



FARM PACKAGES

FARM WELLNESS EXPERIENCE

All the programs are based on the 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 – a 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.

- ✚ 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

	3 Nights	5 Nights
Holistic Health Consultation for Wellness (30 minutes)	1 Session	1 Session
Nutritional Microscopy (30 minutes)	1 Session	1 Session
Brain Biofeedback System with Interpretation (60 minutes)		1 Session
Body Salt Bath (30 minutes)		1 Session
AlkaRelax (90 minutes)	1 Session	1 Session
Thai Treatment (90 minutes)	1 Session	1 Session
Aromatherapy Treatment (60 minutes)	1 Session	1 Session
Skin Kayud – Barako Coffee (120 minutes)		1 Session
Relaxation Treatment (60 minutes)		1 Session