



# Health Programs & Accommodation Guide

# Discover our Transformative Health Programs

For nearly two decades, SHA has been at the forefront of health optimization, scientific well-being, and longevity, continuously refining and evolving its transformative health programs by integrating through advanced diagnostics, science-backed longevity protocols, functional and integrative medicine, and sustainable lifestyle optimization, the cornerstone of lasting health, with one clear purpose: to help you achieve and maintain your best self at any stage of life.

Our programs are clinically designed to deliver meaningful and measurable improvements in your vital health biomarkers, delivering sustainable results in the most efficient time possible. You will quickly feel the improvements in vitality, physical and cognitive performance, and functional capacity.



# Optimal Health, Simplified

Staying true to our essence and our hyper-personalized, results-driven approach, we have simplified the way we present our offer.

All health stays are now presented with a single daily price, which includes:

## For your Health



**Cutting-edge diagnostics and consultations** with health experts



**One-to-one treatments**  
A wide range of treatments aligned with your objectives



**Full board SHA Healthy Nutrition** at our signature SHAMADI restaurant, with sea views and outdoor dining area



**Healthy snacks** and refreshments at the Harmony Lounge, according to prescription

+

## For your Comfort



**Deluxe Suite Accommodations**  
(enquiry to upgrade to other categories)



**10+ daily activities** go on for your health



**VIP airport transfers** from the nearest airport for stays of 4 nights onwards, or parking for your own vehicle.



**Taxes and fees** included in the price for simplicity.



# Our Signature Health Programs

Click on the title of each health program for direct access



## Detox & Optimal Weight

From 7 nights onwards  
Resets inflammation, digestion, metabolism, and weight through a structured anti-inflammatory approach.



## Executive Health & Performance

From 4 nights onwards - Explore personalized programs for groups  
Sustain peak performance, resilience, and vitality in high-demand environments.



## Detox & Optimal Weight Intensive

From 7 nights onwards  
An accelerated metabolic reset targeting inflammation and long-term health risks.



## Rebalance & Energize

From 4 nights onwards  
Restores balance, optimizes energy, and supports emotional well-being.



## Advanced Longevity

From 4 nights onwards  
Optimizes key biomarkers to extend healthspan with precision and purpose.



## Cellular Regeneration (SHA Mexico only)

From 4 nights onwards  
Advanced regenerative medicine to support cellular repair and resilience.

## Didn't find the perfect match among our Signature Programs?

Don't worry, we've got you covered.



## Tailor-made

From 4 nights onwards  
Create your own personalized health program before arrival, based on your needs, goals, and physiological profile, powered by a smart algorithm.



## Stay Your Way

From 3 nights onwards  
Our most flexible health pathway, combining advanced diagnostics, expert medical consultations, and two personalized treatments per day selected by you from a curated menu of wellness and technology-driven therapies.

# How to Begin your Transformative Health Journey at SHA

## 1 • Contact us in the way that feels most convenient for you

Through our Health Journey Advisors, with the expertise to guide you through every step. You can contact them directly or schedule a consultation.

[Website](#)[Email](#)[Phone](#)[Whatsapp](#)[Your Travel / Wellness Advisor](#)

## 2 • Select your destination

Choose between our two iconic destinations:

- **SHA Spain**, set in the Spanish Mediterranean coast overlooking the Bay of Altea.
- **SHA Mexico**, located in Costa Mujeres in the Mexican Caribbean, just north of the Riviera Maya.

Both locations enjoy ideal year-round climates and share the same essence, delivering the transformative SHA experience in two extraordinary settings, with only minimal differences related to regional expertise or local healthcare regulations.

## 3 • Decide whether to begin this Health Journey on your own or accompanied

You may choose to embark on this transformative experience in the way that best suits you, whether on your own for a deeply personal and fully supported journey; with your life partner to enhance health while strengthening your connection, with friends to share a meaningful transformation; with your family sharing the legacy of self-care or alongside colleagues and peers through tailored health and performance programs designed for leaders and executives.

## 4 • Choose the Health Program or Pathway that best suits your goals

Select the program that best aligns with your primary health objective, for yourself and your guests. Each guest may choose the program that best suits their individual needs and goals. When choosing a program, we recommend selecting the one that best aligns with your primary objective. As your health improves, it will positively impact every other area of your life.

## 5 • Define how many days you wish to invest in your health, and your preferred dates

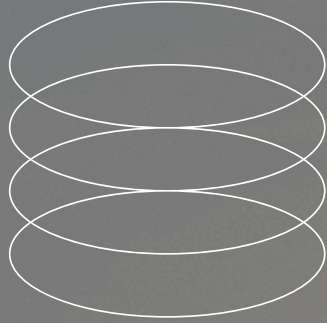
Your Health Programs and Pathways start from a minimum of 3 days, with longer stays allowing for deeper, more sustainable results and lasting lifestyle transformation.

## 6 • Select the accommodation category that best suits your needs

Your program rate includes accommodation in a Deluxe Suite. Guests wishing to elevate their stay may choose from our Superior and Grand Suites, Presidential and Royal Suites, or Private Residences and Villas.

## 7 • Prepare to elevate your health and wellbeing

After booking, our Guest Journey Designers will contact you to plan every detail of your stay ensuring you arrive fully prepared to elevate your health, well-being, and performance to your highest potential.



# Rebalance & Energize

FROM 4 NIGHTS ONWARDS

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



## Rebalance & Energize Program

This program interrupts the stress cycle through integrated holistic practices, precision nervous-system therapies, and targeted physical conditioning. Supported by advanced diagnostics and clinically informed interventions, it regulates cortisol rhythms, restores autonomic balance, and reactivates systemic energy production.

The outcome is measurable restoration, including improved resilience, renewed vitality, and a sustained sense of internal equilibrium. Mind-body stress reduction interventions have been shown to improve autonomic balance, reduce stress and anxiety, and enhance psychological and physiological well-being





## What to Expect



### Stress regulation & nervous-system balance

Clinically informed therapies designed to stabilize stress physiology, restore autonomic balance and mitigate the systemic effects of chronic stress activation.



### Systemic energy recovery

Targeted interventions that enhance metabolic flexibility and efficiency, supporting sustainable energy production and an improved stress response.



### Holistic restoration of well-being

Integrated mind-body practices that promote relaxation, reduce anxiety and improve sleep quality, reinforcing long-term vitality, balance and overall health.

## Who is it for

For those seeking to:

Improve energy and reduce fatigue

Regulate stress response

Support mental and physical balance

Strengthen overall resilience and well-being



# Rebalance & Energize

PROACTIVE DIAGNOSIS	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Health check-up	1	1
Advanced health optimization diagnostics <ul style="list-style-type: none"> <li>• Body composition analysis</li> <li>• 3D body scanner</li> <li>• Vital signs measurement</li> <li>• Cognitive function test</li> <li>• Cardiovascular status analysis and nervous system activity monitoring</li> <li>• Measurement of advanced glycation end products accumulation</li> <li>• Facial and hair scanner</li> </ul>	1	1
SHA core health biomarker panel	-	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	-	1
SHA Essentials supplement	1	1
<b>FUNCTIONAL PRECISION MEDICINE</b>		
Functional medicine consultation at the start of the program	1	1
Functional medicine consultation at the end of the program	-	1
Revitalizing medicine consultation	1	1
Informative dermoaesthetics consultation	-	1
Ozone therapy session	1	1
Bespoke energizing IV therapy	1	1
<b>ANTI-INFLAMMATORY NUTRITION</b>		
Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1
<b>HOLISTIC HEALTH</b>		
Integrated bioenergy assessment, with electromagnetic field mapping	1	1
Acupuncture session	1	2
Osteopathy consultation and session	-	1
<b>HOLISTIC WELL-BEING</b>		
Therapeutic massage adapted to your needs (relaxing, deep tissue, etc)	1	1

