



# THE FARM

AT SAN BENITO

## A Life-Transformative Healing Holiday

### THE FARM AT SAN BENITO

Winner of over 100 prestigious international awards including "Best Medical Wellness Resort in the World"

The Farm at San Benito, a proud member of CG Hospitality, is an eco-luxury, holistic, medical wellness resort located in Lipa City, Batangas, which is a 90-minute drive south of Manila, the capital of the Philippines. It rests on 52 hectares of lush green environment with, stunning view of the majestic Malarayat mountains, pure fresh air and refreshing life-giving energy radiating around the property. The Farm is an eco-sustainable, socially responsible green destination. A business with a purpose and passion that supports regenerative tourism. Whether it is wellness immersion or a medically-supervised lifestyle program, The Farm ensures an environmentally and culturally conscious experiences with an authentic service delivery, that transforms and revitalizes guests inside and out. Above all, The Farm at San Benito is committed to supporting, educating, and uplifting the lives of the nearby communities by providing livelihood and securing a clean and green environment.

The Farm's mission is to provide guests with a life-transformative healing holiday by offering science-based, evidence-guided, and results-driven approach to optimal well-being.

### HEALTH OPTIMIZATION PROGRAMS

- Immune Intelligence
- Post Viral Syndrome Recovery
- Intro to Detox
- Holistic Detox Cleanse
- Menopause Retreat
- Andropause Retreat
- Weight Management, Diabetes Prevention, & Heart Health
- Holistic Cancer Care
- Yoga & Raw Food Retreat
- Sleep Recovery
- Post-Natal Care
- Fertility Program
- Frequent Flyer Well-Being
- Smoking Cessation
- Integrative Addiction Recovery
- Senior Wellness
- Athlete & Pro-Fitness

### EXECUTIVE HEALTH PROGRAMS

- Pain Management
- Mental Health

### MEDI-SPA JOURNEYS

- Thermal Toning
- Vitality of the Hearts
- Essence of a Woman
- Ageless Beauty
- The Noble Man
- Immune Boost

- Prenatal Wellness
- Organic Cleanse

### DAY AT THE FARM

- Day of Wellness
- Hilom (Day Spa Visit)

### GREEN MEETINGS & WELLNESS WEDDINGS

- Wellness Weddings & Intimate Celebrations
- Corporate Functions & Wellness Retreats
- Banqueting & Private Dining

### SUITES & VILLAS

- 5 Sulu Terraces (33 sqm)
- 4 Palmera Suites (39 sqm)
- 4 Palmera Glass Villas (50 sqm)
- 3 Anahaw Family Villas (50 sqm)
- 10 Banaba Deluxe Rooms (50 sqm)
- 4 Garden Villas (80 sqm)
- 2 Garden Glass Villas (90 sqm)
- 2 Banaba Executive Suites (119 sqm)
- 2 Bamboo Villas (200 sqm)
- 10 Narra Pool Villas (200 sqm)
- 4 Mahogany Pool Villas (300 sqm)
- 6 Mahogany Luxury Residences, 2 ½ BR (281 sqm)
- 1 Mahogany Luxury Residence - ELITE, 4 ½ BR (580 sqm)
- 1 Master Villa (341 sqm)
- 1 Lakan Villa, 2 ½ BR (511 sqm)
- 1 Mahogany Luxury Villa, 2 ½ BR (600 sqm)
- Acacia Wellness Residences, 4 ½ BR (420 sqm)
- Isla Royale Villas (2126 sqm)
- 1 Luzon Villa (188 sqm)
- 1 Visayas Villa (79 sqm)
- 1 Mindanao Villa (401 sqm)

### MINDFUL MOVEMENT & FUNCTIONAL FITNESS ACTIVITIES

- Yoga Sessions
  - Mandala Flower Meditation
  - Power Walking / Guided Nature Walk
  - Circuit Training, High-Intensity Interval Training (HIIT), and more
  - Sound Healing
  - Interactive Wellness Workshop
  - Kids' Activities (Duck & Goose Feeding, Kite Flying, Organic Farm Tour, Mandala Flower Art Therapy, and more)
  - Private Living Food Prep Class\*
  - Private Yoga & Fitness Sessions\*
  - Private Sound Healing Session\*
- \*Fees apply

