

## ACCOMMODATION RATES

Accommodation	No. of Rooms (Inventory)	Maximum Occupancy	Published Rates/ Night
			Single or Double Occupancy Unless indicated
Sulu Terrace	5	2 Persons	USD 200.00 ++
Palmera Suite	4	2 Persons	USD 350.00 ++
Palmera Glass Villa	4	2 Persons +1 Extra Person	USD 450.00 ++
Anahaw Family Villa	2	4 Persons +1 Extra Person	USD 450.00 ++
Garden Villa	4	2 Persons + 1 Extra Person	USD 600.00 ++
Garden Glass Villa	2	2 Persons + 1 Extra Person	USD 700.00 ++
Narra Pool Villa	10	2 Persons + 1 Extra Person	USD 800.00 ++
Master Villa	1	2 Persons + 2 Extra Persons	USD 1,250.00 ++
The Lakan 2 Bedroom Villa	1	4 Persons + 2 Extra Persons	USD 1,800.00 ++

### All accommodation options include:

- Refreshing Welcome Drink
- Enzyme rich Breakfast, Afternoon tea and Healthy Snacks
- Holistic health Orientation
- Healing Sanctuary SPA and Acqua Sanctuary Orientation
- Fitness and Nutritional Assessment
- Participation in daily activities: yoga, meditation, food prep class, power walks and more!
- Complimentary WiFi access throughout the Resort
- Use of the resort facilities like Swimming Pools, Meditation Pavilions and Pure Energy Gym

### Terms and Conditions For Program:

- Rates are subject to 10% Service Charge and 12% Government Tax.
- Private car transfers are available to & from Manila International Airport at USD 200.00++ round trip for a maximum of 3 persons. Travel time is only 90-minute drive to or from The Farm.
- Extra Person will incur a surcharge of USD 50.00++ per night, which includes a gourmet breakfast at ALIVE! Restaurant.
- Children aged 12 years and under stay at The Farm for free when sharing a room with adults (meals are not included)
- Cancellation Policy Applies.
- Rates & inclusions are subject to change without prior notice.
- Published Rates valid until December 31, 2018.
- Please note that foreign currency values are subject to change. The Farm will use the prevailing "Hotel Exchange Rate of the Day" on the date of booking.

**DE-STRESS & REVIVIFY.** Learn mindfulness, nutrition, overall well-being and return to work refreshed with renewed energy and a clearer state of mind. The main symptoms of chronic stress are lack of concentration, irritability, migraine, headaches, anxiety and general fatigue. The Revivify program is focused on the combination of healthy eating, body-mind activities, natural, and evidence-based remedies with proven results intended to address a person's physical, emotional, spiritual growth and intellectual health. This 3 Day retreat offers a complete stress management program for the busy executives who need to find time to release all the tensions that have accumulated in the body and mind, and allow them to return to work refreshed with renewed energy and a clearer state of mind.

**DETOX D'LITE.** Time to unload all the stresses and toxins that are slowing you down. During this retreat you will experience a full immersion to clean living through medically-guided detoxification primarily on pure vegetable juices and nutrient-dense whole foods, combined with movement & fitness. Our medically-supervised treatments and services are designed to support the elimination of toxic substances trapped in the tissues of the body, while restoring the body's optimum ability to absorb nutrients for total health. While taking care of the body, we make sure that mind and spirit enrichment is also provided for a holistic and balanced approach to healing and well-being.

**BEAUTY & VITALITY.** Research shows that nutrition and lifestyle are the major cause of aging and disease, accounting for a huge percentage of accelerated aging leading to the progressive decline in physiological functions which further leads to increased vulnerability to diseases. But science also shows that by correcting a person's diet and lifestyle the aging process can be slowed down significantly. Guided by specific scientific principles, The Farm' Beauty and Vitality Rejuvenation Program offer a natural and more sustainable wellness and Anti-Aging solutions of Beauty and Aesthetic, consisting of nourishing vegan diets, sufficient exercise, meditations, infusion therapies, regular cleansing/detoxing, liberal time for sleep and relaxation and finding the center and inner peace within ourselves to restore what was lost through stressful daily experiences.

The core of this program is achieving balance between your physical, mental, emotional, and spiritual self so that you can gain enhanced energy, vitality, and genuine healing from the inside. Experience better energy, improved mood, glowing skin, and a greater sense of well being! True beauty from the inside out.