HOLISTIC WELL-BEING	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Private mind & body discipline session with a holistic expert, tailored to your needs: yoga, meditation, mindfulness, and pranayama techniques	1	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangotherapy, and hydrojet	1	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)		
<b>PHYSICAL PERFORMANCE</b>		
Functional assessment with personal trainer	1	1
Biomechanical performance assesment	-	1
Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	-	2
High-tech revitalization treatment, choosing between a photobiomodulation red light session or a hyperbaric oxygen chamber	1	1
Non-invasive neuromodulation	-	1
Cryotherapy session	1	1
<b>ACTIVE &amp; HEALTHY LIVING ACADEMY</b>		
10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.		
<b>FOR YOUR COMFORT</b>		
Deluxe Suite Accommodation (Enquiry to upgrade to other categories) VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle		
<b>HEALTH &amp; WELLNESS CREDIT</b>		
For stays longer than those indicated above, the same daily rate applies, with a daily credit of € 415 for treatments aligned with your health objectives		

## REBALANCE &amp; ENERGIZE

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes

SUITE DELUXE	Per night*	4 nights	7 nights
Double Use	From € 990pp	€ 3.950 pp	€ 6.915 pp
Single Use	From € 1.350	€ 5.400	€ 9.450

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Detox & Optimal Weight

FROM 7 NIGHTS ONWARDS

Restore metabolic intelligence through detoxification and gut health optimization, enabling the body to self-regulate, rebalance, and naturally reach its optimal body composition.

## Detox & Optimal Weight Program

This program delivers a science-based metabolic reset to reduce inflammation, eliminate toxins, and restore metabolic flexibility. Using advanced diagnostics, precision detox therapies, and personalized anti-inflammatory nutrition, it targets key drivers of weight gain, including insulin resistance, oxidative stress, and visceral fat.

Taking gut health as the foundation of total well-being, this program rebalances your gut microbiome to enhance digestion, immunity, and vitality.





## What to Expect



### Deep detoxification & metabolic activation

Advanced, clinically guided techniques that stimulate the body's natural detoxification pathways while activating metabolic processes essential for sustainable results.



### Personalized anti-inflammatory nutrition

A precision-designed nutritional strategy that supports detoxification, reduces inflammatory burden and promotes healthy, long-term weight regulation.



### Continuous biomarker insight

Ongoing evaluation of metabolic and oxidative stress markers to dynamically personalize the approach, ensuring safety, efficacy and alignment with individual health goals.

## Who is it for

For those seeking to:

Achieve a healthy and sustainable weight

Reduce inflammation and eliminate toxins

Build a solid foundation for long-term well-being

Optimize gut health to support immunity, energy, and longevity



# Detox & Optimal Weight

## PROACTIVE DIAGNOSIS

From 7 nights

Health check-up	1
Advanced health optimization diagnostics	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>	
SHA core health biomarker panel	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1
Weight control monitoring through body composition analysis	2
3D body scanner at the end of the program	1
Dental health assessment using digital imaging	1

## FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1
Functional medicine consultation at the end of the program	1
Revitalizing medicine consultation	1
Informative dermoaesthetics consultation	1

## ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Anti-inflammatory nutritional post stay follow-up consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1
Emotional health session	1
Nutritional monitoring during your stay	1
Personalized health plan	1
Group healthy cooking class at The Chef's Studio	1

## HOLISTIC HEALTH

Colon hydrotherapy session	1
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**HOLISTIC  
WELL-BEING****From 7 nights**

Underwater therapy	2
High-tech treatment tailored to your needs	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangotherapy, and hydrojet	2
SHA detox therapy	1
Intensive reshaping body wrap	1
SHA body drainage session	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)	

**PHYSICAL  
PERFORMANCE**

Functional assessment with personal trainer	1
Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	2
Cryotherapy session	1

**ACTIVE & HEALTHY  
LIVING ACADEMY**

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

**FOR YOUR COMFORT**

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)  
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

**HEALTH & WELLNESS  
CREDIT**

For stays longer than those indicated above, the same daily rate applies, with a daily credit of € 440 for treatments aligned with your health objectives

**DETOX & OPTIMAL WEIGHT**

Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes**

<b>SUITE DELUXE</b>	<b>Per night*</b>	<b>7 nights</b>
Double Use	From € 1.015 pp	€ 7.090 pp
Single Use	From € 1.375	€ 9.625

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Detox & Optimal Weight Intensive

FROM 7 NIGHTS ONWARDS

Maximize results.

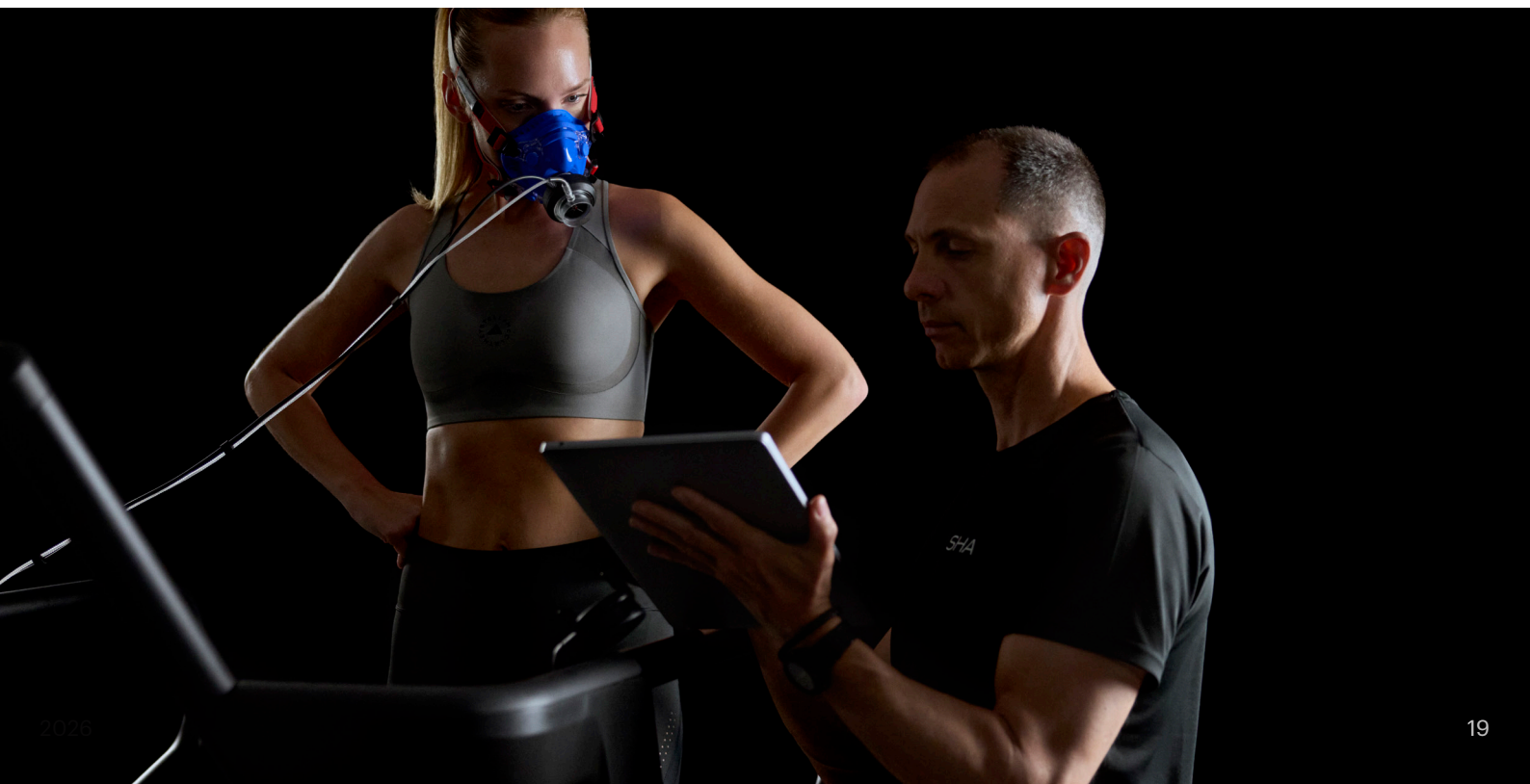
Take your health to the next level with an intensive approach designed to optimize performance, recovery, and long-term well-being.

