



THE FARM PACKAGES

THE FARM WELLNESS EXPERIENCE

All the programmes are based on holistic approach and principles of preventive medicine – early detection, prevention, diagnosis and correction of age-related imbalances.

Aging gracefully and in full health. This is today's reality provided the individual assumes responsibility for his health and well-being. We can teach and show the way but it is up to the person to follow the road of good nutrition, regular exercise, natural supplements, hydration, quality sleep and relaxation, regular check-ups and detoxifications... Which leads to an ultimate quality of life – life full of Joy, Harmony and Vitality.

We reach it through a synergy of laboratory diagnostics, personalized medical consultations, personalized exercise and dietary plans, advanced and traditional aesthetic medicine technics and edge-cut achievements of natural therapies.

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

3 Nights

5 Nights

Integrated Medical

| | 3 Nights | 5 Nights |
|---|-----------|-----------|
| Holistic Health Consultation for Wellness (30 minutes) | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session |
| Brain Biofeedback System with Interpretation (60 minutes) | | 1 Session |
| Body Salt Bath (30 minutes) | | 1 Session |

Healing Sanctuary Spa

| | 3 Nights | 5 Nights |
|--|-----------|-----------|
| AlkaRelax (90 minutes) | 1 Session | 1 Session |
| Thai Massage (90 minutes) | 1 Session | 1 Session |
| Aromatherapy Massage (60 minutes) | 1 Session | 1 Session |
| Skin Kayud – Barako Coffee (120 minutes) | | 1 Session |
| Relaxation Massage (60 minutes) | | 1 Session |



THE FARM PACKAGES

THE FARM DETOX

By DETOX we mean the process of freeing our bodies of toxins accumulated due to stressful and polluted environment to which most of the FARM's guests are exposed in their everyday life.

When doing a DETOX, we are assisting out natural detoxifying system to eliminate the toxic burden, to regain a state of health balance, the strengthening of the immune system, an overall physical and mental well-being.

EVERYONE needs DETOX.

Objectives and benefits of a Detox programme:

- Remove toxins, heavy metals and xenobiotics;
- Repair intestinal and liver function
- Replenish energy levels and vitality
- Prevent allergies
- Improve the quality of the skin
- Stimulate the immune system and improve resistance to disease
- Weight management
- Rebalance the body

The program is based on colon, liver and kidneys cleansing, medically guided fasting in order to let the digestive system rest, stimulating detox through skin using scrubs and wrappings, by draining the lymphatic system...

Once we took the patient through the physical aspect of detox, we start adding mind detoxifying practices – yoga, pranayama, tai-chi, meditation, personal consultations...

