



wellness & clinic treatments

SHA

2016





wellness

A close-up photograph of a woman lying on her stomach on a massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hands are clasped under her chin. A therapist's hands are visible, one resting on her shoulder and another near her neck. The background is softly blurred, showing a white sheet and a therapist's arm. The word "massages" is written in a white, lowercase, sans-serif font across the middle of the image.

massages

Traditional Massages

Relaxing Massage 50 min / 130€ · 75 min / 190€
This soft to medium pressure massage helps to stabilize the cardiac and respiratory's functions, increases the level of energy and vitality, eases the muscle tension, improves the blood circulation, induces a deeper relaxation and balances body and mind inducing to a general wellbeing.

Deep Tissue Massage 50 min / 135€ · 75 min / 190€
This energetic deep tissue massage works deep into the muscles, tendons and ligaments, improving chronic pain, muscular tension and contractures. Indicated for those persons with a high rhythm of life or sports activity.

Therapeutic Massage 50 min / 130€ · 75 min / 190€
This medium to deep pressure massage is focused on the painful or muscle tension areas to relax, eases muscle tension and oxygenates the muscles. Specially designed to work the back area that tends to suffer in excess due to bad postures or emotional tension.

Craniocervical Massage 50 min / 135€
Manual therapy designed to release the head, neck and upper back tension and energy blockages, that produces simultaneous reactions in the rest of the body that help to balance the nervous system.

Lymphatic Drainage Massage 50 min / 135€ · 105 min / 260€
Massage with very smooth traction movements on the skin that acts on the lymphatic system and activates the circulation helping to eliminate toxins and water retention. Very effective in cases of edema and cellulite. Ideal in lower limbs.

Circulatory Massage 50 min / 135€
Massage performed on the legs, with upward strokes towards the heart that improve venous return and relieve tired legs.

Anti-cellulite Massage 50 min / 135€
Local massage to boost the elimination of toxins from the fat tissue, improves the venous return and brings more oxygen to the cells improving the orange peel appearance.

Bach Flowers Consultation 30 min / 75€
The Bach Flowers are 38 natural remedies containing floral essences for treating emotional situations such as fear, solitude, stress, depression and obsessions.

Oriental Therapies

Thai Massage 50 min / 135€ · 75 min / 195€
Ancient therapy based on Ayurveda and Yoga. Deep body work that uses stretching techniques and pressure points to restore the vital energy, reduce muscle tension and rebalance body and mind.

Abhyang Fusion Massage 50 min / 150€ · 75 min / 215€
Full body massage that combines the use of different blends of aromatic oils with great therapeutic power with Ayurvedic massage techniques, aromatherapy, reflexology, lymphatic drainage and rebalancing of chakras.

Shiatsu 50 min / 135€
Ancient native therapy from Japan and descendant of the Traditional Chinese Medicine, that based its benefits on the proper canalization of the vital energy (Chi) through the pressure on certain key points of the body using the fingers and palms of the hands.

SHA Signature Massages

Reiki

50 min / 130€

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reflexology

50 min / 145€

Based on an ancient technique, the reflexology treats different parts of the body through certain pressure points located on the feet. Relieves chronic diseases and improves the body's condition.

Hot Stones Massage

75 min / 195€

The hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands to massage the body, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply.

SHA Massage

50 min / 135€

This massage combines various Eastern and Western techniques with a selection of essential oils like lavender, ylang-ylang, frankincense and orange. Ideal for those seeking a physical and mental improvement through "An Awakening of the Senses" in an atmosphere that invites to tranquility and inner peace.

SHA Detox Massage

50 min / 150€ · 75 min / 215€

Bioenergetic treatment that helps the process of detoxification, oxygenation and regeneration of the body. The drainage is performed using glass bells through a controlled suction technique and the use of combinations of essential oils (bioaromas), working on the energetic meridians of the body stimulating the metabolism and increasing the purification processes.

SHA Ritual

105 min / 270€

Relaxing holistic treatment that will help you to regain the perfect balance between body and mind. A combination of techniques accompanied by the most enriching aromas. The treatment begins with a foot ritual followed by an aromatherapy massage to end with facial rich in minerals from the Tyrolean mountains.



facials

EviDenS de Beauté

Beauty Rituals

EviDenS de Beauté is “the first haute couture cosmetic line”, which combines the benefits of highly effective products with an ancient technique of facial massage from Japan, the Kao Bi Do. Muscles are worked one by one to shape the face and reactivate all the vital functions of the skin. Thanks to this authentic manual lifting, the skin glows, is full of energy and vitality. True beauty ceremonies without equivalent in delicacy, refinement and anti-aging results.

Purifying Saho Ritual

75 min / 225€

Deep facial cleanse inspired by the Japanese tradition of triple skin cleansing with a concentration of active ingredients such as coconut, shea butter and bentonite. The skin appears deeply purified by eliminating toxins and impurities, pores are closed and the skin regains the lost brightness.

Brightening Saho Ritual

75 min / 225€

This intensive facial treatment works at all stages of the dark spots' formation on the skin fighting against their appearance and to mitigate the existing ones. Its active ingredients will allow the skin to regain the control over the production of melanin and improve the brightness. The result is a glow, light and homogeneous skin tone.

Deep Hydration Saho Ritual

75 min / 225€

Exceptional Japanese beauty protocol that combines a deep skin cleanse with an extra of hydration, thanks to the 8 essential amino acids of its components that dramatically increase the level of skin hydration and its ability to keep it at an optimum level. As a result the skin looks clean, smooth and comfortable.

Oxygenating Saho Ritual

75 min / 225€

Thanks to the rich combination of active ingredients, this beauty ritual, deeply nourishes and stimulates the natural collagen in the skin. It is the energy supplement that the skin needs for flexibility, hydration and firmness. The results are immediately visible: the skin colour is unified, the texture is smooth, the moisturizing is optimal and the skin looks younger and healthier.

Firming Saho Ritual

75 min / 225€

This facial treatment infuses a high concentration of antioxidants and firming actives such as triple collagen, coenzyme Q10, amino acids and silk tree's extract into the skin. It is a great antioxidant treatment, a real cure for the skin to look younger and firmer.

Perfect Eyes Saho Ritual

20 min / 90€

This exceptional treatment re-hydrates, smoothes wrinkles and fine lines around eye area, softens dark circles, eye puffiness and diminishes signs of fatigue to achieve a younger and rested look.

iS Clinical Facial Treatments

iS Clinical is the exclusive cosmeceutical clinical skincare brand, which includes exceptional, long-term “results oriented” optimizing skincare formulations. The distinctive iS Clinical “active” products encourage the skin to restorative health by accelerating the natural processes of exfoliation and cellular regeneration. This exceptional range offers treatments for a wide variety of skin conditions from acne and hyperpigmentation to rosacea and eczema, while effectively treating the signs of aging.

Fire & Ice Facial 60 min / 180€

This luxurious, intensive anti-aging treatment is designed to resurface the skin rapidly and safely thanks to the combination of natural Retinol and Vitamin B. Reduces fine lines and wrinkles while smoothing the skin and encouraging cellular renewal. Recommended for all skin types and ages.

Red Carpet Facial 75 min / 215€

Chosen by celebrities and brides alike, this is the facial for freshly plumped and impeccably smooth skin. It combines all the benefits from our unique Fire & Ice Facial plus the boost of a facial massage with pink quartz stones that will improve the lymphatic drainage, shape the oval of the face, diminish the puffiness around the eye area and decrease fine lines.

Rejuvenating Facial 50 min / 165€

This facial treatment rejuvenates and revitalizes the skin thanks to the powerful combination of hyaluronic acid, aloe vera and green tea, liquorice root, grape and rosemary extracts, which softens and moisturizes the skin. This treatment is indicated in those cases when the Fire & Ice Facial is not advised.

Harmony Facial 50 min / 165€

This soothing & revitalising facial helps to achieve a vibrant healthy skin, incorporating powerful antioxidants, essential vitamins & penetrating hydrators restores skin. It addresses important issues such as acne, uneven complexion, burns and scar tissue. This facial is part of iS Cancer Care Program in USA.

