

# THE FARM

AT SAN BENITO

## Escape to The Farm at San Benito

The Farm at San Benito is an exceptional, world-class holistic healing sanctuary. Resting on 119 acres of lush, green jungle in the foothills of Mount Malarayat, Philippines, the award-winning resort offers guests idyllic surrounds.

Boasting views of nearby mountains, the air is pure and fresh and the property radiates a clear and strong energy. There are even two neighbouring championship golf courses to take a swing at. Located 90-minutes drive south of Manila, The Farm at San Benito offers an unparalleled, life-affirming experience.

Focused, healing and transformative retreats, range from five, effective days to four intensive weeks. Stay for as little or as long as you are able. Either way, guests leave rejuvenated and confident, equipped with the knowledge to lead and maintain healthy, happy and vibrant lifestyles.

Tailored, medically supervised programs focus on improving guests' health and wellbeing (emotional, mental, nutritional, physical and spiritual), while targeting individual health concerns:

- **Prevention Program**
- **Organic Weight Loss**
- **Diabetes Management**
- **Heart Health and Stress Reduction**
- **Integrative Cancer Care**
- **Environmental Detox**
- **Holistic Skin Therapy**
- **Beauty and Longevity**

The professional and personable team of onsite doctors, licensed therapists, movement consultants and living food chefs are integral in ensuring your stay in one of 32 luxurious suites and villas is enjoyable and life-changing.

Repeatedly recognized and awarded by leading publications and sophisticated travellers worldwide, The Farm at San Benito is one of the few truly integrated medical and wellness resorts, offering complete immersion into healthy, mindful living with personalized and nurturing service.

Treat yourself to the ultimate gift of a comprehensive holistic holiday, devoted to achieving and maintaining optimum health, spiritual wellbeing and mental clarity.

*Winner of 29 Prestigious International Awards including:*

*ASIASPA Awards (Asia-Pacific)*

*Holistic Treatment of the Year 2011*

*Spa Cuisine of the Year 2006, 2007, 2009, 2010, & 2012*

*Spa Retreat of the Year 2005, 2007, & 2008*

*Medi-Spa of the Year 2005, 2006 & 2007*

*SPAFINDER's Readers Choice Award (USA):*

*Country Award for Best Spa in the Philippines 2010, 2011 & 2013*

*Category Award for Best Eco-Spa 2012 & 2013*

*Category Award for Best Health Spa Cuisine 2012*

*Category Award for Best Medical Spa 2013*

*SENSES Awards (Germany):*

*Best Medical Wellness Resort 2012 & 2013*

## **The Farm at San Benito**

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[www.thefarmatsanbenito.com](http://www.thefarmatsanbenito.com)

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## THE FARM AT SAN BENITO – A Life Changing Holiday Experience

For over a decade now we have helped thousands of people in their quest to live a better quality of life through preventive health strategies, integrative medical services, and nourishing foods in its purest form. The Farm was ahead of the times when it opened in 2002, by offering detoxification cleansing retreats and raw living food cuisine. It is to this date the only Resort destination in the country that offers comprehensive programs addressing diabetes, obesity, hypertension, and cancer care, naturally and holistically. The Farm has won 26 prestigious international awards including "Best Medical Wellness Resort in the World" from SENSES Germany. For more information, please visit [www.thefarm.com.ph](http://www.thefarm.com.ph)

### WELLNESS HOLIDAY

Our Wellness program, offers an introduction to our holistic approach to health with relaxation and rejuvenation through our Healing Sanctuary SPA treatments and Integrated Medical Services. Vital to the program is the ALIVE! Cuisine experience, rich in fiber and live enzymes. Rounding out the program are fitness and leisure activities to enhance your physical and spiritual wellbeing.

### DETOX CLEANSE

Stored toxicity burdens the power of physiques. Daily abuse (environmental, nutritional and physical) weakens your ability to withstand external aggressors. Restore your health and vitality with our Detox Cleanse. Our supervised nutritional and therapeutic program quickly purifies and restores balance. Colon hydrotherapy and organ cleansing extract pollutants, while vegetable juice and supplements provide optimal nutrition. Mind/spirit enrichment rounds out the comprehensive body-mind-spirit connection.

