



THE FARM  
AT SAN BENITO

# Medi-Spa-Acqua-Alive Journeys

## THERMAL TONING

PHP 10,700++ / USD 214++ per person

**Boost your ability to achieve a more effective slimming and toning results in a shorter time period.**

Our THERMAL TONING package combines a unique light therapy, muscle stimulation therapy, heat therapy and spa therapy to help you lose that body fat. It starts with a customized massage to stimulate your lymphatics and open up those skin pores in preparation for the next phase of fat burning, muscle stimulation and toning. Experience the Focused Light Technology to help naturally slim, shape and tone areas by shrinking fat cells, followed by muscle stimulation which uses a patented Multiple Matrix Modulation Waves Technology to stimulate not only the superficial muscles, but also the deeper muscle layers. The THERMAL TONING combines all these to shrink the fat cells, provide increased metabolic activity for fat burning and muscle toning by creating stronger and lean muscle fibers.

For best results we suggest you combine this with our fitness program and customized detox juices for that antioxidant boost as you start losing those unwanted fats.

Lymphatic Massage and Skin Kayud 1 Session

Far Infrared Sauna 1 Session

Pure Light Therapy 3 Sessions

Pure Wave Therapy 3 Sessions

*\*Program inclusions are subject to change after consultation and physical check-up with our holistic medical doctors.*



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## VITALITY OF THE HEARTS

A FOUR (4) HOUR JOURNEY FOR TWO

PHP 19,000++ / USD 415++ for 2

**Enjoy an intimate treatment with your partner this love month!**

This couple's treatment is designed to cleanse the body and restore vitality and vigour. It starts off with a 60-minute acupuncture to release those energy blocks, followed by a 180-minute Hilot Kasuyo treatment which includes a soothing foot floral bath, a stimulating cacao body wrap, a refreshing milk chocolate bath, and our relaxing therapeutic hilot that strengthens the body's bio-energy fields to eliminate tiredness, fatigue, and disharmony. Cap off your Vitality of Hearts treatment with a choice of The Farm's organic Rosella wine or Sweet Potato wine to set the mood.

Acupuncture (60mins) 1 Session

Hilot Kasuyo (180mins) 1 Session

Choice of Organic Wine 1 Bottle

### 60 MINS. ACUPUNCTURE

Acupuncture is the most notable medical discovery from ancient Chinese medical tradition. Five thousand years of clinical experience from over hundreds of millions of people, acupuncture is now accepted worldwide as a therapeutic modality for pain, as well as for acute and chronic medical conditions. Based on Traditional Chinese Medicine philosophy, when the flow of qi (chi) in the meridians is sufficient and balanced, the body is in harmony and in order, but if the qi (chi) is blocked, deficient or stagnant, disease or illness follows. Fine, sterile disposable needles are inserted on specific acupoints on the skin to improve the flow of qi (chi) that flows along invisible meridians, or the network.

### 180 MINS. HILOT KASUYO

Hilot Kasuyo is a unique massage for sweethearts which can only be found at The Farm. This sensual massage enhances one's physical, mental and emotional well-being, bringing relaxation to the body as it stimulates your inner desires. The therapeutic and nutritive ingredients of the products provides your skin with the much needed active components for cellular repair and regeneration to keep you young and protected, with skin that's silky soft, smooth, and hydrated.

Treatment includes: Foot Floral Bath – 10 minutes, Cacao Body Wrap – 90 minutes, Milk Chocolate Bath – 20 minutes and Hilot Treatment – 60 minutes





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## ORGANIC ROSELLA WINE: (Naturally fermented)

A naturally fermented red floral wine that uses no chemicals in the processing. It is high in antioxidants depicted by its crimson red color. The tangy, berry flavor blends with its fruity floral aroma capturing an aroma that is bottled into perfection. A wine loaded with health benefits that truly satisfies your senses.

## SWEET POTATO WINE

Sweet potatoes are an excellent source of Vitamin A (in the form of beta-carotene). They are also a very good source of Vitamin C, manganese, copper, pantothenic acid, and vitamin B6. Additionally, they are good sources of potassium, dietary fiber, niacin, Vitamin B1, Vitamin B2, and phosphorus. It promotes a longer lifespan, protects against certain cancers, improves mental health, and is beneficial to the heart.