Aftersun Facial 50 min / 165€

Facial treatment based on hyaluronic acid, green tea extract and aloe vera that soothes and moisturizes the skin on hot summer days. Recommended for those who will be or have been exposed to the sun.

Eyebright Facial 20 min / 80€

This treatment targets the special needs of the delicate eye area by employing a distinctive selection of iS Clinical products which help to reduce under-eye puffiness and dark circles, encourage microcirculation, provide maximum hydration, calm, soothe, and firm. The final result is a brightening of the eye area for a healthier looking complexion.

BDR Facial Treatments

BDR (Beauty Defect Repair) is a revolutionary treatment for the skin rejuvenation, result of many years of research about the transportation of active agents through the skin layers. The microperforation of the top layer of the epidermis using special heads with needles allows the creation of multiple micro channels that are used to penetrate the active ingredients into the deeper layers of the skin. In this way the natural process of skin's regeneration and function is activated, as well as the collagen synthesis. The results are a lifting effect, the rebalancing and restructuring of the elasticity and a relaxed and rejuvenated face.

BDR Facial 30 min / 120€
Indicated for the treatment of eye contour area or acne marks.

BDR Facial 45 min / 150€
Indicated for the treatment of local imperfections, local wrinkles, acne and scars or cuperos.

BDR Facial 60 min / 180€
Indicated for the treatment of acne, skin brightening or sensitive skin.

Facial BDR 75 min / 215€
Indicated for firming and antiaging treatments.

Other Facial Treatments

Facial Cleansing 75 min / 180€
The objective of this treatment is to deeply cleanse the dead cells, pimples and all sorts of impurities from the face. The facial starts with a cleansing and exfoliation procedures, followed by a massage and a face masque. The result is a healthy, pure and radiant face. Indicated as a previous step to prepare the skin before receiving any other facial treatment.

Detox Premium Facial Treatment 75min / 190€
Bioenergetic facial treatment based on detoxifying, regenerating, tonifying and unblocking the skin. It is a facial drainage procedure using glass bells and seaweed lotion, followed by a facial massage with essential oil, a regenerating facial masque and electro-stimulation of the points with lesser skin resistance, enabling also the energetic unblocking.

Alpine Rose Facial 50 min / 150€
This manual facial treatment activates the skin stem cells' vitality, favors its regeneration and gives strength to the skin by stimulating the natural mechanisms of defense. It hydrates deeply thanks to the water rich in minerals from the Tirol Mountains.



specialized
treatments

Vela Shape III

25 min / 350€ · 50 min / 595€

VelaShape III contours, remodels, shapes and slims the body by improving cellulite and reducing circumference in as few as one treatment session. It provides dramatic results without downtime or significant discomfort. The secret behind VelaShape III is that it is the first and only technology that combines elos (infrared + bipolar radiofrequency) with vacuum and tissue manipulation to reduce the volume and appearance of fat tissues.

Indiba

50 min / 180€ · Pack 5 sesiones / 800€

Non-invasive radiofrequency treatment that rebalances the cell interaction, as a result the oxygen's flow between cells is improved, the micro-circulation is reset and the skin is rejuvenated. When applied for facial purposes, it diminishes wrinkles, improves dark circles appearance and puffiness under the eyes, and redefines a round face by firming and toning the skin. When applied to the body, it shapes the silhouette, reduces cellulite, stretch marks and sagging, smoothes and firms the skin. When used as a therapeutic effect eases the pain, reduces the inflammation and gives an overall feeling of well-being.

Physia

50 min / 160€ · Pack 5 sesiones / 700€

This revolutionary system emits physiological frequencies to achieve true facial and corporal rejuvenation in a non-invasive manner. It is therefore the first and only cell regenerator of its kind with evident improvements to skin tone, reduction of cellulite, reduction of wrinkles and lymphatic drainage.

LPG

50 min / 160€ · Pack 5 sesiones / 700€

Lipomassage by Endermologie® is a non-surgical technique based on the mechanization of connective tissue. It uses a high-tech device that, using a suction system and two rollers, gives the skin and subcutaneous deep tissue massage that reduces the cellulite and slim down certain areas of the body.

Pressotherapy

20min / 70€

Pressotherapy is a painless, non-invasive detoxifying treatment. This treatment is applied by means of trousers fully overlapped from the feet to the abdomen and through a controlled compression system inflates individual sections of a special multi-chambered garment, forcing toxins and fatty deposits into the circulatory system. This enhances extra-cellular fluid clearance, increasing venous flow. The toxins are then naturally flushed by the body through the lymphatic system.

Ballancer®

50 min / 150€

Revolutionary technological system of therapeutic massage, designed to perform various treatments like elimination of cellulite, reduction of edema and varicose veins, body's reshaping, skin's firming, etc. Using single cycles tailored to the individual needs of each person under specialist prescription.

Ultrasound


20 min / 70€

Technique for applying to the conjunctive and adipose tissues, producing temperature changes which generate a lymphatic effect. It is applied with gel, achieving noticeable results on the appearance of orange peel and accumulated adiposities.

Oxygen Bar

20 min / 35€

Enjoy the effects of pure oxygen, expelling toxins from your organism, increasing the volume of oxygen in the blood, promoting circulation and activating skin cells.



water
therapies

Watsu 50 min / 150€ · 4 Hands: 290€ · Couples: 290€

Watsu is a form of aquatic bodywork used for deep relaxation and passive aquatic therapy. It is a combination of muscle stretching, joint mobilization, massage, Shiatsu and dance, performed in chest-deep warm water (around 35°C = 95°F). The receiver is continuously supported by a therapist while being backfloated, rhythmically cradled, moved, stretched, and massaged. The effects of warm water, gentle touch, and numerous flowing movement techniques produce a deep state of relaxation. Watsu is used as a form of passive aquatic therapy for physical rehabilitation of illness, injury, and disability.

Aqua Relax 50 min/150€ · 4 Hands: 290€ · Couples: 290€

Relaxing water therapy based on rhythmic movements in harmony with the breathing that combines passive movements with gentle stretching of the body. Improves mobility, flexibility of the body and the quality of sleep.

Aqua Cranio-cervical Massage 50 min / 135€

Manual therapy carried out in the water that releases the tension on the head, neck, shoulders and jaw, the energy blockages, and promotes relaxation. Indicated in cases of migraines, headache, stress, anxiety, tension of shoulder and neck.

Watercare 50 min / 150€

Watsu session where the head is introduced into the water. Promotes a state of deep relaxation and improves joint mobility.

Aquatic Therapy 50 min / 150€

Combination of treatments and exercises performed in a heated pool for relaxation, fitness, physical rehabilitation, and other therapeutic purposes. It's indicated for neurological disorders, spine pain, musculoskeletal pain, postoperative orthopedic rehabilitation, pediatric disabilities and pressure ulcers. Improves the joint mobility, ease the chronic pain and improves the muscle tone and respiratory capacity.

Ai Chi 50 min / 150€

Simple but effective movements that can be used for meditation when practiced repeatedly and coordinated with slow deep breathing. The practice of Ai Chi is a gentle way of increasing energy levels and promoting flexibility and strength of muscles and joints. It is especially recommended in cases of high blood pressure and other conditions that limit movement, thereby improving both physical and mental health, as it significantly reduces the effects of stress, anxiety and depression.

Aquagym 50 min / 100€

Aqua Abs 50 min / 100€

Swimming Lessons 50 min / 100€

Water Circuit 120 min / 60€

custom
intensive
body
treatments



Lab Body Treatments

SHA Signature

105 min / 275€

This superb anti ageing body treatment prevents all the visible signs of ageing, endogenous and exogenous. Recover the balance, optimize the performance, renovate the natural glow and reactivate the metabolism.

Slim & Fit

3 sessions 740€. 100 min / 275€ session

Anti-cellulite and slimming treatment in 4 phases that attacks the causes of cellulite by improving the blood circulation and by creating a lipolytic effect that reduces the liquid and fat retention. As a result, a decrease of volume and a smoother skin's appearance.

