infuses a high concentration of antioxidants and firming actives such as triple collagen, coenzyme Q10, amino acids and silk tree's extract into the skin. It is a great antioxidant and redensifying treatment, a real cure for the skin to look younger and firmer.

### PerfectEyes Saho Ritual

20 min / 90€

This exceptional treatment re-hydrates, smoothes wrinkles and fine lines around eye area, softens dark circles, eye puffiness and diminishes signs of fatigue to achieve a younger and rested look.

## iS Clinical Facial Treatments

iS Clinical is the exclusive cosmeceutical clinical skincare brand. All its active ingredients have botanical origins but with a pharmaceutical degree of effectiveness. The results are visible right after the first session in the treatment booth although its maximum effectiveness is attained long-term by continually using these products at home. The distinctive iS Clinical "active" products encourage the skin to restorative health by accelerating the natural processes of exfoliation and cellular regeneration. This exceptional range offers treatments for a wide variety of skin conditions from acne and hyperpigmentation to rosacea and eczema, while effectively treating the signs of aging.

### Fire & Ice Facial

60 min / 180€

This luxurious, intensive anti-aging treatment is designed to resurface the skin rapidly and safely thanks to the combination of natural Retinol and Vitamin B. Reduces fine lines and wrinkles while smoothing the skin and encouraging cellular renewal. Recommended for all skin types and ages.

### Red Carpet Facial

75 min / 215€

Chosen by celebrities and brides alike, this is the facial for freshly plumped and impeccably smooth skin. It combines all the benefits from our unique Fire & Ice Facial plus the boost of a facial massage with pink quartz stones that will improve the lymphatic drainage, shape the oval of the face, diminish the puffiness around the eye area and decrease fine lines.

### Rejuvenating Facial

50 min / 165€

This facial treatment rejuvenates and revitalizes the skin thanks to the powerful combination of hyaluronic acid, aloe vera and green tea, liquorice root, grape and rosemary extracts, which softens and moisturizes the skin. This treatment is indicated in those cases when the Fire & Ice Facial is not advised.

### Harmony Facial

50 min / 165€

Facial treatment that restores the balance and the harmony of the skin by combining powerful antioxidants with essential vitamins that penetrate deep into the skin to hydrate it and revitalize it.

### Aftersun Facial

50 min / 165€

Facial treatment based on hyaluronic acid, green tea extract and aloe vera that soothes and moisturizes the skin on hot summer days. Recommended for those who will be or have been exposed to the sun.

### Eyebright Facial

20 min / 80€

Facial treatment designed to look after and treat the specific needs of the area around the eyes by using a selection of clinical products that are high in Vitamin C and a rejuvenating face mask that reduces puffiness and the bags under your eyes, thus stimulating microcirculation, soothing and firming up the delicate eye area. Flaunt a younger look.

# BDR Facial Treatments

BDR (Beauty Defect Repair) is a revolutionary treatment for the skin rejuvenation, result of many years of research about the transportation of active agents through the skin layers.

The microperforation of the top layer of the epidermis using special heads with needles allows the creation of multiple micro channels that are used to penetrate the active ingredients into the deeper layers of the skin.

In this way the natural process of skin's regeneration and function is activated, as well as the collagen synthesis. The results are a lifting effect, the rebalancing and restructuring of the elasticity and a relaxed and rejuvenated face.

**Facial BDR** 30 min / 120€  
Indicated for the treatment of eye contour area or acne marks.

**Facial BDR** 45 min / 150€  
Indicated for the treatment of local imperfections, local wrinkles, acne and scars or cuperos.

**Facial BDR** 60 min / 180€  
Indicated for the treatment of acne, skin brightening or sensitive skin.

**Facial BDR** 75 min / 215€  
Indicated for firming and antiaging treatments.

# Piroche Facial Treatments

**Detox Premium Facial Treatment** 75 min / 190€

Bioenergetic facial treatment based on detoxifying, regenerating, tonifying and unblocking the skin. It is a facial drainage procedure using glass bells and seaweed lotion, followed by a facial massage with essential oil, a regenerating facial masque and electro-stimulation of the points with lesser skin resistance, enabling also the energetic unblocking.

**Alpine Rose Facial** 50 min / 150€

This manual facial treatment activates the skin stem cells' vitality, favors its regeneration and gives strength to the skin by stimulating the natural mechanisms of defense. It hydrates deeply thanks to the water rich in minerals from the Tirol Mountains.



specialized  
treatments

### **Vela Shape III**

25 min / 350€ · 50 min / 595€

VelaShape III contours, remodels, shapes and slims the body by improving cellulite and reducing circumference in as few as one treatment session (average reduction of between 1 and 3 cm). It provides dramatic results without downtime or significant discomfort. The secret behind VelaShape III is that is the first and only technology that combines elos (infrared + bipolar radiofrequency) with vacuum and tissue manipulation (Vacuum therapy) to reduce the volume and appearance of fat tissues.

### **Indiba**

50 min / 180€ · Pack 5 sessions / 800€

Non-invasive radio frequency treatment that rebalances the cell interaction, as a result the oxygen's flow between cells is improved, the micro-circulation is reset and the skin is rejuvenated. When applied for facial purposes, it diminishes wrinkles, improves dark circles appearance and puffiness under the eyes, and redefines a round face by firming and toning the skin. When applied to the body, it shapes the silhouette, reduces cellulite, stretch marks and sagging, smoothes and firms the skin. When used as a therapeutic effect eases the pain, reduces the inflammation and gives an overall feeling of well-being.

### **Physia**

50 min / 160€ · Pack 5 sessions / 700€

This revolutionary system emits physiological frequencies to achieve true facial and corporal rejuvenation in a non-invasive manner. It is therefore the first and only cell regenerator of its kind with evident improvements to skin tone, reduction of cellulite, reduction of wrinkles and lymphatic drainage.

### **LPG**

50 min / 160€ · Pack 5 sessions / 700€

Lipomassage by Endermologie® is a non-surgical technique based on the mechanization of connective tissue. It uses a high-tech device that, using a suction system and two rollers, gives the skin a subcutaneous deep tissue massage that reduces the cellulite and slim down certain areas of the body. The main objective of this is to treat cellulite and localized fat deposits in certain areas of the body, principally: arms, back, tummy, buttocks, hips and thighs.

### **Electro Lymphatic Drainage**

50 min / 180€ · Pack 5 sessions / 800€

Innovative method to combat the build-up of toxins in the body. The electrical pulses enhance the natural functions of the lymphatic system, stimulate the immune system and speed up the metabolism to reduce volume, eliminate water retention, reduce cellulite and improve body sculpting.

### **Pressotherapy**

20 min / 70€

Treatment that is administered with specific equipment, where pressure is applied onto the limb through medical pants that have 24 fully overlapping compression cells that go from the feet to the tummy, exerting high and low alternating positive pressure on the body. Pressotherapy stimulates the circulatory system, enhances lymphatic drainage and helps eliminate liquids, fats and toxins that cause cellulite, oedemas, lymphedema and venous disorders such as varicose veins.

### **Ultrasound**

20 min / 70€

Technique for applying to the conjunctive and adipose tissues, producing temperature changes which generate a lymphatic effect. It is applied with gel, achieving noticeable results on the appearance of orange peel and accumulated adiposities.

**Oxygen Bar**

20 min / 35€

Enjoy the effects of pure oxygen, expelling toxins from your organism, increasing the volume of oxygen in the blood, promoting circulation and activating skin cells.

**Oxygen Bar in suite**

24 h / 150€

**Cryotherapy**

10 min / 90€ · Pack 5 sessions / 400€

This treatment is based on a short term skin's exposure (around 3 minutes) to Nitrogen at a very low temperature (-150 Celsius degrees).

Due to this exceptional situation, the brain gets into alertness and promotes the generation of hormones of the happiness at the same time triggers inflammatory, analgesic and stimulating effects and activates the immune system. As a result it decreases the sensations of pain and fatigue and relaxes muscles, while increasing the blood's flow through the internal organs. It also promotes a significant consumption of calories in the following hours after the session therefore it is an great tool for weight loss programs.





personalised  
intensive body  
treatments

## Personalised Intensive Body Treatments

### Signature Body Treatment

100 min / 275€

This superb anti ageing body treatment prevents all the visible signs of ageing, endogenous and exogenous. Recover the balance, optimize the performance, renovate the natural glow and reactivate the metabolism.

### Slim & Fit

100 min / 275€ · Pack 3 sessions / 740€

Anti-cellulite and slimming treatment in 4 phases that attacks the causes of cellulite by improving the blood circulation and by creating a lipolytic effect that reduces the liquid and fat retention. As a result, a decrease of volume and a smoother skin's appearance.