**MIND & BODY.** Come back home fresh, rejuvenated, and recharged with energy! If you're feeling overloaded and you're starting to struggle to cope up with the demands of even your simplest everyday activity, then it is time for you to de-stress and unload. While some stresses can be beneficial in giving that extra boost to face a challenging situation, stress also can be dangerous to one's health. According to the American Psychological Society, "an extreme amount of stress can have health consequences, affecting the immune, cardiovascular and neuroendocrine and central nervous systems, and take a severe emotional toll. Untreated chronic stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system. Research shows that stress can contribute to the development of major illnesses, such as heart disease, depression and obesity." To help you regain your health, we have created the Mind & Body De-Stress program which focuses on therapies intended to address a person's emotional, intellectual, and physical health, using various holistic science-based integrative therapies supervised by our medical team of doctors and nurses. This includes a combination of customized healthy diets, live juices and teas, mind-body activities, acupuncture, guided exercise programs, meditation exercises, and various evidenced based remedies. Sit with our doctors and learn alternative ways to cope with your stress and manage it on a day to day basis, thereby lowering the impact of your daily stressors on your body to make you more productive. This 5-day program offers a complete stress management program for the busy executives who need to find time to release all the tensions that have accumulated in their body and their mind, and allow them to return to work refreshed with a clearer state of mind.

**WEIGHT MANAGEMENT.** Weight concern is a big thing nowadays. Obesity specially is a serious problem people face resulting in chronic diseases like Diabetes, Heart diseases, Hypertension, Arthritis, and even cancer. Obesity is lifestyle related and triggered by stress, poor diet, and hormonal imbalances. The Farm has designed, medically supervised weight management program which includes many detox features such as vegan diet, vegetable juicing, supplementation and psycho-emotional interventions, combined with the rich thermal and spa experiences, and plenty of calorie-burning movements, and hydrotherapy exercises. In this specific program, we help you determine your ideal body state and set up a series of fitness goals that can be achieved in a sustainable way. We will provide you with customized exercise program that combine treatments to break down fat and other toxic elements in your body. We will also help you develop the right discipline and focus to complete the wellness journey. And when it's time to leave The Farm, a sustainable lifestyle discussion with the doctor makes sure that you are able to continue the program when you get back home.

**FITNESS & SPORTS RECOVERY.** Whether in your 30's, 40's, 50's or beyond you will certainly achieve a healthier, fitter, stronger, and more flexible body with the support of our expert team of licensed doctors, fitness coach, yoga teachers, nutritionists, and physical therapists in a perfect environment to elevate your fitness condition. From proper nutrition, personalized exercise program, mental preparation, as well as detoxification and relaxation treatments to reinvigorate the body and revitalize energy levels, at The Farm we cover it all. Our holistic approach is the key to achieving your fitness goals. Optional are the adventures of trekking and exploration of nearby natural highlands (with additional Fee) Optional round of Golf at a nearby world class golf course (with additional fee) DIET – Alkaline Alive! Restaurant diet with properly balanced meals, and with just the right amount of protein to help you achieve your fitness goals.



# 2018 PUBLISHED RATES

## THE FARM HEALING RETREATS

### PEAK SEASON

February 13-17, 2018; March 25-31, 2018; and December 21, 2018 – January 2, 2019

ACCOMMODATION	OCCUPANCY	2 Nights (Revivify/ Beauty and Vitality)	4 Nights (Detox D'Lite/ Mind & Body / Beauty & Vitality)	6 Nights (Weight Management / Mind & Body / Beauty & Vitality / Fitness & Sports Recovery)	13 Nights	20 Nights	EXTRA NIGHT
Palmera Suite	single	1,310	2,620	3,930	8,515	13,100	655
	twin	1,090	2,180	3,270	7,085	10,900	545
Palmera Glass Villa	single	1,480	2,960	4,440	9,620	14,800	740
	twin	1,180	2,360	3,540	7,670	11,800	590
Anahaw Family Villa	single	1,480	2,960	4,440	9,620	14,800	740
	quadruple	1,000	2,000	3,000	6,500	10,000	500
Garden Villa	single	1,650	3,300	4,950	10,725	16,500	825
	twin	1,260	2,520	3,780	8,190	12,600	630
Garden Glass Villa	single	1,830	3,660	5,490	11,895	18,300	915
	twin	1,310	2,620	3,930	8,515	13,100	655
Narra Pool Villa	single	1,960	3,920	5,880	12,740	19,600	980
	twin	1,390	2,780	4,170	9,035	13,900	695
Master Villa	single	2,610	5,220	7,830	16,965	26,100	1,305
	twin	1,740	3,480	5,220	11,310	17,400	870
The Lakan	single	3,440	6,880	10,320	22,360	34,400	1,720
	quadruple	1,480	2,960	4,440	9,620	14,800	740

