

Rebalance & Energize

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

Rebalance & Energize takes an innovative approach that incorporates clinically supported and patented technologies and treatments to relieve stress, rebalance the body's systems and revitalize its functions at the cellular level, providing maximum recovery and dramatically boosting vital energy.

WHAT CAN YOU EXPECT FROM THIS PROGRAM?

- **Recover and revitalize the organism** through different natural therapies and scientific medicine treatments, which **reduce the negative effects produced by continuous stress**, promoting cellular health and longevity
- **Increase vitality levels** through revitalizing medicine and energy health treatments, which provide energy at a cellular level and improve the functioning of all the body's systems.

IT IS FOR YOU IF

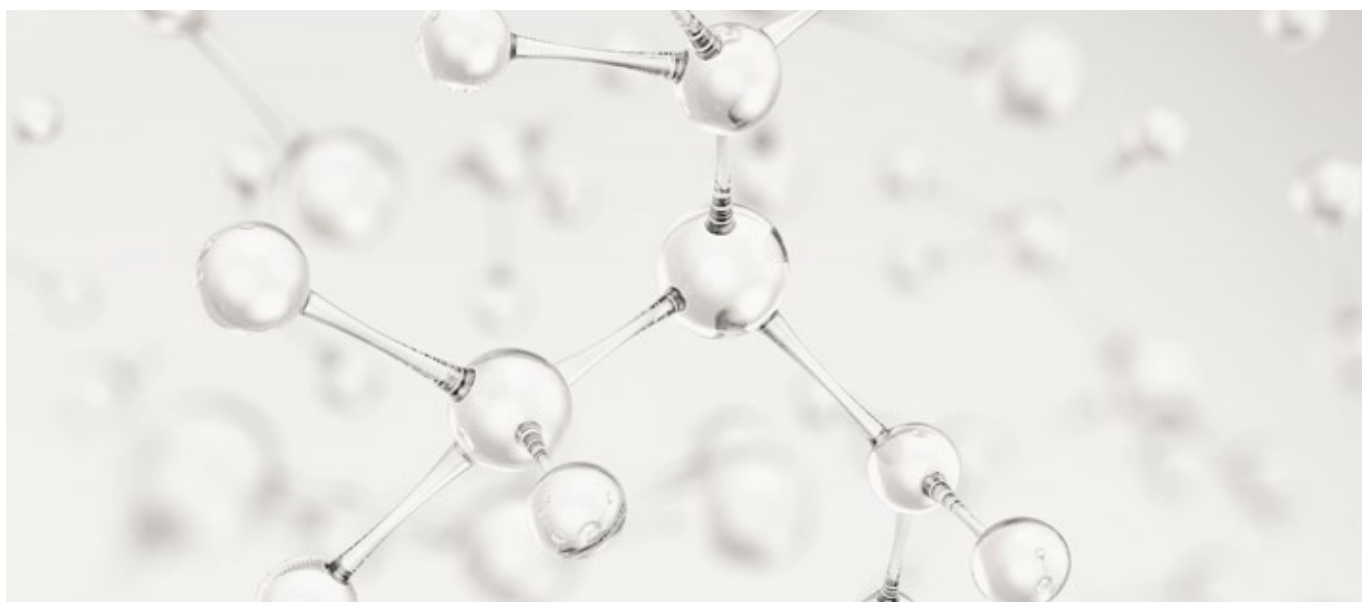
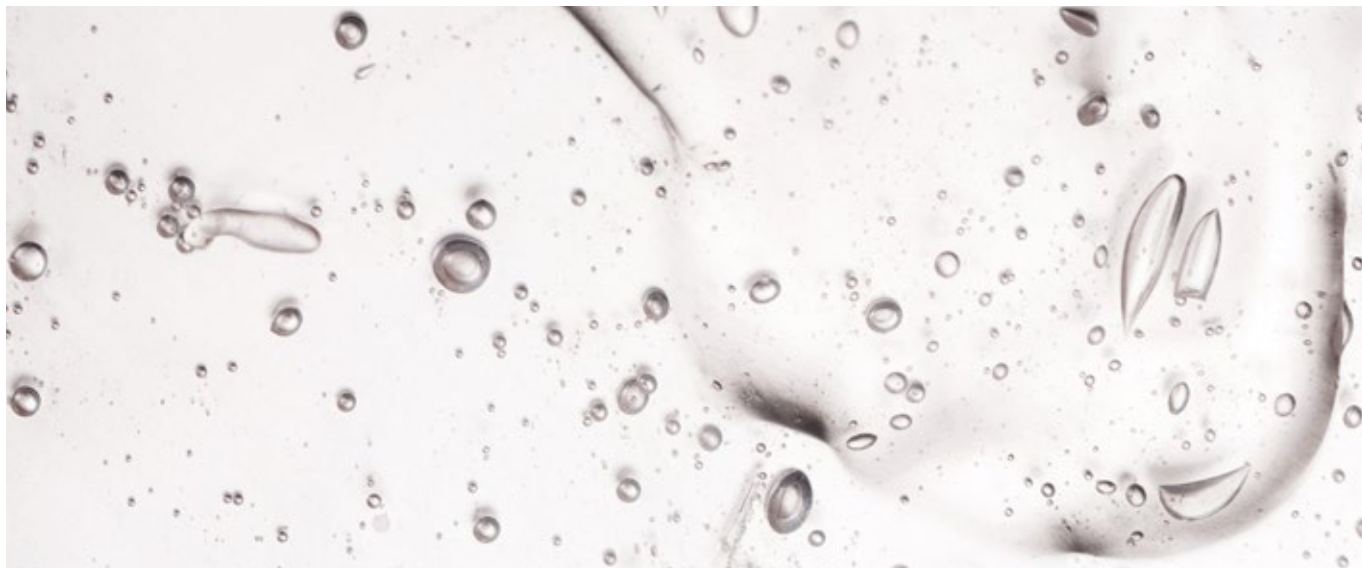
You feel exhausted and **you are looking to regain energy**, revitalize or reduce stress, as well as wanting to unwind and relax while learning new healthy lifestyle habits.

