



FARM PACKAGES

BEAUTY AND VITALITY

In this program we offer advanced Wellness and Anti-Ageing solutions of Beauty and Aesthetic Medicine. Starting by detox and immune system strengthening, we lead the guest to the timeless experience of Alkalizing his body, mind and thoughts.

As no bad cells can live in the Alkaline environment, which means that it is one of the solutions how to fight time...

Every human being is meant to thrive, every physical body is being born beautiful – so we re-connect and re-address this primordial beauty through ancient rituals and modern anti-age solutions.

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ 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

	7 Nights	14 Nights	21 Nights
Daily Nutritional Support	6 Sessions	14 Sessions	14 Sessions
Dental Kit	1 Set	1 Set	1 Set
Holistic Health Consultation with the Medical Doctor (30 minutes)	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	3 Sessions
Colon Hydrotherapy/Colonics (90 minutes)	1 Session	2 Sessions	2 Sessions
Colon Hydrotherapy/Angel of Water (60 minutes)		1 Session	2 Sessions
Brain Biofeedback System with Interpretation (60 minutes)		1 Session	1 Session
Rejuvenating Facial (60 minutes)		2 Sessions	3 Sessions
Rectal Wheatgrass Infusion Therapy (4 oz)			3 Sessions
Acupuncture (60 minutes)	1 Session		3 Sessions
Anti-Stress Facial (60 minutes)	1 Session	1 Session	1 Session
Thai Treatment (90 minutes)	1 Session	1 Session	3 Sessions
Peppermint Foot Scrub (30 minutes/person)	1 Session	1 Session	2 Sessions
Chlorophyll Body Wrap (90 minutes)	1 Session	1 Session	1 Session
Hilot Treatment (90 minutes)	1 Session	1 Session	1 Session
AlkaRelax (90 minutes)	1 Session	2 Sessions	4 Sessions
Aromatherapy Treatment (60 minutes)	1 Session	1 Session	1 Session
Oriental Journey (120 minutes)		1 Session	3 Sessions
Bittersweet Treatment (120 minutes)		1 Session	1 Session
Skin Kayud (60 minutes)		1 Session	1 Session
Seasonal Delight (120 minutes)		1 Session	3 Sessions
Tropical Bliss (120 minutes)		1 Session	1 Session
Rose Petal Body Wrap (90 minutes)		1 Session	1 Session
Chlorophyll Body Wrap (90 minutes)			1 Session

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
T: (+63 2) 884 8074 | M: (+63) 918 884 8080 | reservations@thefarm.com.ph | info@thefarm.com.ph | www.thefarmatsanbenito.com