**Rates are per person and exclusive of 22% Government Taxes and Service Charge**  
**Rates are quoted in US Dollars (USD)**



# 2018 SEASONAL RATES

## THE FARM HEALING RETREATS

### SEASONAL OFFERS (Except Peak Period)

January 3 – December 31, 2018

ACCOMMODATION	OCCUPANCY	2 Nights (Revivify/ Beauty and Vitality)	4 Nights (Detox D'Lite/ Mind & Body / Beauty & Vitality)	6 Nights (Weight Management / Mind & Body / Beauty & Vitality / Fitness & Sports Recovery)	13 Nights	20 Nights	EXTRA NIGHT
Palmera Suite	single	1048	2096	3144	6812	10480	524
	twin	872	1744	2616	5668	8720	436
Palmera Glass Villa	single	1184	2368	3552	7696	11840	592
	twin	944	1888	2832	6136	9440	472
Anahaw Family Villa	single	1184	2368	3552	7696	11840	592
	quadruple	800	1600	2400	5200	8000	400
Garden Villa	single	1320	2640	3960	8580	13200	660
	twin	1008	2016	3024	6552	10080	504
Garden Glass Villa	single	1464	2928	4392	9516	14640	732
	twin	1048	2096	3144	6812	10480	524
Narra Pool Villa	single	1568	3136	4704	10192	15680	784
	twin	1112	2224	3336	7228	11120	556
Master Villa	single	2088	4176	6264	13572	20880	1044
	twin	1392	2784	4176	9048	13920	696
The Lakan	single	2752	5504	8256	17888	27520	1376
	quadruple	1184	2368	3552	7696	11840	592

**Rates are per person and exclusive of 22% Government Taxes and Service Charge**

**Rates are quoted in US Dollars (USD)**










THE FARM  
AT SAN BENITO

HEALING RETREATS

### De-Stress and Revivify Program

Learn mindfulness, nutrition, overall well-being and return to work refreshed with renewed energy and a clearer state of mind. The main symptoms of chronic stress are lack of concentration, irritability, migraine, headaches, anxiety and general fatigue. The Revivify program is focused on the combination of healthy eating, body-mind activities, natural, and evidence-based remedies with proven results intended to address a person's physical, emotional, spiritual growth and intellectual health. This 3 Day retreat offers a complete stress management program for the busy executives who need to find time to release all the tensions that have accumulated in the body and mind, and allow them to return to work refreshed with renewed energy and a clearer state of mind.

DIET: Organic Detox food Alive! Detox Light Diet

-  Accommodation
-  Refreshing Welcome Drink
-  Daily ALIVE! Meals/Nutritional Diet
-  Afternoon Tea with healthy snacks
-  Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
-  Use of the swimming pools, fitness centre, meditation lounge & pavilions
-  Complimentary Wi-Fi access

#### 2 Nights

Holistic Health Consultation with the Medical Doctor	1 Session
Harmonizing Flow: Psycho-emotional Clearing (60 mins)	1 Session
Live Blood Analysis (30 mins)	1 Session
Little Yin Yang Dry Brushing (60 mins)	1 Session
Relaxology Massage (30 mins)	1 Session
Hair Sanctuary (30 mins)	1 Session
Hydrotherapy Massage (20 mins)	3 Session



HEALING RETREATS

Detox D'Lite

Time to unload all the stresses and toxins that are slowing you down. During this retreat you will experience a full immersion to clean living through medically-guided detoxification primarily on pure vegetable juices and nutrient-dense whole foods, combined with movement & fitness. Our medically-supervised treatments and services are designed to support the elimination of toxic substances trapped in the tissues of the body, while restoring the body's optimum ability to absorb nutrients for total health. While taking care of the body, we make sure that mind and spirit enrichment is also provided for a holistic and balanced approach to healing and well-being.

DIET: Organic Detox food Alive! Detox Light Diet

- Accommodation
Refreshing Welcome Drink
Daily ALIVE! Meals/Nutritional Diet
Afternoon Tea with healthy snacks
Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
Use of the swimming pools, fitness centre, meditation lounge & pavilions
Complimentary Wi-Fi access
Use of the resort facilities like Swimming Pools, Meditation Pavilions and Pure Energy Gym.