Slim & Tight

3 sessions 740€. 100 min / 275€ session

Experience a real body lifting without surgery thanks to this treatment that shrinks the skin from within. It improves the tissue and skin elasticity. As a result, the skin is restored and the radiance and firmness are improved. To be used just to treat half body (upper or lower part).

Detox Retreat

75 min / 195€

This body treatment deeply exfoliates the skin thanks to the action of a purifying mask, followed by a body wrap tailored to the specific needs of each body. This treatment clears and detoxifies the body.

Firming Breast Treatment

60 min / 175€

This treatment improves the strength of breast tissue and enhances their natural beauty. A combination of the European savoir faire and the best cosmetic technologies guarantee the best results.

Body Wraps

Shrinking Violet Body Wrap

75 min / 200€

This method activates the lipolysis process, eliminates the unwanted fat without effort or discomfort thanks to its active ingredient, hydrolysed lecithin that penetrates deep into the dermis in seconds. Upon application of this active ingredient, the parts of the body to be treated are wrapped. This specially formulated body wrap provides immediate and lasting slimming and body shape effects, helping to lose inches in problem areas such as thighs, hips and stomach among others.

Detoxifying Seaweed Wrap

50 min / 150€

This seaweed wrap that activates the metabolism, hydrates and nourishes the skin, eliminates toxins and remolds the silhouette.

Firming Seaweed Wrap

50 min / 150€

This seaweed wrap has a firming, remineralizing, stimulating and nourishing action. It acts as a protector of the good condition of the skin due a cold effect that reaffirms the body and boosts the metabolism.

Reducing Seaweed Wrap

50 min / 150€

This wrap provides a reducing, stimulant and revitalizing action to the skin. It improves the elimination of toxins and boost the metabolism due a heat effect that purifies and shapes the body.

Toning Wrap

50 min /150€

This clay wrap has an invigorating and rejuvenating effect on the skin due to its composition rich in sodium, magnesium and potassium. These active ingredients restore the skin's natural electrolyte balance.

Marine Wrap

50 min / 150€

Known for its extraordinary healing properties the application of Dead Sea mud wrap makes this a therapeutic, natural and anti aging treatment. Magnesium, Calcium, Sodium and Potassium Silica, among many others, contribute to the removal of dead skin cells, improving the absorption of moisture from the skin, leaving it fresh and healthy. This wonder of nature reduces muscle tension, soothes rheumatism and softens the skin.

Aloe Vera Wrap

50 min / 150€

Exclusive products make this ritual a perfect combination of aloe vera and mint. This fresh and melting wrap nourishes and regenerates the skin, for a perfectly silky touch.

Intense Nutrition Wrap

50 min / 150€

This body wrap is highly nutritious for the skin due a blend of exotic flowers and sensual fragrances. The jojoba oils and wild mango enrich this treatment. Volcanic clay hydrates the skin in depth, softening and smoothing it.

Alpine Rose Wrap

50 min / 150€

This body wrap is ideal for nourishing and protecting the skin, blood's activation, and anti-aging effect. It erases the stress and re-activates the body. Stimulates the vitality of skin stem cells, encouraging skin regeneration and resistance, which strengthens the skin's natural defenses.

Ginger Therapeutic Compresses

20 min / 75€

Stimulates blood and fluid's circulation in blocked areas as well as dissipates substances such as mucous and local fat.

Body Scrubs

Aloe Vera Body Scrub

30 min / 95€

This body scrub opens the pores, eliminates and removes impurities from the skin thanks to the benefits of aloe vera. It is followed by the application of a hydrating serum that eliminates the accumulated stress. The skin looks more radiant, smooth and attractive.

Alpine Rose Body Scrub

30 min / 95€

The result of this body scrub is a skin softer and smoother. The exfoliating cream with revitalizing oils like Swiss Stone Pine and Rododendro produces a calming and anti-aging effect on the skin by strengthening its natural defenses. It is the innovative solution to keep a young and beautiful skin.



hydrotherapy
treatments

Hydromassage Baths

It is scientifically recognized that hydrotherapy is relaxing, invigorating and soothing, helping the body to maintain the balance and relieve the stress. To add specific essences into the water increases these effects.

Detoxifying Bath	20 min / 70€
Relaxing Bath	20 min / 70€
Energizing Bath	20 min / 70€
Draining Bath	20 min / 70€

Other Treatments

Hydroenergetic Cure Detox 75 min / 200€
Powerful detoxifying, healing and hydro-energetic treatment consisting of three steps:

- 1 Hydroaromatherapy:** Hydromassage tub with essential oils that penetrate into the body through the heat of the water and have soothing and purifying effects.
- 2 Fitomudtherapy:** Pleasant seaweed wrap with draining, detoxifying and revitalizing effect.
- 3 Hidrojet:** Restores energy, vitality and tonifies the body.

Rassoul 75 min / 200€
This ritual starts with a body exfoliation with Beldi black soap, scented with eucalyptus, and a kessa glove that helps to remove impurities and dead skin cells. Afterwards a wrap of Rassoul (Moroccan Atlas clay) mixed with Shea butter and rose water is applied all over the body, to end with a body hidratation that leaves the skin clean, purified and smooth.

Underwater Pressure Massage 30 min / 150€

A pressurized water stream is applied all over the body through a hose managed by a therapist. The therapeutic effect of the underwater massage comes from the relaxing effect of the hot water applied with pressure. The invigorating action of the hot water and its absorption by the skin, produces multiple benefits like muscle relaxation, blood circulation improvement, stress reduction, general relaxation, improvement of the cellulite and skin reafirmation.

The benefits of this technique are multiple:

- Eliminates puffiness due to linfa blockage, venous stasis and "tired legs" sensation.
- Stimulates the liquid drainage
- Activates blood circulation and linfatic circulation
- Improves the "Chronic fatigue Syndrome"
- Improves muscle illnesses, improves musculo-skeletal system illnesses, increases joints movement and spinal column.
- Improves gastrointestinal movement.
- Improves insomnia and sleep disorders
- Fights cellulite
- Improves skin and muscle atrophy, toning them up and restoring elasticity.
- Improves cell metabolism, assisting to nutrients intake and fat burning.
- Shapes body contours.
- Reinforces blood vessels walls and restores their elasticity.
- Reduces oxidation, producing an antiageing effect.



beauty salon

Hairdressing Services

Women Wash & Blow-dry	Short hair 60€ / Long hair 75€
Women Haircut	50€
Color	From 65€
Highlights	From 85€
Men Wash & Cut	50€
Beard Trim	40€

Hair Treatments

Shu-Uemura Hair Ritual 50 min / 120€
Inspired by the Japanese tea ceremony, the art of the Shu-Uemura hair ceremony includes a hair shiatsu massage and treatment with very precious natural ingredients. Hair regains its state of maximum perfection. The guest experiences an exceptional moment, returning the feeling of balance and calm.

SHA Capillary Treatment 50 min / 120€
This treatment is especially recommended after the SHA Detox massage. The treatment begins with a refreshing scalp exfoliation followed by a relaxing massage to increase the blood flow. Afterwards a mask is applied to repair and hydrate the hair, to end with a therapeutic lotion that favors the appearance of new hair. In addition to being excellent for your hair, this treatment has an important anti-stress effect.

Keratin Treatment
Ladies: Short 180€ / Medium 200€ / Long 250€ · Gent's 150€

Christophe Robin treatments

Maximise Hydration 50 min / 120€
Absolute feed for the most damaged hair. This treatment is perfect for all hair types that need an intensive care: dry, brittle, etc. This is the most completed rehydrating treatment due to the repairing and regenerating effects of the prickly pear. It is also indicated for fine hair.

Maximum Volume 25 min / 75€
This treatment is ideal for fine hair without body that needs an extra boost to get the desired volume. Formulated with rose's extract oil and water.

