



PRESS INFORMATION





WELCOME TO SHA, THE WORLD-WIDE PIONEERING WELLNESS CLINIC

SHA is a world-wide pioneering well-being clinic focused in improving and notably lengthen people's health and well-being through the fusion of the best natural therapies, mainly originated from millenarian eastern wisdom and the most advanced western techniques. SHA's major fields are the nutrition and natural therapies (the SHA Method), Healthy-Ageing and non-invasive Aesthetic Medicine.



Located in Albir Beach, nearby the picturesque town of Villa de Altea (Autonomous Region of Valencia), SHA sits on a beautiful mountainside overlooking the Mediterranean Sea, part of the Sierra Helada Natural Park, one of Spain's foremost ornithological reserves. The mild micro-climate of the area guarantees fantastic temperatures all year around, the area recognized by the World Health Organization as having one of the World's best climates, this in itself being an important factor for the maintenance of optimum health.

Concept

SHA Wellness Clinic has the firm intention of helping society through the care of both mind and body by means of the ideal combination of ancient oriental techniques and the ultimate advances in western medicine, thus re-establishing a harmonious balance between body, mind and spirit.

SHA's objective is that our guests, after a pleasant stay, feel more vital, healthful and young, with a more healthy appearance, leaving inwardly and outwardly renewed, producing a fundamental change in the organism, with an improved quality of life, thus slowing down the ageing process and preventing illnesses.



History

The SHA Wellness Clinic was born from the personal experience of Alfredo Bataller Parietti, whom during 30 years underwent different treatments with medicine as a remedy for different digestive pathologies he suffered since youth, which resulted inefficient. In 2000 his condition became serious after an examination which gave a worrying diagnose.



Faced with this situation, following a friend's recommendation to visit a naturopath (today, member of SHA's team), with great knowledge about the curative power of ingesting the right

foods, he found in a few weeks, the solution to his illness. After Mr. Bataller's full recovery, some relatives and friends decided to follow the same treatment, giving them surprising results and experiencing positive changes in their lives.

Having experienced the organism's auto-healing power through these natural therapies and a healthy diet, Mr. Bataller decided to look into the origin and magnitude of this knowledge, leading him to get in touch with the World's leader of this matter, world renowned Mr. Michio Kushi. Acknowledging the important and relevant medical advances in western medicine, Mr. Bataller discovered, amazed by its effectiveness, that these eastern natural therapies would be a great treasure to share with the world, in order to not only alleviate the symptoms of an illness but also solving the deep origin of each health problem.

At that moment, Mr. Bataller created his dream of building a unique place, where ancient eastern techniques would be fused with the latest western medical advances with the aim being to benefit health, well-being and beauty. This is how SHA Wellness Clinic was born.

SHA Method

The SHA Method combines the effective elements of modern macrobiotics nutrition and the curative powers of natural therapies with SHA Academy, a dynamic and practical educational program, totally personalized to satisfy the needs of each person and his or her health goals.

The beginnings of this union of ability and wisdom become enriched by the curative power of food through the application of a macrobiotic diet adapted to modern times, and merging Mediterranean and Japanese elements, being prescribed individually for each of the guests by the team of consultants, and realized by masters of haut-cuisine.



Macrobiotics has helped thousands of people to discover a simple and natural way to establish and re-establish good health, often during a serious illness. All this has been realized with a focus on commonsense, creating a diet that adapts to the most up-to-date nutritional investigation, and which reflects the wisdom gained through thousands of years of observation of the country whose people, on average, live longest in the whole world. SHA Diet is flexible and possesses a dynamic focus that easily allows it to be applied to individual needs.



The guidelines for a healthy alimentation include a wide variety of foods prepared with the most sophisticated and delicious arts of the kitchen. For this reason a growing number of personalities from all walks of life are taking the Macrobiotic direction as the path to better health and vitality.