### Firm & Tight

100 min / 275€ · Pack 3 sessions / 740€

Experience a real body lifting without surgery thanks to this treatment that shrinks the skin from within. It improves the tissue and skin elasticity. As a result, the skin is restored and the radiance and firmness are improved. To be used just to treat half body (upper or lower part).

### Detox Retreat

75 min / 195€

This body treatment deeply exfoliates the skin thanks to the action of a purifying mask, followed by a body wrap tailored to the specific needs of each body. This treatment clears and detoxifies the body.

### Firming Breast Treatment

60 min / 175€

This treatment improves the strength of breast tissue and enhances their natural beauty. A combination of the European savoir faire and the best cosmetic technologies guarantee the best results.

## Body Wraps

### Shrinking Violet Body Wrap

75 min / 200€

This method activates the lipolysis process, eliminates the unwanted fat without effort or discomfort thanks to its active ingredient, hydrolysed lecithin that penetrates deep into the dermis in seconds. Upon application of this active ingredient, the parts of the body to be treated are wrapped with plastic foil. This specially formulated body wrap provides immediate and lasting slimming and body shape effects, helping to lose inches in problem areas such as thighs, hips and stomach among others.

### Shrinking Violet Body Ritual

110 min / 300€

This ritual starts off with a lymphatic draining bath and massage, ending with a Shrinking Violet body wrap.

### Detoxifying Seaweed Wrap

50 min / 150€

This seaweed wrap activates the metabolism, hydrates and nourishes the skin, eliminates toxins and remolds the silhouette.

### Firming Seaweed Wrap

50 min / 150€

This seaweed wrap has a firming, remineralizing, stimulating and nourishing action. It acts as a protector of the good condition of the skin due a cold effect that reaffirms the body and boosts the metabolism.

### Reducing Seaweed Wrap

50 min / 150€

This wrap provides a reducing, stimulant and revitalizing action to the skin. It improves the elimination of toxins and boost the metabolism due a heat effect that purifies and shapes the body.

### **Toning Wrap**

50 min / 150€

A wrap that tones and rejuvenates the skin thanks to the high concentration of sodium, magnesium and potassium. The composition of the clay restores the skin's natural electrolyte balance and tones the muscles. Specific toning for each muscle condition and for every specific area.

### **Marine Wrap**

50 min / 150€

Known for its extraordinary healing properties the application of Dead Sea mud wrap makes this a therapeutic, natural and anti aging treatment. Magnesium, Calcium, Sodium and Potassium Silica, among many others, contributes to the removal of dead skin cells, improving the absorption of moisture from the skin, leaving it fresh and healthy. This wonder of nature reduces muscle tension, soothes rheumatism and softens the skin.

### **Aloe Vera Wrap**

50 min / 150€

Exclusive products make this ritual a perfect combination of aloe vera and mint. This fresh and melting wrap nourishes and regenerates the skin, for a perfectly silky touch.

### **Intense Nutrition Wrap**

50 min / 150€

This body wrap is highly nutritious for the skin due a blend of exotic flowers and sensual fragrances. The jojoba oils and wild mango enrich this treatment. Volcanic clay hydrates the skin in depth, softening and smoothing it.

### **Alpine Rose Wrap**

50 min / 150€

This body wrap is ideal for nourishing and protecting the skin, blood's activation, and anti-aging effect. It erases the stress and re-activates the body. Stimulates the vitality of skin stem cells, encouraging skin regeneration and resistance, which strengthens the skin's natural defenses.

## **Body Scrubs**

### **Aloe Vera Body Scrub**

30 min / 95€

This body scrub opens the pores, eliminates and removes impurities from the skin thanks to the benefits of aloe vera. It is followed by the application of a hydrating serum that eliminates the accumulated stress. The skin looks more radiant, smooth and attractive.

### **Alpine Rose Body Scrub**

30 min / 95€

The result of this body scrub is a skin softer and smoother. The exfoliating cream with revitalizing oils like Swiss Stone Pine and Rododendro produces a calming and anti-aging effect on the skin by strengthening its natural defenses. It is the innovative solution to keep a young and beautiful skin.



water  
therapies

## Water therapies

**Watsu** 50 min / 150€ · 4 Hands: 290€ · Couples: 290€

Watsu is a deeply relaxing water therapy. Movements are combined with gentle stretching, with the oriental acupuncture points and the shiatsu massage, whilst you are gently cradled in the water at 34°C. In Watsu the lightness of the body in the water is taken advantage of to decompress the spine, mobilize the joints and stretch the muscles in a way that isn't possible out of the water. The rhythmical movements are carried out in harmony with your breathing to favour the natural regeneration of body and mind.

**Aqua Cranio-cervical Massage** 50 min / 135€

Manual therapy carried out in the water that releases the tension on the head, neck, shoulders and jaw, the energy blockages, and promotes relaxation. Indicated in cases of migraines, migraine, headache, stress, anxiety, tension of shoulder and neck.

**Aquatic Therapy** 50 min / 150€

Therapeutic exercises carried out in an indoor pool, under the supervision of a professional who combines the therapeutic properties of hot water with specific manual techniques. It improves joint mobility, alleviates chronic pain, relaxes and improves muscle tone and the breathing capacity.

**Ai Chi** 50 min / 150€

Simple but effective movements that can be used for meditation when practiced repeatedly and coordinated with slow deep breathing. The practice of Ai Chi is a gentle way of increasing energy levels and promoting flexibility and strength of muscles and joints. It is especially recommended in cases of high blood pressure and other conditions that limit movement, thereby improving both physical and mental health, as it significantly reduces the effects of stress, anxiety and depression.

**Aquagym** 50 min / 100€

**Aqua Abs** 50 min / 100€

**Swimming Lessons** 50 min / 100€

**Water Circuit** 120 min / 60€



hydrotherapy  
treatments

# Hydromassage Baths

It is scientifically recognized that hydrotherapy is relaxing, invigorating and soothing, helping the body to maintain the balance and relieve the stress. To add specific essences into the water increases these effects. Ideal as a prelude to a massage.

**Detoxifying Bath** 20 min / 70€

**Relaxing Bath** 20 min / 70€

**Energizing Bath** 20 min / 70€

**Draining Bath** 20 min / 70€

## Other Treatments

**Hydroenergetic Cure Detox** 50 min / 175€

Powerful detoxifying, healing and hydro-energetic treatment consisting of three steps:

- 1 Hydroaromatherapy:** Hydromassage tub with essential oils that penetrate into the body through the heat of the water and have soothing and purifying effects.
- 2 Fitomudtherapy:** Pleasant seaweed wrap with draining, detoxifying and revitalizing effect.
- 3 Hidrojet:** Restores energy, vitality and tonifies the body.

**Rassoul** 75 min / 200€

This ritual starts with a body exfoliation with Beldi black soap, scented with eucalyptus, and a kessa glove that helps to remove impurities and dead skin cells. Afterwards a wrap of Rassoul (Moroccan Atlas clay) mixed with Shea butter and rose water is applied all over the body, to end with a body hydration that leaves the skin clean, purified and smooth.

**Underwater Pressure Massage** 30 min / 150€

A pressurized water stream is applied all over the body through a hose managed by a therapist. The therapeutic effect of the underwater massage comes from the relaxing effect of the hot water applied with pressure. The invigorating action of the hot water and its absorption by the skin, produces multiple benefits like muscle relaxation, blood circulation improvement, stress reduction, general relaxation, improvement of the cellulite and skin reaffirmation:

- Eliminates puffiness due to linfa blockage, venousstasis and "tiredlegs" sensation
- Stimulates the liquid drainage
- Activates blood circulation and linfatic circulation
- Improves the "Chronic fatigue Syndrome"
- Improves muscleillnesses, improves musculo-skeletalsysteminesses, increases joints movement and spinalcolumn
- Improves gastrointestinal movement
- Improves insomnia and sleep disorders
- Fights cellulite, improves skin and muscleatrophy, toning them up and restoring elasticity
- Improves cell metabolism, assisting to nutrients in take and fatburning
- Shapes body contours
- Reinforces blood vessels walls and restores their elasticity
- Reduces oxidation, producing an antiageing effect



beauty salon

# Hairdressing Services

## Ladies

|            |                                 |
|------------|---------------------------------|
| Cut & Dry  | Short Hair 60 € / Long Hair 75€ |
| Haircut    | 50€                             |
| Colour     | From 65€                        |
| Highlights | From 85€                        |

## Gent's

|                              |      |
|------------------------------|------|
| Wash, Cut and Styling        | 50€  |
| Cut and/or Shave             | 50€  |
| Cut and/or Traditional Shave | 100€ |

Traditional humid shaving method with a warm towel.

|   |      |
|---|------|
| <b>Truefitt &amp; Hill Premium Experience</b> | 200€ |
|---|------|

Premium service that includes traditional beard shaving with a warm towel, facial treatment, wash, hair cut and manicure.