Table with 2 columns: Treatment/Service and Sessions. Total 4 Nights. Includes Holistic Health Consultation, Harmonizing Flow, Blood Sugar Monitoring, Medical Follow-up, Urine Test Monitoring, Daily Nutritional Support, Colon Hydrotherapy, Coffee Enema, Vitamin Infusion, Live Blood Analysis, Little Yin Yang Dry Brushing, Earth Body Wrap, Relaxation Massage, Thai Massage, Hair Sanctuary, and Hydrotherapy Massage.



HEALING RETREATS

Beauty and Vitality

Research shows that nutrition and lifestyle are the major cause of aging and disease, accounting for a huge percentage of accelerated aging leading to the progressive decline in physiological functions which further leads to increased vulnerability to diseases. But science also shows that by correcting a person’s diet and lifestyle the aging process can be slowed down significantly. Guided by specific scientific principles, The Farm’ Beauty and Vitality Rejuvenation Program offer a natural and more sustainable wellness and Anti-Aging solutions of Beauty and Aesthetic, consisting of nourishing vegan diets, sufficient exercise, meditations, infusion therapies, regular cleansing/detoxing, liberal time for sleep and relaxation and finding the center and inner peace within ourselves to restore what was lost through stressful daily experiences.

The core of this program is achieving balance between your physical, mental, emotional, and spiritual self so that you can gain enhanced energy, vitality, and genuine healing from the inside. Experience better energy, improved mood, glowing skin, and a greater sense of well being! True beauty from the inside out.

- ✚ Accommodation
- ✚ Refreshing Welcome Drink
- ✚ Daily ALIVE! Meals/Nutritional Diet
- ✚ Afternoon Tea with healthy snacks
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

	2 Nights	4 Nights	6 Nights
Holistic Health Consultation with the Medical Doctor	1 Session	1 Session	1 Session
Harmonizing Flow - Neurogenic Release (60 mins)	1 Session		
Medical Retreat Follow-up with the Medical Doctor	1 Session		1 Sessions
Colon Hydrotherapy / Colema (60 mins)	1 Session	1 Session	2 Sessions
Coffee Enema/Rectal (60 mins)		1 Session	2 Session
Harmonizing Flow - Guided Meditation (60 mins)		1 Session	1 Session
Daily Nutritional Support		4 Sessions	7 Session
Live Blood Analysis (30 mins)			1 Session
Acupuncture Aesthetic (60 mins)			1 Session
Vitamin Infusion (30-60 mins)			1 Session
Rejuvenating Facial (60 Mins)			1 Session
Relaxology Massage (60 mins)	1 Session	1 Session	
Hair Sanctuary (30 mins)	1 Session	1 Session	1 Session
Thai Massage (90 mins)	1 Session		1 Session
Hilot Haplos (150 mins)		1 Session	1 Session
Manicure (60 mins)		1 Session	1 Session
Pedicure		1 Session	1 Session
Peppermint Foot Scrub (30 mins)			1 Session
Earth Facial (60 mins)			1 Session
Oriental Journey (120 mins)			1 Session
Purification Treatment (90 mins)			1 Sessions
Earth Body Wrap (90 mins)			1 Session
Hydrotherapy Massage (20 mins)	4 Sessions	5 Sessions	9 Sessions
Steam / Sauna (20 mins)			6 Sessions



## HEALING RETREATS

### Mind and Body

If you're feeling overloaded and you're starting to struggle to cope up with the demands of even your simplest everyday activity, then it is time for you to de-stress and unload. While some stresses can be beneficial in giving that extra boost to face a challenging situation, stress also can be dangerous to one's health. According to the American Psychological Society, "an extreme amount of stress can have health consequences, affecting the immune, cardiovascular and neuroendocrine and central nervous systems, and take a severe emotional toll. Untreated chronic stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system. Research shows that stress can contribute to the development of major illnesses, such as heart disease, depression and obesity."

To help you regain your health, we have created the Mind & Body De-Stress program which focuses on therapies intended to address a person's emotional, intellectual, and physical health, using various holistic science-based integrative therapies supervised by our medical team of doctors and nurses. This includes a combination of customized healthy diets, live juices and teas, mind-body activities, acupuncture, guided exercise programs, meditation exercises, and various evidenced based remedies. Sit with our doctors and learn alternative ways to cope with your stress and manage it on a day to day basis, thereby lowering the impact of your daily stressors on your body to make you more productive.