Colour Varnish 50 min / 120€
This treatment gives to the hair an intense hydration, perfect and revives the colour neutralizing and correcting unwanted tones. In treated hair will return the tone and brightness between colour services; in natural hair gives a light tone and shine.

Purifying Detox 25 min / 75€
This treatment is great to purify the scalp and hair of both men and women. It is specifically indicated for oily scalps, with dermatitis, psoriasis, sensitive skin, etc. It can be carried out after the normal coloration to avoid itching caused by it.

Blue Gold Taninoplasty Services

***Please check prices and duration of the services with reception.**

It is the first and only straightening system that 100% straightens the hair without the need for harsh chemical processes, or formaldehyde, or derivatives and at the same time smoothes, reconstructs the hair fiber and leaves a silky, bright and hydrated hair. 100% organic.

- Organic Straightening System
- S.O.S. Broken Hair
- Capillary Botox
- Anti-frizz
- Defined Curls
- Decreasing Volume
- Keratin Bath
- Capillary Lifting
- Long lasting Styling

Manicure & Pedicure Services

Full Manicure	75€
French Full manicure	80€
Permanent Manicure	85€
Gent's Manicure	70€
Full Pedicure	90€
French Full Pedicure	95€
Permanent Pedicure	100€
Gent's Pedicure	90€

Beauty Services

Organic Spray Tan

50 min / 110€

A rapid development spray tan solution that promises beautiful instant colour and a natural bronze tan after just 90 minutes. This odorless spray tan solution dries on contact with skin and lasts up to 7 days. The organic ingredients combined with the Moisture Lock™ system (which draws water to the skin's surface and locks it there for up to 72 hours) makes the skin incredibly soft and gives a perfect fade. Offers an instant bronzing colour while the tan develops over 4 - 8 hours.

Brow & Eyelashes Styling Services

We offer a wide range of personalized styling treatments for eyebrows and eyelashes.

Hair Waxing Services

Ask to our staff for prices.



fitness / mind &
body disciplines

Fitness Activities

Functional Assessment

25 min / 50€

One of our training experts will assess your physical, metabolic, anatomic and structural state. After this first consultation, the trainer can prescribe exercises and programs which are best adapted to your needs.

Personal Trainer

50 min / 95€

Our team of professionals of the physical exercise and personal training fields are experts in a vast array of techniques that we make available to you and which are particularly recommended after the physical assessment.

Electrostimulation

25 min / 110€

High-tech device for exercise by neuromuscular electrostimulation, allowing our muscles to work more directly and effectively. A 30-minute session of electromyostimulation training is equivalent to an hour and a half session of usual training.

Pilates

50 min / 120€

Using a system of controlled movements, we balance the body and mind. Increases your body's flexibility, strength and endurance. Harmoniously integrates Eastern and Western theories, combining physical exercise with breathing techniques, achieving a great balance between body and mind, strengthening bone density, muscle strength, flexibility and posture.

Power Plate

25 min / 70€

Ideal development for generating muscle tone throughout the body, increasing blood circulation and completely strengthening muscles. Our personal trainer will advise you on the specific training you need.

Kinesis

50 min / 100€

This consists of a training session with a personal trainer using the Kinesis machine. This machine enables the possibility of a vast array of movements to be able to work muscle groups, which makes it the ideal machine for beginners as well as regular gym users, or even elite sportsmen. Very useful for rehabilitation processes and as a compliment to physical training.

Nordic Walking

50 min / 100€

Created with the collaboration of the medical community and sports professionals, this is a simple discipline which brings multiple health benefits. Noticeably improves our physical and psyche states in a controlled and effective manner.

The technique requires of some training or monitoring to be truly effective and avoid undesirable effects. Well carried out is one of the most complete exercises known, it improves the 90% of the human body muscles, the aerobic capacity, the maximum consumption of oxygen, the physical and psychological resistance, as well as the immune system.

Cardio-toning Circuit

50 min / 95€

Scientific literature has long shown that strength-resistance circuits are key to increasing muscle tone and therefore the energetic metabolism. This is something which is necessary for controlling and/or treating metabolic disease.

Muscular Activation Techniques (MAT)

50 min / 95€

Through Muscular Activation, muscles which have inadequate neurological connections are identified and activated, creating the ability for these to stabilize joints and reduce joint stress that leads to joint pain and degenerative conditions of the joints; it is then when the neuro-muscular system and the body become most efficient and painful conditions and wear and tear disappear or are considerably reduced.

SHA Postural Re-education (SPR)

50 min / 95€

SHA's Postural Re-education is an assessment method, a diagnosis and a treatment for disorders of the neuro-muscular skeletal system. Its goal is to go from the symptom shown by the patient to the cause of the problem, trying to eradicate the symptoms. The objectives are: to return muscular flexibility, recuperate a correct alignment of structures, eliminate pain and re-establish functions.

Stretching

50 min / 95€

Stretching on a daily basis can help us control the loss of muscle mass and greatly improve the strength and flexibility of the tendons. It also helps to lubricate the joints. A greater range of movement of our joints allows us to directly increase our quality of life, especially at certain ages in which the rapid loss of mobility reduces the number of activities you can do.

Paddle 50 min x 1 person / 100€ · 50 min x 2 persons / 130€

Paddle tennis is very beneficial to health, because with the paddle not only we do increase our physical condition but also improve our movement coordination, agility and reflexes while invigorate the body. Also, being an essentially aerobic sport helps improve our cardiovascular system and prevents heart diseases and possible injuries are less common than in many other sports. It is recommended to use the appropriate shoes to avoid any injuries.

Exercises for Body & Mind

Yoga Private Lesson

50 min / 100€

Corporal and psychological discipline used as a way of contacting our own selves. Yoga trains our bodies and our minds. It provides the perfect balance, regulating energies and emotions through deep breathing.

Tai-Chi Private Lesson

50 min / 100€

This is an ancient martial art which, through movements based on Traditional Chinese Medicine, channels life energy through meridians, making the energy, i.e. the Chi, circulate. It is the harmonious combination of three basics: movement of the body, concentration and conscious breathing. Its results are surprising, achieving a balanced state of wellbeing and allowing us to achieve longevity.

Meditation Techniques

50 min / 100€

Regularly practicing this technique can totally transform your quality of life. It is the subtle way of educating the body to stay calm, recharge energy and enhance the clarity and focused state of mind. This meditation technique, combined with yoga, can maintain a physical, emotional and mental well-being. Meditation allows the mind to calm down and relax in deep levels of relaxation.

Pranayama Techniques

50 min / 100€

Prana means energy. Prana is universal and is the axis of life. Prana and consciousness are in constant contact with each other. Yoga texts state that when breathing is calm, prana is calm. Many people are breathing incorrectly without realising that the quality of breathing affects their quality of life.



the chef's studio

Healthy Cooking's Group Lessons

110 min / 80€

Daily classes that aim to share knowledge, to teach how to prepare delicious and healthy food dishes, to take care of yourself after visiting SHA. Attendees will learn cooking. The Chef will pay attention to the main food ingredients as well as the way to cook them. An experience to share your culinary secrets with the rest of the guests.

Healthy Cooking's

Private Lessons

110 min / 195€ (+50€ additional person)

An unique opportunity to learn to cook in a healthy way with one of our experts in the field. During this private class, we offer you a selection of 50 different dishes for you to choose which ones you would like to learn to cook. We will be waiting for you with all the ingredients and you will have the opportunity to cook in our Chef's Studio guided by your own personal Chef who will explain you every single step and show you the therapeutic effects of each ingredient.

Pack of 3 Private Classes

of 110 min c/u / 450€
(+100€ per additional person)

Chef's Table

110 min / 195€ per person (min. 2 pers.)

A full experience. Live dinner where you will learn how to cook delicious dishes, have the opportunity to dine in our Chef's Studio attended by our staff and taste each dish while the chef is cooking for you. A 4-course tasting menu, enjoyed in full scene.





clinic



Medical Services

Our medical services allow you to have an overview of your current health status, focusing on specific conditions that require further research. These sessions allow you to share your medical concerns, at physical or psychological level, with the best specialists. These consultations shall enable us to direct you to specific medical treatments required to improve your health.

