

# PUBLISHED RATES

## Accommodation Rates

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

### All accommodation options include:

- Refreshing welcome drink
- Daily breakfast, afternoon tea and healthy snacks.
- Complimentary WiFi access throughout the Resort
- Participation in Daily Movement & Fitness Activities: yoga, meditation, tai-chi, qigong, food preparation class, core training, fitness walks and more!
- Use of our swimming pools, gym, meditation lounge and pavilions

### 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, 2017.
- 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 payment.

## The Farm Wellness Program

**THE FARM WELLNESS EXPERIENCE.** Both three (3) and five (5) night programmes are based on holistic approach and principles of preventive medicine – early detection, prevention, diagnosis and correction of age-related imbalances. Aging gracefully and in full health. This is today's reality provided the individual assumes responsibility for his health and well-being. We can teach and show the way but it is up to the person to follow the road of good nutrition, regular exercise, natural supplements, hydration, quality sleep and relaxation, regular check-ups and detoxifications... Which leads to an ultimate quality of life – life full of Joy, Harmony and Vitality. We reach it through a synergy of laboratory diagnostics, personalized medical consultations, personalized exercise and dietary plans, advanced and traditional aesthetic medicine technics and edge-cut achievements of natural therapies.

**DETOX CLEANSE.** By DETOX we mean the process of freeing our bodies of toxins accumulated due to stressful and polluted environment to which most of the FARM's guests are exposed in their everyday life. When doing a DETOX, we are assisting out natural detoxifying system to eliminate the toxic burden, to regain a state of health balance, the strengthening of the immune system, an overall physical and mental well-being.

**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.

**MIND AND BODY REJUVENATION.** 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.

**SPORTS REGENERATION AND RECOVERY** is created for those who can't spend a day without action. As well during the long stay of 3-4 weeks can be suggested as the last 7 days – a final touch and bridge between jungle life and city life realities. This program is designed to push the volunteers to the limit and bring them to the next level of fitness conditions.

**BEAUTY AND VITALITY REJUVENATION** 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 Alkalinizing 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.