## Detox & Optimal Weight Intensive Program

This program is designed for individuals seeking accelerated metabolic transformation through an intensive clinical approach. Building on the Detox & Optimal Weight foundations, it enhances the precision, frequency, and intensity of targeted interventions to amplify detoxification and metabolic activation, delivering deeper results in less time.

Scientific evidence shows that anti-inflammatory nutrition combined with intensive lifestyle and detox strategies can rapidly improve metabolic function, reduce inflammation, and enhance insulin sensitivity—key drivers of sustainable weight regulation and long-term metabolic resilience.

At SHA, this protocol is delivered through a medically supervised, personalized framework integrating advanced diagnostics, targeted detox therapies, and metabolic conditioning to support rapid yet safe body composition transformation, promoting lasting health, vitality, and optimal metabolic balance.



## What to Expect



### Accelerated metabolic activation

A higher-intensity, clinically guided protocol designed to rapidly stimulate metabolic pathways involved in fat oxidation, glucose regulation and energy balance.



### Enhanced body composition transformation

Targeted interventions that support faster reductions in visceral adiposity while preserving muscle mass and functional performance.



### Intensive detoxification support

Advanced detox therapies delivered at greater frequency to promote efficient toxin elimination and reduce inflammatory burden.



### Fast-tracked anti-inflammatory nutrition

A precision anti-inflammatory nutritional strategy optimized to support rapid metabolic recalibration, improve insulin sensitivity and enhance fat utilization.



### Frequent biomarker monitoring

Regular assessment of metabolic and inflammatory markers to dynamically adjust the program, ensuring safety, efficacy and optimal results.

## Who is it for

For those seeking to:

Achieve faster, clinically guided metabolic results

Accelerate fat loss while preserving metabolic health

Improve insulin sensitivity and inflammatory balance

Reset weight-regulation mechanisms efficiently

Commit to a more intensive, results-driven protocol

# Intensive

## PROACTIVE DIAGNOSIS

From 7 nights

Health check-up	1
Advanced health optimization diagnostics	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>	
SHA core health biomarker panel	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1
Weight control monitoring through body composition analysis	2
VO <sub>2</sub> Max   Assessment of cardiorespiratory capacity	1
3D body scanner at the end of the program	1
Dental health assessment using digital imaging	1

## FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1
Functional medicine consultation at the end of the program	1
Regenerative medicine consultation	1
Revitalizing medicine consultation	1
Informative dermoaesthetics consultation	1
Bespoke IV therapy	1

## ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Anti-inflammatory nutritional post stay follow-up consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1
Emotional health session	1
Nutritional monitoring during your stay	1
Personalized health plan	1
Group healthy cooking class at The Chef's Studio	1

## HOLISTIC HEALTH

Integrated bioenergy assessment, with electromagnetic field mapping	1
Colon hydrotherapy session	2

**HOLISTIC  
WELL-BEING****From 7 nights**

Underwater therapy	2
High-tech treatment tailored to your needs	1
Hydroenergetic detox cure therapy, consisting of hydroaromatherapy, phytofangothrapy, and hydrojet	3
SHA detox therapy	2
Intensive reshaping body wrap	1
Pressotherapy session	1
Slim & Fit body treatment	1
SHA body drainage session	1
Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)	

**PHYSICAL  
PERFORMANCE**

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	4
Cryotherapy session	2

**ACTIVE & HEALTHY  
LIVING ACADEMY**

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

**FOR YOUR COMFORT**

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)  
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

**HEALTH & WELLNESS  
CREDIT**

For stays longer than those indicated above, the same daily rate applies, with a daily credit of € 665 for treatments aligned with your health objectives

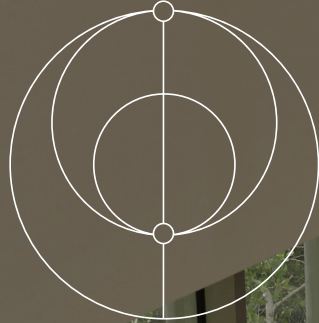
**DETOX & OPTIMAL WEIGHT INTENSIVE**

Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes**

<b>SUITE DELUXE</b>	Per night*	7 nights
Double Use	From € 1.240 pp	€ 8.665 pp
Single Use	From € 1.600	€ 11.200

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Advanced Longevity

FROM 4 NIGHTS ONWARDS

Our Advanced Longevity Program is a data-driven, results-oriented journey that goes beyond quick fixes, optimizing the core pillars of lifestyle and applying the most scientifically proven longevity protocols. More energy. Sharper mind. Stronger body. A higher quality of life, today and for years to come.



## Advanced Longevity Program

Aging is the cumulative result of cellular damage, metabolic decline, mitochondrial dysfunction, and chronic inflammation. While chronological age is fixed, biological age can be modified.

The Advanced Longevity program targets the core drivers of aging at cellular and systemic levels. Using advanced diagnostics and functional medicine, it combines precision nutrition, regenerative therapies, metabolic optimization, and lifestyle interventions to enhance mitochondrial function, reduce oxidative stress, and improve resilience.

At SHA, this personalized longevity protocol is designed to protect vitality, preserve cognitive and physical function, and extend healthspan—supporting healthier, more energetic, and resilient aging over time.



## What to Expect



### Biological aging modulation

Clinically informed longevity interventions designed to influence key biomarkers of aging, supporting cellular repair, metabolic balance and long-term physiological resilience.



### Optimization of mitochondrial and metabolic health

Targeted strategies that enhance mitochondrial efficiency and energy production, essential drivers of vitality, physical performance and healthy aging.



### Reduction of oxidative stress and inflammatory burden

Advanced therapies and precision nutrition protocols aimed at lowering chronic inflammation and oxidative damage, two core mechanisms underlying age-related decline.



### Cognitive, physical, and hormonal resilience

Integrated approaches that support brain health, musculoskeletal integrity and hormonal balance to preserve functional capacity over time.



### Personalized longevity roadmap

Comprehensive diagnostic insights translated into an individualized, evidence-informed strategy to support sustained health optimization beyond the stay.

