

Specialized Health Packs

Women's Health

Men's Health

Gut Health

Quit Smoking

Sleep Well

Cognitive Boost

Health Optimization Check Up



Women’s Health

An integrative pack designed to support hormonal balance, intimate wellness, and overall vitality at every stage of life. Combining advanced diagnostics, expert gynecological care, pelvic floor therapies, and targeted treatments such as vaginal ozone therapy, this pack addresses both the physical and emotional dimensions of women’s health. With the support of leading specialists in women’s wellness and hormonal optimization, it provides a personalized path toward balance, confidence, and long-term well-being.

Women’s Health

Specialized Pack

IT INCLUDES

Women’s Health consultation	1
Hormonal analysis	1
Consultation with a hormonal expert	1
Gynaecology consultation	1
Pelvic floor health	1
Emsella session	1
Vaginal ozone therapy session	1
Suerotherapy session	1



Pack Women’s Health

1.850€



Men's Health

A comprehensive program focused on men's health, designed to promote physical balance, vitality, and intimate well-being throughout all stages of life. Combining advanced diagnostics, specialized medical care in men's health, and specific therapies focused on urogenital well-being, this package offers a comprehensive approach to the physical and emotional factors that can influence a man's quality of life. With the support of men's health specialists, it provides a personalized approach to boosting energy, sexual health, and overall well-being.

Men's Health

Specialized Pack

IT INCLUDES

Men's Health Consultation	1
Hormone Testing	1
Consultation with a hormonal expert	1
Urology Consultation	1
Emsella Session	1
Serum Therapy Session	1



Pack Men's Health

1.500€



Gut Health

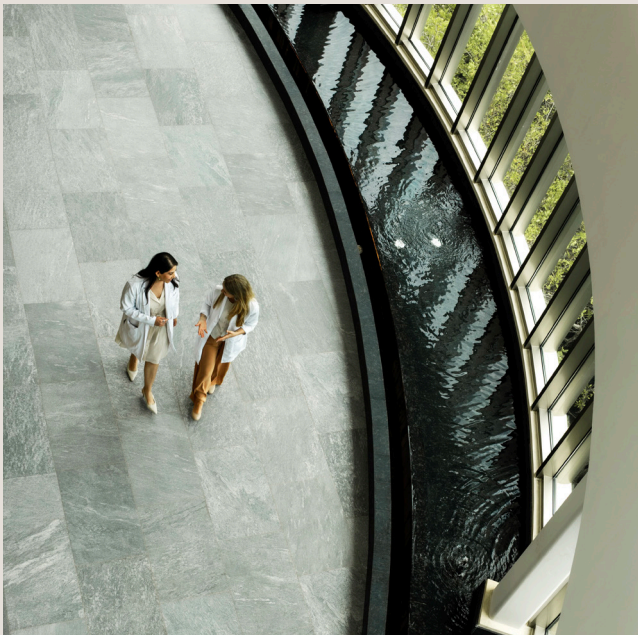
Your gut is a vital hub for immunity, energy, emotional stability, and longevity. The SHA Gut Health Pack offers a scientific and integrative approach to restoring microbiota balance, reducing inflammation, and addressing gastrointestinal discomfort or chronic digestive issues. Through advanced diagnostics and holistic therapies, this pack supports the regeneration of the intestinal lining, the detoxification of the digestive system, and the optimization of nutrient absorption all within SHA’s signature anti-inflammatory framework. A healthy gut means clearer thinking, stronger immunity, and a more resilient you.

Gut Health

Specialized Pack

IT INCLUDES

Initial and follow-up digestive health consultations	1
Intestinal dysbiosis test	1
Intestinal ozone therapy session	1
Visceral osteopathy session	1
Emotional eating session	1
Oral and systemic health assessment	1



Gut Health Pack

1.700€



Quit Smoking

Breaking free from tobacco is a pivotal step in reclaiming your vitality. The SHA Quit Smoking Pack is a medically supervised designed to reduce dependency, reverse cellular stress, and strengthen long-term resilience. Combining detox therapies, acupuncture and emotional coaching, this pack addresses both the physical and psychological dimensions of addiction. Through gradual, personalized strategies and continuous monitoring, it is aimed to minimize withdrawal symptoms, lower the risk of relapse, and promote the recovery of respiratory and overall health.