Natural therapies see illness as an unbalance between body, mind and spirit, and thus fostering the power of the organism to cure itself. Acupuncture, shiatsu, yoga, chi-kung, tai-chi, watsu, physiotherapy, reflexology, moxibustion and reiki, are some of the therapies SHA Wellness Clinic offers you.

Healthy-Aging Medicine

The purpose of the Healthy -Aging Area is to slow down the aging process and reactivate the potential for health in each and every person. Our professionals, after performing some tests prior to the consultation, recommend a personalized treatment stimulating and reconstructing, in a natural manner, the different processes and metabolic systems of your body. We put the greatest scientific advances at your service in order to prevent premature ageing and gain quality of life.



Preventive Medicine

Today's Preventive Medicine is based on "predict to prevent" thanks to a series of genetic studies that allow us to identify the possible predisposition that an adult may have to a disease such as high blood pressure, cardiovascular disease, osteoporosis, cognitive impairment, skin conditions, gum disease, etc. Predictive medicine allows us to identify and anticipate the potential of a disease through various medical tests and studying a person's genetic profile.



Once we are aware of the risk involved in developing any disease, we can (under the supervision of a specialist) take suitable and necessary measures to avoid that situation and personally redirect the patient. Early treatment and proper living habits allow prevention before the onset of symptoms and side effects. Correctly applying preventive medicine will help us **live longer and have a better quality of life.**



Aesthetics Medicine

SHA's Aesthetic medicine area offers you some of the most advanced techniques, which prove results following extensive research works of investigation and are endorsed by major international scientific societies.

After a consultation with the aesthetic medicine specialist, an aesthetic facial and physical diagnosis is made, whence recommendations are made as to what treatments are most suitable to your needs. These are treatments bound by the SHA philosophy: minimally invasive and with excellent results, permitting an immediate return to your normal activities

Dental Aesthetics

SHA gives you the opportunity to take advantage of your stay so as to return home with a bright smile and much whiter teeth. Our exclusive dental aesthetics unit focuses on improving the look of your smile through the most advanced techniques in the world to offer excellent results in a single session.

SHA places an overriding importance on quality, and for that reason we have created one of the most innovative and pioneering odontological units of the world. We stand out due to the quality of our treatments, our concept of a "high resolution unit", as well as from our know-how and the success of our methods. You can now completely change your mouth in days with the best specialists, the best techniques and the most state-of-the-art materials that the market has to offer.



Other Units

Sleep-Recovery Unit

Sleeping is the main restoring process of our organism and one of the basic pillars to enjoy a healthy life. On the other hand, its lack is one of the frequent factors for early ageing. Insomnia and Obstructive Sleep Apnea favors heart, breathing and nerves system diseases.

That's why we have created a unique treatment in the world, mixing western therapeutic diagnostic techniques, such as Polysomnography and treatment with Auto-cpap, with macrobiotic food, Acupuncture and Phytotherapy from eastern medicine, maximizing success from both techniques separately.



Anti-tobacco Unit

Smoking produces cancer, heart, vascular and chronic lung diseases. Governments and health organizations, campaign to abolish smoking. SHA anti-tobacco method consist in previously knowing each client's smoking profile and act on the physic and psychic aspects in a personalized manner. After having a lung and heart check-up, we proceed to apply individual treatment techniques which embrace macrobiotic, phytotherapy, acupuncture, laser therapy, magneto therapy as well as advanced relaxing techniques, in order to avoid relapse, once the treatment has finished.

Regenerative Medicine or RegenBiocell Unit

This unit uses the latest Biotechnology in the application of stem cells and cell growth factors to promote tissue regeneration in aesthetics and anti-aging treatments, chronic degenerative diseases, metabolic disorders, autoimmune diseases and nervous system disorders. The unit, run by Dr Oscar Mayorga, implements the Stemprocell method, which is used as a base according to the disease in question. It consists in the application of stem cells obtained from the patient's own adipose tissue (fat) or from the bone marrow, together with growth factors obtained from the blood plasma. Cells are also stimulated using low-frequency and low-intensity pulsed electromagnetic fields, which is the result of our own research work, that makes this cell therapy a highly effective therapeutic procedure.