Medical Diagnosis

Medical Examination 100€
This medical consultation involves a series of tests and collection of information relevant to your health, as a thorough anamnesis (data collection and information of the health status) state of your health, measuring vital signs (blood pressure, heart rate, temperature and oxygen saturation) and determination of the anthropometric measurements (weight, height, % body fat, % body water, muscle mass, body mass index, abdominal and chest diameter).

Electrocardiogram 80€
An electrocardiogram (EKG) plots on a graph the heart's electrical activity for subsequent interpretation by your doctor. The EKG provides information that is useful in interpreting aches or pains in the chest, it can provide clues to try to find the cause of symptoms of heart illnesses and it also evaluates the overall health of your heart.

Standard Blood Test 230€
A biochemical study through which the most relevant parameters are measured to determine your current health status.

Carotid Ultrasound 240€
A study using ultrasound to measure the thickness of the atheromatous plaque deposited on the inside of the carotid arteries. It is a risk marker of severity of atherosclerotic illnesses and it is essential to assess cardiovascular risk.

Spirometry 80€
Evaluation of the condition of the lung function. Especially suitable for smokers, to measure the degree of injury caused by smoking.

Medical Thermography 250€
Contactless temperature measurement technology. It is non radiative and allows monitoring physiological functions related to skin temperature. This is a support tool for the detection and localization of malfunctions or illnesses through the increase or decrease of temperature in skin surface.



Medical Consultations

General Medical Consultation 150€

Full assessment of your health status, with particular emphasis on those areas that can benefit from our treatments and services. It is complemented by a physical examination.

Psychology Consultation 150€

Consultation with one of our experts psychologists who will help you improve your emotional state, enabling you to enjoy a fuller life with the balance we all need.

Emotional Coaching, antistress guidelines, self-help features, strengthening of the will.

Psychiatry Consultation 300€

Psychiatric assessment by international leading experts in the field. Certainly, a beneficial professional help at certain times of our lives.

Consultation and Sclerotherapy session 500€

Our expert in varicose veins can achieve, through injections with a narrow needle, an improvement of the aesthetic appearance of spider veins, treating small varicose veins in the legs and alleviating related symptoms, such as pain, burning, swelling and cramps.

Cardiology Consultation 300€

Evaluation of the state of your heart, including an electrocardiogram and an ultrasound of the heart, to measure the state of your heart valves and the general functionality.

Urology and Andrology Consultation 300€

Comprehensive study of your urinary system, including the relevant prostate examination.

In cases of erectile dysfunction, it will be studied in detail, making a personalised offer of treatments and solutions.

Gynaecology Consultation 250€

Comprehensive gynaecological examination including Pap culture, performance of a gynaecological ultrasound and breast review.

Spinal Unit

Examination by traumatologists highly specialised in spinal disorders, offering a wide range of solutions, among which we can highlight the use of paravertebral ozone, for a rapid and complete disappearance of pain and discomfort.

Initial consultation 200€

Infiltration of 4 areas with ozone 500€

Infiltration of more than 4 areas with ozone 700€

Infiltration of 4 areas with collagen 500€

Infiltration of more than 4 areas with collagen 700€

Infiltration with Noltrex 900€

Ophthalmology Consultation 200€

Complete examination of cornea, refractive, anterior pole and retina by our experienced specialists, who will provide the best advice.

Consultation for Neurocognitive assessment and treatment of Neurofeedback

Initial consultation 200€

Final consultation 150€

Neurofeedback session 20 min / 80€

Last generation approach to the assessment of the higher functions of people, including training in key areas such as relaxation, concentration and overcoming phobias, using the latest technology in software and devices. Recommended for exercising and optimizing intellectual capacity and to prevent Alzheimer's.

Osteopathy Session

200€

Treatment that allows improving your health through physical manipulation by our experts. Osteopathy is based on the conviction that all body systems work together, they are related and therefore malfunctions in one system may affect the operation of the others. Therefore, it is considered a holistic type of practice. The treatment, which is called osteopathic manipulation, is a system of practical techniques designed to relieve pain, restore functions and promote health and wellness.

Undoubtedly, it is one of the areas from which our guests get more benefits.

Night medical assistance or emergency

200€

Dermaoesthetic Unit

At SHA, it is possible to delay the signs of ageing, providing a healthy, young and natural glow to your skin and improving not only your physical aspect, but also confidence in yourselves. The Aesthetic Area is composed of internationally renowned experts, speakers at major medical-aesthetic congresses worldwide.

After consultation with a medical doctor specializing in aesthetic medicine, a facial and body diagnosis is made, and the treatments that best suit your needs are recommended. Our treatments in aesthetic medicine follow the SHA philosophy: minimally invasive and with excellent results, allowing immediate incorporation to your normal activity. In addition to manual techniques, the SHA Aesthetic Area also uses cutting-edge medical equipment at the highest level to exceed your expectations.

Consultation with Specialist

150€

Complete aesthetic advice based on your facial expression, type of dermis, etc. For such evaluation, state-of-the-art technology is used to assess your current situation and for personal recommendations.

- Facial Treatments
- Hands Treatments
- Décolletage Treatments
- Scalp Treatments
- Body Treatments
- Treatment with Diamond Crystals
- Firming Facial Treatment
- Treatment with Biomimetic Peptides
- Photodynamic Rejuvenation
- Thread facelift.
- LipRefresh
- Platelet growth factors
- LumenisOne pulsed light therapy (IPL) for hair and facial blemishes
- Clean and Brilliant Laser Treatment for skin tone and texture
- CPT Thermage Treatment against facial and body flaccidity
- Liposonix to loose centimetres without surgery
- CO2 Fractional
- Dual Fraxel Laser
- Vasculight Elite
- Ultrasounds
- Punch Biopsy

*A wide variety of treatments are available. Please contact our specialised medical doctor for more information.

Healthy Ageing

The purpose of the anti-ageing field in medicine is to slow down the process of cell degeneration and revive the health potential of every person. Our goal is not only to prevent or reverse premature ageing after diagnosing the causes, but also to cause stimulation and a natural reconstruction of the different processes and metabolic systems needed in each particular case. The SHA anti-ageing therapies are aimed at allowing the enjoyment of life with health and vitality, preventing illnesses and conditions that often leads to ageing.

Healthy Ageing Consultation 200€
Integrative consultation that evaluates the state of health from a multidisciplinary approach: genetic, hormonal, nutritional or biochemical.

DIAGNOSTIC TESTS

Telomeric Length Measurement 800€
Evaluation of biological age.

Profile of Minerals in hair 200€
Comprehensive profile of mineral elements (nutrients, essential traces and toxic elements).

Melissa Test - Basic Profile 700€
Blood test that measures hypersensitivity to metals and other allergens.

Senescence Immune Profile 560€
Study of the ageing of the immune system.

BrainScreen Profile 430€
Study of the main biochemical parameters for the optimal functioning of neurons and the brain.

Melatonin Biorhythm 260€
Study of the melatonin biorhythm in saliva to assess sleep disorders.

Cortisol Biorhythm 260€
Study of the cortisol biorhythm in saliva, in individuals with possible stress or depression.

Food Sensitivity study (222 nutrients) 420€
Determination of IgG antibodies in serum to 222 food proteins.

DAO enzyme, Migraine Test 130€
Novel diagnostic test to measure the level of the DAO enzyme.

Advanced Hormonal Profile - Females 340€
Study of female hormones that play an important role in ageing.

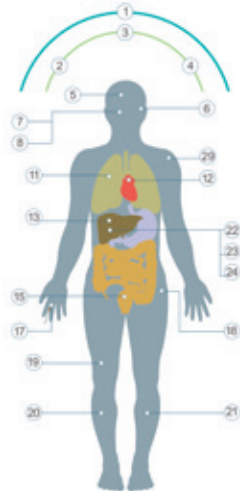
Advanced Hormonal Profile - Males 360€
Study of male hormones that play an important role in ageing.