This 5-day program offers a complete stress management program for the busy executives who need to find time to release all the tensions that have accumulated in their body and their mind, and allow them to return to work refreshed with a clearer state of mind.

- ✚ Accommodation
- ✚ Refreshing Welcome Drink
- ✚ Daily ALIVE! Meals/Nutritional Diet
- ✚ Afternoon Tea with healthy snacks
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



## Mind and Body

	<b>4 Nights</b>	<b>6 Nights</b>
Holistic Health Consultation with the Medical Doctor	1 Session	1 Session
Live Blood Analysis (30 mins)	1 Session	1 Session
Harmonizing Flow - Psychoemotional Clearing (60 mins)	2 Sessions	4 Sessions
Harmonizing Flow - Neurogenic Release (60 mins)	1 Session	1 Session
Daily Nutritional Support	4 Sessions	6 Sessions
Urine Test Monitoring	1 Session	1 Session
Blood Sugar Monitoring	1 Session	1 Session
Colon Hydrotherapy / Colema (60 mins)	1 Session	1 Session
Vitamin Infusion (30-60 mins)	1 Session	1 Session
Coffee Enema/Rectal (60 mins)	1 Session	1 Session
Harmonizing Flow - Art Therapy (60 mins) - private		1 Session
Relaxology Massage (30 mins)	1 Session	1 Session
Anti-Stress Facial (60 mins)	1 Session	1 Session
Little Yin Yang Dry Brushing (60 mins)	1 Session	1 Session
Hair Sanctuary (30 mins)	6 Sessions	1 Session
Relaxation Massage (60 mins)		1 Session
Thai Massage (90 mins)		1 Session
Rose Petal Body Wrap (90 mins)		1 Session
Hydrotherapy Massage (20 mins)	1 Session	9 Sessions





## HEALING RETREATS

### Weight Management

Weight concern is a big thing nowadays. Obesity specially is a serious problem people face resulting in chronic diseases like Diabetes, Heart diseases, Hypertension, Arthritis, and even cancer. Obesity is lifestyle related and triggered by stress, poor diet, and hormonal imbalances.

The Farm has designed, medically supervised weight management program which includes many detox features such as vegan diet, vegetable juicing, supplementation and psycho-emotional interventions, combined with the rich thermal and spa experiences, and plenty of calorie-burning movements, and hydrotherapy exercises. In this specific program, we help you determine your ideal body state and set up a series of fitness goals that can be achieved in a sustainable way. We will provide you with customized exercise program that combine treatments to break down fat and other toxic elements in your body. We will also help you develop the right discipline and focus to complete the wellness journey. And when it's time to leave The Farm, a sustainable lifestyle discussion with the doctor makes sure that you are able to continue the program when you get back home.

DIET: Organic Detox food Alive! Detox Light Diet

- ✚ Accommodation
- ✚ Refreshing Welcome Drink
- ✚ Daily ALIVE! Meals/Nutritional Diet
- ✚ Afternoon Tea with healthy snacks
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