# Hair Treatments

## Shu-Uemura Hair Ritual 50 min / 120€

Inspired by the Japanese tea ceremony, the art of the Shu-Uemura hair ceremony includes a hair shiatsu massage and treatment with very precious natural ingredients. Hair regains its state of maximum perfection. The guest experiences an exceptional moment, returning the feeling of balance and calm.

## SHA Capillary Treatment 50 min / 120€

This treatment is especially recommended after the SHA Detox massage. The treatment begins with a refreshing scalp exfoliation followed by a relaxing massage to increase the blood flow. Afterwards a mask is applied to repair and hydrate the hair, to end with a therapeutic lotion that favors the appearance of new hair. In addition to being excellent for your hair, this treatment has an important anti-stress effect.

## Keratin Treatment

Ladies: Short 180€ / Medium 200€ / Long 250€ · Gent's: 150€

# Christophe Robin Treatments

## Extreme Hydration 50 min / 120€

Absolute regeneration for the most damaged hair. This treatment is perfect for all types of hair that need intensive hair care: dry, brittle, etc. It is the most complete hair hydration treatment thanks to the regenerating and restorative power of the prickly pear. It is also suitable for fine hair.

## Maximum Volume 25 min / 75€

This treatment is ideal for fine hair without body that needs an extra boost to get the desired volume. Formulated with rose's extract oil and water.

## Colour Varnish 50 min / 120€

This treatment gives to the hair an intense hydration, perfect and revives the colour neutralizing and correcting unwanted tones. In treated hair will return the tone and brightness between colour services; in natural hair gives a light tone and shine.

## Purifying Detox

25 min / 75€

This treatment is great to purify the scalp and hair of both men and women. It is specifically indicated for oily scalps, with dermatitis, psoriasis, sensitive skin, etc. It can be carried out after the normal coloration to avoid itching caused by it.

## Blue Gold Taninoplasty Services

It is the first and only straightening system that 100% straightens the hair without the need for harsh chemical processes, or formaldehyde, or derivatives and at the same time smoothes, reconstructs the hair fiber and leaves a silky, bright and hydrated hair. 100% organic.

- Organic Straightening System
- S.O.S. Broken Hair
- Defined Curls
- Anti-frizz
- Capillary Botox
- Long lasting Styling
- Keratin Bath
- Decreasing Volume
- Capillary Lifting

\* Please check prices and duration of the services with Reception.

## Manicure & Pedicure Services

|                      |      |
|----------------------|------|
| Full Manicure        | 75€  |
| French Full Manicure | 80€  |
| Permanent Manicure   | 85€  |
| Gent's Manicure      | 70€  |
| Full Pedicure        | 90€  |
| French Full Pedicure | 95€  |
| Permanent Pedicure   | 100€ |
| Gent's Pedicure      | 90€  |

## Beauty Services

### Brow & Eyelashes Styling Services

We offer a wide range of personalized styling treatments for eyebrows and eyelashes.

### Hair Waxing Services

We have different treatment that you can ask our members of staff about.

fitness



# Fitness Activities

## Functional Assessment

30 min / 50€

One of our expert personal trainers will assess your level of physical fitness, your metabolic condition, and your anatomical structure. After the first meeting, the personal trainer will be able to recommend the most suitable activities and exercises that will help you get fitter, according to your personal characteristics identified by the personal trainers after the evaluation, bearing in mind your specific preferences.

## Personal Trainer

50 min / 95€

Our team of professionals of the physical exercise and personal training fields are experts in a vast array of techniques that we make available to you and which are particularly recommended after the physical assessment.

## Pilates Mat

50 min / 100€

Using a system of controlled movements it balances the body and mind. Increases your body's flexibility, strength and endurance. Harmoniously integrates Eastern and Western theories, combining physical exercise with breathing techniques, achieving a great balance between body and mind.

## Pilates Machine

50 min / 120€

This is a series of physical exercises that are carried out with a specialised machine, and designed to strengthen and tone muscles without increasing their size. This discipline makes it possible to sculpt your figure by carrying out a fluent sequence of movements with a small number of repetitions, avoiding impact on joints. Likewise, it makes it possible to increase concentration levels and helps to reduce stress.

## SHA Postural Re-education (SPR)

50 min / 95€

SHA's Postural Re-education is an assessment method, a diagnosis and a treatment for disorders of the neuro-muscular skeletal system. Its goal is to go from the symptom shown by the patient to the cause of the problem, trying to eradicate the symptoms. The objectives are: to return muscular flexibility, recuperate a correct alignment of structures, eliminate pain and re-establish functions.

## Eccentric Training with Inertia

50 min / 120€

Training session based on eccentric movements, which are those that are created through gravity. Unlike concentric movements, they involve less physical effort and cardiovascular stress, and thus improve muscular resistance. Ideal for people with high blood pressure, those looking to prevent or recover from sports injuries or if you aim to lose weight.

## Electrostimulation

50 min / 110€

High-tech system for exercise by neuromuscular electrostimulation, allowing our muscles to work more directly and effectively. A 30-minute session of electrostimulation training is equivalent to an hour and a half session of usual training.

## Stretching

50 min / 95€

Stretching on a daily basis can help us control the loss of muscle mass and greatly improve the strength and flexibility of the tendons. It also helps to lubricate the joints.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.



### **Kick Boxing**

50 min / 100€

A contact sport of Japanese origins that mixes the fighting and combat techniques of boxing with those of some martial arts such as karate and Thai boxing. It is very linked to the ancient art of Muay Thai.

### **Paddle**

50 min x 1 person / 100€ · 50 min x 2 persons / 130€

Paddle tennis is very beneficial to health, because with the paddle not only we do increase our physical condition but also improve our movement coordination, agility and reflexes while invigorate the body. Also, being an essentially aerobic sport helps improve our cardiovascular system and prevents heart diseases and possible injuries are less common than in many other sports.

### **Muscular Activation Techniques (MAT)**

50 min / 95€

Through Muscular Activation, muscles which have inadequate neurological connections are identified and activated, creating the ability for these to stabilize joints and reduce joint stress that leads to joint pain and degenerative conditions of the joints; it is then when the neuro-muscular system and the body become most efficient, so painful conditions and wear and tear disappear or are considerably reduced.

## Biomechanics of the Foot

By analysing the way a person walks and runs with visual technology, what is needed to create an ideal personalised insole can be determined to provide more comfort, and prevent back problems. Even deficiencies or diseases related to the skeletal system can be cured and corrected.

### Basic Pack

450€

Diagnostic test on a biomechanics treadmill + insole (trainers, dress shoes or flip-flops).

### Complete Pack

650€

Diagnostic test on a biomechanics treadmill + trainer insole + dress shoe insole + personalized SHA flip-flops (choose colours and models).

## Sleep Assessment

250€

Study that makes it possible to measure sleep patterns, as well the capacity to rest and disconnect throughout the day. Using advanced technology, disorders are identified along with their possible consequences on health, in order to effectively reduce stress levels and improve the assimilation of daily burdens of work or training.

## Assessment of Lifestyle

250€

Through analysis and complete monitoring, during the diurnal activities hours, of the behaviour parameters that could have an effect on health are detected. Furthermore, the use of metabolic technology makes it possible to link up the results with the calorie consumption, adjust and reorganise the lifestyle and diet of the person, and restructure their habits in order to avoid future alterations.

## VoMax Control

50 min / 120€

Assessment that makes it possible to find out and quantify the guest's physical condition. Through a measurement of the VoMax (parameter that determines the maximum consumption of oxygen that the organism can absorb), our professionals will have information that will enable them to create a more personalised personal training plan, in order to improve the capacity to react and adapt to exercise, thus delaying the onset of fatigue and preventing injuries.

## Nordic Walking

50 min / 100€

It is one of the most complete exercises known, it improves the 90% of the human body muscles, the aerobic capacity, the maximum consumption of oxygen, the physical and psychological resistance, as well as the immune system.

## Getaways

95€ / h (minimum 2h)

Guided walks led by our professionals that will allow you to enjoy an exclusive combination of hiking and personal training. Also, you will have the chance to select or design the routes and locations depending on your physical objectives: beach or mountain walks, special routes, etc. The price includes the complete walk, from the departure to arrival back at SHA, including transfer.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.



body and mind  
disciplines

# Body & Mind Disciplines

## Yoga

50 min / 100€

Corporal and psychological discipline used as a way of contacting our own selves. Yoga trains our bodies and our minds. It provides the perfect balance, regulating energies and emotions through deep breathing.

