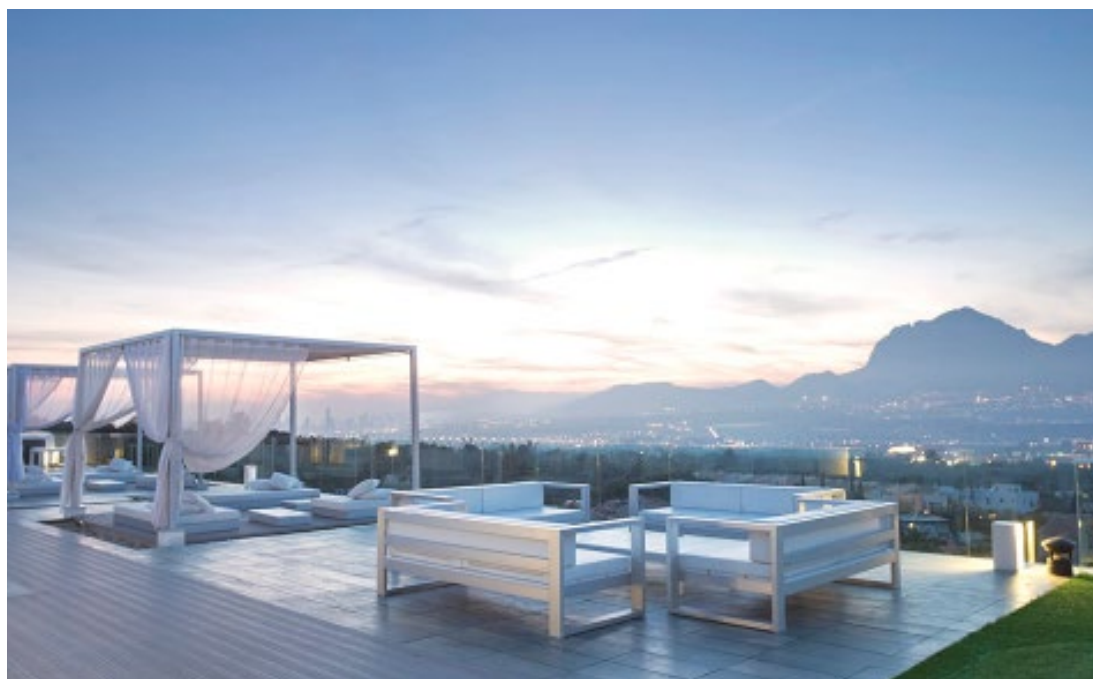


SHA WELLNESS CLINIC Luxurious Medical Spa Resort

A spacious luxury Design Resort located in a nature park an with wonderful views. The spa area covers approx 6000 sqm. The resort offers modern macrobiotic diets, aesthetic medicine and activity programmes.



Your Hotel

SHA Wellness Clinic (approx. 10.000 qm, fully air-conditioned) in Playa del Albir at the Mediterranean is located on a beautiful mountainside near the picturesque town Altea, at the foot of the nature preserve Sierra Helada. Agreeable weather all year round.

How You Reside

Restaurant SHAMADI; include healthy and light menus as well as modern macrobiotic made of natural, organic products that have been selected according to the individual recommendations of nutrition-experts. There are three different SHA FB menues such as: Kushi diet (600-700 calories/day), mediterranean Bio Light menue (800-1.200 cal./day) and SHA Gourmet (1.200 - 1.600 cal./day). NEW: SHA-Chef's Studio for healthy cooking classes in groups or private (for a fee). Snack bar, tearoom "Chill Out" with view on the zen-gardens. Library, meditationroom, chapel, lifts.

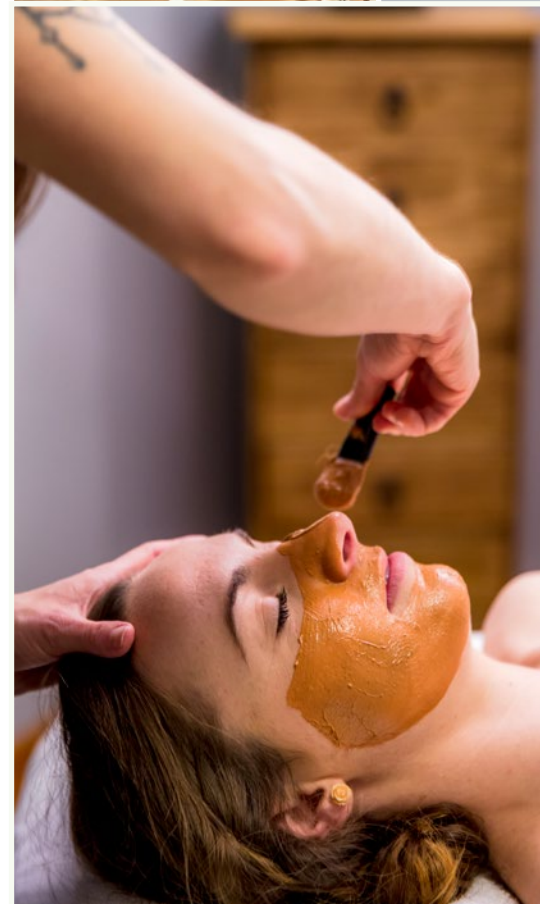
Wellness, Spa & Health

Generous outdoor pool area with a water-fall, infinity and whirlpool, relax areas as well as a Zen garden, mediterranean and tropical gardens (daily, 8am-9pm).

SHA Spa (approx. 6000 sqm, daily 8am-9pm)with "Hydrotherapy Area": includes therapeutic baths, physio- and hydro massage beds, pebble path, steam room, tepidarium, sauna, caldarium, floating room, chromo- and music therapies. Fitness center with TechnoGym® equipment (personal trainer) and much more. highly qualified doctors and therapists for non-invasive beauty medicine: aesthetic medicin, dental aesthetic , anti-aging, mesotherapies, lipolysis, fillers, treatments such as acupuncture, oxygen therapy, hydro therapy, relaxation techniques, colon hydro therapy, shiatsu, reflexology and much more. Stress prevention and management as well as the help to give up smoking. Effective therapies for diseases of the heart and circulation, digestive system, locomotor system, fibromyalgia, skin, respiratory tract, depression, exhaustion, nervousness and insomnia. German speaking staff is available in the hotel.



SPAIN



Activity Programme (no surcharge): lectures, cooking classes, Yoga classes, Tai Chi, meditation, laughing and breathing therapies and Qigong.

Getting There

Transfer Airport ALC (about 60 km) VIP hotel transfer \$ 549.18 / car (1-3 pers., Back & forth). Airport VLC (about 140 km) on request.

SHA method

The SHA Programmes offer a selection of treatments and therapies inspired in the Far East, combined with the latest findings of preventive, personalised medicine. They were developed in collaboration with a Japanese expert of nutrition and preventative medicine and aim at an improvement of the quality of life, slowing down the aging process and preventing diseases.

More vital, healthier, younger ... with natural therapies and healthy eating. Ideal as a slimming program with the successful SHA method and modern macrobiotics.