

ACCOMMODATION RATES

Accommodation	No. of Rooms (Inventory)	Maximum Occupancy	Published Rates/ Night
			Single or Double Occupancy unless indicated
Sulu Terrace	5	2 Persons	PHP 13,420 net
Palmera Suite	4	2 Persons	PHP 20,740 net
Palmera Glass Villa	4	2 Persons +1 Extra Person	PHP 26,840 net
Anahaw Family Villa	2	4 Persons +1 Extra Person	PHP 26,840 net
Garden Villa	4	2 Persons + 1 Extra Person	PHP 30,500 net
Garden Glass Villa	2	2 Persons + 1 Extra Person	PHP 36,600 net
Narra Pool Villa	10	2 Persons + 1 Extra Person	PHP 46,360 net
Master Villa	1	2 Persons + 2 Extra Persons	PHP 76,860 net
The Lakan 2 Bedroom Villa	1	4 Persons + 2 Extra Persons	PHP 112,240 net

All accommodation options include:

- Refreshing welcome drink
- Daily vegan breakfast at Alive! Restaurant
- Complimentary WiFi access throughout the Resort
- Participation in Daily Movement & Fitness Activities: yoga, meditation, core training, power walks and more!
- Use of our swimming pools, meditation pavilions and Pure Energy gym

Terms and Conditions for Program:

- Rates are inclusive of 10% Service Charge and 12% Government Tax.
- Private car transfers are available to & from Manila International Airport at PHP 13,420 net round trip for a maximum of 3 persons. Travel time is only 90-minute drive to or from The Farm.
- Extra Person will incur a surcharge of PHP 3,050 net per night, which includes a gourmet breakfast at ALIVE! Restaurant.
- Children aged 12 years and under stay at The Farm for free when sharing a room with adults (meals are not included)
- Cancellation Policy Applies.
- Rates & inclusions are subject to change without prior notice.
- Published Rates are valid until March 31, 2020.
- 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 booking.



THE FARM
AT SAN BENITO

PHP-2019 PUBLISHED RATES

ALL-INCLUSIVE PROGRAMS

HEALTH OPTIMIZATION PROGRAMS

HOLISTIC WELLNESS. Take a time off from your usual busy life and have a meaningful journey with our Wellness Retreat packages. Our Holistic Wellness program includes a wellness consultation with our licensed physician, a health assessment using our state-of-the-art biomedical diagnostics, and a harmonizing/psychoemotional clearing session. Enjoy the health benefits of our organic vegetarian meal courses served with love by our Alive! Restaurant. Indulge your senses in our traditional Hilot massage at the spa, then enjoy the nature-rich scenery and breathe the fresh air when you join our group walks in the morning and in the afternoon. Attend our daily fitness and yoga classes, and learn more about optimal health during our wellness talks.

DETOX CLEANSE. Guests seeking an authentic transformative experience would surely enjoy The Farm's 4-night, 5-day stay; a program that stays true to The Farm's original healing paradigms, providing guests with the most complete detox from toxins and life-draining energies. Supported by cleansing juices, guided fasts and nutritional enrichment, guests undergo deep cellular healing, renewing them from within, helping them regain youthful energy. The Farm's Wellness Team will create a specialized program that combines specific medical services and holistic treatments based on a guest's state of health. Once the program is completed, guests are rewarded with better vigor and a renewed sense of vibrant well-being. This program makes full use of The Farm's cleansing juices and healing rituals, purging negative elements from the body while providing it optimum nutrition. Hectic lifestyles today often contribute to poor weight management and less-than-ideal physical fitness. We tend to eat the wrong food at excessive amounts and neglect to eat what nourishes us at the right time. The Farm team helps guests in determining their ideal body state and defining a series of fitness goals that can be achieved in a sustainable way. It includes fitness sessions with a personal trainer, combined with treatments to break down fat and other toxic elements in the body.

WEIGHT MANAGEMENT, DIABETES PREVENTION, & HEART HEALTH. The Farm's approach to the management of obesity, diabetes, hypertension and stress is to resolve the root cause of the dysfunction and to bring the body back to a natural state of balance. The Farm's 6-night, 7-day stay; consists of diagnostics, detoxification, a nutritional program to rejuvenate the body at a cellular level, thermal and spa treatments, physical exercise and psycho-emotional sessions to learn natural ways to develop a healthy lifestyle. Our therapies help the body give up excessive fat cells where toxins are deposited, by cleansing the internal organs, with particular attention to the colon, liver, kidneys, lungs and skin.