DIET: juice fasting for 5 days followed by ALIVE ! Restaurant Light Detox Diet

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



| | 7 Nights | 14 Nights | 21 Nights |
|--|------------|-------------|-------------|
| <i>Integrated Medical</i> | | | |
| Daily Nutritional Support | 6 Sessions | 14 Sessions | 21 Sessions |
| Dental Kit | 1 Set | 1 Set | 1 Set |
| Holistic Health Consultation | 1 Session | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session | 2 Sessions |
| Colon Hydrotherapy/Colema (60 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| Colon Hydrotherapy/Colonics (90 minutes) | 1 Session | 2 Sessions | 2 Sessions |
| Colon Hydrotherapy/Angel of Water (60 minutes) | | 1 Session | 1 Session |
| Hara Puri Massage (30 minutes) | 1 Session | 1 Session | 1Session |
| Rectal Wheatgrass Infusion Therapy (4 oz) | | | 2 Sessions |
| Harmonizing Flow/Psychoemotional Clearing (30 minutes) | 1 Session | | |
| Harmonizing Flow/Psychoemotional Clearing (60 minutes) | | 1 Session | 1Session |
| Sustainable Program Discussion | 1 Session | 1 Session | 1Session |
| Liver Cleansing (24 hours) | | 1 Session | 1 Session |
| Clinical Laboratory Diagnostics | | 1 Session | 1 Session |
| Body Salt Bath (30 minutes) | | | 2 Sessions |
| Rectal Insufflation (15 minutes) | | | 2 Sessions |
| Vitamin Infusion (30 – 60 minutes) | | | 1 Session |
| Kidney Compress (30 minutes) | | | 2 Sessions |
| <i>Healing Sanctuary Spa</i> | | | |
| AlkaRelax (90 minutes) | 1 Session | 2 Sessions | 2 Sessions |
| Bittersweet Massage (120 minutes) | 1 Session | 1 Session | 1 Session |
| Skin Kayud (60 minutes) | 1 Session | 1 Session | 1 Session |
| Peppermint Foot Scrub (30 minutes/person) | 1 Session | 1 Session | 1 Session |
| Kidney Cleansing (90 minutes) | 1 Session | 1 Session | 1 Session |
| Little Yin Yang Dry Brushing (60 minutes) | 1 Session | 1 Session | 1 Session |
| Relaxology Massage (30 minutes) | 1 Session | 1 Session | 1 Session |
| Tres Banos Luna (150 minutes) | | 1 Session | 1 Session |
| Skin Kayud – Barako Coffee (120 minutes) | | 1 Session | 1 Session |
| Aromatherapy Massage(60 minutes) | | 1 Session | 1 Session |
| Purification (90 minutes) | | 1 Session | 1 Session |
| Moxa Ventosa (30 minutes) | | 1 Session | 1 Session |
| Earth Facial (60 minutes) | | 1 Session | 1 Session |
| Seasonal Delight (120 minutes) | | | 1 Session |
| Kidney Cleansing (90 minutes) | | | 1 Session |
| Relaxation Massage (60 minutes) | | | 2 Sessions |
| Hampol (90 minutes) | | | 1 Session |
| Rose Petal Body Wrap (90 minutes) | | | 1 Session |
| Thai Massage (90 minutes) | | | 1 Session |



THE FARM PACKAGES

THE FARM WEIGHT MANAGEMENT

We create an individual program aiming at sustainable result. The program derives from our concept of life-changing experience. Together with our guests, we name the life habits that need to be changed – be it eating, drinking, physical activities or mind-related ones.

A personalized program is created and being implemented while at the FARM. The guest goes home with his doctor's recommendations on follow-up based on his experience at the FARM.

Weight Management program includes many of DETOX features, but as well rich thermal and spa experience and plenty of calories-burning movements – dynamic pool, aqua aerobics, gym programs, power walk etc.

DIET: Organic Detox food Alive! Detox Light Diet

- ✚ Accommodation
- ✚ Daily Nutritional Diet – Transition Diet
- ✚ Daily Nutritional Support with VCO
- ✚ Daily Inner Cleanse Drinks
- ✚ Daily Nutritional Supplements
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access.

| | 7 Nights | 14 Nights | 21 Nights |
|---|------------|-------------|-------------|
| <i>Integrated Medical</i> | | | |
| Daily Nutritional Support | 6 Sessions | 14 Sessions | 14 Sessions |
| Dental Kit | 1 Set | 1 Set | 1 Set |
| Holistic Health Consultation | 1 Session | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session | 1 Session |
| Nutritional Consultation (30 minutes) | 1 Session | 1 Session | 1 Session |
| Harmonizing Flow/Psychoemotional Clearing (30 minutes) | 1 Session | 1 Session | 1 Session |
| Colon Hydrotherapy/Colema (60 minutes) | 1 Session | 2 Sessions | 1 Session |
| Colon Hydrotherapy/Colonics (90 minutes) | 1 Session | 1 Session | 2 Sessions |
| Colon Hydrotherapy/Angel of Water (60 minutes) | 1 Session | 2 Sessions | 1 Session |
| Hara Puri Massage (30 minutes) | 1 Session | 1 Session | 1Session |
| Brain Biofeedback System with Interpretation (60 minutes) | | 1 Session | 1 Session |
| PURE Flow Health Aid Session (45 minutes) | | 1 Session | 1 Session |
| PURE Light Health Aid Session (40 minutes) | | 1 Session | 1 Session |
| PURE Wave Health Aid Session (40 minutes) | | 1 Session | 1 Session |
| Rectal Wheatgrass Infusuion Therapy (4 oz) | | 1 Session | 1 Session |
| Rectal Insufflation (15 minutes) | | | 1 Session |
| Acupuncture (60 minutes) | | | 1 Session |