Ophthalmology Unit

This unit, run by Dr Juan Palomares, offers the guests the opportunity to have tests done, get diagnoses and treatment for eye diseases, provided by highly experienced ophthalmologists at the unit, who have the most technologically advanced medical instruments to help them. It's important to asses that the most outstanding progress being made at the moment in the field of ophthalmology concerns the prevention of eye diseases and being able to treat initial asymptomatic processes ahead of time.





Comprehensive Health and Fitness Assessment Unit

This unit, run by Dr Vicente Mera, who is in charge of 14 specialists, will determine the guest's overall state of health, delivering a complete medical report in just one day and giving a few healthy recommendations for a better and longer life.

Cognitive Development and Brain Stimulation Unit

SHA has set up this unit to foster the health and mental wellbeing of its guests, bringing together the latest advances in cognitive rejuvenation with a proper life style as a source of well-being. Brain training, neurohealth food, aerobic exercise and controlling stress levels are the areas that this unit focuses on. The combination of these techniques helps to speed up the neuroplasticity and increases our cognitive reserve. Guests will see how their ability to concentrate improves, along with their state of mind, their emotions and their motivation, so that they are full of vitality, feeling healthier and younger.

One example is the use of advanced brain training techniques that are non-invasive and can effectively bring back the functional balance of our nervous system, with long-term benefits: no medication is used. SHA has neurofeedback equipment, exclusively developed for this unit, which uses three-dimensional images to enhance its effectiveness. At the moment, the Cognitive Development unit is a candidate to take part at the "International Human Cognition Project

Spine and Joint Ozonotherapy Unit

This unit focuses on evaluating back pain and to a lesser extent, pain that affects the joints such as in the knees and ankles. After a thorough examination, the benefits of local ozone injection therapy are used.

The ozone injection is one of the most powerful and beneficial anti-inflammatories known; it alleviates back pain and discomfort. This technique, which is safe and effective, can be administered without the patient having to be admitted into hospital.



Under local anesthesia, after an in-depth analysis of the condition in question, the patient undergoes local ozone infiltration treatment. On other occasions and depending on the disease, collagen or Noltrex infiltrations are used.



Bioenergetic Unit

It consists on the evaluation of your system based on the use of technologies that interact with the human energy structure. It focuses on finding the root cause of imbalances and supports all mechanisms of self-regulation to address the challenges physically and emotionally. The great advantage of working on the energy field is that we can see the trend of imbalance before it has come to manifest, making it the best tool for a drug based on prevention. By giving us access to information of the primary causes, we can also provide solutions in case of malfunctions or chronic conditions.

Capillary Care Unit

This unit provides comprehensive care for all kinds of hair problems. Our concept begins with the analysis and the examination of the factors that can lead to the deterioration of hair and the loss of such.

We analyse all the possible factors related to hair damage: diet, stress, diseases, hereditary conditions, hormone problems, to carry out a personalised analysis and diagnosis for each specific case. Having made this diagnosis, using the most up-to-date technology, we provide complete personalised hair care, which ranges from local treatment and mesotherapy, to the most innovative capillary transplant procedures.

Genetic Unit

Preventive genetic testing is carried out to obtain relevant information for the patient, in order to give them advice on their diet, dietary supplements and help them improve their quality of life. The main objective is to find connections between genetic polymorphisms (genetic alterations) that increase the risk and/or the likelihood of the patient suffering from diseases that could be prevented, or improve their state of health by making changes to their lifestyle and giving them a few recommendations (diet, supplements).

SHA Life Learning Program

SHA Wellness Clinic aims to teach how to create and keep healthy habits to improve people quality of life, giving them mental and physical well-being, helping them to prevent and heal many of the modern age illnesses. Meetings, talks, activities, introduction lessons to macrobiotic cooking, yoga, tai-chi, chi-kung, relaxation, breathing and laughter therapy, within many other techniques, give our guests the needed tools to carry on having a healthy life, after their staying in SHA.