EXECUTIVE HEALTH PROGRAMS

PAIN MANAGEMENT. Pain is manageable. Pain can be cured and corrected. Often, pain is a signal that points to a problem that needs to be addressed. Though we experience a wide range of pain due to different causes and triggers (diseases, age, strenuous activity, poor posture, obesity, pregnancy, smoking and mental/emotional concerns), there are solutions. Awareness of the symptoms is key. Observing our reactions when they happen and unearthing the root of the suffering are equally important. These can be done with the help and support of experts in the field of Integrative Medicine. The Farm at San Benito with

its team of Integrative medical doctors, nurses, nutritionist and physical therapists has forged a partnership with Living Life Well Medical Group in offering Cigna Global Healthcare-accredited services and treatments to address occupational and chronic pain through its Pain Management Program. It is the intention of this partnership to make the services more accessible to individuals who want to regain their good health through efficient bodily movement and prevent further injury so they can go back to their daily activities free from pain and stress.

MENTAL HEALTH. Fueled by the demand of modern times for "more" and "faster" work output, a lot of individuals nowadays find themselves gradually spiraling down to a life-draining existence. Others find themselves waking up having uncontrollable mood swings or unproductive thoughts. A lot of these challenges are interconnected in the physical, mental and emotional levels. Mental-emotional health challenges can manifest in different forms: 1.) physiologic (adjustment concerns related to menopause or teenage changes) 2.) physical (e.g. recovery from a devastating stroke or heart attack, debilitating body pains or skin diseases like psoriasis) 3.) psycho-emotional or psycho-social (as in the case of bullying in children, traumas or recovering from a bad breakup). Anxiety, depressive tendencies, different forms of addictions such as gadget addiction to the point of sleep deprivation. The list just gets getting longer!

CELLULAR HEALTH PROGRAMS

IMMUNE MODULATION. Our immune system is our body's first line of defense against foreign invaders, whether in the form of allergens, toxins or microbes. As such, it has to function optimally at all times. Otherwise, an overwhelmed immune system leads to whole system breakdown leading to signs and symptoms of illness. Our immune system can be overactive as well, leading to debilitating symptoms that is usually treated in conventional medical circles through suppression of the immune system which could lead to further problems, such as opportunistic infections. We don't just treat the symptoms but more importantly, we treat the underlying cause or causes of an overactive or underactive immune system using safe and clinically-effective treatment modalities.

MALE REVITALIZATION. As men age, signs and symptoms such as the following occur, namely: wrinkling of the skin, osteoporosis, mood changes, hair loss, changes in body composition and cardiovascular disease, among others. We normally encounter these symptoms in men in their 60's or older but we're seeing them in much younger men nowadays. Possible reasons for these include nutritional deficiencies, pharmaceutical drugs such as statins, and environmental toxicity. With our male revitalization program, we address all the possible causes of premature aging in men and correct imbalances using macro and micronutrients, cell extracts and peptides and cell therapy.

FEMALE REVITALIZATION. Women's health continues to be a very hot topic. Just consider the popularity of Bio Identical Hormone Therapy (BHRT). Before this treatment modality became popular, women used to be treated with synthetic hormones with all of its concomitant side effects. Nowadays, women have more options. Symptoms of hormonal imbalance or aging in general, can now be treated safely, effectively and on a long-term basis without side effects using macro and micronutrients, cell extracts and peptides as well as individualized cell therapy.

CELLULAR DETOXIFICATION. One of the most popular theories behind aging is the waste accumulation theory. With the build-up of toxins in the body, whether it's endogenous (from internal metabolism) or exogenous (from the environment), it ultimately affects cellular functioning. All toxins are what we call "cellular poisons". One of the most sensitive parts of the cell is the mitochondria, more popularly known as the powerhouse of the cell. When this cellular component is damaged, it affects everything from energy production to cellular repair processes. Therefore, in order to function optimally or age gracefully, one has to do regular cellular detoxification using safe and evidence-based therapeutic modalities. The Farm in partnership with European Wellness Center, uses modalities that are non-invasive initially and proceed from there, always keeping in mind the Hippocratic oath, Primum Non Nocere "First, do no harm."

