

Who We Are

For over 20 years, SHA has been at the forefront of longevity, preventive health and integrative medicine. Founded by the Bataller family, SHA combines medical science, lifestyle transformation, advanced diagnostics, regenerative therapies, nutrition and hospitality to help people live better, for longer.

Recognised with more than 100 international awards, SHA has welcomed over 100,000 guests worldwide and continues to set a global benchmark in health optimization.

Brand Video



The SHA Method

SHA's proprietary integrative method combines lifestyle transformation, longevity science, proactive medicine and regenerative therapies to support lasting health and vitality.

Lifestyle Medicine

Nutrition, sleep, movement, emotional wellbeing and healthy habits.

Longevity Science

Advanced diagnostics, proactive medicine and personalised health insights.

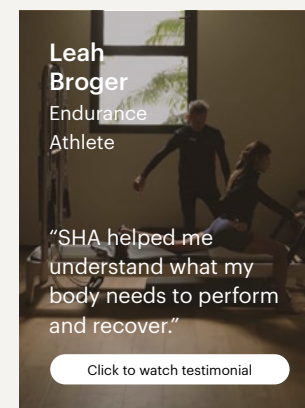
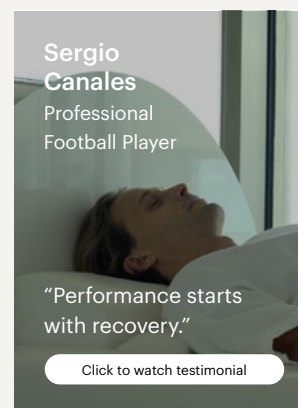
Regenerative Medicine

Targeted therapies that support vitality, recovery, cellular renewal and healthy ageing.

Health Programmes

SHA programmes combine medical science, integrative therapies and personalised lifestyle design into tailored pathways for prevention, recovery, performance, detox, longevity and regeneration.

Stories of Transformation



20+
Years of
experience

100K+
Guests
transformed

500+
Medical &
wellness
professionals

100+
International
awards

7 nights
Average
stay

Global
HNW &
UHNW
Clientele



2026 Health Programs				3 nights	4 nights	7 nights	10 nights	Brochure
	Rebalance & Energize	A restorative program designed to reduce stress, restore energy, and bring the body back into balance.	For those seeking to restore energy, regulate stress, and strengthen overall resilience.	N/A	2.500	4.375	6.250	
	Leaders Health & Performance	A performance-focused program designed to enhance mental clarity, physical stamina, and resilience under pressure.	For high-performing individuals seeking sharper focus, sustained energy, and long-term health under pressure.	N/A	3.600	6.300	9.000	
	Advanced Longevity	A preventive health program focused on healthy ageing, vitality, and long-term biological resilience.	For those seeking to slow biological ageing, optimize resilience, and invest proactively in long-term vitality.	N/A	4.800	8.400	12.000	
	Stay Your Way ^{Young Adults}	A flexible SHA experience tailored around each guest's personal health goals and preferred rhythm.	For those seeking a fully personalized health journey shaped around their own goals, needs, and rhythm.	1.200	1.600	2.800	N/A	
	Detox & Optimal Weight	A structured program designed to support detoxification, metabolic balance, and sustainable weight management.	For those seeking sustainable weight balance, reduced inflammation, and improved metabolic and gut health.	N/A	N/A	4.550	6.500	
	Detox & Optimal Weight ^{Intensive}	An intensive program designed to accelerate metabolic results through a more focused clinical approach.	For those seeking faster, clinically guided metabolic results through a more intensive weight optimization protocol.	N/A	N/A	6.125	8.750	

Rates are per person and covers the program for the nights indicated on each column. Programs include : Treatments / consultations as listed on each link, SHA nutrition plan — which covers breakfast, lunch, dinner, and medicinal teas

SHA

The World's Leading Destination for
Longevity & Health Optimization

How to Book?

1

Select the Health Program

Start with the guest's main health goal, whether it is detox, longevity, energy, sleep, weight management, performance, or overall wellbeing.

Each program includes consultations, personalized treatments, SHA Nutrition, healthy meals, medicinal teas, and expert guidance.

Please note: If two guests share one room, each guest may choose a different Health Program.

2

Choose Suites + Dates

Select the preferred dates, number of nights, and room category.

Room Rate x Nights = Accommodation Total

[Accommodation Guide](#)



3

Confirm the Total

The estimated total is calculated as:

Health Program + Accommodation Total = Estimated Total Cost

Our team will be happy to prepare the full calculation and proposal.

4

Guest Journey Begins

Once the reservation is confirmed with the required deposit, SHA begins the pre-arrival process to personalize the guest journey.

Upon arrival, the guest will meet the medical team. Based on diagnostics and personal goals, additional recommendations may be suggested. These are optional.

Booking Recommendation

Book early to secure preferred dates, room categories, and program availability, especially during peak seasons and holidays.

Advisor Tip: SHA entry point is the 4-night Rebalance & Energize program in an Mountain View Deluxe Suite. Starting from 3.225€ per night, includes accommodation, SHA nutritional meals, treatments, and wellness consultations within the program.

Contact

For reservations and personally tailored proposals, we invite you to contact your travel advisor.

SHA

Global Destinations

An international network of longevity destinations designed around medical science, personalised care and restorative environments.

What This Means for Guests

A structured health journey

Each stay is guided by a personalised programme, expert consultations and targeted treatments.

More than a retreat

Medical insight, nutrition, movement, recovery and hospitality come together in one integrated stay.

Designed for lasting change

Guests return home with healthier habits, clearer direction and tools to support long-term wellbeing.



SHA Spain

The original flagship, opened in 2008 above Albir Bay in Spain's Valencian region.

93 suites,
11 residences, 1 villa

SHA Mexico

Opened in 2024 on the secluded shores of Costa Mujeres in Riviera Maya.

101 suites, 37 residences

SHA Emirates

Opening Soon

Opening soon on the coastline of AlJurf, between Abu Dhabi and Dubai.

100 suites, 51 apartments,
86 villas, 137 residences
across 380 hectares