Total Antioxidant Power 110€
Measurement of the total antioxidant capacity of the blood.

Antioxidants and Vitamins 190€
Measurement of a battery of antioxidants and vitamins of significant importance for health.

Preventive Medicine and Genetics

Preventive Medicine today is based on “predict to prevent” thanks to the ability to identify and anticipate the potential of an illness through various medical tests; such as genetic test, or the study of the genetic profile of a person. Once we are aware of the risk involved in suffering from any illness, we can (under the supervision of a specialist) take appropriate and necessary measures to prevent this situation and to advise the patient in a personalized manner. An early treatment and appropriate living habits allow to establish a prevention before the onset of symptoms and unwanted effects. The analysis of the results of genetic testing allows us to correctly apply preventive medicine, which will help us live longer and enjoy a better quality of life.



¿What is a profile?

It is a group of genes studied as a whole that indicates the risk of certain diseases.

Genetic Consultation

200€

Evaluation performed by our specialists in preventive genetics, who will advise you on which genetic tests are the most appropriate and, depending on the results, shall recommend guidelines to follow in terms of supplements, food and medication.

Basic Gen

550€

The simplest approach to genetic study. By analysing 12 genes, we may obtain essential information to get into personalized medicine and genetic counselling.

SHA Vip Complete

3.500€

Without doubt the most complete personalized genetic study that exists, including all existing markers, 70 polymorphisms, in 51 genes. A must.

FITgen

1.270€

Preventive genetic test on physical activity.

OSTEOgen

630€

Preventive genetic test for osteoporosis.

SKINgen

1.060€

Preventive genetic profile for ageing skin.

CARDIOgen

1.450€

Preventive genetic test against cardiovascular illnesses.

BUCCOscreen

440€

Includes personal prevention and risk of periodontitis.

Heavy Metals

840€

Heavy Metal Detoxification.

ALOPECIAgen 540€
Preventive genetic test against androgenic alopecia.

BRAINgen 630€
Preventive genetic test against Alzheimer's disease.

EMOgen 770€
Preventive genetic test against emotional instability.

NEUROgen 1.140€
Preventive genetic test against neurodegenerative illnesses.

Celiac 300€
Profile of intolerance to gluten.

CROHNgen 540€
Risk of Crohn's disease.

DETOXgen 1.220€
Preventive genetic test for phase I & II detoxification.

DIABETOgen 840€
Preventive genetic test for type II diabetes.

WEIGHTgen 1.450€
Preventive genetic profile for weight control.

GLAUCOMAgen 300€
Study to detect the risk of developing glaucoma.

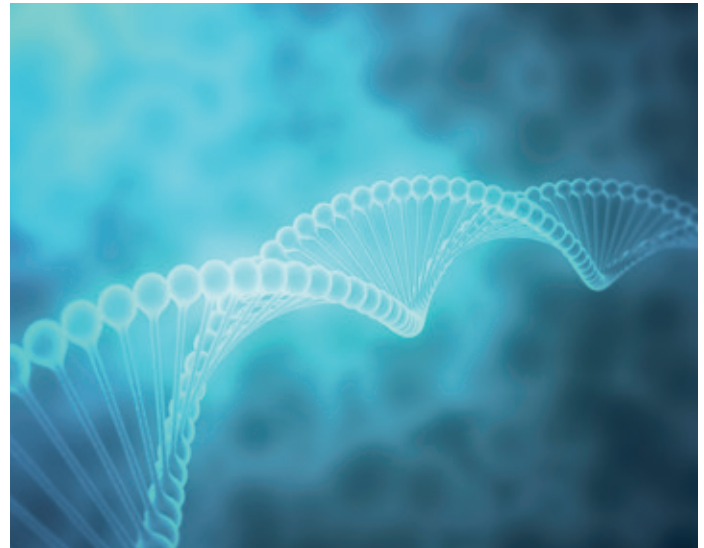
MACULAgen 300€
Preventive genetic test against age-related macular degeneration (DMAE).

COLOgen 840€
Preventive genetic test against sporadic colorectal carcinoma.

FEMgen 840€
Preventive genetic test against sporadic breast cancer.

NICOTINEgen 420€
Preventive genetic testing against addiction to nicotine.

PROSTATEgen 840€
Preventive genetic test against sporadic prostate cancer.



Nutrition and Natural Therapies

Natural therapies act from the simplest understanding of how the human body works. The natural approach to health is based on the belief that the body is an organism that can heal itself.

The role of natural therapies is to facilitate the self-healing process by providing specific, physical or bioenergy factors to rebalance energy and help the body to eliminate the accumulation of toxins. The SHA Method combines the effectiveness of a modern nutrition, that observes the recommendations of the World Health Organization and the wise principles of macrobiotics with the healing power of natural therapies, through a dynamic and practical educational programme. All this being personalised to meet your needs and health goals.

Healthy Nutrition Consultation

160€

It includes a review of the medical history, a personal interview and an assessment of your health. During the session you will be given an oriental diagnosis, a personalized diet and a programme on the lifestyle recommended to achieve the desired objectives. After the consultation, you will be given a personalized dossier with specific dietary recommendations and suggestions on the lifestyle to follow.

Biological Medicine Consultation

200€

Biological Medicine and Antihomotoxics makes an assessment of the body as a whole taking into account all information provided from conventional medicine and observing the relationships between organs, tissues and emotions. Its base is to stimulate the self-healing forces of your body for the prevention and treatment of illnesses by changing your lifestyle, diet, etc... to get your defensive system working correctly again.

Colon Hydrotherapy

50 min / 160€

Smooth and absolutely hygienic cleansing of the large intestine with warm filtered water. Stress, lack of fibre in foods and our unbalanced way of eating, alter the bowel function, promoting a series of illnesses such as headaches, arthritis, flatulence, vitamin deficiency and osteoporosis.

The overload of toxins in the colon can result in the following conditions: loss of vitality, tiredness, depression, lack of concentration, aggressiveness, anxiety, low defences, joint pain, skin conditions, migraines, allergies, hypertension, premature ageing and many other illnesses.

Personalized Health Plan

160€

Set of recommendations related to natural therapies, diet, supplements and healthy lifestyles.



Traditional Chinese Medicine

Consultation with Acupuncturist+Acupuncture 150€

Oriental diagnosis and acupuncture session, one of the fundamental tools of Traditional Chinese Medicine, now recognized by the WHO. Bioenergetic movement paths (chi) throughout the body are altered with the smooth insertion of small needles to rebalance, tone or sedate specific functions of organs.

Acupuncture Session 30 min / 110€

Acupuncture stimulates the body's ability to preserve and restore health through the balance and harmony of the different elements.

Digito-Acupuncture 50 min / 130€

Pleasant massage practiced by exerting pressure with the fingers on your back, arms, legs, hands and feet, balancing energy levels of the meridians, in order to provide great energy power. All the oriental wisdom but without needles.

Acupuncture and Moxibustion 30 min / 150€

Its aim is to strengthen the blood, stimulate chi energy and maintain a general optimal health status.

Moxibustion 25 min / 100€

The application of localised heat in different acupuncture points allows us to improve and regulate the body's energy flow, eliminating internal cold and relieving common ailments of the musculoskeletal system. Moxibustion can be performed with the traditional system or by using the special electromagnetic spectrum lamp. The TDP lamp is a therapeutic device that was developed in China in 1980 by a group of medical doctors and scientists at the Silicate Research Institute of Chongqing. The TDP lamp has proved to be extremely effective for treating a number of ailments. Similarly to



what happens in the acupuncture treatment, it positively influences the energy flow of the meridians. Patients feel a highly enjoyable and beneficial heat. Because of its therapeutic effect, it is also called in a simplified way "Chinese lantern".

Cupping 50 min / 150€

Skin and tissue stimuli by producing vacuum that help remove toxins from specific areas, relaxing the muscles with an external analgesic effect and eliminating external pathogenic factors such as the cold and dampness. It also activates the nervous system and increases defences.