Healing Sanctuary Spa

| | | | |
|---|-----------|------------|------------|
| Hilot Massage (90 minutes) | 1 Session | 1 Session | 1 Session |
| Moxa Ventosa (30 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| AlkaRelax (90 minutes) | 1 Session | 2 Sessions | 2 Sessions |
| Bittersweet Massage (120 minutes) | 1 Session | 1 Session | 1 Session |
| Hot Stone Massage (90 minutes) | 1 Session | 1 Session | 1 Session |
| Peppermint Foot Scrub (30 minutes/person) | 1 Session | 1 Session | 1 Session |
| Aromatherapy Massage (60 minutes) | 1 Session | 1 Session | 2 Sessions |
| Tres Banos Lunas (150 minutes) | | 1 Session | 1 Session |
| Skin Kayud (60 minutes) | | 1 Session | 2 Sessions |
| Little Yin Yang Dry Brushing (60 minutes) | | 1 Session | 2 Sessions |
| Tropical Bliss (120 minutes) | | 1 Session | 1 Session |
| Thai Massage (90 minutes) | | 1 Session | 2 Sessions |
| Relaxology Massage (30 minutes) | | | 2 Sessions |



THE FARM PACKAGES

THE FARM ANTI-AGE and REJUVENATION

In this program we offer advanced Wellness and Anti-Ageing solutions of Beauty and Aesthetic Medicine.

Starting by detox and immune system strengthening, we lead the guest to the timeless experience of Alkalizing his body, mind and thoughts. As no bad cells can live in the Alkaline environment, which means that it is one of the solutions how to fight time...

Every human being is meant to thrive, every physical body is being born beautiful – so we re-connect and re-address this primordial beauty through ancient rituals and modern anti-age solutions.

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

| | 7 Nights | 14 Nights | 21 Nights |
|---|------------|-------------|-------------|
| <i>Integrated Medical</i> | | | |
| Daily Nutritional Support | 6 Sessions | 14 Sessions | 14 Sessions |
| Dental Kit | 1 Set | 1 Set | 1 Set |
| Holistic Health Consultation with the Medical Doctor (30 minutes) | 1 Session | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session | 1 Session |
| Nutritional Consultation (30 minutes) | 1 Session | 1 Session | 1 Session |
| Harmonizing Flow/Psychoemotional Clearing (30 minutes) | 1 Session | 1 Session | 1 Session |
| Colon Hydrotherapy/Colema (60 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| Colon Hydrotherapy/Colonics (90 minutes) | 1 Session | 2 Sessions | 2 Sessions |
| Colon Hydrotherapy/Angel of Water (60 minutes) | | 1 Session | 2 Sessions |
| Brain Biofeedback System with Interpretation (60 minutes) | | 1 Session | 1Session |
| Rejuvenating Facial (60 minutes) | | 2 Sessions | 3 Sessions |
| Rectal Wheatgrass Infusion Therapy (4 oz) | | | 3 Sessions |
| Acupuncture (60 minutes) | 1 Session | | 3 Sessions |
| <i>Healing Sanctuary Spa</i> | | | |
| Anti-Stress Facial (60 minutes) | 1 Session | 1 Session | 1 Session |
| Thai Massage (90 minutes) | 1 Session | 1 Session | 3 Sessions |
| Peppermint Foot Scrub (30 minutes/person) | 1 Session | 1 Session | 2 Sessions |
| Chlorophyll Body Wrap (90 minutes) | 1 Session | 1 Session | 1 Session |
| Hilot Massage (90 minutes) | 1 Session | 1 Session | 1 Session |
| AlkaRelax (90 minutes) | 1 Session | 2 Sessions | 4 Sessions |
| Aromatherapy Massage (60 minutes) | 1 Session | 1 Session | 1 Session |
| Oriental Journey (120 minutes) | | 1 Session | 3 Sessions |
| Bittersweet Massage (120 minutes) | | 1 Session | 1 Session |
| Skin Kayud (60 minutes) | | 1 Session | 1 Session |
| Seasonal Delight (120 minutes) | | 1 Session | 3 Sessions |
| Tropical Bliss (120 minutes) | | 1 Session | 1 Session |
| Rose Petal Body Wrap (90 minutes) | | 1 Session | 1 Session |
| Chlorophyll Body Wrap (90 minutes) | | | 1 Session |