## Who is it for

For those seeking to:

Slow biological aging and preserve long-term vitality

Support mitochondrial and metabolic health

Reduce inflammation and oxidative stress

Optimize physical, cognitive, and hormonal resilience

Invest proactively in healthspan and longevity



# Advanced Longevity

PROACTIVE DIAGNOSIS	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
Health check-up	1	1
Advanced health optimization diagnostics <ul style="list-style-type: none"> <li>• Body composition analysis</li> <li>• 3D body scanner</li> <li>• Vital signs measurement</li> <li>• Cognitive function test</li> <li>• Cardiovascular status analysis and nervous system activity monitoring</li> <li>• Measurement of advanced glycation end products accumulation</li> <li>• Facial and hair scanner</li> </ul>	1	1
SHA core health biomarker panel	1	-
SHA metabolic longevity biomarkers panel	1	1
SHA longevity panel	-	1
VO <sub>2</sub> Max   Cardiopulmonary capacity assessment	1	1
Biointestinal restore test	-	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-
Dental health assesment using digital imaging	-	1
SHA Healthspan supplement	-	1
<b>FUNCTIONAL PRECISION MEDICINE</b>		
Initial consultation with a longevity expert	1	1
Final consultation with a longevity expert	-	1
General medical follow up consultation	1	1
Hormonal expert consultation	1	1
Revitalizing medicine consultation	1	1
Regenerative medicine consultation	1	1
Informative dermoaesthetics consultation	-	1
Hair optimization consultation	-	1
Sleep optimization consultation	1	1
Cognitive assessment consultation	1	1
Neurofeedback session	1	1
Ozone therapy session	1	-
Targeted cellular health optimization	1	1
SHA bespoke mitobooster IV therapy	-	1
Stress management session	1	-
Intermittent hypoxia therapy	1	1

	REALIGN	OPTIMIZE
	From 4 nights	From 7 nights
<b>ANTI-INFLAMMATORY NUTRITION</b>		
Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1
<b>HOLISTIC WELL-BEING</b>		
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>CELLULAR PERFORMANCE &amp; VIYSLITY</b>		
Biomechanical performance assesment	1	1
SHA Metabolic activation training, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	1	4
Advanced cellular regeneration therapy	1	1
Cryotherapy session	1	1
High-tech revitalization treatment, choosing between a photobiomodulation red light session or a hyperbaric oxygen chamber	1	2
<b>ACTIVE &amp; HEALTHY LIVING ACADEMY</b>		
10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.		
<b>FOR YOUR COMFORT</b>		
Deluxe Suite Accommodation (Enquiry to upgrade to other categories)		
VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle		
<b>HEALTH &amp; WELLNESS CREDIT</b>		
For stays longer than those indicated above, the same daily rate applies, with a daily credit of € 990 for treatments aligned with your health objectives		

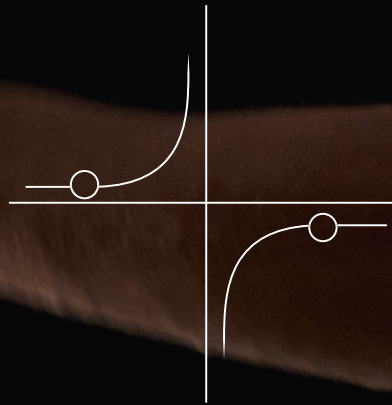
## ADVANCED LONGEVITY

Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes**

	Per night*	4 nights	7 nights
<b>SUITE DELUXE</b>			
Double Use	From € 1.565 pp	€ 6.250 pp	€ 10.950 pp
Single Use	From € 1.925	€ 7.700	€ 13.475

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Executive Health & Performance

FROM 4 NIGHTS ONWARDS

Sustained exposure to high cognitive load and chronic stress has been shown to impair executive function, decision-making accuracy and physical resilience. Evidence indicates that cumulative stress burden is associated with measurable declines in cognitive performance, productivity and overall well-being in high-demand professionals.

# Executive Health & Performance Program

In today's high-pressure business environments, chronic stress, cognitive overload, sleep debt, and metabolic imbalance silently erode decision-making quality, strategic clarity, leadership presence, and long-term productivity.

The SHA Executive Health & Performance Optimization Program is not a retreat. It is a medical-grade performance system designed to upgrade how elite leaders operate under pressure.

Through advanced diagnostics, precision medicine, targeted physical conditioning, and evidence-based mind-body interventions, SHA identifies and corrects the hidden biological and cognitive bottlenecks that constrain executive performance. The program delivers measurable improvements in energy, focus, stress resilience, cognitive speed, emotional regulation, and recovery capacity, directly translating into sharper decisions, sustained output, and stronger leadership effectiveness.



## What to Expect



### Optimization of cognitive and physical performance

Advanced diagnostic-led interventions designed to enhance executive function, mental clarity and physical endurance, essential for sustained performance in high-pressure environments.



### Stress regulation and resilience building

Clinically informed holistic strategies that balance stress physiology, support autonomic stability and improve recovery capacity, protecting performance under ongoing demand.



### Sustainable energy and focus

Targeted metabolic and conditioning protocols that support steady energy production, concentration and decision-making throughout the day.



### Personalized performance strategy

An individualized, data-informed approach that integrates Western and Eastern medicine to address specific performance challenges while supporting long-term health and vitality.

## Who is it for

For those seeking to:

Enhance cognitive performance, focus, and decision-making

Improve physical endurance and stress resilience

Maintain productivity under sustained pressure

Support long-term health alongside professional performance

Operate at a high level without compromising recovery or well-being



# Executive Health & Performance

REALIGN

OPTIMIZE

## PROACTIVE DIAGNOSIS

**From 4 nights**    **From 7 nights**

Health check-up	1	1
Advanced health optimization diagnostics	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>		
SHA core health biomarker panel	1	-
Executive health biomarker panel	-	1
High-precision homodynamic doppler analysis	-	1
VO <sub>2</sub> Max   Cardiopulmonary capacity assessment	1	1
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	1
WHOOP x SHA Membership	-	1

## FUNCTIONAL PRECISION MEDICINE

Functional medicine consultation at the start of the program	1	1
Functional medicine consultation at the end of the program	-	1
Post-stay medical follow-up consultation	1	1
Revitalizing medicine consultation	1	1
Informative consultation on regenerative medicine	-	1
Cognitive assessment consultation	1	1
Sleep optimization consultation	1	1
Neurofeedback session	1	1
Stress management session	1	1
Ozone therapy session	1	1
Bespoke revitalizing IV therapy	1	1
Intermittent hypoxia therapy	1	1

## ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1	1
Meal plan tailored to your needs	1	1
Natural therapeutic drinks, as prescribed	1	1
Nutritional monitoring during your stay	-	1
Personalized health plan	-	1

HOLISTIC HEALTH		REALIGN	OPTIMIZE
		From 4 nights	From 7 nights
	Integrated bioenergy assessment, with electromagnetic field mapping	1	1
	Acupuncture session	-	1
	Osteopathy consultation and session	1	1
<b>HOLISTIC WELL-BEING</b>			
	Access to the Hydrotherapy Circuit, according to prescription (sauna, Roman bath, Turkish bath, cold pool, hydrotherapy pool, foot bath, biothermal showers, ice fountain, jet loungers)		
<b>PHYSICAL PERFORMANCE</b>			
	Biomechanical performance assesment	1	1
	Personal training session, which may include some of the following disciplines, according to your needs: stretching, kinesiology, body tone, aquagym, TRX, HIIT, or Pilates mat	1	3
	High-tech revitalization treatment, choosing between a photobiomodulation red light session or a hyperbaric oxygen chamber	-	1
	Non-invasive neuromodulation	-	1
	Cryotherapy session	-	1
<b>ACTIVE &amp; HEALTHY LIVING ACADEMY</b>			
	10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio. .		
<b>FOR YOUR COMFORT</b>			
	Deluxe Suite Accommodation (Enquiry to upgrade to other categories) VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle		
<b>HEALTH &amp; WELLNESS CREDIT</b>			
	For stays longer than those indicated above, the same daily rate applies, with a daily credit of € 690 for treatments aligned with your health objectives		

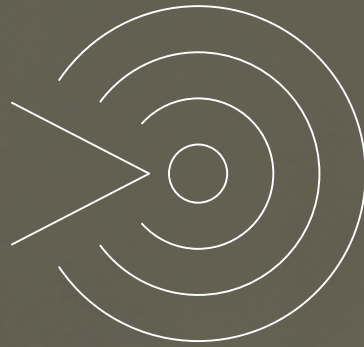
#### EXECUTIVE HEALTH & PERFORMANCE

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes

SUITE DELUXE	Per night*	4 nights	7 nights
Double Use	From € 1.265 pp	€ 5.060 pp	€ 8.855 pp
Single Use	From € 1.625	€ 6.500	€ 11.375

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Tailor-Made

FROM 4 NIGHTS ONWARDS

A personalized health program designed around your goals and your physiology. An intelligent algorithm integrates metabolic, biomechanical, and lifestyle data to select the most effective treatments for your unique profile, delivering superior outcomes in metabolic health, recovery, and long-term results.