Quit Smoking

Specialized Pack

IT INCLUDES

Medical consultation with a specialist	1
Cotinine test with metabolic analysis	3
Pulmonary detox nebulization session	1
Smoking cessation coaching session	2
Oral and systemic health assessment	1
Smoking cessation support kit	1



Quit Smoking Pack

1.100€



Quality sleep should not be a luxury. The SHA Sleep Well Pack is designed to identify the root causes of sleep disturbances and restore your natural circadian rhythm through a tailored, science-based protocol. This pack combines neurostimulation and acupuncture to regulate melatonin production, calm the nervous system, and deepen nightly rest. Whether you struggle with insomnia, light sleep, or jet lag, this program helps you recover restorative sleep, the foundation of mental clarity, hormonal balance, and cellular regeneration.

Sleep Well
Specialized Pack

IT INCLUDES

Consultation with a specialist	1
Overnight polysomnography	1
Sound healing session	1
Neurofeedback session	1
Sleep optimization session	1
Serum therapy session	1
SHA nutritional supplement tailored to your goals	1



Sleep Well Pack

1.350€



Mental performance is not only for the elite, it’s essential for anyone seeking to live with focus, purpose, and resilience. The SHA Cognitive Boost Pack activates your brain’s full potential with cutting-edge therapies that enhance memory, attention, and emotional regulation. Combining treatments like mind-body practices, this pack targets neuroinflammation and supports optimal cognitive function. Ideal for anyone experiencing brain fog, burnout, or age-related decline, it’s a science-backed reset for a sharper, clearer mind.

Cognitive Boost

Specialized Pack

IT INCLUDES

Cognitive Assessment Consultation	1
Focus & Awareness Session	1
Neurofeedback Session	2
Mindfulness Session	1
Vagus Nerve Stimulation	1



Cognitive Boost Pack

1.050€



Deepen Your Program. Expand Your Insight. Designed for guests already following a SHA health program, this add-on Health Check-Up Pack offers a deeper look into key systems affecting your vitality, performance, and overall wellbeing.

Through advanced screenings including cardiovascular ultrasound (carotid, abdominal, and thyroid Doppler), spirometry, VO2 Max testing, and specialized urology or gynecology consultations this assessment allows for a more precise understanding of your current state of health.

The goal: to enrich your ongoing SHA journey with data-driven insights that inform and refine your long-term strategy.

Health Optimization Check-Up

With program

IT INCLUDES			
Cardiology consultation with echocardiography	1	Ultrasound + Abdomino-pelvic doppler	1
Gynecology or urology consultation	1	Texticular Ultrasound	1
Bilateral supra-aortic trunks echo + Doppler (carotid arteries)	1	VO2 Max	1
Ultrasound + Thyroid doppler	1	Spirometry	1

Health Optimization Check-Up

1.650€



Health Optimization Check-Up

The SHA Health Check-Up Pack is a comprehensive, medically supervised assessment designed to evaluate your overall wellbeing and detect early imbalances before symptoms appear. It includes advanced cardiological screenings, such as VO2 Max testing, echocardiograms, and vascular ultrasounds, combined with respiratory evaluations, hormonal profiling, and specialized consultations in gynecology or urology. With the support of SHA’s expert medical team, the program concludes with a personalized roadmap to optimize your healthspan and longevity informed, preventative, and fully tailored to you.

Health Optimization Check-Up

Without program

IT INCLUDES			
Advanced proactive diagnosis	1	Ultrasound + Abdomino-pelvic doppler	1
Medical consultation at the beginning and at the end of the program	1	Texticular Ultrasound	1
Cardiology consultation with echocardiography	1	VO2 Max	1
Gynecology or urology consultation	1	Spirometry	1
Bilateral supra-aortic trunks echo + Doppler (carotid arteries)	1	Longevity profile	1
Ultrasound + Thyroid doppler	1		

Health Optimization Check-Up

3.650€