



THE FARM
AT SAN BENITO

Detox Cleanse

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 our 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, food prep class, power walks, mandala flower arrangement, and more!
- Use of the swimming pools, fitness centre, meditation lounge & pavilions
- Complimentary Wi-Fi access

Integrated Medical

INCLUSIONS	7 NIGHTS	14 NIGHTS	21 NIGHTS
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

Healing Sanctuary Spa

INCLUSIONS	7 NIGHTS	14 NIGHTS	21 NIGHTS
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

Terms and Conditions:

- Rates are subject to 10% Service Charge and 12% Government Tax.
- Private car transfers are available to & from Manila International Airport at USD 200.00++ round trip for a maximum of 3 persons. Travel time is only 90-minute drive to or from The Farm.
- Additional guests will incur a surcharge of USD 50.00++ per night which includes a gourmet breakfast at ALIVE! Restaurant – not applicable in Sulu Terrace and Palmera Suite
- Children aged 12 years and under stay at The Farm for free when sharing a room with adults (meals are not included) – not applicable in Sulu Terrace
- Rates & Inclusions are subject to change without prior notice.
- Cancellation Policy Applies.
- Published Rates valid until December 31, 2017.
- Please note that foreign currency values are subject to change, The Farm will use the prevailing “Hotel Exchange Rate of the Day” on the date of payment.

Important Notes for The Farm Detox Program:

- Programs may be created for any number of nights requested.
- All Programs are supervised by licensed Medical Doctors and Nurses.
- All Programs are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm cannot take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm’s Medical Staff. The Farm reserves the right to refuse some guests with health conditions that cannot be reasonably managed by The Farm’s professional staff.
- Guests arriving at The Farm **after 5pm will be booked in on a special Room Only** arrangement for their first night. The actual **Program will** begin the following day.
- Programs can **change** in accordance to and consultation with the guest’s medical & **wellbeing** condition. The **Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival** at The Farm.
- A **personalized Daily Schedule will be given** to each **guest** after **consultation with an assigned Medical Staff**. The **Schedule may change depending on our Medical Doctor’s assessment and recommendation or in accordance with the guest’s reactions to the treatments.**
- All **supplements, services and treatments will be scheduled** by our **doctors** on the **General Health & Medical consultation** has been completed. Any **supplements, services or treatments or other such related items** outside the **above stated Personalized Program will be discussed with the guest** in advance and will be **considered Incidental Charges**. These will be **charged to the guest account** and **must be settled upon checkout**.
- **All programs containing medical, spa and food components cannot be refunded or credited if not utilized.**