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## ESSENCE OF A WOMAN

**A THREE (3) HOUR JOURNEY**

**PHP 10,880++ / USD 218++ per person**

In today's fast-paced society, many women suffer from various forms of stress that are not simply physical, but also involves hidden emotional issues, mental stress and emotional distress. Often emotional blockages are at the root cause of physical ailments and disharmonies. The 180-min journey involves a combination of treatments that help clear mental confusion, reveal psycho-emotional scars, and break-free from hidden emotional issues to bring out the empowered woman in you.

Acqua Flotation (30 Mins) 1 Session

Hilot Lakambini (90 Mins) 1 Session

Choice of Harmonizing Flow (60 Mins) 1 Session

Chef's Superfood 1 Drink

## 90 MINS. HILOT LAKAMBINI (Noble Woman)

Surrender yourself to the healing hands of The Farm's trained therapists as they bathe your body with the soothing blend of our local herbs. Let the essence of Ylang-Ylang flow through your skin with every stroke of our therapist's healing hands. These aromatic blends are known to treat hypertension, relieve muscle tension and blockages, strengthen the







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### **90 MINS. PUREST GOLD FACIAL MASK**

Purest Gold Facial Mask is an ancient treatment excellent anti-aging, anti-wrinkle, anti-toxin and anti-acne formula based on powerful healing ingredients that help in reducing sign of aging, brightening & firming up your skin. The softest metals, it is easily absorbed into the skin, giving it influence at a cellular level. Help reversal of oxidation damage to the collagen fiber, aiding the regeneration of the healthy new cells, bringing natural luster and youthful radiance to all skin types.

### **60 MINS. VITAMIN INFUSION THERAPY FOR GLOWING SKIN**

For the last fifty years or more, Intravenous (IV) Therapy has been used in the medical field for various reasons, and lately is gaining popularity because of the immediate benefits it gives. Intravenous or IV Therapy is a method of infusing vitamins (B- complexes, Vitamin C), minerals (including magnesium and calcium), amino acids and antioxidants directly into the bloodstream to correct intracellular nutrient deficiencies much faster than the oral route, as it ensures 100% absorption (compared to a lesser percentage if taken by mouth). As it hydrates your body and nourishes your skin, IV Vitamin Therapy enhances your immune system to protect you against most diseases you can easily pick up in the environment, or helps you recover faster from any illness from the common cold or after surgery. Some have called it a “Hang-Over drip” because of their immediate recovery after the drip. The antioxidants and nutrients in the IV drip allows for cell regeneration, thus slowing the aging process and giving you that much younger look.

### **90 MINS. ALOE VERA BODY WRAP**

Aloe Vera wrap is a nourishing cocoon designed to slim and tone your body, hydrate, cleanse, skin cells renewal, relax and soothe your muscles. These benefits include detoxification, contouring, rejuvenation and balance. Aloe Vera gel can provide kidney cleansing, liver cleansing, skin healing, cellulite reduction and body sculpting. It is containing two hormones: Auxin and Gibberellins which is good for wound healing and anti-inflammatory properties that reduce skin inflammation. Effectively heal chronic skin problems, such as psoriasis, acne and eczema.

### **ALIVE DRINK: GREEN GLOW JUICE**

92.5 calories

A favorite among the guests, this high antioxidant concoction of mint, kale celery and various sprouts is a highly alkalizing juice to thin the blood and give your skin that natural glow.

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## THE NOBLE MAN

A FOUR (4) HOUR JOURNEY FOR ONE

PHP 12,500++ / USD 275++ per person

**For the man who deserves nothing less than the royal treatment**

The Noble Man package is special treatment for the man of the house. After all that hard work you put in for your family, it's time to recharge for the next level. This royal treatment consists of The Farm's signature massages for men, Hilot Lakan, a guided session with The Farm's Holistic Physician, and a complimentary hot Ginger Lime Tea.

