

SHA
Masters of Longevity

PROGRAM

Tailor-Made

From 7 days

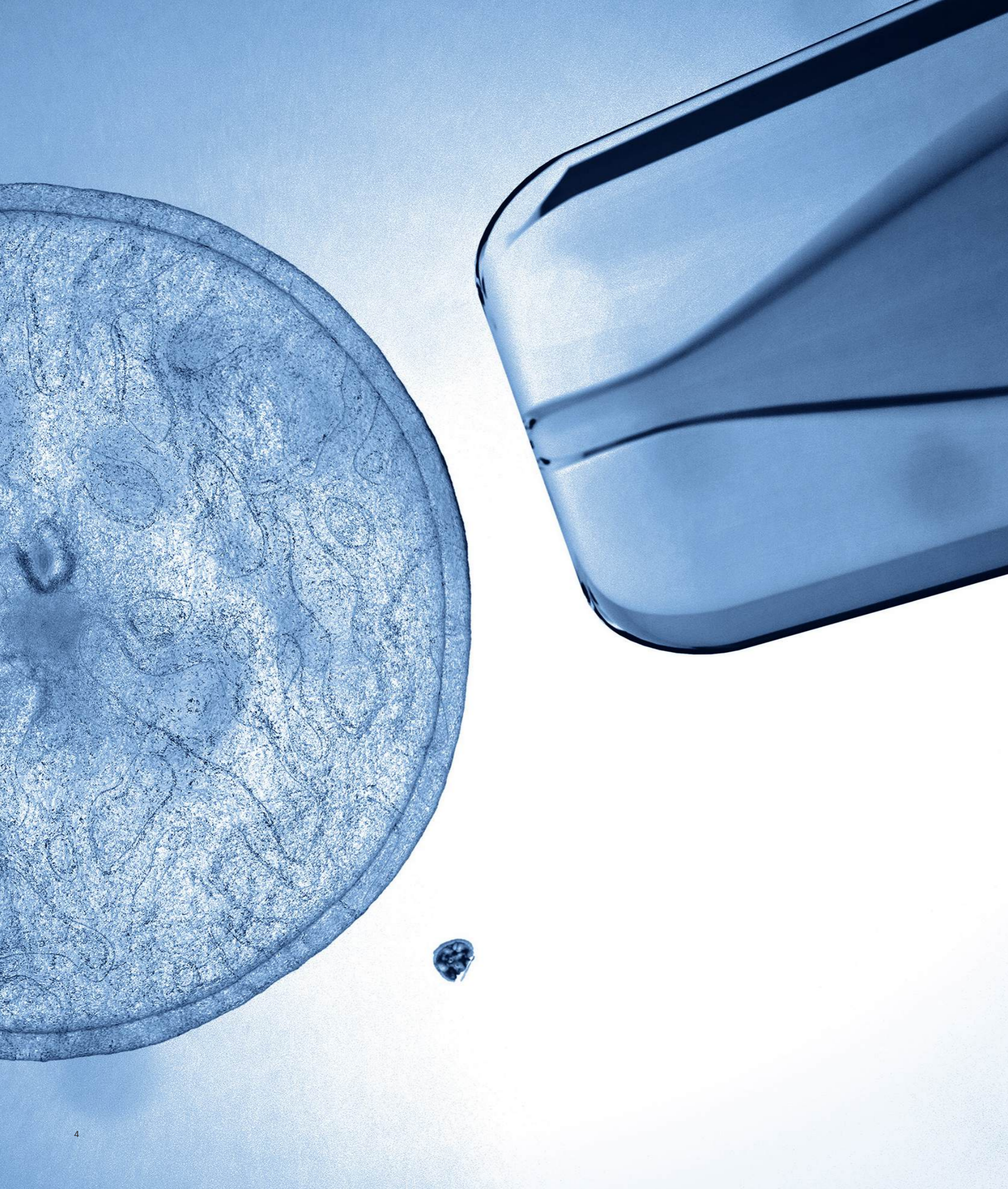


+ 50 SPECIALISTS IN MEDICINE AND HOLISTIC DISCIPLINES

+ 1000 HEALTH TREATMENTS AVAILABLE

+ 500 LEADING PROFESSIONALS AND EXPERTS

The World's
Ultimate
Longevity
Experience



Your health is as unique as your DNA. Committed to personalization, SHA has created **Tailor-Made**, the most advanced wellness program in the industry where science, technology, and holistic wisdom come together to drive longevity and true transformation. Designed to maximize effectiveness and accelerate results, this program combines Artificial Intelligence and machine learning with SHA's pioneering expertise to deeply understand your objectives and create a fully customized journey adapted to your specific needs, goals, preferences and lifestyle to maximize results.

Stanford University studies (2021) have shown that interventions based on genetic profiling can significantly improve outcomes in such areas as weight control and metabolic health. A report published in the American Journal of Clinical Nutrition (2024) concluded that people following diets tailored to their genetic profile experienced 33% better results compared to the general guidelines. And, according to a Mayo Clinic study (2024), customized protocols designed using biomechanical analysis can reduce recovery times by 30% compared to traditional methods.

Tailor-Made puts you in control of your SHA experience: you design your personal journey towards health excellence and longevity. The flexibility of the itinerary, always supervised by experts, ensures that every detail is tailored to individual preferences, improving long-term adherence. It not only addresses immediate priorities but also lays the foundation for profoundly transformative change, delivering rapid and sustainable benefits over time.



WHAT CAN YOU EXPECT FROM THIS PROGRAM?

Comprehensive health assessment

A detailed questionnaire will collect relevant information about your habits, rest, medication and emotional well-being.

Analysis and advanced selection of routines

An advanced algorithm will combine your data with our cutting-edge treatments to configure a fully individualized plan.

Guided autonomy

Our team of experts will accompany each decision to optimize the experience.

Dynamic personalization

SHA's Journey Advisors will always be available to answer questions and ensure the program aligns with needs and preferences.

According to the latest McKinsey survey on the Future of Wellness (2024), we want to have greater control over our health, we demand effective and science-based options and, when it comes to choosing health and wellness services, we are more interested in technological advances and innovation and prioritize efficacy, quality, customization, medical support and scientific endorsement.

WHO IS IT INTENDED FOR?

To all those who wish:



Specialized solutions to complex needs



Maximum optimization of physical and cognitive performance in record time



The latest medical advances and technologies



Transformative and sustainable changes



Excellence, hyper-customization and innovation

TAILOR-MADE

The quintessence of the SHA method

HOLISTIC

Designed to address every dimension of wellness holistically.

INTEGRATIVE

It incorporates medical specialties, complementary therapies and traditional practices that work synergistically to address all aspects of health.

PERSONALIZED

Created to tailor the selection of treatments to the particular physiological and psychological profile, as well as to the progress toward the goals.

INNOVATIVE

Analyzes data with Artificial Intelligence to offer a unique treatment plan, based on the latest scientific and technological advances

A microscopic view of several cells, likely yeast or similar microorganisms, showing their internal structures and budding processes. The cells are arranged in a cluster, with some showing distinct nuclei and budding points. The background is a dark, textured blue.

Healthier and younger for longer

shawellness.com