METHOD

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalized diet and health plan.
- Natural therapies and technological treatments.
- Lifestyle recommendations, with activities that allow the learning of new lifestyle habits.





REBALANCE & ENERGIZE

From 4 days

MEDICAL SERVICES	4 days	7 days	Per additional week
General health examination	1	1	-
Advanced Preventive Diagnosis	1	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 			
General medical consultation at the beginning of the program	1	1	-
General medical consultation at the end of the program	-	1	-
Initial laboratory test	-	1	-
Revitalizing medicine consultation	1	1	-
Ozone therapy session with GAH intravenous	1	1	1
Emotional coaching session	-	1	1
Derma-aesthetic consultation	-	1	-
Neurocognitive assessment	-	-	1
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	1	1	-
Nutrition plan adapted to your needs	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1
Nutritional follow-up consultation during your stay	-	1	1
Personalized health plan	-	1	-
NATURAL THERAPIES			
Integrated bioenergy assesment with electromagnetic evaluation	1	1	-
Acupuncture session	1	2	1
Relax & Energy far infrared heat session	1	1	2
Osteopathy session	-	1	1

WELLNESS	4 days	7 days	Per additional week
Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran or sound therapy with Tibetan singing bowls.	1	1	1
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	1	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)			
MIND AND BODY			
Private session, based on your needs: yoga, meditation, mindfulness or pranayama techniques	1	1	1
PHYSICAL PERFORMANCE			
Introductory fitness evaluation with a personal trainer	1	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	1	2	3
HEALTHY LIVING ACADEMY			
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others			

4 days	7 days	Additional week
2,600 USD	4,500 USD	3,500 USD

Our health programs are continuously evolving to include new technologies and experts.
Please always refer to your SHA Reservation Advisor for the most updated version.

FAQ's

Can I stay at SHA without signing up for a health program?

For your first visit, in order to get to know our concept and healthy lifestyle in depth, you must sign up for a health program for the duration of your stay:

Your program can always be complemented with additional treatments or services, according to your health needs and objectives.

Length of stay	Suitable programs
From 04 to 06 days*	4-day Rebalance & Energize program
From 7 to 13 days	7-day programs
More than 13 days	7-day programs + additional week

If you have already been a SHA guest, you may reserve a health program or an *à la carte* visit. In that case you may select the treatments and services that best suit your needs and in all cases you must sign up for our complete meal plan.

When must I choose my program or my *à la carte* treatments?

Preferably at the time of booking. This will allow us to organize your agenda in advance, thus optimizing each day of your stay and reserving the treatments and services of your choice. Requests for additional services will be subject to availability at the time of your request.

May I start my program any day of the week?

Yes, it is possible to start your health program on the day that best suits your needs, subject to availability. It is important that you provide us with your estimated time of arrival and departure from SHA well in advance, so we can organize the beginning of your schedule accordingly. If we do not receive this information at least 72 hours before your arrival, your activities will begin the day after your arrival.

May I make changes to my program?

Our programs include a selection of treatments and services aimed at achieving a specific health objective. This means that we cannot permit changes to your program, unless our medical team decides that treatments included in your program after the initial consultations are contraindicated. In that case you will be offered a suitable alternative. However, some treatments included in your program have predetermined alternatives that can be adapted to your preferences and needs.

What is the minimum time to achieve a health outcome?

The minimum duration to achieve a noticeable result is 7 days. However, we recommend a stay of at least 14 days for more visible and meaningful results.

May I complete my program in less time?

To achieve your desired results, it is advisable to complete the full duration of each health program.

Does the program include food?

Yes, all of our health programs include a complete meal plan. In the event you add days to your visit, you must also add full board those days at extra cost.

Why is the full meal plan mandatory?

Healthy nutrition one of the fundamental pillars of our method, so it is essential that you follow a diet consistent with our philosophy during your stay.

All our dishes and menus, made with fresh and seasonal products, offer a wide variety of flavours and textures that awaken the palate while contributing to your health and well-being.

Is accommodation included in the price of the program?

In order for you to select the type of accommodation that best suits your preferences and needs, our programs do not include accommodation. Instead, you may select it separately.

Can you sign up for more than one program per guest during the same stay?

In order to prioritize your health objective and avoid duplication of treatments and consultations, it is only possible to sign up for one program per guest during your stay.

It is always possible to customize your program by adding the most appropriate additional treatments and services.

Can a minor take a health program?

A minor can take part in a health program, subject to authorization signed by a parent or legal guardian, from the age of 18.

Is it possible to do a health program without being a guest?

In order to guarantee the exclusivity, peace and privacy of our guests, we do not offer health programs for people not staying at SHA.

Our Reservations Department is at your complete disposal to provide you with all the information you may need, assisting you in selecting the health program and the treatments and services that best fit your preferences and objectives.

If you need advice, do not hesitate to contact us.

SHA Mexico
reservations.mx@shawellness.com

Rates with taxes included, valid for stays during 2024.

SHA Wellness Clinic reserves the right to change its rates as well as the content of its programs, and will make an effort to publish those changes, which will replace previously published prices and content.

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Healthier and Younger for Longer