Hilot Lakan (180 Mins)

1 Session

Harmonizing Flow or Myer's Cocktail (60 Mins)

1 Session

Hot Ginger Lime Tea

1 Drink

### 180 MINS. HILOT LAKAN (NOBLE MAN)

The treatment begins with the healing ritual cleansing of the feet with warm herbal water to set the body in just the right temperature. When the body is set, the Farm's trained therapist begins to apply a customized herbal body polish using a blend of fresh local healing medicinal herbs and sandalwood bark which allows the skin to breath and absorb all the nutrients from the fresh herbs, thus helping the body to detoxify and regain energy. The ritual ends with an invigorating, salutary healing tonic herbal bath with the natural fragrance of sandalwood. Soak, bathe and feel the healing effects of this royal treatment.

### 60 MINS. HARMONIZING FLOW

16 hours a day you are constantly working for your dreams (or maybe more). It's not just your body that's working, but your mind as well. The stress just hits you everywhere. Stress affects your overall performance – and science has proven it. To help you regain control of your total being, the royal treatment compliments the massage with 60 minutes of Harmonizing Flow by our trained holistic medical doctors. Harmonizing Flow is an umbrella term for various forms of therapies that include hands-on healing sessions, guided sessions, neurogenic release therapeutic modalities, holistic balancing, and other special modalities, allowing the client to navigate inner experiences in a safe and nurturing space. Harmonizing Flow is based on universal principles underlying ancient Himalayan, European, Asian, Australian and Egyptian healing traditions as it develops the guests' senses to healing energies available to him through nature and within his being.



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## MYER'S COCKTAIL

The Myers' Cocktail is a specially formulated intravenous therapy well known for its anti ageing effects and effectivity in various health conditions. Developed in the 1960's by the late Dr. John Myers and improved through the years, the IV drip consists of just the right amount of magnesium, calcium, selected minerals, B vitamins, and Vitamin C. Cited in various medical journals, it has been found to be effective against acute asthma attacks, migraines, fatigue (including Chronic Fatigues Syndrome), fibromyalgia, acute muscle spasm, upper respiratory tract infections, chronic sinusitis, allergic rhinitis, chronic depression, cardiovascular diseases and other chronic disorders. Because the cocktail is delivered directly into the bloodstream, the effects are more immediate as compared to the oral route. Anyone can benefit from its effect, whether you're healthy or in need of that extra boost of energy and immunity from various forms of stress.

## ALIVE DRINK: HOT GINGER LIME TEA

32 calories

Ginger, lime, honey & hot water act as immune system booster and sore throat reliever.

*\*For best results we suggest you combine this with our fitness program and customized detox juices for that antioxidant boost as you start losing those unwanted fats.*

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## IMMUNE BOOST

**A TWO AND A HALF (2.5) HOUR JOURNEY**

**PHP 10,000++ / USD 220++ per person**

Chlorophyll Body Wrap (90mins)

1 Session

Myer's Cocktail (60 Mins)

1 Session

Immune Boosting Juice

1 Drink

## 90 MINS. CHLOROPHYLL BODY WRAP

Chlorophyll is known as the green pigment responsible for plant life, it is similar in structure to the hemoglobin components in our blood. This means it is a powerful anti-oxidant. Chlorophyll's many health benefits stem from the fact that it is Alive! It contains enzymes that are ideal in attaining bodily health. Its benefits have been proven over the years in many ways such as cleansing the lymphatic system, alkalizing the body, removing





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toxins and waste from cells and nourishing the liver and kidneys. Our skin is the largest organ of elimination; this allows chlorophyll to soothe the skin and let nature manage it naturally and beautifully.

## 1x MYERS COCKTAIL

Developed in the 1060's by Dr. John Myer's, the initial vitamin blend was intended to treat certain medical and health issues such as fatigue, depression, infectious diseases and other acute and chronic illnesses. Today the much improved Myer's Cocktail is being used not only for the conditions mentioned, but it has gained popularity and recognition for its benefits in treating a wide variety of conditions from the common cold to the more extremely chronic conditions. Among those conditions are allergies, asthma, most types of muscle pain, back pain, post-operative pain, fibromyalgia, certain mental issues such as anxiety and depression. It's effect comes from the combination of Vitamins (B-complexes and Vitamin C), calcium, magnesium and glutathione which are not only necessary for cellular repair, regeneration, and protection from destruction, but provides the body with the a powerful antioxidant to detoxify the liver and counter the free radicals responsible for aging. These components will definitely improve your body's cellular function allowing you to move better and think better.