NATURAL ATHLETIC PERFORMANCE ENHANCEMENT. There are ways to improve one's athletic performance without resorting to drugs or illegal substances. We have scientifically-validated diagnostic and therapeutic modalities that address the underlying imbalances that hinder a person from achieving his personal best at whatever sport he or she may be involved in. We also use natural substances such as vitamins, minerals, amino acids, peptides, cell extracts and cell therapies to accomplish that goal.

BODY COMPOSITION OPTIMIZATION. Majority of weight loss programs do not deliver because of its wrong basic assumptions such as less caloric intake equals weight loss. These programs do not consider the role that inflammation, hormones, food sensitivities, gut flora, physical activity, etc. play in having an abnormal body composition as when one has less lean muscle mass and more body fat. Relying on the weighing scale alone is not the best way of monitoring progress. Clothes size or better yet, having your body composition analyzed is the best way to know whether one is improving or not. We address every possible cause of abnormal body fat percentage by using clinically-tested and evidence-based approaches involving individualized nutrition, nutraceuticals, pharmaceuticals, hormones, cell extracts and peptides and cell therapy.

STRESS REDUCTION & SLEEP. Not all stress is harmful. In fact, some stress is beneficial for overall health. Extreme stress though, that affects an individual's vitality and overall functioning, is detrimental to one's long-term health. Stress often connotes emotional hardships but stress may also be physical, mental, electro-magnetic, social, spiritual and environmental. That's why part of our initial diagnostics involves a psycho-emotional consult as well since some physical symptoms a person may be experiencing could be stress-induced. We address stress in a holistic manner, treating not only the symptoms but better yet, the underlying cause/causes. We use different modalities ranging from "talk therapy", physical activity, frequency-based therapies (RASHA morphogenetic frequency treatment, electro sleep therapy, BioLux gem therapy), herbal adaptogens, nutraceuticals, IV therapies, hormone balancing, and cell therapies. All treatments are personalized according to client's needs.

ULTRA WELLNESS/ PREVENTION. For people who would like to optimize their health, prevent illness, eliminate or reduce their dependence on prescription medicines or just leave nothing to chance, the best thing to do is to undergo our comprehensive, evidence-based, technologically-advanced diagnostic tests and then undergo the successive processes of detoxification, repair and rejuvenation. With our comprehensive, personalized program, our clients can feel and look their best at their age at any age.

AESTHETIC PROGRAMS

BEAUTY & ANTI-AGING. A holistic journey to beautification involves not only the physical aspects, but must also include the soul and mind. It starts with finding and identifying the root causes of aging, and after which comes the natural healing modalities, cleansing of emotional trauma and balancing of the aura in order for beauty to radiate from deep within. Guided by specific scientific principles, The Farm offers a natural and more sustainable anti-aging solution for beauty and aesthetics. And to further accentuate one's natural beauty, The Farm offers non-invasive procedures using state of the art machines, and minimal invasive procedures.

SLIMMING & BODY CONTOURING. Experience the holistic journey to a shapely and slimmer body with the Slimming & Body Contouring Program. It starts with a comprehensive evaluation on the causes of the weight gain and unnecessary fat deposits, followed by a customized nutrition, detoxification, aesthetics program, and fitness plan. Experience the natural way of unblocking the lymphatics and treatments using state of the art slimming and contouring machines for that healthy sexy body.

VIGOR & VITALITY. Regain that lost energy due to stress, diseases, the ill effects of medications, and all other factors that could cause blockages to the energy meridians affecting circulation. Restore your energy and unblock the flow; improve circulation by tissue regeneration and energy stimulation. The process is most helpful for people with issues of low energy and is recommended for men with male issues (such as erectile dysfunction), as well as for women's issues (such as frigidity). Restore your vitality. Regain your confidence.