### FACILITIES

- Holistic Medical Sanctuary
- Healing Sanctuary Spa
- Acqua Hydrotherapy Sanctuary
- Beauty Salon
- South Pool, Waterfall Pool, and SPA Infinity Pool
- 300-Year-Old Mango Tree
- Amphitheater / Yoga Sala (112 sqm)
- Meeting Hall (127 sqm)
- Banaba Hall (300 sqm)
- Meditation Lounges and Pavilions
- Temple of 5 Elements
- Pure Energy Gym
- Organic Vegetable Garden
- ALIVE! Vegan Restaurant
- PRANA Vegetarian Restaurant
- PESCE Pescetarian Restaurant
- UPPER DECK Whole Food, Farm Fresh Restaurant
- BERDE Farm-to-Table Picnic
- Acqua Bar
- Helipad
- Kids' Zone – *Coming soon!*
- Pet Wellness – *Coming soon!*

### WELLNESS CUISINE

#### ALIVE! Vegan Restaurant

ALIVE!'s living foods gourmet cuisine is rich in phytonutrients, enzymes, and antioxidants that nourish the body while boosting the immune system. Ingredients are grown and produced fresh from the property as The Farm is a steadfast advocate of farm-to-table philosophy.

#### PRANA Vegetarian Restaurant

Influenced by the Ayurveda concept which has been around for thousands of years. It is the Sanskrit word for breath, life-force, or vital energy. It offers Indian vegetarian dishes bursting with vital life energy by incorporating herbs and spices.

#### PESCE Pescetarian Restaurant

PESCE is The Farm's pescetarian restaurant that focuses on health and the longevity of life, taking inspiration from the Mediterranean Blue Zone® diet. PESCE's menu consists of organic living foods, like whole grains, fruits, vegetables, and fish as source of protein for a complete and balanced meal.

Blue Zones® are longevity hotspots around the world that reflect the lifestyle and the environment of the world's longest-lived people.

#### UPPER DECK Whole Food, Farm Fresh Restaurant

Elevate your dining experience at the Upper Deck, committed to serving whole foods and farm-fresh produce. Our culinary philosophy centers around the goodness of nature, emphasizing nutrient-rich, unprocessed ingredients to create dishes that not only delight the palate but also nourish the body. This restaurant serves pasture-raised chicken and eggs combined with farm-to-table freshest produce directly from our local farm.

DIAGNOSE

CLEANSE

NOURISH

REPAIR

SUSTAIN



## MENU OF SERVICES

### HOLISTIC SANCTUARY INTEGRATIVE MEDICAL SERVICES

- Holistic Health Consultation
- Nutritional Consultation
- Cellular Health Screening
- Blood Typing
- Blood Type Diet
- State-of-the-Art Diagnostic Assessment
  - Whole Body Scan (through Bioimpedance Analysis)
  - Advanced Brain Biofeedback / Micro Health Assessment
  - Psychosomatic Health Assessment (through Voice Signature Technology)
  - HD Thermography for Breast and Other Organs (Non-Invasive Check-Up)
  - Women's / Men's Health Study
- Colon Hydrotherapy
  - Colema™ (Cleansing Enema)
  - Angel of Water® Colon Cleansing
  - Colonics
  - Rectal Infusion Therapy (Colon Nourishing Treatment)
- Pure Health Aids
  - Pure™light (Fat Burner)
  - Pure™wave (Muscle Toning)

- Internal Organ Nursing Care Treatment (NCT)
  - Thorax & Back (Ideal for prevention of chest problems or addressing long haul COVID symptoms)
  - Liver Nursing Care Treatment / Liver Compress
  - Kidney Nursing Care Treatment / Kidney Compress
  - Lung Nursing Care Treatment / Lung Compress
  - Belly Nursing Care Treatment/ Belly Compress
  - Liver Cleanse & Gallbladder Flush
- Hara Puri
- Floatation Pod
- Body Salt Bath
- Magnetic Clay Foot Treatment (Heavy Metal Detox)
- Harmonizing Flow Session
  - Psychoemotional Clearing
  - Neurogenic Release
  - Reiki
- Guided Meditation
- Dolphin Neurostim
- Intravenous Nutritional Therapy
  - Vitamin C + Glutathione
  - Myer's Cocktail
  - Immune Boost
  - Luminous Glow Drip
  - ALA Drip (Fat Metabolism and Insulin Resistance)