## ALIVE DRINK: IMMUNE BOOSTING JUICE

88.3 kcal

Vegetables are great sources of the vitamins, minerals, and nutrients that can help you achieve optimal immune health.

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## SPORTS RELIEF

**A ONE HOUR AND TWENTY MINUTE JOURNEY    PHP 7,515++ / USD 163++ per person**

**Physiotherapy** **1 Session**

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**Flotation Tank** **1 Session**

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**Super Hydrator Juice** **1 Drink**

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### PHYSIOTHERAPY

A type of bodywork that will address musculoskeletal problems that cause pain, deformity, poor nerve conduction, deficiency in blood circulation, and emotional problem. It involves the release of the stiff covering of the muscles (Myofascia) using deep graduated strokes on precise muscle groups. It offers relief of muscle pain like stiff neck, low back pain, frozen shoulders, sciatica, and other muscle area. It may also produce emotional purging when the involved muscle is worked on.

### FLOTATION TANK

Flotation is a unique type of hydrotherapy that simulates zero gravity. It is also known as a sensory deprivation chamber most often used as a method for engaging oneself in a deep meditative state, regardless of meditation experience.

### ALIVE DRINK: SUPER HYDRATOR JUICE

34.2 kcal

Coconut water is one of nature's most hydrating drinks, low in fat and sugar filled with amino acids, antioxidants, enzymes, growth factors, minerals and vitamins.

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## PRENATAL WELLNESS

**A TWO AND A HALF (2.5) HOUR JOURNEY**

**PHP 9,000++ / USD 200++ per person**

Having a baby is such a wonderful experience. Any mother would tell you that. The experience of carrying your precious child for the next nine months is simply unforgettable. It is during this time that mothers would do anything to protect their child, keep them safe, and make sure that their child is healthy even while inside her womb. But care should not be just for the body. One should also take care of the mind and emotions, since the state of the mind greatly affects the unborn child's emotional and psychological state. What a mother feels and thinks are all relayed to the child's subconscious. That is how strong the bond is between a mother and her unborn child. In like manner, the mother's nutritional state greatly affects the child while still in the mother's womb and after birth. This is what The Farm's Prenatal Wellness wants to help you achieve – a sound mind and a healthy body. Let The Farm's caring medical doctors help you clear your mind and achieve inner peace, while feeding your body with natural green nourishing food and freshly prepared antioxidant rich veggie juices, to make sure that you and your child are both healthy. And to make your stay more relaxing, submit yourselves to the skilled hands of The Farm's



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massage therapist as they carefully release those tense muscles that can be a cause of pain as your pregnancy progresses. The Farm's Prenatal Wellness – caring for the mother and her child as they go through an important phase of life.

### Harmonizing Flow

1 Session

### Arugang Buntis

1 Session

### V7

1 Drink

### HARMONIZING FLOW

Harmonizing Flow is an umbrella term for various forms of therapies that include hands-on healing sessions, guided sessions, therapeutic modalities, holistic balancing, etc., allowing the client to navigate inner experiences in a safe and nurturing space. Based on universal principles underlying ancient Himalayan, European, Asian, Australian and Egyptian healing traditions it also develops the guests' senses to healing energies available to him through nature and within his being.

### 90 MINS. ARUGANG BUNTIS

Pre-natal massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health, relax muscle tension, improve lymphatic and blood circulation through mild pressure applied to the muscle.

Sciatic nerve pain is experienced by many women in their last term of pregnancy as the uterus rests on muscles of the pelvic floor and lower back. The pressure of the uterus spreads tension to the muscles of the upper and lower leg, causing them to swell and puts pressure on nearby nerves. ARUGANG BUNTIS addresses the inflamed nerves by helping to release the tension of nearby muscles. Many women have experienced a significant reduction in sciatic nerve pain during pregnancy through massage.

### ALIVE DRINK: V-7

111 calories

Carrot, Beet, Tomato, Celery, Red Bell Pepper, Parsley & Ginger ALIVE! version of all-time tasty and energizing favourite.

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