



Integrative. Cutting-edge. Results Driven.



Since its founding in 2008, our mission at SHA is to help people live longer and better through a comprehensive and integrative approach to health in a simplified and pleasant way, combining cutting-edge treatments with well-established natural therapies, all with a particular emphasis on promoting a balanced diet, aimed at enhancing people's long-term health and wellbeing.

Featuring 7 buildings housing 93 suites and 11 residences, the 27,000 m<sup>2</sup> development includes extensive gardens, outdoor and heated swimming pools, relaxation areas, and a more than 8,000 m<sup>2</sup> Wellness Clinic area with a hydrotherapy circuit and 90 treatment rooms.



## THE SHA INTEGRATIVE METHOD

The SHA Method combines the latest advances in scientific medicine with the most effective and proven natural therapies, with a special focus on healthy and balanced nutrition, an approach that significantly enhances the positive impact that these disciplines would have individually. A method designed to provide optimal health so that you can enjoy all your intrinsic physical and mental potential, strengthening your immune system and your body's own regulatory and self-healing ability.

## SHA NUTRITION

### THE PILLAR OF THE SHA METHOD

SHA Nutrition is based on a healthy, energetic, mainly alkaline, and very balanced diet, inspired by ancient principles and adapted to modern life. With a practical and attractive approach, it places special emphasis on local, organic and seasonal foods, respecting nature's offerings at each time of the year and in each place.



## HEALTH PROGRAMMES

Depending on your needs SHA has designed the following carefully tailored health programmes to achieve your health goals and well-being.

**Recommended stay 14 nights.**  
**Programmes start from 7 nights.**



Rebalance  
& Energize  
From 4 & 7 days



Well-ageing  
& Prevention  
From 7 days



Leader's  
Performance  
From 7 days



Detox &  
Optimal Weight  
From 7 days  
*Intensive*  
From 7 days



## LOCATION & SURROUNDINGS

Located next to the Sierra Helada natural park, adapting to the topography of the land through a staggered design of buildings connected to each other by cantilever bridges and surrounded by Mediterranean gardens that fuse the building with nature, SHA Spain has a marked Mediterranean style, with pure and white lines.



## AMENITIES & FACILITIES

- SHAmadi Restaurant
- The Chef's Studio
- Organic garden
- Infinity pool
- Fitness area
- Mind & Body studios
- Paddle tennis court
- Art Gallery
- Library
- Cinema
- SHApel
- Common areas and terraces
- Private parking
- Private transfer and heliport

## LEADERS IN HEALTH & WELLBEING

SHA has been recognised as **'World's Best Wellness Clinic'** (2022 & 2023) by the World Spa Awards, and featured in the "Condé Nast Traveler Readers' Choice Awards 2023" list as one of the best spas in Europe, achievements that reaffirms our steadfast commitment to your health and wellbeing.

