

SIESTA TIME

Need a break? A chance to regroup and recharge? The SHA Wellness Clinic offers a truly holistic approach to health and happiness. Say Olé to the centre putting the 'spa' in 'Spain'

SHA Wellness Clinic is situated on a height close to the picturesque bay of Altea, Alicante and overlooking Sierra Helada Natural Park. Amidst this ruggedly beautiful landscape, it appears like some sort of sleek, ultra-modern spaceship deposited from planet 'health'. The geometric, cube-like property radiates in pristine white and sprawls over numerous split levels and 93 suites. Think infinity pools, waterfalls sluicing from one floor to the next and oodles and oodles of chill-out space to take in *that* view. It is a beacon of tranquillity with a dedicated team of doctors, nutritionists and personal trainers poised to set you on the path of health and happiness. Phew. If complete wellbeing (emotional, mental, physical) seems like an alien concept to you, perhaps it's time to pay the SHA Wellness Clinic a visit...

Maybe you want to detox, get fit, lose weight, quit smoking or give your appearance a boost with some body-sculpting treatments. Whatever brings you to SHA Wellness Clinic, you'll be bowled over by the facilities at this medical hotel. The team has thought of everything. Alicante's temperate climate is considered the best for promoting optimum health. There are two indoor pools, a tennis court and even a putting green on which to blow off some steam. And the food? Delicious. Based on the principle of macrobiotics, this is simple, healthy fare cooked to haute cuisine standards. Intrigued? You should be. Just take a look at the latest health-overhaul initiatives this bastion of wellbeing is offering.

COGNITIVE DEVELOPMENT UNIT

The Cognitive Programme takes a look at how you're wired. How you think about things. How you remember things. And how this affects your wellbeing. Sort of like advanced mindfulness. You will be given the tools you need to maximise your cognitive planning and improve brain function at home.

ENERGETIC HEALTH UNIT

It's time to get physical, physical... What is your body's optimum level of performance? How can you reach it? The Energetic Health Unit uses technology to analyse your body in motion. Learn what you're capable of and how to push through your boundaries.

GENETIC UNIT

Your genetic makeup provides the code to your health. Are you susceptible to any hereditary diseases? What diet and lifestyle would best suit you? The Genetic Unit at SHA Wellness Clinic carries out preventative genetic testing to give patients key information about their health. The main objective is to find connections between genetic alterations that increase the risk of disease. Simple recommendations (adding supplements, cutting out a food group) can also be made to kickstart your most glowy self. It's science.

TO BOOK Healing Holidays can arrange a four-day SHA Discovery programme from £1,699 per person sharing. This includes flights, transfers, accommodation in a Deluxe Suite with mountain view, prescribed full board, and all treatments as per the SHA Discovery programme.

CLOCKWISE FROM ABOVE,
SUNSET TERRACE.
WELLNESS CLINIC AREA.
YOGA CLASS.
COGNITIVE DEVELOPMENT
TREATMENT.



Healing Holidays

Healing Holidays: 020 7529 8551; healingholidays.co.uk/tatlerspa