



## FARM PACKAGES

### WEIGHT MANAGEMENT

We create an individual program aiming at sustainable result. The program derives from our concept of life-changing experience. Together with our guests, we name the life habits that need to be changed – be it eating, drinking, physical activities or mind-related ones.

A personalized program is created and being implemented while at the FARM. The guest goes home with his doctor's recommendations on follow-up based on his experience at the FARM.

Weight Management program includes many of DETOX features, but as well rich thermal and spa experience and plenty of calories-burning movements – dynamic pool, aqua aerobics, gym programs, power walk etc.

DIET: Organic Detox food Alive! Detox Light Diet

- ✚ Accommodation
- ✚ Daily Nutritional Diet – Transition Diet
- ✚ Daily Nutritional Support with VCO
- ✚ Daily Inner Cleanse Drinks
- ✚ Daily Nutritional Supplements
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



THE FARM  
AT SAN BENITO

	<b>7 Nights</b>	<b>14 Nights</b>	<b>21 Nights</b>
Daily Nutritional Support	6 Sessions	14 Sessions	14 Sessions
Dental Kit	1 Set	1 Set	1 Set
Holistic Health Consultation	1 Session	1 Session	1 Session
Nutritional Microscopy (30 minutes)	1 Session	1 Session	1 Session
Nutritional Consultation (30 minutes)	1 Session	1 Session	1 Session
Harmonizing Flow/Psychoemotional Clearing (30 minutes)	1 Session	1 Session	1 Session
Colon Hydrotherapy/Colema (60 minutes)	1 Session	2 Sessions	1 Session
Colon Hydrotherapy/Colonics (90 minutes)	1 Session	1 Session	2 Sessions
Colon Hydrotherapy/Angel of Water (60 minutes)	1 Session	2 Sessions	1 Session
Hara Puri Treatment (30 minutes)	1 Session	1 Session	1 Session
Brain Biofeedback System with Interpretation (60 minutes)		1 Session	1 Session
PURE Flow Health Aid Session (45 minutes)		1 Session	1 Session
PURE Light Health Aid Session (40 minutes)		1 Session	1 Session
PURE Wave Health Aid Session (40 minutes)		1 Session	1 Session
Rectal Wheatgrass Infusion Therapy (4 oz)		1 Session	1 Session
Rectal Insufflation (15 minutes)			1 Session
Acupuncture (60 minutes)			1 Session
Hilot Treatment (90 minutes)	1 Session	1 Session	1 Session
Moxa Ventosa (30 minutes)	1 Session	2 Sessions	3 Sessions
AlkaRelax (90 minutes)	1 Session	2 Sessions	2 Sessions
Bittersweet Treatment (120 minutes)	1 Session	1 Session	1 Session
Hot Stone Treatment (90 minutes)	1 Session	1 Session	1 Session
Peppermint Foot Scrub (30 minutes/person)	1 Session	1 Session	1 Session
Aromatherapy Treatment (60 minutes)	1 Session	1 Session	2 Sessions
Tres Banos Lunas (150 minutes)		1 Session	1 Session
Skin Kayud (60 minutes)		1 Session	2 Sessions
Little Yin Yang Dry Brushing (60 minutes)		1 Session	2 Sessions
Tropical Bliss (120 minutes)		1 Session	1 Session
Thai Treatment (90 minutes)		1 Session	2 Sessions
Relaxology Treatment (30 minutes)			2 Sessions
Personal Trainer (60 minutes/person)	1 Session	2 Sessions	6 Sessions

Resort Location: No. 119 Barangay Tipakan, 4217 Lipa City, Batangas, Philippines

Sales & Reservations Office: Shop 12, Ground Floor, The Peninsula Hotel, (corner Ayala and Makati Avenues), 1226 Makati City, Philippines

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