## Tailor-made Program

No two biological profiles are the same. Health optimization is most effective when designed around the individual rather than the average. Tailor-Made is the most advanced expression of the SHA Method®, integrating science, technology, and holistic medical expertise to deliver personalized transformation.

Guided by SHA's multidisciplinary specialists and an intelligent algorithm, the program translates personal data into a fully customized health strategy aligned with individual physiology, goals, preferences, and lifestyle. Supported by advanced diagnostics and continuous expert oversight, it is engineered to maximize efficacy and accelerate results.

Reflecting a broader shift toward customized, technology-driven, and evidence-based healthcare, this program empowers guests within a clinically supervised framework. It addresses immediate priorities while laying the foundation for long-term transformation and enduring results.



## What to Expect



### Comprehensive health assessment

A detailed, multi-dimensional evaluation capturing lifestyle habits, medical history, recovery patterns, emotional well-being and performance goals.



### Intelligent program design

An advanced algorithm integrates personal data with SHA's medical expertise and therapeutic portfolio to configure a fully individualized health plan.



### Guided autonomy

Complete freedom to shape the experience, supported at every step by SHA specialists to ensure optimal decision-making and outcomes.



### Dynamic personalization

Continuous expert oversight and adaptive adjustments throughout the stay, ensuring the program evolves in line with progress, feedback and emerging needs.

## Who is it for

For those seeking to:

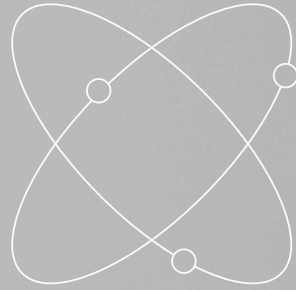
Achieve the highest level of personalization and efficacy

Address complex or multifactorial health goals

Maximize physical and cognitive performance efficiently

Access the latest medical advances and technologies

Create transformative, sustainable change through precision-led care



# SHA Cellular Regeneration

4 NIGHTS

Advances in regenerative medicine demonstrate that targeted cellular therapies can support tissue repair, modulate immune responses and reduce chronic inflammation, key biological processes underlying aging, functional decline and loss of vitality.

## Cellular Regeneration Program

Cellular health is the foundation of vitality, resilience and long-term longevity. Over time, cumulative cellular damage, immune dysregulation and oxidative stress impair tissue function and accelerate biological aging.

The Cellular Regeneration program is designed to restore and protect the body at a cellular level by applying the latest evidence-informed advances in regenerative medicine.

Guided by advanced diagnostics and clinical oversight, the program integrates targeted biological therapies, including advanced antioxidant strategies and next-generation mesenchymal stem cell-based approaches to support tissue repair, restore cellular integrity and reinforce immune resilience.

At SHA, these regenerative principles are translated into a precision-led, medically supervised protocol, engineered to activate repair pathways while supporting systemic balance and long-term vitality. The outcome is not simply cellular renewal, but enhanced functional capacity and resilience, supporting healthier aging and sustained physical performance.



# What to Expect



## Cellular renewal and protection

Clinically guided regenerative therapies designed to stimulate repair mechanisms, support tissue integrity and protect cellular structures essential to longevity.



## Immune resilience and defense optimization

Advanced biomarker assessment and targeted interventions aimed at strengthening immune regulation and resilience against internal and environmental stressors.



## Reduction of oxidative stress and inflammation

Evidence-informed strategies to neutralize oxidative damage and modulate chronic inflammation, two central mechanisms of biological aging and functional decline.



## Precision-led regenerative oversight

A medically supervised, personalized approach ensuring safety, efficacy and alignment with individual regenerative capacity.

## Who is it for

For those seeking to:

Support cellular repair and regenerative capacity

Strengthen immune resilience and systemic defense

Counteract biological aging at a cellular level

Enhance physical function and recovery

Invest proactively in long-term vitality and longevity

# Cellular Regeneration

## PROACTIVE DIAGNOSIS

**4 nights**

Health check-up	1
Advanced health optimization diagnostics	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>	
Onco-biomarkers panel	1
<a href="#">SHA core health biomarker panel</a>	1
Targeted cellular health optimization	1
Clinical-grade Mesenchymal Stem Cells (MSC) 100 millions	3
High-purity MSC-derived localized exosomes %B depending on clinical needs	1
High-purity MSC-derived nebulized exosomes 1B per day	1

## FUNCTIONAL PRECISION MEDICINE

Precision medicine initial consultation	1
Regenerative medicine initial consultation	1
Regenerative medicine final consultation	1
Regenerative medicine post stay follow-up consultation	1
Revitalizing medicine consultation	1
Hormonal expert consultation	1
SHA antioxidant cellular therapy	1
Cytokine modulation therapy	1

## ANTI-INFLAMMATORY NUTRITION

Anti-inflammatory nutritional consultation	1
Meal plan tailored to your needs	1
Natural therapeutic drinks, as prescribed	1

## FOR YOUR COMFORT

Deluxe Suite Accommodation (Enquiry to upgrade to other categories)  
 VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle

## STAY EXTENSION

As this is a highly specialized program, guests wishing to extend their stay are encouraged to continue with the Stay Your Way pathway or choose another program for the additional period.

### CELLULAR REGENERATION

Starting price per adult including: **Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking + Taxes**

#### SUITE DELUXE

	Per night*	4 nights
Double Use	From USD \$ 4.090 pp	USD \$ 16.360pp
Single Use	From USD \$ 4.430	USD \$ 17.720

\*Price may vary depending on the season

\*Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.



# Stay Your Way

FROM 3 NIGHTS ONWARDS

Not sure which program best fits your needs, or prefer a more flexible approach to health optimization?  
Stay Your Way let you design a personalized journey, guided by diagnostics and expert consultations, at your own pace.



## Stay Your Way Pathway

There is no single path to health, vitality or longevity. Each individual arrives with different goals, needs and expectations and the most effective health experiences are those that evolve accordingly.

Stay Your Way is SHA's most flexible pathway, designed to offer complete freedom within a clinically guided framework. It provides access to SHA's advanced diagnostics, expert medical consultations, personalized nutrition and a comprehensive portfolio of wellness, fitness and longevity experiences, while allowing guests to design their stay day by day.



## What to Expect



### Expert-guided personalization

Advanced diagnostics and professional consultations provide a clinical foundation, supporting informed choices and individualized guidance throughout the stay.



### Complete flexibility and autonomy

Freedom to design each day independently, selecting from SHA's extensive range of medical, wellness, fitness and longevity therapies according to personal goals and preferences.



### Foundational health optimization

Access to personalized nutrition, SHA Academy activities and holistic therapies that support vitality, balance and overall well-being.



### Immersive wellness environment

Unlimited access to SHA's hydrotherapy circuit, fitness and wellness facilities and guided outdoor experiences that reinforce recovery, relaxation and enjoyment.

