



THE FARM
AT SAN BENITO

FARM PACKAGES

MIND AND BODY RESTORATION

This program involves a number of Mind activities, Mindfulness and Stress & Burnout check-ups and retreat programs – often with visiting Masters and Art of Living Foundation course. The program teaches to let go and ultimately surrender – to the divine inside you.

The FARM provides an ideal Alkaline environment of peace and tranquility – ultimate luxury of today’s world. We teach the guest to build a harbor of peace inside his own heart so he would never part with it even when leaving the paradise behind. The program improves the nervous system, the immune system, puts back to normal sleeping disorders, fights headaches and creates a sort of “defense shield” that can be used in everyday life post-FARM.

- ✚ 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



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	7 Nights	14 Nights	21 Nights
Daily Nutritional Support	5 Sessions	12 Sessions	12 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
Colon Hydrotherapy/Colema (60 minutes)	1 Session	2 Sessions	2 Sessions
Colon Hydrotherapy/Colonics (90 minutes)	1 Session	1 Session	1 Session
Liver Cleansing (24 hours)	1 Session	1 Session	1 Session
Clinical Laboratory Diagnostics (30 minutes)	1 Session	2 Sessions	1 Session
Harmonizing Flow/Psychoemotional Clearing (30 minutes)	1 Session	1 Session	1 Session
Cranioemotional Release (30 minutes)		2 Sessions	2 Sessions
Brain Bio Feedback System with Interpretation (60 minutes)		1 Session	1 Session
Reiki (60 minutes)		1 Session	1 Session
Acupuncture (60 minutes)		4 Sessions	4 Sessions
Craniosacral Therapy (60 minutes)			2 Sessions
Sustainable Program Discussion			1 Session
Rejuvenating Facial (60 minutes)		1 Session	1 Session
AlkaRelax (90 minutes)	1 Session	2 Sessions	4 Sessions
Hilot Haplos (120 minutes)	1 Session	1 Session	1 Session
Little Yin Yang Dry Brushing (60 minutes)	1 Session	1 Session	1 Session
Skin Kayud (60 minutes)	1 Session	1 Session	1 Session
Aromatherapy Treatment (60 minutes)	1 Session	1 Session	1 Session
Relaxology Treatment (30 minutes)	1 Session	2 Sessions	3 Sessions
Peppermint Foot Scrub (30 minutes/person)	1 Session	1 Session	1 Session
Hampol (90 minutes)		1 Session	2 Sessions
Rose Petal Body Wrap (90 minutes)		2 Sessions	2 Sessions
Skin Kayud Barako Coffee (120 minutes)		1 Session	
Bittersweet Treatment (120 minutes)			3 Sessions
Thai Treatment (90 minutes)		1 Session	2 Sessions
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

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