Laser-Acupuncture 50 min / 200€

New, painless and effective technique used in multiple treatments. Especially recommended for treating problems such as stress or anxiety, to stop smoking or lose weight.

Energy Health Unit

Initial Energy Health Consultation 150€
By means of scientific measurements of the electromagnetic field, your energy health state is evaluated with emphasis on the causes of the imbalances and proposing therapeutic strategies to optimize them. To do this, we use cutting-edge technology that allows us delivering graphics on its current state and detecting areas for improvement.

Final Energy Health Consultation 120€
This consultation evaluates the changes and propose strategies to continue the treatment and optimize your health after leaving SHA.

TREATMENTS AND EVALUATION METHOD:

Study using Thermography Equipment 25 min / 250€
This technique allows evaluating with precision the physiological state, detecting early signs of imbalances. It is key to preventive medicine and in chronic conditions.

Treatment with Pulsed Electromagnetic Fields 2x15min / 50€
(daily sessions)
The pulsed fields balance the autonomic nervous system, allowing increased tissue oxygenation, improving circulation, inducing muscle relaxation, reducing inflammation and improving the quality of sleep.

Treatment with Millimetre Waves and Binaural Sounds 2x15 min / 50€
The combination of these two elements is highly effective to balance the electromagnetic field, reducing excess tension.

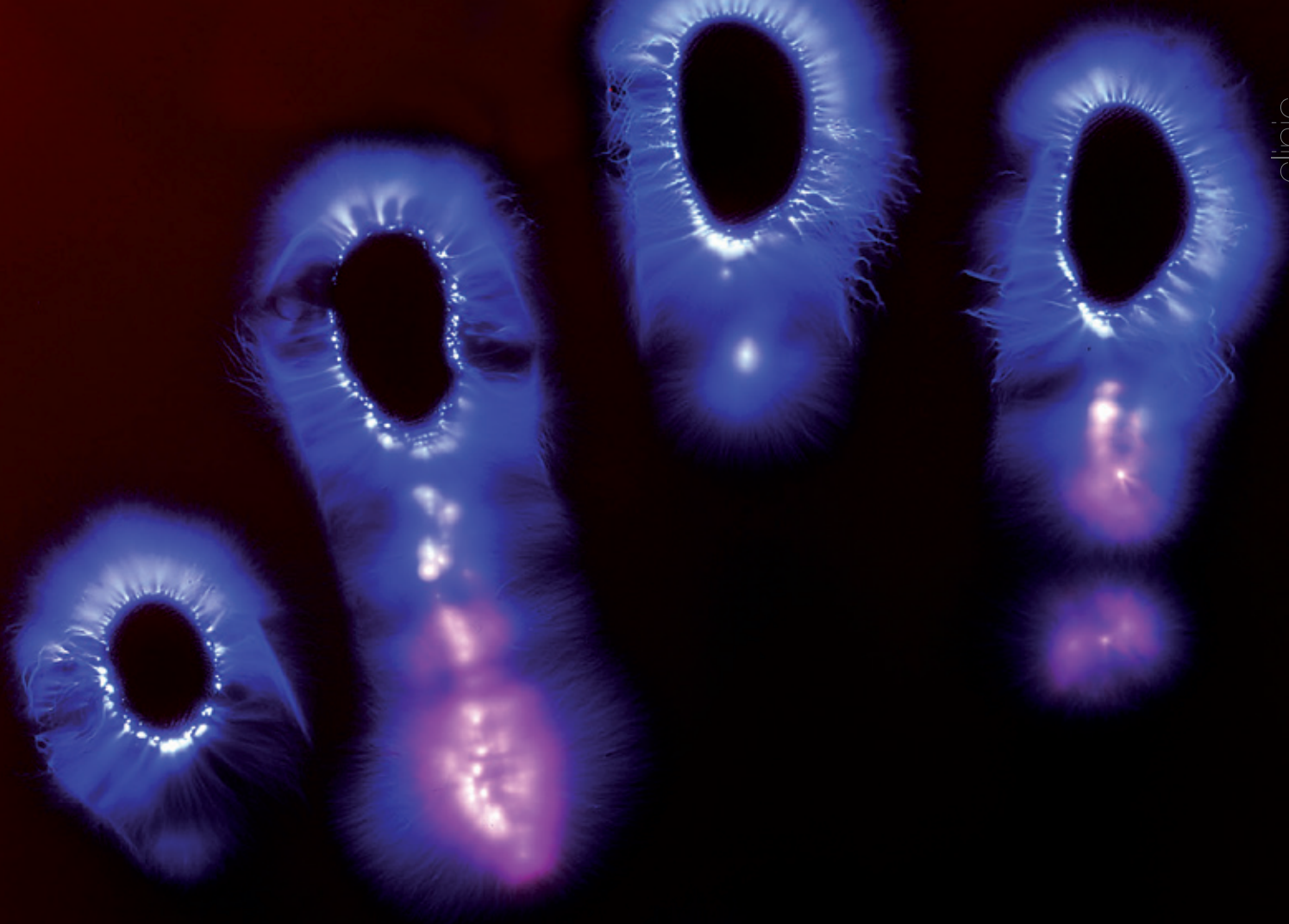
Treatment with Electrical Signals 30 min / 90€
These act on the neural response by stimulating the release of neuropeptides which are key to self-healing mechanisms. It is also recommended for acute and chronic conditions with inflammation and pain.

Treatment with Low-frequency electromagnetic waves (variable time) / 90€
Personalized therapy device based on multiple programmes for a variety of health conditions.

Bioresonance Treatment 30 min / 90€
Electromagnetic signals are collected from the body, filtered and returned corrected. Through this system we can correct numerous energy mismatches, even when physical symptoms manifest.

Magnetic Therapy Night session / 50€
It uses transportable and easy to use German technology, since it works while we rest. It reduces pain, improves cellular energy, stimulates the mechanisms of regulation of the body, improves circulation, improves sleep quality.

Treatments through Remedies
Available in SHA Boutique. Through the synergies of homoeopathy, orthomolecular nutrition, phytotherapy, etc., we can remedy many of the causes of imbalances.





Capillary Unit

The SHA capillary unit has everything you need to analyse the needs of each guest and establish a set of procedures, ranging from vitamins, mesotherapy, to strengthening hair, tonics to offset the fall of hair and even the most advanced transplant techniques to recover lost hair.

Hair Transplant

- 7 -8 hours 4,000€ / 13,000€ depending on the number of follicles required in each intervention.
- Up to 800 follicles, 7€ per unit
- Up to 1200 follicles, 6€ per unit
- Up to 2500 follicles, 5€ per unit
- Using NON SHAVEN technology means an increase of 1€ per follicle

The FUE Technique (Follicular Unit Extraction or “individual follicles extraction”) is considered the most advanced hair transplant technique that exists. It implants each hair one by one.

Hair transplantation by FUE is a systematic and artistic redistribution of hair follicles consisting in introducing small grafts of scalp containing the so-called “follicular units” (groups 1, 2, 3 or 4 hair follicles as they are determined naturally).

With this technique, the extraction of follicular units is performed in a less invasive manner. With a punch of 0.8 mm, we extract the grafts one by one, leaving a small scar that does not require stitches and which will heal spontaneously and disappear.

These grafts are obtained under local anaesthesia from the posterior and / or lateral part of the scalp (what we call donor areas) and after thoroughly preparing them under the microscope, they

are implanted in the recipient area using micro-incisions, following the design previously agreed with the patient.

By obtaining the grafts from the posterior and lateral areas of the head, which have hormone receptors that are not affected by enzyme hyperactivity, we achieve that, once they have been grafted into other areas, they do not fall and continue to grow normally.

The SHA capillary unit, has unique protocols, highly effective in early baldness, through mesotherapy, ozonated mesotherapy, LED technology; peptides, rollers, in addition to supplements and topical.