Personalization

Before arrival at SHA Wellness Clinic the guest fills in a detailed questionnaire in order to help us know about your health and your visit expectations. During the stay the medical team and the experts in nutrition and natural therapies adjust the health plan to the needs of each person, creating a program in keeping with the desired aims, such as purifying the organism, attaining one's ideal weight, slowing-down the ageing process and prevention of

premature ageing, stress control and prevention, anti-tobacco treatments, the treatment of sleep disorders or recuperation of vitality, among others.

On arrival, guests receive a detailed planning of services and treatments they will enjoy during their stay and that they also can consult it on our exclusive app for iPad. From this year, SHA offers guests the chance to enjoy an iPad during their stay where they can discover and share lots of information and multimedia content about their SHA experience in an exclusive application designed for them.

Facilities

The SHA building is one of the recent creations of the prestigious Uruguayan architect, Carlos Gilardi, and the prize-winning European designer, Elvira Blanco Montenegro.

5 architecturally-surprising independent structures, inter-communicated by bridges, comprise the edifice, and contain 93 suites with surface areas of between 80 and 320m². The complex, which covers more than 27.000m² of construction and over 15.000m² of gardens, includes large swimming pools and waterfalls, fitness room with *Technogym* equipment, pilates and yoga studios, interactive cooking room, as well as many relaxation areas such as the Zen, Mediterranean and Tropical gardens.



SHA Diet

SHA's main restaurant, SHAMADI, offers the most select modern macrobiotic cuisine, fusing Mediterranean and Japanese traditions, and always prepared with natural organic ingredients. A healthy cookery and therapeutically



menu awarded with Millesime's highest recognition for the Best Gastronomic Trend Grand of 2009 and a sun in the Repsol Guide 2011. For the first time the healthiest dishes are able to delight the most exquisite palates.

The aim of SHAMADI's cuisine is to bring together **the highest quality signature cuisine** with meticulously prepared healthy dishes using organic products so as to meet the challenge set: To create appetising, elaborate, innovative dishes that keep true to the principles of healthy nutrition.

Wellness Area



Recognized as "Best International Spa Resort" (Spa Diamond 2015) and "Best Spa of Spain" (Condé Nast Traveler 2015), the Wellness Clinic has over 5.000m² with the recent expansion of this space, in order to meet the expectations and extend welfare of their guests.

Within hydrotherapy one can enjoy a heated swimming pool as well as therapeutic pools, such as physic-hydro-massage, tone-up pool, pebbles path, tepidarium, sauna, caldarium, sensation shower, and relaxation areas, surrounded all by and incredible zen garden. There are also installations for chromo-therapy and music therapy, where one can enjoy a multi-dimensional or aqua relaxing massage.

Moreover, the treatment zone comprises more than 80 cabins and consultations, in which all kinds of medical services -such as odontology and medical assistance are offered- as well as colon hydrotherapy, natural therapies, acupuncture, massages, beauty treatments, and one of these being a 'suite' destined for treatments for couples with a summer terrace, or for talasotherapy.

One can also enjoy massages and treatments in the open air with heavenly views all around, in a unique environment of Balinese couches set on the terraces surrounding the Infinity Pool, or indeed in one's own suite.

Organic Allotment

SHA has recently launched an organic orchard, where the majority of the food used in the SHAMADI restaurant is grown. This initiative is aimed to guarantee that the guest's diet is 100% natural, with ingredients coming from organic farming. Also, this space is used like a hands-on classroom for guests to explain the importance of what we eat and how our diet can affect our health either positively or negatively.





SHA Boutique

The SHA boutique exhibits an exclusive selection of products, including organic products, teas, natural cosmetics from top brands such as iS Clinical, Evidens de Beauté, Maria Galland or Germaine de Capuccini, books, relaxing music, scented candles, or clothing from the first brands. It is a universe of luxury and wellness that allows our guests to keep the SHA way of life at home.