## Meditation Techniques

50 min / 100€

Regularly practicing this technique can totally transform your quality of life. It is the subtle way of educating the body to stay calm, recharge energy and enhance the clarity and focused state of mind. This meditation technique, combined with yoga, can maintain a physical, emotional and mental well-being.

## Introduction to Meditation Pack

3 sessions / 270€

These first steps will allow you to learn in a practical and guided way the meditation techniques and benefits that will permit you to apply them in your daily life for an optimal balance.

## Pranayama Breathing Techniques

50 min / 100€

Prana means energy. Prana is universal and is the axis of life. Yoga texts state that when breathing is calm, prana is calm. Many people are breathing incorrectly without realising that the quality of breathing affects their quality of life.

## Mindfulness

50 min / 100€

Attention is a muscle that should be trained. Mindfulness is the state in which a person is completely conscious of what is happening in the here and now. With the use of this technique, a balance between body and mind is achieved, which is ideal for combating distractions and concentrating on objectives.

## Chi Kung

50min / 120€

Chi Kung is a traditional oriental medicine therapy based on relaxation through gentle physical movements, breathing exercises and mental concentration. It manages to rebalance the hemispheres of the brain and open up the meridians where the energy circulates, thus allowing it to flow correctly.

## Stress Management

50min / 170€

The internal and external factors that cause stress in your day to day life are identified and assessed via a deep diagnosis. Afterwards, work is carried out on the symptoms: frustration, loss of control, difficulty relaxing, pessimism, etc. The result is the recovery of emotional and physical health, which increases resistance to stress.

## Stress Management Pack

3 sessions / 450€

It is a combination of relaxation techniques for a better control of stress that allows you to deal step by step and with self-control some anxiety situations or chronic fatigue in everyday life.

## Energy Healing

50min / 170€

Energy blockages are the source of a large part of the body's physical and emotional ailments, damaging it and impacting on our ability to fully develop our potential. The treatment makes it possible to restore the normal energy flow and self-healing capacity of the body, thus recovering health and vitality.

Prices per individual session. If you would like to include one or more persons, please contact with Wellness Clinic Area Reception.

# the chef's studio

SHA Academy



## Healthy Cooking Classes

### Healthy Cooking's Group Lessons

110 min / 80€

Daily classes that aim to share knowledge, to teach how to prepare delicious and healthy food dishes, to take care of yourself after visiting SHA. Attendees will learn cooking. The Chef will pay attention to the main food ingredients as well as the way to cook them. An experience to share SHA's culinary secrets with our guests.

### Healthy Cooking's

#### Private Lessons

110 min / 195€ (+ 50€ per additional person)

An unique opportunity to learn to cook in a healthy way with one of our experts in the field. For this private class, we offer you a selection of 50 different dishes for you to choose which ones you would like to learn to cook. We will be waiting for you with all the ingredients and you will have the opportunity to cook in The Chef's Studio guided by your own personal Chef, who will explain you every single step and show you the therapeutic effects of each ingredient.

### Pack of 3 Private Classes

110 min / 450€  
(+100€ per additional person)

### Chef's Table

110 min / 195€ per person (minimum 2 persons)

A full experience. Live dinner where you will learn how to cook delicious dishes, have the opportunity to dine in our Chef Studio attended by our staff and taste each dish while the chef is cooking for you. A 4-course tasting menu, enjoyed in full scene.

### Intensive Programme for Chefs\* / 7 days

2450€

This specialised 4 hour daily private cooking course with our Chef is designed to share our knowledge with the cooking professionals who come to visit us. Apart from the personalized classes, participants will also get to visit the SHA Organic Allotment and go on an outing to the local market or fish market of the area with one of our specialists, to discover the seasonal organic products that are used in our SHAmadi restaurant.

\* If you would like more information about this service, please ask the staff at Reception.





clinic



natural  
therapies

Natural therapies act from the simplest understanding of how the human body works. The natural approach to health is based on the belief that the body is an organism that can heal itself.

The role of natural therapies is to facilitate the self-healing process by providing specific, physical or bioenergy factors to rebalance energy and help the body to eliminate the accumulation of toxins. The SHA Method combines the effectiveness of a modern nutrition, that observes the recommendations of the World Health Organization and the wise principles of macrobiotics with the healing power of natural therapies, through a dynamic and practical educational programme. All this being personalised to meet your needs and health goals.

## Nutrition and Health

### Healthy Nutrition Consultation

160€

It includes a review of the medical history, a personal interview and an assessment of your health. During the session you will be given an oriental diagnosis, a personalized diet and a programme on the lifestyle recommended to achieve the desired objectives. After the consultation, you will be given a personalized dossier with specific dietary recommendations and suggestions on the lifestyle to follow.

### Personalized Health Plan

160€

Set of recommendations related to natural therapies, diet, supplements and healthy lifestyles.

### Biological Medicine Consultation

220€

Biological Medicine and Antihomotoxics makes an assessment of the body as a whole taking into account all information provided from conventional medicine and observing the relationships between organs, tissues and emotions. Its base is to stimulate the self-healing forces of your body for the prevention and treatment of illnesses by changing your lifestyle, diet, etc., to get your defensive system working correctly again.

## Traditional Chinese Medicine

### Traditional Chinese Medicine Consultation

#### + initial session

150€

An oriental diagnostic alongside a Traditional Chinese Medicine session (acupuncture, moxibustion, or both, depending on the criteria of the therapist). The route of bioenergetic movements (Chi) across the body are alternated with soft and small needle insertions or by the application of localized heat (Moxibustion) to rebalance, tone or sedate functions of specific organs. Both disciplines have been recognized and certified by the World Health Organization.

### Acupuncture session

30 min / 110€

Acupuncture stimulates the body's ability to preserve and restore health through the balance and harmony of the different organs.

### Accupressure

50 min / 135€

Therapy practised by exerting pressure with the fingers on your back, arms, legs, hands and feet, balancing energy levels of the meridians, in order to provide great energy power. All the oriental wisdom but without needles.

## Moxibustion

25 min / 100€

The application of localised heat in different acupuncture points allows us to improve and regulate the body's energy flow, eliminating internal cold and relieving common ailments of the musculoskeletal system. Moxibustion can be performed with the traditional system or by using the special electromagnetic spectrum lamp. In SHA we use the TDP lamp, which is a therapeutic device developed in China in 1980 by a group of medical doctors and scientists at the Silicate Research Institute of Chongqing. The TDP lamp has proved to be extremely effective for treating a number of ailments. Similarly to what happens in the acupuncture treatment, it positively influences the energy flow of the meridians. Patients feel a highly enjoyable and beneficial heat.

## Cupping

50 min / 150€

Skin and tissue stimuli by producing vacuum that help remove toxins from specific areas, relaxing the muscles with an external analgesic effect and eliminating external pathogenic factors such as the cold and dampness. It also activates the nervous system and increases defences.

## Laser-Acupuncture

30 min / 130€

Treatment with Laser Needle technology allows for precise laser irradiation on the affected tissue, and can even reach deeper layers of tissue. The tissue can be irradiated in different areas simultaneously, thus creating new therapeutic possibilities for the effective treatment of muscle injuries and hamstring injuries. It can also be applied as a complementary treatment to acupuncture, or as a replacement, in the cases of patients where, for different reasons, it is not possible to use traditional needles.

## Ritual Face Lift with Acupuncture

500€

Prior to proceeding with the treatment inserting fine needles into the skin, the face and neck has to be prepared and cleaned. The facial tissue is regenerated through stimulation, accompanied by the correspondent lymphatic facial and body action. Two professionals alternate the methodology and treatments, duplicating the attention and care of the skin in the most effective and pleasurable way possible. As a result, the skin regains its luminosity, and relieves the effects of ageing.

# Osteopathy

## Consultation and Session

200€

Treatment that improves health through massages given by our experts. Osteopathy is based on the belief that all the systems of the body work together, that they are related and, therefore, the disorders in one system can affect how the others work. It is therefore considered to be a type of holistic practice. It is called osteopathic manipulative treatment, and it consists in a system of practical techniques used to alleviate pain, restore bodily functions and promote health and well-being.

The **Manuthera** treatment table is used for osteopathic manipulation therapy. This innovative technological tool is designed for the gentle, painless, accurate and silent joint and spinal manipulation and mobilization that is always carried out by a professional. Its traction, flexion, side flexion, rotation and gravity functions help patients adopt essential therapeutic and anatomical postures, so that active pumping can be carried out in the area of the disc herniation, to increase hydration of the disc and decrease the swelling of the lumbar discs.

