



### ***SHA DISCOVERY (Recommended stay:4 days)***

*SHA DISCOVERY is for those who wish to learn about healthier habits and revitalise their body and soul by reducing their stress levels.*

*Includes:*

- *General medical check up*
- *Medical consultation*
- *Selected SHA diet*
- *Daily activities at SHA Life Learning Centre (talks, Yoga, Tai Chi, Chi Kung, healthy cooking lectures, etc.)*
- *Daily SHA Entertainment activities: Cinema, dancing, magic, live music, expositions, etc.*
- *1 x Natural therapeutic treatment (shiatsu, Reiki, acupuncture or deep tissue) as prescribed*
- *1 x Sensory relaxing massage*
- *1x Flotarium sessions offering therapeutic benefits similar to those of the Dead Sea*
- *Use of SHA's aqua lab circuit as recommended by your consultant*

*Price: 750€*