



Integrative. Cutting-Edge. Results Driven.



15 Years Mastering Health & Wellbeing

The SHA Integrative Method



Health Programmes



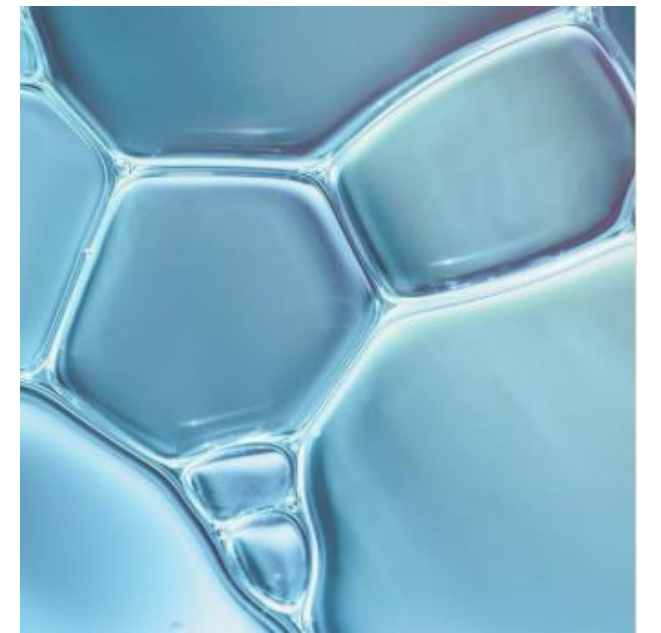
REBALANCE & ENERGISE
From 4 days



LEADER'S PERFORMANCE
From 7 days



DETOX & OPTIMAL WEIGHT
From 7 days



WELL-AGEING & PREVENTION
From 7 days

SHA Spain

El Albir, Alicante

Open since 2008











Suites

DELUXE 70m²



SUPERIOR 100m²



GRAND 120m²



PRESIDENTIAL 175m²



ROYAL 320m²





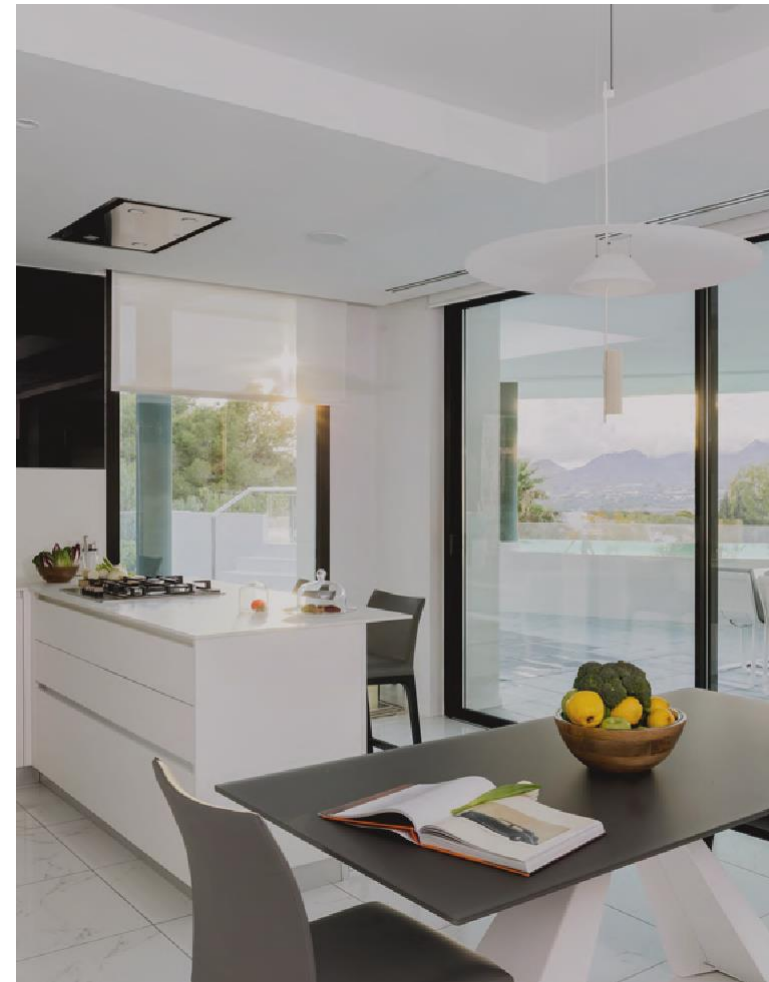


Residences

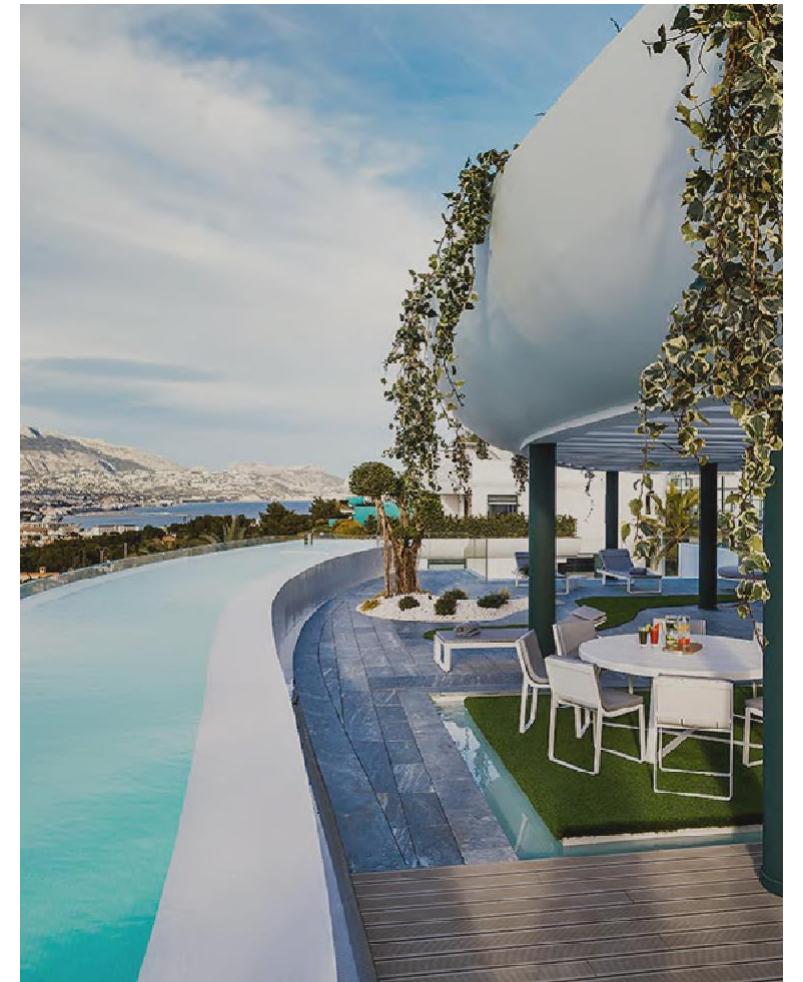
GARDEN 300m²



PREMIER 300m²



PENTHOUSE 500m²





SHA Mexico

Costa Mujeres
Quintana Roo

Opening beginning 2024



COSTA MUJERES

Heart of Mayan Culture



Suites

DELUXE from 50m²



SUPERIOR from 60m²



GRAND from 80m²



PRESIDENTIAL from 147m²



ROYAL from 224m²





Residences

THE RESIDENCE



Interior: 230m² approx.
Exterior: from 240m² and 500m²

THE BEACHHOUSE



Interior: 230m² approx.
Exterior: from 261m² and 524m²

THE PENTHOUSE



From 270m² to 750m²
(Interiors + exteriors)





AL JURF

The Riviera of the Emirates





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