Resort Location: 119 Barangay Tipakan, Lipa City 4217 Batangas Philippines

Sales and Reservations Office: Shop 12, Ground Floor, The Peninsula Manila, Ayala corner Makati Avenues 1226 Makati City Philippines

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THE FARM PACKAGES

THE FARM STRESS MANAGEMENT

This program involves a number of Mind activities, Mindfulness and Stress & Burnout check-ups and retreat programs – often with visiting Masters and Art of Living Foundation course

The program teaches to let go and ultimately surrender – to the divine inside you.

The FARM provides an ideal Alkaline environment of peace and tranquility – ultimate luxury of today’s world. We teach the guest to build a harbor of peace inside his own heart so he would never part with it even when leaving the paradise behind.

The program improves the nervous system, the immune system, puts back to normal sleeping disorders, fights headaches and creates a sort of “defense shield” that can be used in everyday life post-FARM.

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

| | 7 Nights | 14 Nights | 21 Nights |
|--|-----------------|------------------|------------------|
| <i>Integrated Medical</i> | | | |
| Daily Nutritional Support | 5 Sessions | 12 Sessions | 12 Sessions |
| Dental Kit | 1 Set | 1 Set | 1 Set |
| Holistic Health Consultation | 1 Session | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session | 1 Session |
| Nutritional Consultation (30 minutes) | 1 Session | 1 Session | 1 Session |
| Colon Hydrotherapy/Colema (60 minutes) | 1 Session | 2 Sessions | 2 Sessions |
| Colon Hydrotherapy/Colonics (90 minutes) | 1 Session | 1 Session | 1 Session |
| Liver Cleansing (24 hours) | 1 Session | 1 Session | 1 Session |
| Clinical Laboratory Diagnostics (30 minutes) | 1 Session | 2 Sessions | 1 Session |
| Harmonizing Flow/Psychoemotional Clearing (30 minutes) | 1 Session | 1 Session | 1Session |
| Cranioemotional Release (30 minutes) | | 2 Sessions | 2 Sessions |
| Brain Bio Feedback System with Interpretation (60 minutes) | | 1 Session | 1 Session |
| Reiki (60 minutes) | | 1 Session | 1 Session |
| Acupuncture (60 minutes) | | 4 Sessions | 4 Sessions |
| Craniosacral Therapy (60 minutes) | | | 2 Sessions |
| Sustainable Program Discussion | | | 1 Session |
| Rejuvenating Facial (60 minutes) | | 1 Session | 1 Session |