PHP-2019 PUBLISHED RATES

PHP - PUBLISHED RATES

December 21, 2019 - January 3, 2020

January 24, 2020 – February 1, 2020

HEALTH OPTIMIZATION PROGRAMS					
		2 Nights	3 Nights	4 Nights	6 Nights
ACCOMMODATION	OCCUPANCY	Holistic Wellness	Holistic Wellness	Detox Cleanse	Weight Management, Diabetes Prevention & Heart Health
Palmera Suite	single	52,200	81,700	145,700	214,700
	twin	37, 200	59,200	115,700	169,700
Palmera Glass Villa	single	62, 200	96,700	165,700	244,700
	twin	42,200	66,700	125,700	184,700
Anahaw Family Villa	single	62,200	96,700	165,700	244,700
	quadruple	32,200	51,700	105,700	154,700
Garden Villa	single	72,200	111,700	185,700	274,700
	twin	47,200	74,200	135,700	199,700
Garden Glass Villa	single	82,200	126,700	205,700	304,700
	twin	52,200	81,700	145,700	214,700
Narra Pool Villa	single	92,200	141,700	225,700	334,700
	twin	57,200	89,200	155,700	229,700
Master Villa	single	132,200	201,700	305,700	454,700
	twin	77,200	119,200	195,700	289,700
The Lakan	single	182, 200	276,700	405,700	604,700
	quadruple	62,200	96,700	165,700	244,700

Rates are per person and subject to 22% Government Taxes and Service Charge.

Rates are quoted in Philippine Peso (PHP)

**For Philippine Residents & Local Expats only*

**Program rates for 7 Nights onwards available upon request*



PHP-2019 PUBLISHED RATES

PHP - PUBLISHED RATES

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January 24, 2020 – February 1, 2020

EXECUTIVE HEALTH PROGRAMS				
		1 Night	CIGNA DAY TOUR	
ACCOMMODATION	OCCUPANCY	Pain Management/ Mental Health	Pain Management	Mental Health
Palmera Suite	single	19,000	3,000 net per person	5,000 net per person
	twin	11,500		
Palmera Glass Villa	single	24,000		
	twin	14,000		
Anahaw Family Villa	single	24,000		
	quadruple	9,000		
Garden Villa	single	29,000		
	twin	16,500		
Garden Glass Villa	single	34,000		
	twin	19,000		
Narra Pool Villa	single	39,000		
	twin	21,500		
Master Villa	single	59,000		
	twin	31,500		
The Lakan	single	84,000		
	quadruple	24,000		

Rates are per person and subject to 22% Government Taxes and Service Charge.

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**Program rates reflected are applicable for Cigna Healthcare Members only. Rates for Non-Cigna Members are available upon request*



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CELLULAR HEALTH PROGRAMS 		
6 Nights		
ACCOMMODATION	OCCUPANCY	Natural Athletic Performance Enhancement/ Cellular Detoxification/ Immune Modulation/ Male Revitalization/ Female Revitalization/ Stress Reduction & Sleep/ Body Composition Optimization/ Ultra Wellness - Prevention
Palmera Suite	single	425,500
	twin	380,500
Palmera Glass Villa	single	455,500
	twin	395,500
Anahaw Family Villa	single	455,500
	quadruple	365,500
Garden Villa	single	485,500
	twin	410,500
Garden Glass Villa	single	515,500
	twin	425,500
Narra Pool Villa	single	545,500
	twin	440,500
Master Villa	single	665,500
	twin	500,500
The Lakan	single	815,500
	quadruple	455,500

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December 21, 2019 - January 3, 2020

January 24, 2020 – February 1, 2020

AESTHETIC BEAUTY PROGRAMS			
		2 Nights	6 Nights
ACCOMMODATION	OCCUPANCY	Beauty & Anti-aging/ Slimming & Body Contouring/ Vigor & Vitality	
Palmera Suite	single	52,900	214,800
	twin	37,900	169,800
Palmera Glass Villa	single	62,900	244,800
	twin	42,900	184,800
Anahaw Family Villa	single	62,900	244,800
	quadruple	32,900	154,800
Garden Villa	single	72,900	274,800
	twin	47,900	199,800
Garden Glass Villa	single	82,900	304,800
	twin	52,900	214,800
Narra Pool Villa	single	92,900	334,800
	twin	57,900	229,800
Master Villa	single	132,900	454,800
	twin	77,900	289,800
The Lakan	single	182,900	604,800
	quadruple	62,900	244,800

Rates are per person and subject to 22% Government Taxes and Service Charge.

Rates are quoted in Philippine Peso (PHP)

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