## Weight Management

	6 Nights	13 Nights	20 Nights
Holistic Health Consultation with the Medical Doctor	1 Session	1 Session	1 Session
Live Blood Analysis (30 mins)	1 Session	1 Session	1 Session
Harmonizing Flow - Guided Meditation (60 mins)	1 Session	1 Session	1 Session
Acupuncture (60 mins)	1 Session	1 Session	1 Session
Urine Test Monitoring	1 Session	1 Session	1 Session
Blood Chemistry	1 Session	1 Session	1 Session
Daily Nutritional Support	6 Sessions	13 Sessions	21 Sessions
Colon Hydrotherapy / Colema (60 mins)	2 Sessions	4 Sessions	6 Sessions
Coffee Enema/Rectal (60 mins)	2 Sessions	8 Sessions	13 Sessions
Vitamin Infusion (30-60 mins)	1 Sessions	2 Sessions	3 Sessions
PURE Light Health Aid Session (40 mins)	2 Sessions	4 Sessions	5 Sessions
PURE Wave Health Aid Session (40 mins)	2 Sessions	3 Sessions	5 Sessions
Liver Cleanse (20 hours)		1 Session	1 Session
Blood Sugar Monitoring		1 Session	1 Session
Infusion Therapy - Aloe Vera/Rectal (30 mins)		1 Session	3 Sessions
Medical, Retreat Follow-up with the Medical Doctor		1 Session	1 Session
Harmonizing Flow - Neurogenic Release (60 mins)		1 Session	1 Session
Acupuncture (30 mins)		1 Session	1 Session
Spa - Earth Body Wrap (90 mins)			1 Session
Purification Treatment (90 mins)	1 Sessions	1 Session	1 Session
Relaxation Massage (60 mins)	1 Sessions	1 Session	1 Session
Oriental Journey (120 mins)	1 Sessions	1 Session	1 Session
Thai Massage (90 mins)	1 Sessions	1 Session	1 Session
Earth Facial (60 mins)	1 Sessions		1 Session
Relaxation Massage (60 mins)	1 Sessions	1 Session	1 Session
Hydrotherapy Massage (20 mins)	9 Sessions	27 Sessions	36 Sessions
Hilot Tapal Treatment (90 mins)		1 Session	1 Session
Anti-Aging Detoxifying Facial (90 mins)		1 Session	1 Session
Skin Kayud (60 mins)		1 Session	1 Session
Spa Deluxe - Four Hands Yin Yang Puri (90 mins)		1 Session	1 Session
Tres Baños Lunas (180 mins)		1 Session	2 Sessions
Hilot Haplos (150 mins)		1 Session	1 Session
Steam / Sauna (20 mins)			4 Sessions
Haircut			1 Session
Manicure & Pedicure (90 mins)			1 Session
Little Yin Yang Dry Brushing (60 mins)			1 Session
Organix Profile			1 Session



## HEALING RETREATS

### **Fitness and Sports Recovery**

Whether in your 30's, 40's, 50's or beyond you will certainly achieve a healthier, fitter, stronger, and more flexible body with the support of our expert team of licensed doctors, fitness coach, yoga teachers, nutritionists, and physical therapists in a perfect environment to elevate your fitness condition. From proper nutrition, personalized exercise program, mental preparation, as well as detoxification and relaxation treatments to reinvigorate the body and revitalize energy levels, at The Farm we cover it all. Our holistic approach is the key to achieving your fitness goals.

Optional are the adventures of trekking and exploration of nearby natural highlands (with additional Fee)

Optional round of Golf at a nearby world class golf course (with additional fee)

DIET – Alkaline Alive! Restaurant diet with properly balanced meals, and with just the right amount of protein to help you achieve your fitness goals.

- ✚ Accommodation
- ✚ Refreshing Welcome Drink
- ✚ Daily ALIVE! Meals/Nutritional Diet
- ✚ Afternoon Tea with healthy snacks
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, food prep class, power walks, mandala flower arrangement, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



## Fitness and Sports Recovery

	<b>6 Nights</b>	<b>13 Nights</b>
Holistic Health Consultation with the Medical Doctor	1 Session	1 Session
Live Blood Analysis (30 mins)	1 Session	1 Session
Harmonizing Flow - Guided Meditation (60 mins)	1 Session	1 Session
Acupuncture (30 mins)	1 Session	1 Session
Daily Nutritional Support	6 Sessions	13 Sessions
Vitamin Infusion (30-60 mins)	1 Session	3 Sessions
Colon Hydrotherapy / Colema (60 mins)	1 Session	2 Sessions
Coffee Enema/Rectal (60 mins)	1 Session	4 Sessions
Program Kit	1 Session	1 Session
Harmonizing Flow - Neurogenic Release (60 mins)		1 Session
Acupuncture (60 mins)		1 Session
Rejuvenating Facial (60 mins)		1 Session
Purification Treatment (90 mins)		2 Sessions
Relaxology Massage (60 mins)		1 Session
Earth Body Wrap (90 mins)	1 Session	
Oriental Journey (120 mins)	1 Session	2 Sessions
Thai Massage (90 mins)	2 Sessions	3 Sessions
Fitness Assessment	1 Session	1 Session
Personal Training (60 mins)	4 Sessions	6 Session
Tres Baños Lunas (180 mins)	1 Session	1 Session
Hair Sanctuary (30 mins)		1 Session
Manicure (60 mins)		1 Session
Pedicure		1 Session
Hilot Haplos (150 mins)		1 Session
Little Yin Yang Dry Brushing (60 mins)		1 Session
Steam / Sauna (20 mins)	6 Sessions	13 Sessions
Hydrotherapy Massage (20 mins)	9 Sessions	27 Sessions