## Who is it for

For those seeking to:

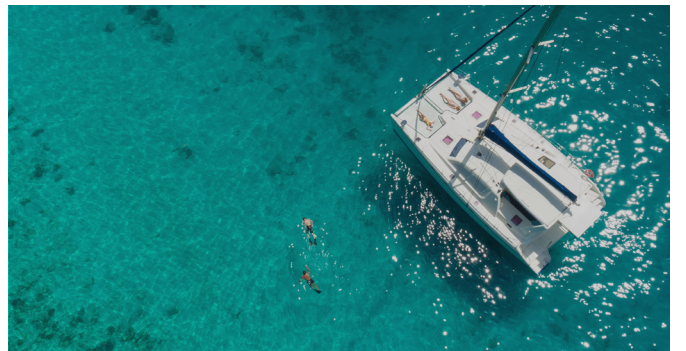
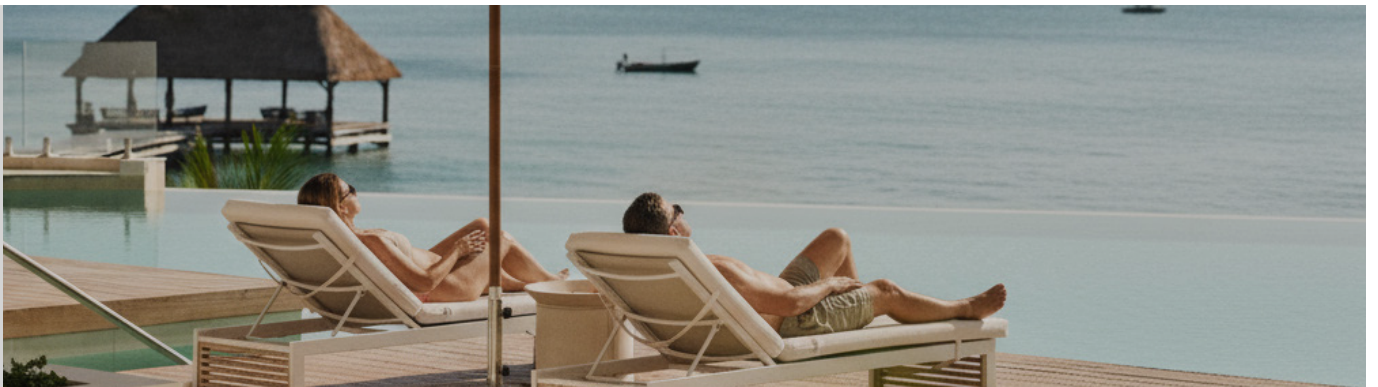
Discover the SHA experience without committing to a fixed program

Define or refine health goals in collaboration with SHA experts

Design a fully personalized wellness itinerary for every day

Combine medical insight with full flexibility

Enjoy a restorative, health-focused stay in an exceptional environment



# Stay Your Way

		REALIGN		OPTIMIZE
		From 3 nights	From 4 nights	From 7 nights
<b>PROACTIVE DIAGNOSIS</b>				
	Health check-up	1	1	1
	Advanced health optimization diagnostics (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
	SHA Core Health Biomarker Panel + Oxidative stress test	-	-	1
	Dental health consultation	-	-	1
<b>FUNCTIONAL PRECISION MEDICINE</b>				
	Initial consultation at the beginning of the program	1	1	1
	Revitalizing medicine consultation	1	1	1
	Informative dermoaesthetics consultation	-	1	1
<b>ANTI-INFLAMMATORY NUTRITION</b>				
	Anti-inflammatory nutritional consultation	1	1	1
	Meal plan tailored to your needs	1	1	1
	Natural therapeutic drinks, as prescribed	1	1	1
<b>HOLISTIC HEALTH</b>				
	Integrated bioenergy assessment, with electromagnetic field mapping	-	-	1
<b>HOLISTIC WELL-BEING</b>				
	Daily wellness treatment of your choice, from a curated selection	3	4	7
	Unlimited access to the Hydrotherapy Circuit (sauna, roman bath, turkish bath, cold pool, hydrotherapy pool, biotherma showers, footbath, ice fountain, jet loungers)			
<b>HIGH-TECH HEALTH TREATMENTS</b>				
	Daily high-tech treatment of your choice, from a curated selection	3	4	7
<b>ACTIVE &amp; HEALTHY LIVING ACADEMY</b>				
	10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.			
<b>FOR YOUR COMFORT</b>				
	Deluxe Suite Accommodation (Enquiry to upgrade to other categories)			
	VIP airport transfers from the nearest airport for stays of 4 nights or more (1 round-trip transfer per suite) or complimentary parking if you come with your own vehicle			

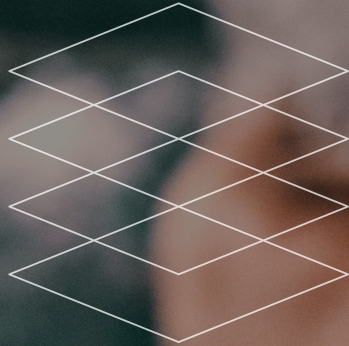
## STAY YOUR WAY

Starting price per adult including: Health Program + Deluxe Suite Accommodation + VIP Transfer or Parking\*\* + Taxes

SUITE DELUXE	Per night*	3 nights	4 nights	7 nights
Double Use	From € 965 pp	€ 2.890 pp	€ 3.850 pp	€ 6.740 pp
Single Use	From € 1.325	€ 3.975	€ 5.300	€ 9.275

\*Price may vary depending on the season. Guests sharing the same suite are not required to enroll in the same program. Please contact our Health Journey Advisor Team to arrange a personalized program.

\*\* From 4 nights



# Stay Your Way Young Adults

FROM 3 NIGHTS ONWARDS

## Stay Your Way | Young Adults

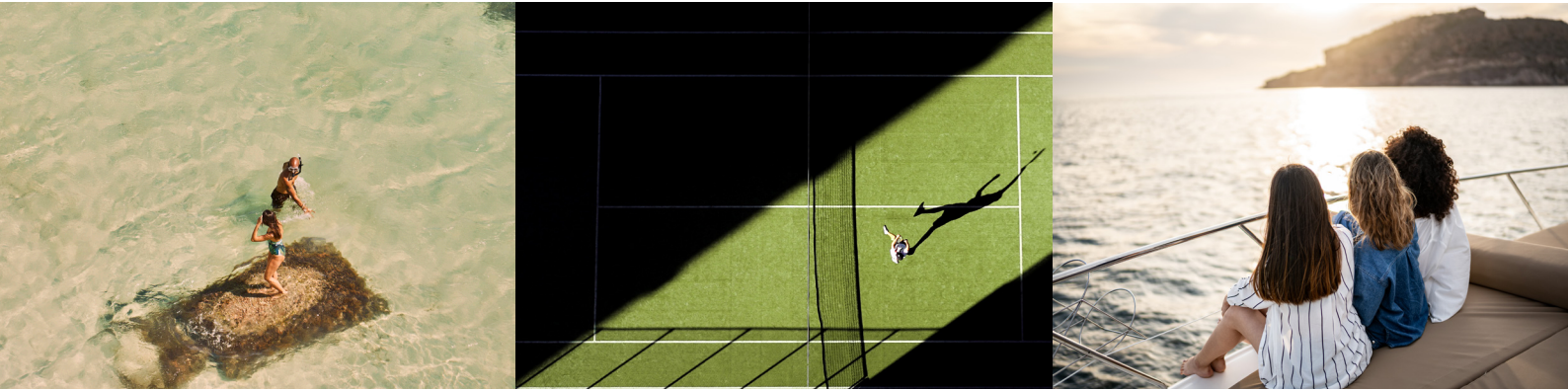
There is no greater legacy than teaching the art of self-care. Giving the next generation the tools, knowledge, and habits to take ownership of their health. Stay Your Way — Young Adults offers the freedom to explore health and wellbeing on their own terms, within a supportive, expert-led environment.