Anti-Smoking Medicine

Smoking is a certain cause of the occurrence of cancer, heart diseases, vascular diseases and chronic lung illnesses. Many people wonder every day, aware of the risks of smoking, how they can quit smoking. Making smokers quit smoking, is a major challenge. In our medical unit, different treatments are combined to ensure not only that when you leave SHA you have quit smoking, but also to make you overcome the situations that make you go back to this bad habit in the future.

Anti-smoking Consultation 150€

Anti-smoking Laser Session 30 min / 150€

Sleep Medicine

Sleep is the main healing process of our body and one of the basic pillars to achieve a healthy life. In this sense, its absence represents one of the most common causes of premature ageing.

Sleep disorders such as insomnia, frequent awakening, snoring or apnoea, are one of the most common causes of chronic tiredness and exhaustion. In our unit, we diagnose the prevalent sleep disorder and propose appropriate solutions for treatment.

Initial Sleep Consultation 150€

Night Polygraph Diagnosis 1 night / 250€

It is the study of sleep characteristics through a polygraph to detect the different variables that influence the initiation and maintenance of sleep.

Diagnosis and Treatment by CPAP 1 night / 295€

A positive pressure chamber allows the detection and correction of any alterations in sleep architecture. This diagnosis enables us to achieve positive results in a short period of time.



Ozone Therapy and Serum Therapy

The area of ozone and serum therapy combines two procedures whose main objective is the integrity of the human biosystem, seeking feedback from our own healing system.

Ozone Therapy

150€ / sesion · 5 sessions / 600€
(combined with ozone + 100€)
5 ozone sessions + serum 995€

Innovative treatment that applies ozone molecules in the blood providing vitality, energy and great sense of well-being, while rejuvenating the body, enhancing the immune system and providing multiple health benefits.

Serum Therapy

150€ (ozono + 100€)

Treatment by intravenous administration that promotes self-healing of the body through a personalized serum created from a selection of vitamins, trace elements and natural biological drugs according to your needs: thinning, beautifying your skin, improving hair health, etc.



Neural Therapy

30 min / 200€

It is a bioregulating therapy through which irritative foci or interfering fields of the body can be treated.

To understand this, we must consider that all parts of the body, mind, organs and tissues are interrelated and interconnected through the Vegetative Nervous System. This acts as a channel. When a stimulus acts very intensely in a part of the body, it can alter cells and make them dysfunctional. That area then behaves as a focus that interferes with the normal flow of the Nervous System, where disorders, symptoms and diseases appear.

Irritative stimuli can be inflammations, infections (such as repetitive tonsillitis, otitis etc.) scars from trauma, vaccinations, surgeries, dental disorders, implants etc.

Through the injection of micro doses of substances, especially local anaesthetics in these irritative foci, we can return their functionality to the cells affected.

Dental Treatments

SHA gives you the opportunity to take advantage of your stay and go back home with a beautiful smile and a much whiter and healthier teeth. Our unique aesthetic dental unit focuses on improving the appearance of a smile using the most advanced techniques worldwide, to provide excellent results in a single session.

Dentistry

Our team of professionals in various fields of dentistry and dental aesthetics is prepared to address and solve all kinds of cases, in the shortest possible time while maintaining all the principles and philosophy of SHA in relation to the comprehensive care of the person and being minimally invasive to achieve the best results. To such end, we rely on the latest technology in dentistry and cosmetic dentistry, and human and professional qualities required to ensure that your dental experience is unmatched.

This unit has a broad portfolio of services, with the latest equipment in radiology, implantology and own laboratory, which allows us to optimize the time and achieve in a few days, very visible results in treatments ranging from whitening, fillings and cleaning to implants, prostheses and surgeries.

* If you are interested in the full range of dental services that we have available, please ask our staff.

Physiotherapy Unit

Assessment by the SHA physiotherapy team, who will perform an accurate diagnosis offering a personalised treatment, using the whole range of services including water treatments that can be found only at SHA.

Session

150€

Foot Biomechanics

By analysing the way you walk and run with visual technology, we can detect the suitable needs to create a personalised template that allows greater comfort and prevents diseases of the spine or even cures or corrects deficiencies or illnesses related to the skeletal system.

Cryotherapy

15 min / 90€

This treatment is based on a short term skin's exposure (around 3 minutes) to Nitrogen at a very low temperature (-150 Celsius degrees). Due to this exceptional situation, the brain gets into alertness and promotes the generation of hormones of the happiness at the same time triggers inflammatory, analgesic and stimulating effects and activates the immune system. As a result it decreases the sensations of pain and fatigue and relaxes muscles, while increasing the blood's flow through the internal organs. It also promotes a significant consumption of calories in the following hours after the session therefore it is a great tool for weight loss programs.

Stem Cells Unit

Adult stem cells play a vital role in the regeneration process of the body.

Keeping now all their regenerative potential is like having a biological life insurance, allowing us to successfully use them in the future.

Your cells will never be as young and illness-free as they are today. As organ transplantation arose with the purpose of replacing a damaged organ with a healthy one, cell therapy aims to achieve the same goal by using stem cells. The loss of functional capacity of the tissues due to ageing or to several pathological conditions can be retrieved through the assistance of stem cells. These could slow the progression of these diseases and fill the gaps caused in these situations.

The increasing knowledge of the molecular and cellular biology of MSC in addition to their behaviour in vitro and in vivo, enables increasingly more clinical applications based on the use of this cell population.

The main applications can be summarized as; musculoskeletal diseases (arthritis), heart disease (myopathy and heart attack), liver diseases (hepatitis and cirrhosis), neurodegenerative diseases (Parkinson's and multiple sclerosis), inflammatory bowel diseases (Crohn's disease, ulcerative colitis, fistula), diabetes (type 1 and 2) therapeutic support in leukaemia, cancer and transplant rejections.

Whenever you need your stem cells, they will be immediately available for transportation to any location on the planet where they are necessary.

Consultation with experts in Regenerative Medicine

150€

Consultation with an expert in regenerative medicine that will explain in detail and without any commitments, present and future possibilities of treatments with stem cells and the cryopreservation process.

Pre-anaesthetic, surgeon or dermatologist Consultation

150€

Consultation with a specialist to perform the selection process (including physical and analytical examination), in order to determine whether the candidate is suitable for the procedure. In this consultation, the candidate signs the informed consent.

Extraction

600€ (including the use of minor operating room)

Process for obtaining stem cells from body fat through a simple, minimally invasive procedure and without the surgical complications of other possible sources. Two micro-incisions: abdominal micro-liposuction (under local anaesthesia) for the aspiration of subcutaneous adipose tissue using a kit and a standardized procedure that lasts less than half an hour.

Each kit is customized and identified with a code that we will assign at the time of contracting, ensuring the traceability of your sample and the accompanying documents.

This identification certifies throughout the process, that the treated samples are yours, while ensuring the anonymity of the owner.

Cryopreservation Bank storage

2.578€ (+50€ year)

Finally, after the preliminary processing, following strict traceability standards, the material is transferred to the cell bank, where the validation and certification of the content and viability of the sample, and of its conservation is performed.

Cryopreservation can stop the biological ageing of stem cells for life, preventing ageing and retaining all its properties in order to take advantage of all its therapeutic potential at the time when their use is required. Its conservation takes at temperatures near -200°C, enabling keeping the cells in suspended living conditions for long periods of time, and also recovering them without damage when required, reversing the process.

The SHA Regenerative Medicine unit uses advanced biotechnology in the application of stem cells and cell growth factors for tissue regeneration in anti-ageing, which activates the natural ability to regenerate tissues and organs, through their own activated adult stem cells resulting from adipose tissue, bone marrow and blood. At SHA, we have the most pioneering approved treatments such as:

- Orthopaedic treatment
- Systematic treatment
- Immunological treatment with removal of self-antibodies
- Treatment of nervous system illnesses

Translation Service

60 min / 50€

Our staff includes 35 nationalities, and that makes us aware of the importance of medical communication in your mother tongue. Being English and Spanish the SHA official languages, if you require a translation into any other language, we will be happy to provide you with a simultaneous translation service.



Recognized with more than 30 international awards



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