## Energy Health

### Initial Energy Health Consultation

150€

By means of scientific measurements of the electromagnetic field, your energy health state is evaluated with emphasis on the causes of the imbalances and proposing therapeutic strategies to optimize them. To this end, we use the latest technology to produce graphs on your current state of health and identify areas that need to be improved.

### Final Energy Health Consultation

120€

This consultation evaluates the changes and propose strategies to continue the treatment and optimize your health after leaving SHA.

### Treatments and Evaluation Method

#### Healthy Infrared Heating

session 110€

#### “Relax & Energy”

3 sessions / 300€ · 5 sessions / 450€

Treatment designed to calm the nervous system and activate the body's self-regulating mechanisms. It has a great anti-stress effect, and in turn, it offers optimum energy recharging for cells. It combines 2 strategies: pulsed electromagnetic fields (PEMF) and specific Far Infrared therapy (FIR). As a result, the nervous system is balanced, which improves circulation, oxygenation, muscular relaxation, reduces inflammation and improves sleep quality. Following the initial assessment by the specialist, an appropriate number of sessions is recommended -3 to 5- according to the profile and needs of the patient, in order to obtain better results in less time.

## **Optimal Electric Balance**

session 90€

Treatment designed to strengthen weak points detected in the analysis of the energy status at a physiological level. It combines pulsed electromagnetic fields (PEMF) with Bioresonance Therapy. Consequently, we can act with great precision on the most vulnerable aspects of health, and optimise them from an electromagnetic perspective. Following the initial assessment by the specialist, an appropriate number of sessions is recommended -3 to 5- according to the profile and needs of the patient.

## **Bioelectric Neuroregulation**

session 90€

Treatment based on electric signals that are applied to specific areas of the skin. It acts on the neural response, stimulating the secretion of key substances for making situations less chronic, and activating self-recovery mechanisms. It is especially useful for back pains, backache, muscle contractures, disk problems, pains in the musculoskeletal system and stiffness, among others, and it provides immediate relief for both acute and chronic processes.

## **Magnetic Field Therapy (PEMF)**

24-hour rental / 50€

Pulsed electromagnetic field treatment that makes it possible to improve circulation, oxygenation and relaxation, improving the quality of sleep and energy recharging. By using it for several hours in a row, the effects are enhanced.

# **Colon Hydrotherapy**

## **Session**

50 min / 160€

Smooth and absolutely hygienic cleansing of the large intestine with warm filtered water. Stress, lack of fibre in foods and our unbalanced way of eating, alter the bowel function, promoting a series of illnesses such as headaches, arthritis, flatulence, vitamin deficiency and osteoporosis.

The overload of toxins in the colon can result in the following conditions: loss of vitality, tiredness, depression, lack of concentration, aggressiveness, anxiety, low defences, joint pain, skin conditions, migraines, allergies, hypertension, premature ageing and many other illnesses.

# medical services



Our medical services allow you to have an overview of your current health status, focusing on specific conditions that require further research. These sessions allow you to share your medical concerns, at physical or psychological level, with the best specialists. These consultations shall enable us to direct you to specific medical treatments required to improve your health.

## Medical Consultations

### General Medical Consultation

160€

Full assessment of your health status, with particular emphasis on those areas that can benefit from our treatments and services. It is complemented by a physical examination.

### Cardiology Consultation

300€

Evaluation of the state of your heart, including an electrocardiogram and an ultrasound of the heart, to measure the state of your heart valves and the general functionality.

### Urology and Andrology Consultation

300€

Comprehensive study of your urinary system, including the relevant prostate examination. In cases of erectile dysfunction, it will be studied in detail, making a personalised offer of treatments and solutions.

### Gynaecology Consultation

300€

Comprehensive gynaecological examination including Pap culture, performance of a gynaecological ultrasound and breast review.

## Medical Consultation with a Traumatologist and back treatment

Examination by traumatologists highly specialised in spinal disorders, offering a wide range of solutions, among which we can highlight the use of paravertebral ozone, for a rapid and complete disappearance of pain and discomfort.

|   |      |
|---|------|
| Initial consultation                            | 200€ |
| Infiltration of 4 areas with ozone              | 500€ |
| Infiltration of more than 4 areas with ozone    | 700€ |
| Infiltration of 4 areas with collagen           | 500€ |
| Infiltration of more than 4 areas with collagen | 700€ |
| Infiltration with Noltrex                       | 900€ |

## Consultation for Neurocognitive assessment and treatment of Neurofeedback

|                       |              |
|-----------------------|--------------|
| Initial consultation  | 200€         |
| Final consultation    | 150€         |
| Neurofeedback session | 20 min / 80€ |

Last generation approach to the assessment of the higher functions of people, including training in key areas such as relaxation, concentration and overcoming phobias, using the latest technology in software and devices. Recommended for exercising and optimizing intellectual capacity and to prevent Alzheimer's.

## Night medical assistance or emergency

200€

## Personalised nursing assistance

|  |      |
|--|------|
| 8 hours - daytime                        | 250€ |
| 8 hours - night-time (10:00pm to 6:00am) | 350€ |
| 24h service                              | 600€ |

### Psychotherapy - Coaching

150€

Consultation with one of our experts psychologists who will help you improve your emotional state, enabling you to enjoy a fuller life with the balance we all need. Emotional coaching, antistress guidelines, self-help features and strengthening of the will.

### Psychiatry Consultation

300€

Psychiatric assessment by international leading experts in the field. Certainly, a beneficial professional help at certain times of our lives.

## Medical Diagnosis

### Medical Examination

100€

This medical consultation involves a series of tests and collection of information relevant to your health, as a thorough anamnesis (data collection and information of the health status, state of your health, measuring vital signs (blood pressure, heart rate, temperature and oxygen saturation) and determination of the anthropometric measurements (weight, height, % body fat, % body water, muscle mass, body mass index, abdominal and chest diameter).

### Electrocardiogram

80€

An electrocardiogram (EKG) plots on a graph the heart's electrical activity for subsequent interpretation by your doctor. The EKG provides information that is useful in interpreting aches or pains in the chest, it can provide clues to try to find the cause of symptoms of heart illnesses and it also evaluates the overall health of your heart.



### **Standard Blood Test** 230€

A biochemical study through which the most relevant parameters are measured to determine your current health status.

### **Carotid Ultrasound** 240€

A study using ultrasound to measure the thickness of the atheromatous plaque deposited on the inside of the carotid arteries. It is a risk marker of severity of atherosclerotic illnesses and it is essential to assess cardiovascular risk.

### **Liver Ultrasound** 240€

The state of the liver can be assessed by means of an ultrasound that pinpoints any changes caused by an excess amount of fat and any possible biliary lesions or damage caused by the continual use of medication.

### **Urological Ultrasound** 240€

An ultrasound of the urinary system is carried out paying special attention to the prostate to rule out any possible diseases in the urinary tract or prostate.

### **Carotid Eco-doppler** 240€

Carotid Doppler is an imaging test that uses ultrasound to examine the carotid arteries located in the neck in order to evaluate any thyroid gland disorders and the vascular area in people with personal or family background of ictus, blood pressure or increased levels of cholesterol and triglycerides.

### **Eco-bone Densitometry** 240€

An ultrasound is carried out on the calcaneus, to evaluate problems associated with perimenopause, a decrease in vitamin D, and lack of exposure to sunlight, arthritis, osteoarthritis, osteoporosis, hormone replacement therapy and the continual consumption of alcohol.

### **Spirometry** 80€

Evaluation of the condition of the lung function. Especially suitable for smokers, to measure the degree of injury caused by smoking.

## **Medical Treatments**

### **Lung Detox Nebulization** 30 min / 200€

Ideal treatment for smokers who suffer from chronic bronchitis, emphysema and other respiratory system diseases, by means of bronchial nebulization with N-acetylcysteine and oxygen.

### **Liver Detox** 30 min / 200€

Ideal treatment for patients with liver, biliary diseases, fatty liver or for alcoholics through the bronchial nebulization of N-acetylcysteine, S-AMET and oxygen.

### **Bioptron** 30 min / 100€ · 60 min / 150€

Pineal gland blockage procedure to stop melatonin being released. It consists in applying polarised light through the eyes, and it is suitable for anyone suffering from sleep disorders, low spirits/depression and Jet-lag.

### **Ferrotherapy** 30 min / 200€

This procedure involves an intravenous injection of iron, cyanocobalamin and folic acid in patients with anemia caused by a lack of iron, vitamins or a poor diet.



derma aesthetics

# Derma Aesthetics

At SHA we believe that physical appearance is also an important element in order to achieve balance between body and mind, feel good about yourself and gain confidence. For that purpose, we have the most advanced non-invasive medical procedures for delaying the signs of ageing, in order to regain the healthy, young and natural shine of skin.