Human Capital

The SHA Clinic has looked for excellence in each member of its group, beginning with the medical area, which can boast distinguished professionals, up to date with the very latest techniques in the field of preventative medicine, not to mention the professionals dedicated to accommodation, all with a wide experience in luxury resorts, who make the guest feel appreciated and at ease throughout his or her stay at the clinic. Every one of these shares a common aim, **to care for your physical and psychological health and well-being.**



Dr. Juan Rubio *Nutrition and Natural Therapies Expert*

As Nutrition and Preventive Medicine specialist, Dr. Rubio is also renowned homeopath and acupuncture, specialist in anti-hemotoxic medicine, Japanese homeopathy and shiatsu-seitai. His extensive education can only be compared to almost 40 years of professional experience as a Doctor. During more 15 years he has collaborated with the Kushi Institute, lecturing at its Spanish main centers.

Being the experienced pioneer of a disciple, not yet today known by many, has made him participate in numerous seminars and conferences held by several professional associations and academic institutions.



Melanie Waxman
Specialist in Natural Therapies and Nutritionist

She gives classes on wellness and cooking, she is an expert in healthy eating and Feng Shui, and she also has 35 years of experience as a healing arts coach. Her studies began in the 80s, when she specialised in nutritional and health education, food energy and other therapies. She has a very realistic and open-minded approach on health and healing. She has written various books on health including *Upbeat Macrobiotic Cooking for Family and Friends*, *Eat Me Now!* and *The Little Carrot*. She currently works full-time as a nutritionist and a natural therapy consultant at SHA; moreover she organizes healthy cooking workshops.



Dra. Ana Maria Oliva
Expert in Bioenergetic



Dr. Oliva did her PhD in Biomedicine; her thesis discussed the effect of electric fields on cells. She studied Industrial Engineering at the Universitat Politècnica de Catalunya (UPC), and her Bachelor's end-of-degree project focused on optimizing the design of hip prostheses. She also studied a Master's in Biomedical Engineering at Barcelona University and the Universitat Politècnica de Catalunya. She currently teaches Bioelectricity and Bioelectromagnetics at Barcelona University and she continues her research into the interaction between energy (electromagnetics or not) and human beings.

Dr. Vicente Mera
In charge of Anti-ageing and Internal Medicine Divisions

Doctored in Medicine at Sevilla's University, he obtained his specialization in Internal Medicine during his stay at the prestigious clinic Puerta de Hierro in Madrid. Almost 25 years of experience serving at the best national hospitals such as Virgen Macarena (Sevilla) or Reina Sofia (Cordoba), is the pragmatic proof of the outstanding quality of this professional in medicine.

Dr. Mera is also the author of numerous articles published by the most prestigious medical magazines such as, *The Lancet*, *Clinic Medicine*, *The Spanish Clinic Magazine*, *The Journal of Infectious Diseases* and *Travel Medicine*. Mr. Mera actively participates as Internal Medicine and Traveler's Medicine topics.





Dr. Gloria Sabater
Preventive Medicine Expert

Gloria Sabater is one of the most prestigious Pharmacy Doctors in the world. She received the Diploma in Genomics “The art of wellbeing” for Consultations in personalized prevention -including nutrigenetics, dermagenetics, pharmacogenetics, psycogenetics, and anti-ageing genomics and integrative approaches- by the European Institute of personalized prevention (2008).



She has been lecturing in at least 40 courses for the pharmaceutical and food industry training technical and quality control courses from 1991-2002 but in her last years she has been more involved in the new emerging Division of Anti-aging.