Through high-performance movement and experiential learning, Racquet Club training, boxing, virtual reality fitness, hiking, and water sports among other activities, they are encouraged to push their limits while building a strong foundation for long-term health.

Each day is fully personalized around what matters most: movement, recovery, nutrition, learning, or rest, supported by SHA's experts in an unparell environment. A meaningful reset to build resilience, body awareness, and healthy habits early in life, when they matter most.



# Stay Your Way Young Adults Pathway



## ANTI-INFLAMMATORY NUTRITION

From 3  
nights

From 4  
nights

From 7  
nights

Meal plan tailored to your needs

1

1

1

Natural therapeutic drinks,  
as prescribed

1

1

1

## HOLISTIC WELL-BEING

Daily choice of 2 individual or up to 4 group Sports & Active Living sessions, tailored to your goals and preferences, from a curated selection.

Access to the Hydrotherapy Circuit (sauna, roman bath, turkish bath, cold pool, hydrotherapy pool, biotherma showers, footbath, ice fountain, jet loungers)

## ACTIVE & HEALTHY LIVING ACADEMY

10+ Daily Active & Healthy Living Activities. Pick and choose the activities that inspire you, from sunrise yoga or hiking, educational talks, holistic activities, fitness sessions, and healthy cooking classes at The Chef's Studio.

STAY YOUR WAY YOUNG ADULTS

€ 400

This pathway is subject to minimum stays of 3 nights and tailored to young adults between the ages of 12 and 18.  
The price of the program is per night and per person.

# Accommodation Guide

At SHA, health and soulful hospitality go hand in hand. As an exclusive all-suites and residences property, we offer unparalleled accommodation where even the smallest detail has been thoughtfully designed to nurture your well-being, restore your balance, and inspire a deep sense of calm.





Welcome to your Home of Well-being



## Deluxe Suite

Spanning 70 m<sup>2</sup>, the Deluxe Suite blends refined comfort with advanced in-suite technology, creating an environment designed for effortless relaxation. Every element is carefully considered to adapt to the rhythms, preferences, and needs of each guest.

### Deluxe 70 m<sup>2</sup>

-  Open-concept living/bedroom area
-  Spacious furnished terrace to enjoy the privileged climate
-  Walk-in closet
-  **NEW !** VIP round trip VIP transfer from Alicante airport or parking for your vehicle included on your rate from stays 4 days onwards

Max guests: 2  
The estimated space of the suite includes the terrace.



## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Mountain view

**Included**  
in your health stay price

Mountain view & jacuzzi

**From +100 €**  
Per day supplement

Bay view

**From +100 €**  
Per day supplement

Bay view & jacuzzi

**From +200 €**  
Per day supplement








## Superior Suite

Designed for space, serenity, and quiet elegance, the 100 m<sup>2</sup> Superior Suite features a generous terrace and uninterrupted views of the sea or surrounding mountains, offering a calm and elevated sense of retreat.

### Superior

100 m<sup>2</sup>

-  1 separate bedroom
-  Walk-in closet
-  Open-concept living/dining area
-  Large terrace for open-air relaxation in a uniquely sunny microclimate
-  **NEW!** VIP round trip VIP transfer from Alicante airport or parking for your vehicle included on your rate from stays 4 days onwards

Max guests: 3  
The estimated space of the suite includes the terrace.



## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Mountain view

**From + 250 €**  
Per day supplement

Mountain view & jacuzzi

**From + 350 €**  
Per day supplement

Bay view & jacuzzi

**From + 450 €**  
Per day supplement










## Grand Suite

At 120 m<sup>2</sup>, the Grand Suite offers an exceptional feeling of openness, refined interiors, and seamless technology. Thoughtfully curated details and personalized services shape an atmosphere of understated distinction and lasting comfort.

### Grand

120 m<sup>2</sup>

-  Master bedroom with king-size bed and full en-suite bathroom (bathtub and shower)
-  Open-concept living/dining area
-  Walk-in closet
-  Guest bathroom with shower
-  Additional room, suitable as private office or single bedroom (ideal for a young adult)
-  Large terrace for open-air relaxation in a uniquely sunny microclimate, with a hot tub
-  NEW! VIP round trip VIP transfer from Alicante airport or parking for your vehicle included on your rate from stays 4 days onwards



Max guests: 3  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Mountain & Bay view

**From + 1.075 €**

Per day supplement











## Presidential Suite

The Presidential Suite represents the pinnacle of space, privacy, and refinement at SHA. Expansive interiors, state-of-the-art technology, and bespoke services come together to create an atmosphere of quiet prestige, discretion, and exceptional comfort.

### Presidential

175 m<sup>2</sup>

-  Master bedroom with king-size bed and full en-suite bathroom (bathtub and shower)
-  Guest bedroom with queen-size bed
-  Guest bathroom with shower
-  Open-concept living/dining area
-  Large terrace for open-air relaxation in a uniquely sunny microclimate, with a hot tub
-  Views over the beautiful Altea Bay
-  Personal assistant 8h/day\*
-  NEW! VIP round trip VIP transfer from Alicante airport or parking for your vehicle included on your rate from stays 4 days onwards



Max guests: 4  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Mountain & Bay view

**From + 1.475 €**










Per day supplement



## Royal Suite

A private residence of extraordinary scale, the Royal Suite offers expansive living spaces, refined design, advanced technology, and tailored services. Every detail is curated to deliver an experience defined by exclusivity, discretion, and understated grandeur.

### Royal 300 m<sup>2</sup>

-  Primary bedroom with walk-in closet, as well as en-suite bathroom with hydromassage bathtub and shower
-  Guest bedroom with queen-size bed
-  Guest bathroom
-  Living room with terrace and 180° views
-  Kitchen
-  Rooftop with stunning views over the mountains and Altea Bay, lounge/dining room, fireplace, and professional pool table
-  Heated pool on the terrace, lounge deck and Jospo® grill station
-  Personal assistant 8h/day
-  **NEW !** VIP round trip VIP transfer from Alicante airport or parking for your vehicle included on your rate from stays 4 days onwards



A minimum stay of 7 days is required for this suite category.  
Max guests: 4  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Panoramic views  
Rooftop with private  
swimming pool

**From + 6.775 €**  
Per day supplement












# Garden Residence

Set across two floors, the Garden Residence features two to three bedrooms, expansive living spaces, private gardens, generous terraces, and a private pool. Designed to feel like an independent home, it offers a strong sense of privacy, complemented by SHA's personalized services and a dedicated Leisure and Wellness area.

## Garden

300 m<sup>2</sup>

-  Primary bedroom with a king-size bed, en-suite bathroom with bathtub and chromotherapy shower, as well as an English patio with waterfall
-  Guest bedroom with king-size bed, and en-suite bathroom with bathtub and shower
-  Open-concept living/dining area
-  Cooking demo station
-  Large terrace
-  Private pool
-  Private leisure and wellness area\*
-  Children welcome amenities
-  Pets allowed

\*Garden Residences include an additional space, which, depending on the residence, can be used as an extra room, private home theater, or a wellness room with a massage cabin and sauna.



Max guests: 6  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Garden & Mountain view

**From + 1.375 €**  
Per day supplement











# Premier Residence

Designed as a refined private home, the Premier Residence offers two bedrooms, generous living and dining areas, and a terrace with infinity pool views. Select residences feature private gardens, outdoor jacuzzis, and bar or barbecue areas, creating a natural flow between indoor comfort and Mediterranean outdoor living.