Comprised of specialists of renowned international prestige, the SHA Derma Aesthetics Unit perfectly combines manual and cutting-edge techniques through a simple and quick procedure based on an initial medical assessment, diagnosis and procedure. It makes it possible to obtain excellent results and immediately return to your normal activity regardless of the ailment to be treated: flaccidity, localised fat, injuries or capillary problems.

## Medical Consultation with a Specialist 150€

At the medical consultation with the specialist in aesthetic medicine a comprehensive face and body diagnosis is given based on the experience of the professionals and by using the most innovative diagnosis methods and the latest technology.

**1. Facial scanner** for a complete analysis of the facial expression and skin, to determine the biological age of the dermis, assess the type of pigmentation and skin flushing, the levels of collagen and elastin, the degree of wrinkling, and to assess the volumes and facial proportions, which is extremely useful to be able to apply aesthetic dermatology techniques.

**2. Overall skin examination** to determine the general condition of the skin, the levels of skin quality, detect areas of localised fat to prescribe the most suitable treatment, and eliminate the localised fat, detect skin flaccidity in arms, legs, tummy and buttocks caused by an increase or decrease in weight and volume, to then take specific steps to correct it.

**3. Varicose vein evaluation** using transillumination and a venous ultrasound, where necessary, the peripheral and distal veins are checked to determine the most effective techniques to treat small varicose veins on legs and alleviate the symptoms related to this condition, such as pain, itching, local swelling and cramps.

The derma aesthetic consultation includes complete aesthetic advice, the most suitable treatment for your needs are determined and prescribed from an extensive range of treatment that is available at SHA.

## Sclerotherapy Consultation and Session 350€

The medical staff, who are experts in diagnosing and treating varicose veins, use fine needle injections to enhance the appearance of the spider and varicose veins on legs to alleviate related symptoms such as pain, itching, swelling and cramps.

# Derma Aesthetic Treatments

## Facial Treatments

- Revitalizing mesotherapy facial treatment for the face, hands, neck and cleavage using hyaluronic acid and biomimetic peptides, according to the specific case.
- Facial tightening treatment with Radiese, Thread Lifts or Restylane.
- LipRefresh - Lip rejuvenation.
- Platelet rich plasma facial.
- Juvederm - Filling perioral wrinkles and fine lines, both in the temporal region and on the forehead.
- Expression line treatment with botulinum toxin.

## Facial Treatmentst using Technology

### Medical LEDS

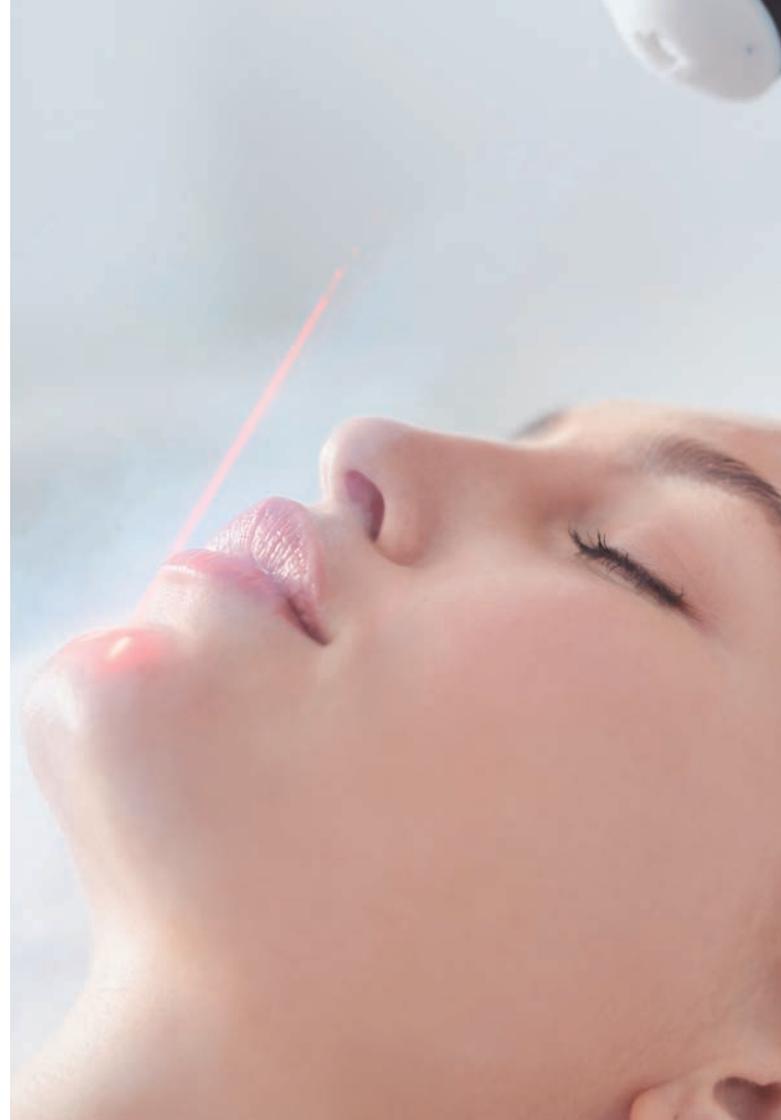
Treatment that consists of the use of anti-inflammatory light in order to rejuvenate skin, treat pigment injuries, acne, sun damage and atopic dermatitis, psoriasis or rosacea.

### Intense Pulsed Light (IPL)

This is used to treat broken face capillaries, pigmentation and photoepilation.

### Ultherapy

Treatment using highly focused ultrasound energy to naturally lift and tone the face, neck and cleavage. Only one session of the treatment a year is carried out, which is not invasive and it stimulates the production of collagen.



### **Dual Fraxel Laser**

Microfractionated laser treatment to repair skin damaged by the sun.

### **Clear & Brilliant**

Treatment that consists in using a microfractionated laser without a recovery period to close pores, improve skin tone and complexion.

### **Thermage**

Treatment with medical radiofrequency, for a natural, non-invasive face lift.

## **Body Treatments**

### **Four Seasons Bio-stimulation**

Skin revitalisation through an innovative anti-ageing method that makes it possible to obtain immediate revitalising effects at any time of the year, even in the months with greatest sun exposure.

### **Skin Quality**

Treatment for the dermis that moisturises and nourishes skin in a single session. Results are visible for a year.

### **Body Mesotherapy**

For lymphatic drainage and to work on localized fat.

### **Radiese**

To have a lifting effect on arms, buttocks and tummy.

### **Thread lifts**

Thread lifts, to have a lifting effect on arms, buttocks and the tummy.

## **Body treatments with the help of technology**

### **Thermage CPT**

Treatment for flaccidity on the tummy, arms, legs, buttocks and knees.

### **Liposonix**

Treatment that destroys localized fat around the waist, the tummy, thighs, the excess fat on upper thighs and knees, to lose centimetres without having surgery.

### **Dual Fraxel Laser**

Suitable treatment to repair skin damaged by the sun and scars.

### **Rejuvenation of the feminine intimate area (CO<sub>2</sub>RE Intima)**

Non-surgical genital rejuvenation treatment through a laser that prevents infections, improves the pelvic floor and reduces urinary incontinence. Advanced technology for a complete recovery of female intimate health.

If you would like more information on the Derma Aesthetic treatments please ask the corresponding medical specialist.



capillary health

# Capillary Health

The SHA Capillary Health unit has everything needed to analyse the profile of each guest and determine the procedures to be carried out, which range from vitamins to mesotherapy to strengthen hair, tonics to reduce balding and, even, the latest transplant techniques to recover lost hair and the most advanced techniques of hair transplants.

## Diagnosis

During a session our experts use the Tricoscan technology to carry out an in-depth study on the patient's capillary health, to determine not only their current but also their future hair condition. Our method combines epiluminescence microscopy with the automatic digital analysis to be able to conduct a thorough follow-up of the guest's progress.

# Medical Capillary Treatments

## Capillary Reinforcing Mesotherapy 320€

A cocktail of vitamins and medicine is injected into the dermal capillaries; its effectiveness has been proved for androgenic alopecia as it stimulates tissue regeneration and the growth of the hair follicles.

## Factors of Capillary Growth Therapy 380€

Platelet rich plasma, bioactive proteins and growth factors that stimulate tissue regeneration and the growth of hair follicles, are injected into the dermis of the scalp.

## LEDS 2 sessions / 295€

Treatment that consists in using anti-inflammatory light that makes the hair strong and shiny.

## INDIBA Scalp Therapy 2 sessions / 180€

Radiofrequency treatment helps treat balding, hair loss and weakened hair.