### SPECIALIZED HEALING RETREATS

Your current and ideal state of health and wellbeing are unique to you, which is why we tailor our healing program to suit you and you alone. Our certified medical team will create a personalized purification programme to support you in your quest for optimum health. Our specialty programs include: Prevention Program, Organic Weight Loss, Diabetes Management, Heart Health and Stress Reduction, Integrative Cancer Care, Environmental Detox, Holistic Skin Therapy, & Beauty and Longevity.

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### INTEGRATED MEDICAL SERVICES

Holistic Health Consultation  
Nutritional Microscopy  
Capillary Scan & Analysis  
Digital Meridian Diagnostic System (DMS)  
Colon Hydrotherapy

- Colema
- Colonics

Hara-Puri Treatment  
Infusion Therapy  
Liver & Gallbladder Flush  
Internal Organ Compress

- Liver Compress
- Kidney Compress
- Belly Compress

Body Salt Bath

- Sea Salt Bath
- Magnesium Salt Bath

Intravenous Vitamin Infusion  
Ozone Therapy  
Internal Organ Cleansing Through Footbath

- Ionization Detox Foot Bath W/ Far Infrared Bamboo Charcoal Therapy

Magnetic Clay Foot Bath  
Life Force Nourishment  
Harmonizing Flow  
Guided Meditation  
Acupuncture  
Ear Acupuncture Detoxification (Acudetox)  
Reiki  
Craniosacral Therapy  
Gateway Healing  
Art Therapy  
Miracle Science  
Behavioral Biochemistry  
Biorhythm Analysis

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### HEALING SANCTUARY SPA TREATMENTS

Signature Treatments

- Purification Treatment - Yin Yang Body Polish
- Stimulating Treatment - Skin Kayud & Barako Body Pack
- Detoxifying Treatment - Skin Kayud & Kalawag Body Detox with Curcumin
- Traditional Filipino Treatment – *Hilot Haplos*

Body Scrubs

- Peppermint Foot Scrub
- Tropical Bliss – Coconut Scrub
- Oriental Journey – Honey Scrub
- Bittersweet – Barako Coffee Scrub
- Seasonal Delight – Papaya or Seasonal Fruit

Body Wraps

- Rose Petal
- Earth Body
- Chlorophyll
- Kidney Cleansing

Body Rejuvenation

- Yin Yang Dry Brushing
- Four Hands Yin Yang Puri
- Skin Kayud

- Hampol
- Hilod Cleanse
- Ventosa
- Stone Massage
- Tibetan Steam Therapy

Massage Therapies

- Aromatherapy
- "Relaxology"
- Relaxation Massage
- Hilot Massage
- Therapeutic Massage
- Thai Massage
- Massage under the Stars

Facials

- Natural Moisturizing Facial
- Earth Facial
- Anti-Stress Facial with the use of the Space Healer

Other Beauty Treatments

- Manicure and Pedicure
- Hair SPA
- Waxing

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### ACTIVITIES

Sessions are scheduled throughout the day and guest may participate at their own convenience. Just to name a few:  
Yoga  
Meditation  
Circuit Training  
Aqua Aerobics  
Ab blaster  
Mandala Flower Arranging  
Powerwalking

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### FACILITIES

ALIVE! Restaurant  
3 Swimming Pools; South Pool, Waterfall Pool and Infinity Pool  
Meeting Hall  
Intimate Conference Facilities  
Amphitheater  
Meditation Lounges and Pavilions  
Gym Facilities and Personal Trainer  
Organic Garden & North Park Plantation

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### ACCOMMODATION

Number of Rooms      5 Sulu Terraces  
                                 2 Anahaw Family Villas  
                                 8 Palmera Suites  
                                 6 Garden Villas  
                                 10 Narra Pool Villas  
                                 1 Master Villa

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### AWARDS

Winner of 29 Prestigious International Awards (AsiaSpa Awards, SpaFinder Reader's Choice Awards, SpaAsia Crystal Awards, and Senses Awards)