



SHA  
Masters of Longevity

PROGRAMA

# Stay Your Way

THE MOST FLEXIBLE WAY TO LIVE  
THE SHA EXPERIENCE

From 4 nights

## DISCOVER SHA IN YOUR OWN WAY

At SHA, we understand that each path to wellness and longevity is unique. That's why Stay Your Way is our most flexible approach. It includes the advanced diagnosis and expert consultations that are needed to guide you toward your goals, healthy food tailored to your individual needs, SHA Academy activities focused on boosting your health and vitality, and unlimited access to SHA's hydrotherapy circuit and facilities.

Design your stay day by day, selecting from the most complete offer imaginable in health, longevity, and wellness, along with treatments, sessions, and activities that align with your goals.

Enjoy the SHA experience your way!

# SHA METHOD

HEALTH  
OPTIMIZING  
LIFESTYLE



Nutrition &  
Gut Health



Advanced Proactive  
Diagnosis

LONGEVITY  
SCIENCE



Physical  
Performance



Longevity  
& Functional  
Medicine



Sleep  
Optimization



Advanced  
Aesthetics



Brain Health &  
Emotional Well-being



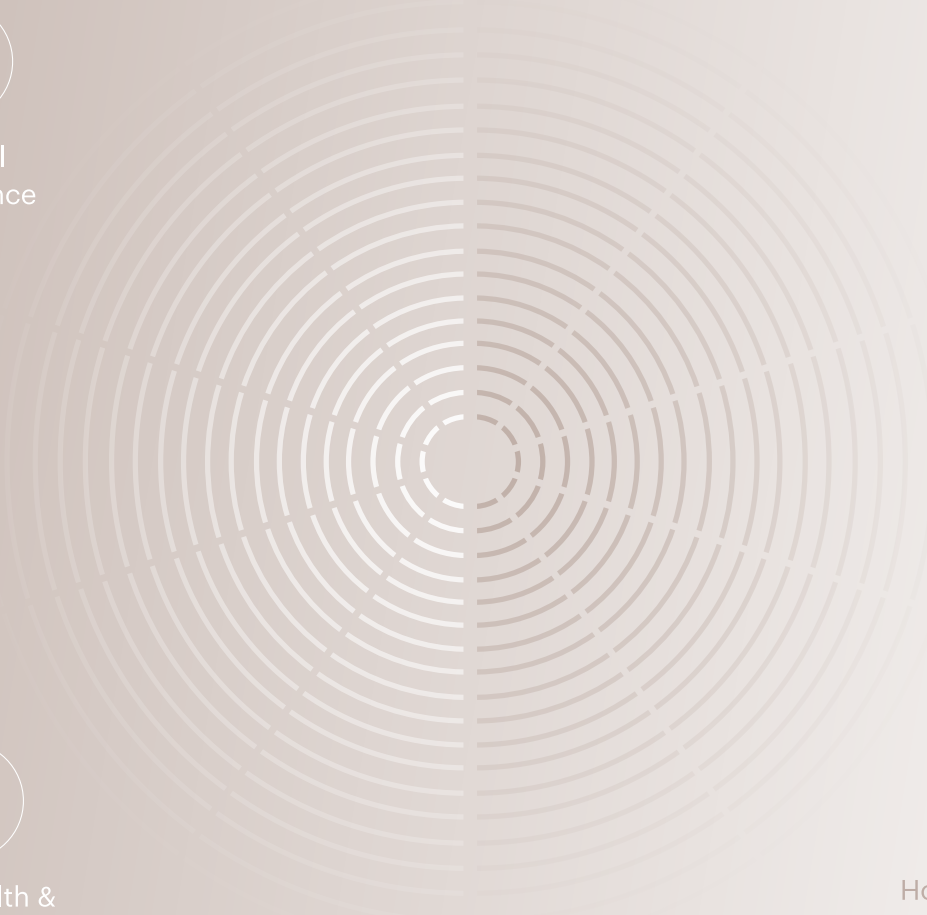
Holistic Health  
& Well-being



Health Education  
& Empowerment



Regenerative  
Medicine







# STAY YOUR WAY

Available from 4 nights

MEDICAL SERVICES	4-6 nights	7-9 nights	10 o más nights
Health check	1	1	1
Advanced proactive diagnosis	1	1	1
<ul style="list-style-type: none"> <li>• Body composition analysis</li> <li>• 3D body scanner</li> <li>• Vital signs measurement</li> <li>• Cognitive function test</li> <li>• Cardiovascular status analysis and nervous system activity monitoring</li> <li>• Measurement of advanced glycation end products accumulation</li> <li>• Facial and hair Scanner</li> </ul>			
Advanced proactive diagnosis	-	-	1
Initial consultation at the beginning of the program	1	1	1
Final consultation at the end of the program	-	-	1
Revitalising medicine consultation	1	1	1
<b>HEALTHY DIET</b>			
Consultation with a medical specialist	1	1	1
Meal plan tailored to your needs	1	1	1
Natural therapeutic drinks, as prescribed	1	1	1
Personalized Health Plan	-	-	1
<b>HOLISTIC HEALTH</b>			
Integrated bioenergy assessment, with electromagnetic field mapping	1	1	2
<b>WELLNESS</b>			
Unlimited access to the Hydrotherapy Circuit (sauna, roman bath, turkish bath, cold pool, hydrotherapy pool, biotherma showers, footbath, ice fountain, jet loungers)			
<b>YOU WILL ALSO HAVE AT YOUR DISPOSAL</b>			
SHA Academy Activities: + 10 daily activities to enhance your health and wellness			
Yoga, Fitness and Meditation classes			
Unlimited use of the Fitness and Wellness facilities			
Access to all our Pools			
Guided hiking through the Sierra Helada natural park			
Guided walk along the Mediterranean Sea to the Albir Lighthouse			