# Hair transplant

The mechanized manual transplant technique that we use, enables us to take hair out of the whole donor area of the head and use incision diameters of 0.8mm or less when extracting the hair follicles and after they have been prepared very carefully under the microscope, they are implanted in the recipient area by means of microincisions.

We carry out our hair transplants using the FUE technique (Follicular Unit Extraction or "individual follicle extraction"), which consists in the individual extraction of hair follicles from different donor areas after shaving the area in question. This technique is carried out without having to cut or put stitches in the donor area, and without having to use invasive surgery. It is considered to be the most advanced hair transplant technique that currently exists, in which the hairs are implanted one by one, leaving just a tiny lesion that doesn't need any stitches and will cure on its own, without leaving a scar afterwards.

When the grafts are obtained from the back and the side of the head, which have hormone receptors that are not affected by the enzymatic hyperactivity, they are then grafted into other areas, they do not fall out and they continue to grow normally.

## Hair transplant Treatment

This treatment lasts approximately 7 to 8 hours with a cost between €4,000 and €13,000, depending on the number of hair follicles that are required in each procedure.

- |                               |              |
|-------------------------------|--------------|
| · Up to 1200 follicles        | 7€ per unit  |
| · Up to 2000 follicles        | 6€ per unit  |
| · More than 2000 follicles    | 5€ per unit  |
| · Use of NONSHAVEN technology | 11€ per unit |

The SHA Capillary Health unit has protocols that are extremely effective to treat initial baldness: mesotherapy, ozone mesotherapy, LEDS technology; peptides, rollers, as well as supplements and topical medication are used.





healthy ageing

## Healthy Ageing

The purpose of the anti-ageing field in medicine is to slow down the process of cell degeneration and revive the health potential of every person. Our goal is not only to prevent or reverse premature ageing after diagnosing the causes, but also to cause stimulation and a natural reconstruction of the different processes and metabolic systems needed in each particular case. The SHA anti-ageing therapies are aimed at allowing the enjoyment of life with health and vitality, preventing illnesses and conditions that often leads to ageing.

### Healthy Ageing Consultation 200€

Integrative consultation that evaluates the state of health from a multidisciplinary approach: genetic, hormonal, nutritional or biochemical.

## Diagnostic Tests

**Telomeric Length Measurement** 650€  
Evaluation of biological age.

**Profile of Minerals in Hair** 200€  
Comprehensive profile of mineral elements (nutrients, essential traces and toxic elements).

### Melissa Test

Blood test that measures hypersensitivity to metals and other allergens.

**Basic Profile (5 metals)** 350€

**Complete Profile (15 metals)** 700€

**Senescence Immune Profile** 560€

Study of the ageing of the immune system.

**BrainScreen Profile** 430€

Study of the main biochemical parameters for the optimal functioning of neurons and the brain.

**Melatonin Biorhythm** 260€

Study of the melatonin biorhythm in saliva to assess sleep disorders.

**Cortisol Biorhythm** 260€

Study of the cortisol biorhythm in saliva, in individuals with possible stress or depression.

**Food Sensitivity Study** 420€

Determining IgG antibodies to food proteins in serum.

**DAO Enzyme - Migraine Test** 450€

Novel diagnostic test to measure the level of the DAO enzyme.

**Advanced Hormonal Profile - Females** 802€

Study of female hormones that play an important role in ageing.

**Advanced Hormonal Profile - Males & PH** 360€

Study of male hormones that play an important role in ageing.

**Total Antioxidant Power** 110€

Measurement of the total antioxidant capacity of the blood.

**Antioxidants and Vitamins** 265€

Measurement of a battery of antioxidants and vitamins of significant importance for health.

**Global PGX Farmagen** 1130€

Genetic testing so that a detailed report can be written on all the medicine that the patient can metabolize better or worse.

A close-up photograph of a scientist wearing a white lab coat and a white face mask, looking through a microscope. The scene is set in a laboratory with various glassware and equipment visible in the background. The lighting is warm and focused on the microscope, creating a professional and scientific atmosphere.

preventive medicine  
and genetics

# Preventive Medicine and Genetics

Preventive Medicine today is based on “predict to prevent” thanks to the ability to identify and anticipate the potential of an illness through various medical tests; such as genetic test (study of the genetic profile of a person). Once we are aware of the risk involved in suffering from any illness, we can (under the supervision of a specialist) take appropriate and necessary measures to prevent this situation and to advise the patient in a personalized manner.

An early treatment and appropriate living habits allow to establish a prevention before the onset of symptoms and unwanted effects. The analysis of the results of genetic testing allows us to correctly apply preventive medicine, which will help us live longer and enjoy a better quality of life.

## **Genetic Consultation** 200€

Evaluation performed by our specialists in preventive genetics, who will advise you on what genetic tests are the most appropriate and, depending on the results, shall recommend guidelines to follow in terms of supplements, food and medication.

## **Basic Gen** 550€

The simplest approach to genetic study. By analysing 12 genes, we may obtain essential information to get into personalized medicine and genetic counselling.

## **SHA Vip Complete** 3500€

The most complete personalized genetic study that exists, including all existing markers, 100 polymorphisms, in 86 genes. A must.

## **FITgen** 1270€

Preventive genetic test on physical activity.

## **OSTEOgen** 630€

Preventive genetic test for osteoporosis.

## **SKINgen** 1060€

Preventive genetic profile for ageing skin.

## **CARDIOgen** 1450€

Preventive genetic test against cardiovascular illnesses.

## **BUCCOscreen** 440€

Includes personal prevention and risk of periodontitis.

## **Heavy Metals** 840€

Heavy Metal Detoxification.

## **ALOPECIAgen** 540€

Preventive genetic test against androgenic alopecia.

## **BRAINgen** 630€

Preventive genetic test against Alzheimer's disease.

## **EMOgen** 770€

Preventive genetic test against emotional instability.

## **NEUROgen** 1140€

Preventive genetic test against neurodegenerative illnesses.

|   |       |   |       |
|---|-------|---|-------|
| <b>Celiac Disease</b><br>Profile of intolerance to gluten.  | 300€  | <b>BRCA1 y BRCA2</b><br>Preventive genetic testing for inherited or family-related risk of breast cancer. | 3150€ |
| <b>CROHNgen</b><br>Risk of Crohn's disease.   | 540€  | <b>NICOTINEgen</b><br>Preventive genetic testing against addiction to nicotine.                           | 420€  |
| <b>DETOXgen</b><br>Preventive genetic test for phase I & II detoxification.                       | 1220€ | <b>PROSTATEgen</b><br>Preventive genetic test against sporadic prostate cancer.                           | 840€  |
| <b>DIABETOgen</b><br>Preventive genetic test for type II diabetes.                                | 840€  |   |       |
| <b>WEIGHTgen</b><br>Preventive genetic profile for weight control.                                | 1450€ |   |       |
| <b>GLAUCOMAgen</b><br>Study to detect the risk of developing glaucoma.                            | 300€  |   |       |
| <b>MACULAgen</b><br>Preventive genetic test against age-related macular degeneration (DMAE).      | 300€  |   |       |
| <b>COLOgen</b><br>Preventive genetic test against sporadic colorectal carcinoma.                  | 840€  |   |       |
| <b>FEMgen</b><br>1st Generation: genetic test to evaluate hormone replacement therapy (menopause) | 840€  |   |       |
| 2nd Generation: preventive genetic test against sporadic breast cancer                            | 1350€ |   |       |

revitalising medicine



# Revitalising Medicine

The area of Revitalising Medicine combines three procedures whose main objective is the integrity of the human biosystem, seeking feedback from our own healing system. These treatments are: Ozone Therapy, Serum Therapy and UV Light Phototherapy.

## Ozone Therapy

150€ session (ozone + serum 250€)  
 pack 5 sessions / 600€ (ozone + serum 995€)  
 serum Therapy supplement included in program 125€

Treatment that gives vitality, energy and a sensation of wellbeing whilst rejuvenating the organism, improving the immune system and providing multiple health benefits\*.

It's an effective treatment that provides an improvement in various physiological processes of the organism, improving quality of life and work capacity.

The application of ozone on the organism and stands out for its powerful antioxidant, oxygenating, revitalizing, regenerative and immunomodulatory abilities, providing positive long-lasting effects.

It can be used in practically every field in medicine as a complementary therapy and is compatible with other treatments.

It also can be used in the Anti-aging medicine field, as it compensates and delays the deterioration that is produced in the organism as a result of aging. It is known as one of the most effective revitalizing treatments.

## Serum Therapy

session 150€ (ozone + serum 250€)  
 ozone Therapy supplement included in program 125€

Intravenous fluid treatment that benefits the self-healing of the body using a personalised saline solution created based on a selection of vitamins, trace elements and natural biological agents according to each person's needs: slimming, brightening of the skin, improving hair health, strengthening the immune system, alleviating stress, enhancing physical and intellectual performance, among others.