Healing Sanctuary Spa

| | | | |
|---|-----------|------------|------------|
| AlkaRelax (90 minutes) | 1 Session | 2 Sessions | 4 Sessions |
| Hilot Haplos (120 minutes) | 1 Session | 1 Session | 1 Session |
| Little Yin Yang Dry Brushing (60 minutes) | 1 Session | 1 Session | 1 Session |
| Skin Kayud (60 minutes) | 1 Session | 1 Session | 1 Session |
| Aromatherapy Massage (60 minutes) | 1 Session | 1 Session | 1 Session |
| Relaxology Massage (30 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| Peppermint Foot Scrub (30 minutes/person) | 1 Session | 1 Session | 1 Session |
| Hampol (90 minutes) | | 1 Session | 2 Sessions |
| Rose Petal Body Wrap (90 minutes) | | 2 Sessions | 2 Sessions |
| Skin Kayud Barako Coffee (120 minutes) | | 1 Session | |
| Bittersweet Massage (120 minutes) | | | 3 Sessions |
| Thai Massage (90 minutes) | | 1 Session | 2 Sessions |
| Chlorophyll Body Wrap (90 minutes) | | | 1 Session |

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THE FARM
AT SAN BENITO

THE FARM PACKAGES

THE FARM FITNESS

FITNESS PACKAGE is created for those who can't spend a day without action. As well during the long stay of 3-4 weeks can be suggested as the last 7 days – a final touch and bridge between jungle life and city life realities.

This program is designed to push the volunteers to the limit and bring them to the next level of fitness conditions.

Optional trekking and exploration of nearby Natural highlands (with additional Fee)

Optional round of Golf at a nearby world class golf course (with additional fee)

DIET – Alkaline Alive! Restaurant diet with protein meals (protein shakes, tofu etc.)

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access

| | 7 Nights | 14 Nights | 21 Nights |
|---|------------|-------------|-------------|
| Integrated Medical | | | |
| Daily Nutritional Support | 6 Sessions | 12 Sessions | 14 Sessions |
| Dental Kit | 1 Set | 1 Set | 1 Set |
| Holistic Health Consultation | 1 Session | 1 Session | 1 Session |
| Nutritional Microscopy (30 minutes) | 1 Session | 1 Session | 1 Session |
| Nutritional Consultation (30 minutes) | 1 Session | 1 Session | 1 Session |
| Harmonizing Flow/Psychoemotional Clearing (60 minutes) | 1 Session | 1 Session | 1 Session |
| Colon Hydrotherapy/Colema (60 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| Colon Hydrotherapy/Colonics (90 minutes) | 1 Session | 1 Session | 1 Session |
| Colon Hydrotherapy/Angel of Water (60 minutes) | | | 1 Session |
| Hara Puri Massage (30 minutes) | 1 Session | 1 Session | 1Session |
| Sustainable Program Discussion | 1 Session | 1 Session | 1Session |
| Brain Biofeedback System with Interpretation (60 minutes) | | 1 Session | 1 Session |
| Body Salt Bath (30 minutes) | | | 1 Session |
| Healing Sanctuary Spa | | | |
| AlkaRelax (90 minutes) | 1 Session | 3 Sessions | 4 Sessions |
| Little Yin Yang Dry Brushing (60 minutes) | 1 Session | 1 Session | 1 Session |
| Aroma Therapy Massage (60 minutes) | 1 Session | 1 Session | 3 Sessions |
| Skin Kayud (60 minutes) | 1 Session | 1 Session | 1 Session |
| Thai Massage (90 minutes) | 1 Session | 2 Sessions | 3 Sessions |
| Personal Training (60 minutes/person) | 1 Session | 6 Sessions | 9 Sessions |
| Bittersweet Massage (120 minutes) | | 1 Session | 1 Session |
| Therapeutic Massage (90 minutes) | | 1 Session | 1 Session |
| Hampol (90 minutes) | | 1 Session | 2 Sessions |
| Hot Stone Massage (90 minutes) | | 1 Session | 1 Session |
| Hilot Massage (90 minutes) | | 1 Session | 1 Session |
| Relaxology Massage (30 minutes) | | 1 Session | 2 Sessions |
| Seasonal Delight (120 minutes) | | | 1 Session |

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