





Welcome to your new life



Alfredo Bataller Parietti & Graciela Pineda de Bataller

## A personal story, from where it all started...

SHA is the result of the personal experience of Mr. Alfredo Bataller Parietti who had suffered from many health problems that had affected his quality of life for many years. Finally, while facing a worrying diagnosis, he was lucky enough to meet a doctor who was a leading expert in nutrition and natural therapies, who is now a member of the SHA medical team, and thanks to the healing powers of an appropriate diet he managed to recover his health. Since then, with the support of his family, he has been committed to sharing and spreading all this valuable knowledge in a unique project in which centuries of wisdom are combined with the latest advances of western medicine.





## A unique concept

Hotel? Spa? Clinic? None of these definitions properly describe our concept; it is all of these and much more. It is a life transforming experience. A paradise at the service of your health. A place where you will get the best version of yourself.



## A remarkable experience

Close your eyes.

Feel the breeze of the Mediterranean Sea, the smell of the purest form of nature from the natural park that surrounds us, the sound of the ever-present water at SHA. Enjoy the pleasant temperature of the region's very own microclimate, which is considered to be one of the most favourable places for our health in the world according to the World Health Organisation.

Breathe deeply. Open your eyes.

Welcome to SHA Wellness Clinic









## A journey in company

Accompanied by the most prestigious professional experts in nutrition and natural therapies, preventive medicine, anti-aging, genetics, aesthetic medicine, regenerative medicine, sports medicine, psychology, odontology, ophthalmology, cognitive stimulation...

More than 250 professionals of 35 different nationalities, with one clear objective: improve your life.



## Make the most out of your potential

At SHA health isn't just the absence of illness, it is also an optimum state of complete physical, mental and spiritual well-being in harmony with the environment, maintaining the ideal weight, and great vitality.

“When the body, mind and spirit are in harmony, the result is health and happiness, which is how we can experience our real potential”

Healthy eating .....

Cognitive stimulation .....

Natural therapy .....

## THE SHA METHOD

# 360°

Fitness .....

Re-education  
of habits .....

Aesthetic medicine .....

Genetic / anti-aging medicine .....

Internal balance .....

## The SHA method

### A perfect mix

Lifestyle, nutrition and genetics condition our health and well-being. The SHA method combines the most effective, tested natural therapies with highly therapeutic nutrition and the latest advances in medical science, especially with regard to preventive, genetic and anti-aging medicine.

The coordinated and supervised fusion of these therapies manages to significantly enhance the positive impact that they have in a personalised way.

## SHA nutrition

### We are what we eat

SHA nutrition is based on the healing principles of macrobiotics, adapted to modern life, with a flexible, practical and attractive approach. A simple and natural way to establish and re-establish health, by means of a revolutionary, flexible diet that stays true to the principles of ancient Japanese wisdom and the gastronomic tradition of local culture. The SHA food pyramid upholds the recommendations from the World Health Organisation and to a great extent it is in line with what the Harvard University of Medicine proposed as being the most suitable diet for humans. Irresistible healthy cooking that can be enjoyed while attaining your health objectives.





## Natural Therapy

### The search for the balance

The most effective and tested type of natural therapies are administered by prestigious international experts at SHA. These include acupuncture, shiatsu, deep tissue massage, reflexology, osteopathy, reiki, moxibustion, to name but a few. These natural therapies are intended to stimulate the self-healing, regulatory power of our body that is often blocked or weakened by bad habits.



## SHA Academy

A 10 kilometre journey starts  
off with just one step

Our objective is to actually maintain the ideal state of health acquired at SHA forever. That is why we have set up the SHA Academy and organised a selection of conferences, classes on healthy cooking, relaxation, meditation, yoga, breathing, full attention sessions and other group activities that provide you with the tools and the knowledge to enjoy optimum long-term physical, mental and emotional well-being.

The journey doesn't end here, it is just the beginning.



## Healthy-aging

### How to live longer and better

Our objective is not only to prevent or slow down premature aging after diagnosing the causes of such, it is also to try and stimulate and naturally rebuild the different metabolic systems and processes that are required in each distinct case. The goal of the Anti-Aging medicine unit is to slow down the cell degeneration process and stimulate the health potential of each person. The SHA anti-aging therapies are intended to help individuals enjoy a healthy life that is full of vitality, regardless of their current stage of life, and prevent disease and the discomfort that usually comes with age.

## Aesthetic medicine

### Natural beauty

At SHA the signs of aging can be delayed, our skin can get a young, natural, healthy glow and our physical appearance together with our self-confidence can be improved. World famous specialists, who are speakers at leading international aesthetic medicine conferences, work in the SHA aesthetic area. All the methods used uphold the SHA philosophy: minimally invasive with excellent and effective results that enable the patient to go back to their daily routine immediately. At the SHA Aesthetic Area, the very latest medical equipment is used alongside manual techniques to surpass your expectations.