## Premier

300 m<sup>2</sup>

-  Primary bedroom with a king-size bed, an en-suite bathroom with a bathtub and chromotherapy shower
-  Guest bedroom with a king-size bed and an en-suite bathroom with a shower
-  Open-concept living/dining area
-  Cooking demo station
-  Large terrace\*
-  Private pool
-  Mountain views
-  Pets allowed

\*Selected Premier Residences have a barbecue and private garden.



Max guests: 6  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Garden & Mountain view

**From + 1.375 €**  
Per day supplement











# Penthouse Residence



Occupying the highest level of SHA Residences, the Penthouse is a private sanctuary set across two floors, offering two to three bedrooms, expansive terraces, an infinity pool, outdoor hydrotherapy, and uninterrupted panoramic views. Refined indoor and outdoor living spaces are enhanced by a private Wellness Area with treatment cabin, sauna and/or steam shower, creating an exceptional environment for wellbeing, privacy, and elevated living.

## Penthouse

500 m<sup>2</sup>

-  Primary bedroom with a king-size bed, walk-in closet, and an en-suite bathroom with a bathtub and chromotherapy shower
-  Guest bedroom with king-size bed
-  Guest bathroom with shower
-  Open-concept living/dining area
-  Cooking demo station
-  Large terrace with a private swimming pool
-  Rooftop with panoramic views
-  Private leisure and wellness area\*
-  Pets allowed
-  Personal assistant 8h/day\*\*



\*Some Penthouse Residences feature a wellness room that may include a sauna and/or steam shower. \*\*Service available exclusively for stays of seven days or longer.

Max guests: 6  
The estimated space of the suite includes the terrace.

## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Garden & Mountain view

**From + 3.375 €**  
Per day supplement



















# Villa Alma

Villa Alma is conceived as a balance between privacy and connection, where open, welcoming spaces foster meaningful encounters and a shared sense of wellbeing. Lush gardens & terraces, and thoughtfully designed common areas invite slow conversations, immersion in nature, and a feeling of effortless fullness.

## Villa Alma

995 m<sup>2</sup>

-  5 bedrooms with full bathroom and walk-in closet
-  Multi-purpose room with billiards and lounge area
-  Open-concept living/dining area
-  Private Spa\*
-  Massage cabin
-  Gym with terrace and garden
-  Guest bathroom
-  Butler's room with full bathroom
-  Storage room
-  22 m<sup>2</sup> outdoor pool with integrated jacuzzi and shower
-  Terraces and gardens for private use
-  Barbecue area
-  Private parking
-  Cooking demo station
-  Pets allowed
-  Personal assistant 8h/day\*\*



## Starting rates per night

These rates are applied as a supplement to the Deluxe Mountain View Suite provided within your program

Mountain & bay views  
with spa, outdoor pool  
& jacuzzi

**From + 6.875 €**  
Per day supplement

\*Spa with garden, steam bath, sauna, and indoor pool (with jets and counter-current swimming lane) \*\*Service available exclusively for stays of seven days or longer.  
Max guests: 10  
The estimated space of the villa includes all the terraces and outdoor areas.

## General Information & Conditions

### ACCOMMODATION CONDITIONS AND DETAILS

- Accommodation rates are per suite or residence, per night, and include applicable taxes.
- Check-in is from 3:00 pm and check-out is by 12:00 pm. Late departures will incur either a half-day or full-day rate, depending on the time of departure.
- During certain periods of the year, SHA applies a minimum length of stay policy. Our Health Journey Advisors will inform you of this at the time of reservation.
- The meal plan is included in your health program or pathway and covers breakfast, lunch, and dinner. No refunds will be issued for meals not consumed.
- Rates for Suites and Residences are per unit, regardless of the number of occupants. The maximum capacity is specified for each category.

### PROGRAM RESERVATION CONDITIONS

- All health programs at SHA are designed by our medical team to achieve specific health objectives.
- To ensure an appropriate therapeutic assessment and optimal results, booking a health program or pathway is mandatory for all stays.
- Additional treatments and services may be reserved upon request. For returning guests, while it is still recommended to book a health program, the Stay Your Way option offers greater flexibility for those wishing to focus on selected treatments.
- For extensions of stay once you are already at the property, you may either continue with your existing program (using your daily treatment credit) or switch to Stay Your Way, according to your preference.
- Access to the most therapeutic dietary protocols, medicinal teas and therapeutic fasting requires a prior Healthy Nutrition consultation.

### BOOKING CANCELLATION POLICY

- You may cancel your reservation without penalties (except for a 3% administrative fee) by providing at least 14 days' notice.
- After this period, a penalty equivalent to 50% of the total contracted stay will apply.
- If more than 30 days have elapsed since the deposit was paid, refunds can only be processed via bank transfer to the guest's nominated account.
- All cancellations must be communicated in writing via email to the Health Journey Advisors team.

### BOOKING MODIFICATION POLICY

- Arrival dates may be modified without charge if notice is given at least 7 days in advance.
- If the modification is requested less than 7 days prior to arrival, the following fees apply:
  - €500 per adult if the new arrival date is within 48 hours (before or after) of the original date.
  - €1,000 per adult if the new arrival date differs by more than 48 hours.
- If notice is received on the scheduled arrival date, an additional charge of one night's stay will apply, on top of the above fees. This charge may be waived if the total number of booked nights remains unchanged.
- If the check-in date has already been modified, any subsequent cancellation will incur a penalty equivalent to 100% of the original deposit.

## PROGRAM & TREATMENT CANCELLATION / MODIFICATION

- Your booked program may be substituted by another program up to 7 nights prior to arrival.
- After this period, the following fee applies:
  - €500 for program cancellation or substitution.  
(Cancelling a program requires booking an alternative program.)
- This penalty does not apply if the change is medically prescribed by the SHA team, or if the guest upgrades to a more comprehensive or higher-value program.
- Additional treatments and services may be substituted during the stay, but cannot be cancelled, except for up to 30% of the total pre-contracted amount.

## MINORS

- To preserve an atmosphere of relaxation and tranquillity, the minimum age for admission to SHA is 12 years.
- Children under 12 are welcome exclusively in SHA Residences, provided they are supervised by an adult at all times. They are not permitted in common areas, including the Wellness Clinic, Hydrotherapy Circuit, SHAmadi Restaurant, swimming pools and terraces.
- Guests aged between 12 and 18 years may receive individual treatments only with signed parental authorization and in the presence of a parent or legal guardian.

## PETS

- Pets weighing less than 10 kg are welcome for an additional nightly fee.
- Pets are not permitted in common areas, including elevators. Owners must supervise their pets at all times and will be held responsible for any damage or disturbance caused. Failure to comply with these conditions may result in the pet being required to leave the property.

## TRANSFERS & PARKING

- SHA offers a premium transfer service from nearby airports and train stations, as well as other destinations upon request.
- Transfers from Alicante Airport are included for stays of 4 nights or more. For other airports or destinations, please consult our transfer rates.
- Covered parking is available on site and is included in the room rate for stays of 4 nights or more for guests arriving with their own vehicle.

## PLEASE NOTE

- The official languages at SHA are Spanish and English. Translation or interpreting services in other languages may be arranged upon request and may incur additional charges.
- In compliance with current regulations and for the well-being of all guests, smoking is strictly prohibited throughout SHA facilities. A penalty of €500 per infringement will apply.
- Silence and tranquillity are fundamental values at SHA. Guests are kindly asked to keep noise levels to a minimum, especially between 2:00 pm and 4:00 pm, and after 10:00 pm. All electronic devices must remain on silent mode, and phone calls are not permitted in common areas.
- To respect the privacy of all guests, photography or video recording of other guests without their explicit consent is strictly prohibited.

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