



THE FARM  
AT SAN BENITO

# *Fact Sheet*

## *Welcome to The Farm*

The Farm at San Benito is among the most lauded holistic wellness and retreat centers all over the globe. After earning accolades from SENSES Germany as The Best Medical Resort in The World, and being hailed as a Trip Advisor Hall of Famer, we are committed to providing you truly luxurious healing experiences.

Located 90 minutes' drive south of Manila, in Batangas, Philippines, The Farm at San Benito rests on 48 hectares of lush green jungle, stunning view of majestic mountains, pure and fresh air with clear and strong energy radiating around the property, guests will surely come back home fresh, rejuvenated, and recharged with energy. With only 33 suites and villas, personalized service and the Filipinos' nurturing touch offer guests an unparalleled experience.

Our vision is to establish a unique healing centre in a new dimension offering a personal journey with a total holistic approach to rejuvenation of the mind, body, and soul in an idyllic setting. To address individual requirements and administer its wide-array of wellness packages and customized detox treatment programs.

Your experience with us depends on your wellness goals. You may choose a brief, restful stay or go for our full retreat programs to maximize the benefits you can gain from our unique services. At the Farm, you are transformed as you are healed.

# What We Can Offer You

The Farm's signature programs provide certified professional guidance to achieve and sustain optimal physical health, emotional well-being, along with spiritual growth. Our natural body detoxification techniques reduce toxins, boost overall immunity, encourage mental clarity leading to improved lifestyle habits, and can have a profound impact on better understanding interpersonal relationships.

- Detox Cleanse
- Weight Management
- Beauty and Vitality Rejuvenation
- Mind and Body Restoration
- Sports Recovery and Regeneration
- Wellness Experience

## Winner Of 42 Prestigious International Awards

### TRIPADVISOR

- Hall of Fame Certificate of Excellence Award (2014, 2015, 2016)
- Traveler's Choice Award (2014, 2015, 2016)

### SENSES Awards (Germany)

- Best Medical Wellness Resort (2012, 2013)

### ASIA TATLER Readers' Choice Awards

- Asia's Favorite SPA (2014, 2015)

### ASIA SPA Awards (Asia-Pacific)

- Holistic Treatment of the Year (2011)
- SPA Cuisine of the Year (2006, 2007, 2009, 2010, 2012)
- SPA Retreat of the Year (2005, 2007, 2008)
- Medi-SPA of the Year (2005, 2006, 2007)

### SPA FINDER'S Readers' Choice Award (USA)

- Country Award for Best in the Philippines 2015
- Country Award for Best SPA in the Philippines (2010, 2011, 2013)

- Category Award for Best Eco-SPA (2012, 2013)
- Category Award for Best Health SPA Cuisine (2012)
- Category Award for Best Medical SPA (2013)

### HOT 25 SPA HOTEL / RESORT IN ASIA

- Best in Travel (2014)

### SPA ASIA CRYSTAL AWARDS

- Best Holistic Healing Program (2004)
- Best New Age Activity (2004)
- Best Retreat (2004)
- Best SPA: Philippines (2005, 2006, 2007)
- Best SPA Cuisine Menu (2006, 2007)

### LUX INTERNATIONAL HOTEL AND SPA AWARDS

- Most Exclusive Accommodation – The Lakan 2016
- Best Signature SPA Treatments 2016

### HAUTE GRANDEUR GLOBAL HOTEL AND SPA AWARDS

- Best Culinary Experience 2016
- Best Pool Villa 2016

## Accommodation

- 5 Sulu Terraces
- 6 Palmera Suite
- 2 Palmera Glass Villas
- 2 Anahaw Family Villas
- 4 Garden Villas
- 2 Garden Glass Villas
- 10 Narra Pool Villas
- 1 Master Villa
- 1 The Lakan – 2 bedroom Villa

## Activities

- Yoga
- Meditation
- Food Preparation Class
- Mandala Flower Arranging
- Power Walking
- Fitness Walk

## Facilities

- ALIVE! Restaurant
- 3 Swimming Pools; South Park Pool, Waterfall Pool and Infinity Pool
- Meeting Hall
- Amphitheater
- Meditation Lounges and Pavilions
- Gym Facilities and Personal Trainer
- Organic Garden

# Holistic Services and Treatments

## Integrated Medical Service

- Holistic Health Consultation
- Pure Healing Aid Treatment
  - Pure Flow
  - Pure Wave
  - Pure Light
- Nutritional Microscopy
- Capillary Scan & Analysis
- Brain Biofeedback (BBF) System
- Colon Hydrotherapy
  - Colema
  - Angel of Water
  - Colonics
- Hara-Puri Treatment
- Infusion Therapy
- Liver & Gallbladder Flush
- Internal Organ Compress
  - Liver Compress
  - Kidney Compress
  - Belly Compress
- Body Salt Bath
  - Sea Salt Bath
  - Magnesium Salt Bath
- Intravenous Vitamin Infusion
- Ozone Therapy
- Ionization Detox Foot Bath
- Rectal Insufflation
- Magnetic Clay Foot Bath
- Harmonizing Flow
  - Reiki
  - Craniosacral Therapy
  - Gateway Healing
  - Art Therapy
- Acupuncture
- Ear Acupuncture Detoxification (Acudetox)
- Biorhythm Analysis
- Rejuvenating Facial
- Tibetan Steam Therapy

## Healing Sanctuary Spa Treatments

- Signature Treatments
  - Purification Treatment (Yin Yang Body Polish)
  - Stimulating Treatment (Skin Kayud and Barako Body Pack)
  - Detoxifying Treatment (Skin Kayud and Kalawag Body Detox w/Curcumin)
  - Four Hands (Yin Yang Purification)
- Traditional Filipino Treatment
  - Hilot Haplos
  - Tres Banyos Lunas
  - Hilot Tapal
- Body Scrubs
  - Peppermint Foot Scrub
  - Tropical Bliss – Coconut Scrub
  - Oriental Journey – VCO Aloe Scrub
  - Bittersweet – Barako Coffee Scrub
  - Seasonal Delight – Papaya or Seasonal Fruit
- Body Wraps
  - Rose Petal Body Wrap
  - Earth Body Wrap
  - Chlorophyll Body Wrap
  - Kidney Cleansing
- Body Rejuvenation
  - Yin Yang Dry Brushing
  - Skin Kayud
  - Hampol
  - Hilod Cleanse
  - Ventosa
  - Stone Massage
  - Suob
- Massage Therapies
  - Aromatherapy Massage
  - “Relaxology” Massage
  - Relaxation Massage
  - Hilot Massage
  - Therapeutic Massage
  - Thai Massage
  - Massage under the Stars
  - Arugang Buntis
  - Hilot Musmos
- Facials
  - Natural Moisturizing Facial
  - Earth Facial
  - Anti-Stress Facial
  - Anti-Aging Detoxifying Facial
- Alkaline Premiere Package
- Alka Package Treatment
  - Skin Kayud Alka Treatment
  - Yin Yang Alka Treatment
  - Puri Alka Treatment
- Other Beauty Treatments
  - Manicure and Pedicure
  - Hair SPA