# Our objective, your health

The SHA Wellness Clinic health programmes have been carefully designed to obtain physical and mental well-being as well as recover the body's vitality. When you arrive, our medical team, therapists and professional consultants will draw up a personalised health programme according to your specific needs and create a made-to-measure plan of your objectives.

Our selection of programmes is as follows:

## GENERAL PROGRAMMES

- SHA Essence (7/14 days)
- SHA Discovery (4 days)
- SHA Feeling (2 days)

## SPECIFIC PROGRAMMES

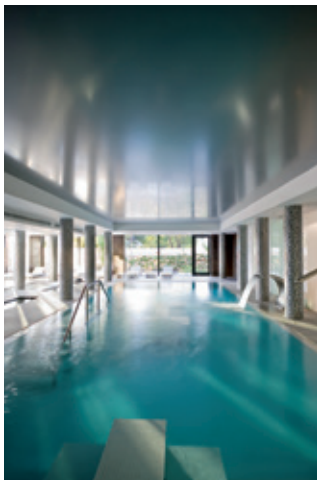
- Weight Loss Programme (7/14 days)
- Detox Programme (7/14 days)
- Intensive Detox + Weight Loss Programme (14 days)
- Anti-Tobacco Programme (7 days)
- Sleep Recovery Programme (7 days)
- Anti-Stress Programme (7 days)
- Rejuvenation Programme (7/7+7 days)
- Fitness Programme (7 days)
- Postoperative Programme (7/14 days)
- Menopause Programme (7 days)
- Life-Reset Programme (28 days)



## Wellness Clinic

The temple of health and well-being

Both for innovation and standing, the SHA wellness area is an international benchmark, with 5000 m<sup>2</sup> used for prevention and well-being and more than 80 health treatment cabins and consultation rooms, equipped with the very latest technology and a revolutionary design.



## Dream suites

For a healthful sleep

Health is not reprimanded with maximum comfort, which is why the accommodation at SHA guarantees guests a very pleasant stay, and makes them feel completely at home. There are 93 suites, classified into different categories, which are designed to create peaceful and relaxing atmospheres, in which everything has been thought of for your comfort right down to the tiniest detail. Open spaces, exclusive designs, textures, aromas, comfort and refinement in every detail.

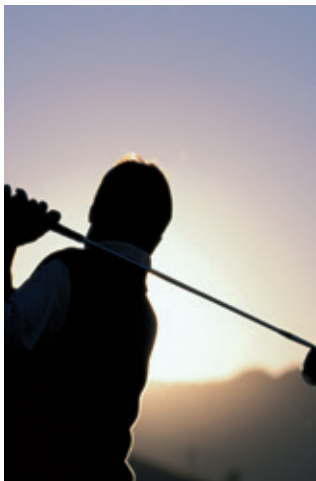




## An exceptional enclave

Although SHA is a destination in itself, and the majority of our guests prefer to spend their time here making the most of their health programme and enjoying the SHA activities, treatment and facilities; the clinic is in an exceptional location and apart from the area's warm climate, there is a wealth of nature, dream-like beaches, a wide range of sports and leisure activities and numerous professional golf courses available, not to mention the cities and charming towns of great cultural interest nearby.







## SHA Foundation

### For a healthier future

When you stay at SHA, as well as improving your health and well-being, you will also be making a significant contribution to society, thanks to the fact that SHA gives a percentage of what you pay to the SHA Foundation, which was set up for the research, development, training, education and the publicising of the close link between health and nutrition.

# Acknowledgement

Excellence is not an act but a habit

Although there is no better reward than the testimonials of thousands of people who have recovered their ideal state of health, attaining objectives that they thought were impossible, we are very proud to have won more than twenty international awards, which include:

**“Spa Resort International”**

Spa Diamond 2015

**“Best Spa in Spain”**

Condé Nast Traveller 2010, 2015

**“Most Unique Treatment”**

Condé Nast Johansens Spa Awards for Excellence 2015

**“Best Beauty and Wellness Centre”**

GQ Magazine Awards 2014

**“Outstanding Excellence and Innovation”**

Condé Nast Johansens 2013

**“Medal for Tourism Merit”**

Government of Spain 2013

**“Best Luxury Spa in Spain”**

7 Global Luxury Awards 2013

**“Best International Medical Spa”**

Spa Finder 2012, 2013, 2014

**“Best International Medical Spa”**

Quality Spa 2012 and 2013

**“Best Spa in Spain”**

Spa Finder 2009, 2010, 2011, 2012, 2013, 2014

**“Best European Destination Spa”**

Condé Nast Johansens 2012

**“Best Luxury and Wellness Spa”**

World Luxury Spa Awards 2011

**“Best International Medical SPA”**

Condé Nast Traveller 2010



Every great dream begins with a clear mind;  
it is inspired by a pure heart and it needs a magnificent  
body to make it come true.



#mySHAexperience

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