Dr. Larisa Perezhogina
Aesthetics Medicine Specialist

Ms. Perezhogina is doctor in Medicine and Surgery by Cheliabysnsk University of Russia and obtained her specialization in Cosmetology at the Graduate Academy of San Petersburg and PhD. in Medicine by the Illustrious Medical School of Valencia. As a strong defender of minimum invasive techniques, she completed her Master Degree in Aesthetic Medicine at the Belears Isles University and holds postgraduate studies in Mesotherapy, Cellular Therapy, Homeopathy, Peeling, Nutrition and Growing Factors.

Dr. Perezhogina has also participated in a great number of international congresses among which we are able to underline the SEMCC (The Spanish Society of Cosmetic Surgery) or the AAMWC (The Anti-aging Medicine World’s Congress).

Dr. M^a Dolores Antón Rico
Aesthetics Medicine Specialist

With a Degree in Medicine and Surgery by Alicante School of Medicine, Dra. Antón has an experience of more than 15 years in aesthetic medicine. Specialist in advanced anti aging skin techniques like Thermage and Clear and Brilliant among others rejuvenation techniques. As a doctor, Antón has participated in several presentations, International conferences and courses about advanced aesthetic





Dr. Rosario García
Specialist in Ozone Therapy and Serotherapy

Dr. Rosario García has a Degree in Medicine and Surgery and she is an expert in Biological Medicine and Anti-aging, she is distinguished for her ozone therapy and serotherapy. She is part of the Biological Medicine team at SHA Wellness Clinic.

She has a Degree in Medicine and Surgery from Alicante University (1983). She is a specialist in Family and Community Medicine, Biological Medicine and Anti-aging. She worked for the Spanish Health Service between 1984 and 1994, the year in which she began her specialist training in Family and Community Medicine as a house officer at Elche Hospital.

Professor Bruno Ribeiro Do Couto
In charge of Cognitive Development and Brain Stimulation Unit

Ribeiro is European Doctor in Psychology from the University of Valencia with a degree in Clinical Psychology from the Institute of Health Sciences of Porto (Portugal). He is also Master in Clinical Psychology with several postgraduate courses in the field of drug addiction and neuropsychology. Moreover, Ribeiro is professor in the University of Murcia and member of the research group of Psychobiology and Behavioral Neurobiology from the same institution.

His research has led to the publication of 16 articles in journals listed in the ISI (Institute for Scientific Information), as well as several book chapters and translation of various manuals. His current research interests focus on the development of new technologies applied to cognitive development and brain stimulation.

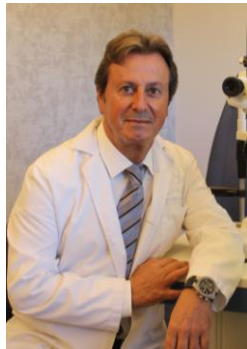
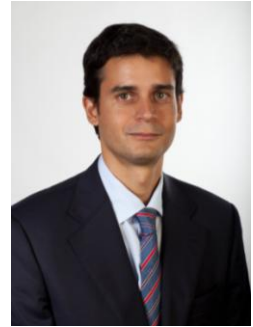


Dr. Enrique Albors Calderón
Head of the Back and Joint Pain Ozone Therapy Unit

He has a Degree in Medicine from Alicante University and he is a specialist in traumatology with over 25 years of experience diagnosing back pain. He specialises in the use of local ozone therapy injections in the back and other joints to alleviate the pain produced by different conditions such as herniated disks, low back pain, etc. His extensive experience in the field has made him a respected authority on the subject matter.

Dr. Juan Quiles Granada
Head of the Cardiology Unit

He has a PhD in Medicine with a European Doctorate Mention and Summa Cum Laude from the Complutense University of Madrid. He also has a Degree in Medicine and Surgery from Alicante University; he successfully completed a postgraduate course in Design and Statistics in Health Sciences at the Autonomous University of Barcelona. He studied Master's degree programmes in Cardiology (2010-2011), Diagnostic Imaging in Cardiology (2011-2013) and Heart Failure (2013-2014) at the Universidad Miguel Hernández. He has published numerous articles in medical journals; he is also a reviewer for international medical journals such as "American Journal of Cardiology" and "Heart". He has written chapters of important specialist cardiology books and he works as a principal investigator and coordinator of different cardiology studies too.