- Take Home Meal Plan
  - Sustainable Healthy Lifestyle Discussion
  - Infrared Bioresonance Therapy (Vital Dome®)
  - Vital Test for Heavy Metals, Minerals and Vitamins
  - Therapeutic-Grade Aromatherapy & Flower
  - Oxygen Bar Aromatherapy
  - Pain Management and Mental Health by Living Life Well Clinic (A Cigna Global® Health Direct Billing Provider) [Cigna](#)
    - Medical Consultation
    - Acupuncture
    - Integrative Physical Medicine / Physiotherapy
    - Myotherapy
  - Special Topic Health Lectures by Integrative Doctors\*
    - Holistic Beautification
    - Emperor's / Empress' Facial
    - Nasal Detox
    - Aesthetic Acupuncture
    - Ear Canal Candling
    - Needleless Auricular Acupuncture
    - Laser IV (for Vigor & Vitality)
    - Lipocavitation
    - Cryolipolysis
- \*Upon request, ideal for groups and corporate

### HEALING SANCTUARY SPA TREATMENTS

#### Signature Treatments (Detox Body Wrap & Immune Boosting)

- Purification Treatment
- Kidney Cleansing
- Immuno Cell Renewal
- Liver Care Treatment
- Heavy Metal Detox

#### Four Hands Treatments (Detox & Immune Boosting)

- Stimulating Slimming Treatment
- Detoxifying Treatment
- Four Hands Yin Yang Puri

#### Traditional Filipino Treatments (Restore Hormonal Imbalance)

- Hilot Haplos
- Tres Banyos Lunas
- Hilot Kasuyo (Couple's Treatment)
- Hilot Lakan (The Noble Man)
- Hilot Lakambini (The Noble Woman)

#### Body Rejuvenation (Lymphatic Therapy)

- Little Yin Yang Dry Brushing
- Skin Kayud

#### Scrubs (Skin Glow & Nurturing)

- Tropical Bliss
- Bitter Sweet

#### Nourishment Body Wraps (Cleansing & Skin Nutrition)

- Aloe Vera
- Chlorophyll

#### Heating Elements Treatment (Pain Management)

- Stone Massage
- Hilot Tapal
- Hampol
- Ventosa
- Suob Traditional Steaming

#### Facials (Beautiful & Luminous Skin)

- Natural Moisturizing Facial
- Anti-Stress Facial
- Anti-Aging Detoxifying Facial
- Purest Gold Facial
- The Founders Facial

#### Silver-Gray Wellness Treatments (Skin Nutrition & Cell Regeneration)

- Elixir Glow Body Scrub
- Anti-Dementia Aromatic Elixir
- Anti-Aging Elixir Body Scrubs

#### Therapeutic Massages (Nurturing & Pain Management)

- Aromatherapy
- Foot Relaxology
- Relaxation Massage
- Therapeutic Massage
- Hilot Massage
- Hilot Pandanggo
- Arugang Buntis (Pre- & Post-Natal Treatment)

#### Outdoor Massage Therapy (Calming & Rejuvenating)

- Foot Relaxology Under the Stars
- Nirvana Massage

### ACQUA HYDROTHERAPY SANCTUARY

- Water Wellness Therapy
- Family Acqua Wellness
- Acqua Kids Therapy
- Acqua Thermal Relaxology
- Acqua Relaxation Therapy

- Acqua Deep Tissue Therapy
- Acqua Lymphatic Therapy
- Acqua Body Polish Therapy
- Acqua Floatation Therapy
- Acqua Revitalizing Therapy

### KIDS AND TEENS WELLNESS TREATMENTS

- Little Prince and Princess (Body Scrub)
- Purple Bliss Therapy (Body Scrub)
- Lullaby Massage
- Hilot Musmos
- Rosy Glow Facial

### SALON SERVICES

- Happy Feet Enzymes Glow Foot Scrub
- Kiddie Pedicure & Manicure
- Hair Super Food Mask
- Peppermint Foot Scrub
- Nail & Foot Spa Curling
- Manicure & Pedicure
- Foot Spa with Pedicure
- Hand Spa with Manicure

- Hair Scalp Treatment
- Hair Care
- Hair Cut
- Hair Style
- Hair Color
- Hair Roots
- Hair Waving / Curling

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A Member of

CG Hospitality

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