## UV Light Phototherapy

session 400€  
 5 sessions Pack 1700€

Innovative system based on LED that applies light of different longitudinal waves administered intravenously, producing photo modification of the blood with the aim of having therapeutic benefits. The effect of the light on the biological tissue is caused by the activation of the photo receptors, capable of transforming the light energy into chemical energy.

It's a treatment that is characterized by its rapid visible effects and duration. It is applied independently or combined with other therapies for the treatment of surgical, infectious, dermatological, cardiovascular, autoimmune, allergic, traumatic and gynecological illnesses, amongst others. Reducing the recovery time and the necessary doses of medications, to avoid relapses and improve the quality of life of the patient.

The benefits of the treatment are: increase in oxygenation, energy, strength and resistance; a remarkable improvement in the general performance, sleep and vigil behavior, as well positive effects in mood, allowing for a reduction in the consumption of medications.

A close-up photograph of a person's hands holding their right knee. The knee area is highlighted with a semi-transparent red heatmap, indicating a site of pain or inflammation. The rest of the image is in a cool, blue-toned color palette. The text 'regenerative medicine' is overlaid in the lower-left quadrant.

regenerative  
medicine

# Regenerative Medicine

## Regenerative Medicine Consultation

An informative consultation with our expert in regenerative medicine that explains in detail the present and future possibilities of the neural therapy, antilougous plasma and the stem cells.

The Regenerative Medicine unit at SHA uses the most advanced biotechnology in terms of cell growth factors to regenerate tissue in anti-aging, chronic degenerative diseases, metabolic diseases, autoimmune diseases and those affecting the nervous system.

At SHA we use the latest pioneering treatment, such as:

- Intraarticular treatments
- Systemic Treatment (metabolic illnesses)
- Treatment of nervous system diseases

## Consultation and Basic Analysis

200€

Advanced diagnoses are made, beginning with basic analysis on the state of the cellular and humoral immune system, continuing with complete lymphocyte and senescence profiles to evaluate the degree of activity and deterioration of the system, as well as the aging level.

Immunomodulation treatments are prescribed in:

- Primary immunodeficiencies, acquired (AIDS) or chemotherapy and radiation therapy
- Secondary disorders to immunosuppressive drugs
- Autoimmunity: lupus, rheumatoid arthritis, sclerosis, etc.
- Hypersensitivity responses: allergies, asthma, etc.

## Neural Therapy (Infiltrations with procaine and medicine)

200€

It is a bioregulating therapy that can treat irritative foci or interference fields of the body. Via means of micro-doses injections of substances, fundamentally local anesthetics in the irritative foci, it is possible to repair damaged cells and bring back their functionality, improving inflammation and decreasing pain.

## Autologous Plasma Therapy

The use of growth factors that come from the autologous platelet rich plasma (of the patient who is being treated), for subdermal or intraarticular use when treating chronic degenerative diseases or due to wear and tear.

|  |      |
|--|------|
| Anti-aging Treatment (not facial or aesthetic) | 400€ |
| Intraarticular Treatment (one joint)           | 800€ |
| Extra Articulation                             | 400€ |

## Stem Cell Treatment

The incorporation of stem cells and new biological active ingredients that are the precursors of these and they come from embryo extracts. They are intended to enhance their therapeutic effect and now they are part of the new range of 2nd and 3rd generation to revitalize, regenerate and repair the cell function, restore the immune response, to consolidate the new era of preventive and regenerative medicine.

|  |       |
|--|-------|
| Basic Anti-Aging Treatment-one area (face, scalp, etc) | 3500€ |
| Basic Orthopedic Treatment (one articulation)          | 3800€ |
| Hip Orthopedic Treatment                               | 3900€ |
| Systemic and Immuno-modulation Treatment               | 4000€ |
| Auto-Antibodies Removal                                | 4500€ |
| PRP Treatment - Platelet rich plasma                   | 1500€ |
| Extra Treatment  | 1000€ |



dental health  
and aesthetics

## Dental Health and Aesthetics

SHA gives you the opportunity to take advantage of your stay and go back home with a beautiful smile and much whiter and healthier teeth. Our unique Dental Health and Aesthetics unit focuses on improving the appearance of a smile using the most advanced techniques worldwide, to provide excellent results in a single session.

### Dentistry

Our team of professionals in various fields of dentistry and dental aesthetics is prepared to address and solve all kinds of cases, in the shortest time possible while maintaining all the principles and philosophy of SHA in relation to the comprehensive care of the person and to being minimally invasive to achieve the best results. To such end, we rely on the latest technology in dentistry and cosmetic dentistry, and human and professional qualities required to ensure that your dental experience is unmatched.

This unit has a broad portfolio of services, with the latest equipment in radiology, implantology and own laboratory, which allows us to optimize the time and achieve in a few days, very visible results in treatments ranging from whitening, fillings and cleaning to implants, prostheses and surgeries.

### Dental Aesthetics

Have a lovely smile with well-aligned teeth. The teeth whitening techniques, porcelain veneers when they are necessary, dental bonding for missing teeth, invisible techniques and the combination with aesthetic lip treatment enable us to significantly improve your image.

Treatments:

- SHA integral prophylaxis, which includes air polishing with flash pearls, leaving the surface of the tooth perfectly clean, smooth and free of stains.
- SHA dental diagnostics (x-ray/digital radiography).
- Pola Office SDI whitening system (Advanced Tooth Brightening System) is a treatment that is not harmful for the tooth enamel, which allows up to 4 applications in a single session.
- Complete oral rehabilitation treatments (radical change in aesthetics and function of teeth) in record time.
- Great surgical skill (computer-assisted dental implants surgery, sinus lift surgery using augmentation or lateral window technique, Platelet-rich Plasma (PRP), autologous bone addition and surgery to extract impacted third molars).
- Dental ozone therapy (periodontal and surgical treatments).
- Complete oral rehabilitation with fixed prosthesis of zirconium porcelain crowns in just 2 weeks.

All our treatments can be performed under conscious sedation. If you are interested in any of the different dental services available at SHA we are completely at your disposal, please consult our professionals.



other  
specialities

## Anti-smoking Medicine

Smoking is a certain cause of cancer, heart diseases, vascular diseases and chronic lung illnesses. Many people wonder every day, aware of the risks of smoking, how they can quit smoking. Making smokers quit smoking, is a major challenge. In our medical unit, different treatments are combined to ensure not only that when you leave SHA you have quit smoking, but also to make you overcome the situations that make you go back to this bad habit in the future.

**Anti-smoking Consultation** 160€

**Anti-smoking Laser session** 30 min / 150€

## Sleep Medicine

Sleep is the main healing process of our body and one of the basic pillars to achieve a healthy life. In this sense, its absence represents one of the most common causes of premature ageing. Sleep disorders such as insomnia, frequent awakening, snoring or apnoea, are one of the most common causes of chronic tiredness and exhaustion. In our unit, we diagnose the prevalent sleep disorder and propose appropriate solutions for treatment.

**Initial Sleep Consultation** 160€

## Night Polygraph Diagnosis

1 night / 250€

It is the study of sleep characteristics through a polygraph to detect the different variables that influence the initiation and maintenance of sleep.

## Diagnosis and Treatment by CPAP

1 night / 295€

A positive pressure chamber allows the detection and correction of any alterations in sleep architecture. This diagnosis enables us to achieve positive results in a short period of time.

## Physiotherapy

### Physiotherapy Session

150€

The Physiotherapy unit is comprised of a multidisciplinary team that aims to re-educate, prevent and treat neuromusculoskeletal and posture disorders, through the use of physical methods, therapeutic exercise and massage therapy, to restore functional movement. From the first physiotherapy consultation exploratory data is obtained with the respective assessment. A diagnosis is produced, the treatment is planned, and it is carried out using manual and instrument procedures. The results are assessed and reports are created about the patient's progress, all with the purpose of improving the health of the guest in a personalised manner.





## At your service

Our Agenda Coordination team, together with our team at the Wellness Clinic Reception, will offer you personalised advice, able to deal with any enquiry or concern you may have with regard to the treatments and services on offer.

### Translation Service

Our staff includes 35 different nationalities, and that makes us aware of the importance of medical communication in your mother tongue. Being English and Spanish the SHA official languages, if you require a translation into any other, we will be happy to provide you with a simultaneous translation service.

**Express** 30€

Blood test results, follow up and other brief consultations.

**Full** 50€

Consultations and translation services of more than 20 minutes.

*"Health is not everything, but without  
health everything is nothing"*

- Arthur Schopenhauer -





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