Dr. Juan Palomares
In charge of Ophthalmology Unit

Doctor Palomares has specialized in Ophthalmology in Spain, with over 15 years of experience in the health sector. He completed his professional career as Head of the Anterior Segment and Cornea Transplant in the San Carlos Clinic (Alicante). Throughout his career, Palomares has performed more than 8000 surgical interventions, including: glaucoma, cataracts, strabismus, corneal transplants, eyelid, oculoplastic, as well as myopic excimer laser.

Dr. José Antonio Cánovas Ivorra
Head of the Urology Unit

He has a PhD in Medicine and Surgery (Summa Cum Laude) from Valencia University. He also has a Degree in Medicine and General Surgery from the Faculty of Medicine at Universidad Miguel Hernández. Cánovas is a Urologist and he has taken part in numerous regional congresses organised by the Valencian Society of Urology and the European Society of Urology. He has published articles in various books and in more than 25 specialised scientific journals.





Jose Maria Ricart
Head of the Capillary Care Unit

He has a Degree in Medicine and Surgery from Valencia University. He became a specialist in Dermatology and Venereology in May, 2002, after working as a house officer at the Surgical-Medical Dermatology and Venereology Department of the Doctor Peset University Hospital in Valencia from the 25th of May, 1998 to the 24th of May, 2002. He has been working as the attending physician specialising in Medical-Surgical Dermatology and Venereology at the Clínica Quirón of Valencia since May 2002.

Awards

- “Most Directional Clinic”, Condé Nast Traveler UK, 2016
- “Best Destination Spa International”, Condé Nast Johansens, 2016
- “Best Spa in Spain”, Spa Finder, 2015
- “Best Spa in Europe”, Spa Finder, 2015
- “Best Aesthetic and Wellness Center” Condé Nast GQ 2015
- “Spa Resort International”, Spa Diamond 2015
- “Best Spa of Spain” Condé Nast Traveler 2010, 2015
- “Most Unique Treatment” Condé Nast Johansens Spa Awards for Excellence 2015
- “Outstanding Excellence and Innovation” Condé Nast Johansens 2013
- “Best International Medical Spa”, Spa Finder 2013 & 2012
- “Best International Spa Clinic” Quality Spa, 2013 & 2012
- “Medal of Tourism Merit in Promotion” Spanish Government 2013
- “Business Knowledge”, Business Idea Awards Fundeun, 2013
- “Best Luxury Spa in Spain”, 7 Star Global Luxury Awards, 2013
- “Certificate of Excellence”, Trip Advisor 2012 & 2013
- “Entrepreneur of the Year” Condé Nast Traveller 2012
- “Most Excellent European Destination Spa” Condé Nast Johansens, 2012
- “Favorite Spa of Spain” Spa Finder 2012, 2011, 2010 & 2009
- “Best Medical Wellness & Beauty Resort”, FITREISEN 2011
- “Best Luxury Wellness Spa” World Luxury Spa Awards, 2011
- “Best Medical Wellness & Beauty Resort” FIT Health & Wellness Award 2011
- “Sol” Guía Repsol 2011, 2012, 2013
- “Favorite Medical Spa International” Conde Nast Traveller 2010
- “Best Health Hotel” Hostelco 2010
- “GREEN Award”, José Navarro Foundation 2009
- “Best Gastronomy Trend of Spain” Millesime, 2009





Social Media



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www.pinterest.com/shawellness



<http://www.linkedin.com/company/sha-wellness-clinic>



<http://www.youtube.com/shawellnessclinic1>



<http://www.flickr.com/photos/shawellnessclinic/>



<http://blog.shawellnessclinic.es>

For more information or interviews:

press@shawellnessclinic.com

Madrid: +34 915 621 606

+34 914 346 910

Alicante: +34 966 811 199

+34 966 864 528