



THE FARM  
AT SAN BENITO

## *Holistic Sanctuary*

*Integrated Medical Services for Children and Young Adults*

### CONSULTATION SERVICES



#### LIVE BLOOD ANALYSIS

(30 Mins.) PHP 2,500++

In Live Blood Analysis (LBA), a tiny drop of blood pin-pricked from your finger is visualized under a special microscope. One may observe and appreciate a real-time visual representation of your live blood components, comprised by your red blood cells, white blood cells and their variations and other residues. Though not conventionally diagnostic, seeing blood components as they move and behave powerfully, impacts guests to adapt a healthier lifestyle, especially for children as this can be used a basis for helping them develop healthy habits, like eating well and being active, could prevent serious and costly health problems as they grow older.

#### NUTRITIONAL CONVERSATION WITH NUTRITIONIST

(30 Mins.) PHP 2,000++

The weight, body composition measurements and usual food intake are taken to assess the guests' nutritional status. Using these data, the Nutritionist guides the guest on how to sustainably achieve their health and nutrition goals.



#### HARA PURI TREATMENT (30 Mins.) PHP 2,500++

Hara-Puri Treatment is a systematic, gentle, therapeutic massage strokes that is solely focused on the abdominal area, pelvic area and its internal organs. This belly treatment helps to expel abdominal gases, decrease bloatedness, improves intestinal peristalsis, and relieves constipation. This treatment greatly benefits three systems, the digestive and reproductive systems, as well as the immune system, where 70 per cent of it is located in the gut.

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## THE FARM AT SAN BENITO

### ABDOMINAL/KIDNEY AND BELLY COMPRESS (30 Mins/Compress) PHP 2,000++

Philippine Traditional Medicine includes the use of Tapal, the application of special medicinal leaves warmed with oil, to treat ailments. Our internal organ compresses continue this healing tradition to soothe internal organs, such as the liver, the kidneys and the reproductive organs. Aside from their healing benefits, compresses are very relaxing and may aid in sleeping. At The Farm, this is given while the guest is being nourished with Solfeggio healing frequency sounds.

### PSYCHOEMOTIONAL STABILIZING TECHNIQUES (60 Mins.) PHP 6,000++

Youth affected by complex trauma may demonstrate difficulty in the area of self-care. Some were never taught to care for their bodies through cleanliness, healthy eating, sleep-hygiene, exercise, and routine medical and dental care. The dedicated and specialized doctors at the Farm have created techniques to control and manage such episodes and help children and young adolescents have a more productive and stress free lifestyle.

### TAKE HOME THERAPIES (60 Mins.) PHP 6,000++

Children and adolescents who have experienced trauma are at high risk of developing post-traumatic stress disorder (PTSD) and other negative emotional, behavioral and mental health outcomes, all of which are associated with high personal and health costs. A wide range of psychological treatments are used to prevent negative outcomes associated with trauma in children and adolescents.

### IMMUNO BOOST PACKAGE for CHILDREN PHP

Combination of Vitamin C and Probiotics especially created for children's growth and development.

## DENTAL SERVICES

### ORAL PROPHYLAXIS PHP 5,000++

For gingivitis, gum bleeding, bad breath Is a procedure designed with curative and preventive effect, a session of dental cleaning boosts your overall health and gives you a great feeling. It helps lower your risk for some diseases, like heart disease and stroke. This is consisting of complete removal of foreign matters that has potential to enter in our body. Removal of these irritants helps your saliva neutralize acid in your mouth, freeing you from tooth decay and giving you fresher breath. Therefore, this is a total oral detoxification that complements your Wellness Program during your stay here at The Farm.

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## *Kiddie & Teens Healing Spa Treatments*



Modernization can be viewed as a double-edged sword as it means a faster pace of living, coupled with grueling demands both from professional and personal aspects of life. As such, grownups have often been the focus of detox, wellness program and spa treatments, but this does not mean children, because of the different lifestyle and demands required of them, will not encounter stress until they reach adulthood.

The Farm's Kiddie and Teens Spa treatment and services introduces a concept of "Bringing Back the Joy" where innocence from the early age is celebrated and magnified. Here, kids are encouraged to just have fun and enjoy life while maintaining or restoring the ideal alkalinity of their body and automatically strengthen their immune system. These are achieved through laughter therapy combined with vegan and edible products aimed to nourish their body. This also include a variety of procedures using fresh and vibrant colorful products designed to keep children amused and mesmerized as they are getting healthier and happier.

Kiddie Spa menu includes Water Wellness Therapy, Gentle Body Scrubs, Bath Tubs, Facials, Massages, Foot Scrubs, Manicure and Pedicure for a 'happy feet' procedure.

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LITTLE PRINCE AND PRINCESS  
*Choco Milk Body Scrubs*

60 Mins.	PHP 6,000++
90 Mins.	PHP 8,000++
120 Mins.	PHP 10,000++



Choco milk body scrubs are the trio fusion of raw Cacao, fresh coconut milk and Tamanu oil. This gentle unification of body scrubs is an ultimate skin superfood and immune boosting treatment. Raw cacao dried seed is one of the highest sources of magnesium, contained higher antioxidants, highly nutritious, anti-microbial, anti-viral, and contains calcium, zinc, copper and

selenium. The sweet aroma and luxurious benefits will immediately relax the mind, body and spirit. It also contains lauric acid, which is easily digested, absorbed, and quickly metabolized by the body and brain for energy. It has high levels of Vitamin C which helps the skin maintain elasticity, flexibility and an overall silky feel and glowing complexion.

**Note:**

- 60-Minute Treatment includes 30 mins. Body Scrub and 30 mins. Choco Milk Bath
- 90-Minute Treatment includes 30 mins. Body Scrub, 30 mins. Choco Milk Bath, and 30 mins. Lullaby Massage
- 120-Minute Treatment includes 30 mins. Body Scrub, 30 mins. Choco Milk Bath, and 60 mins. Lullaby Massage

PURPLE BLISS BODY SCRUBS  
*Ternate Flower and Aloe Vera*

60 Mins.	PHP 6,000++
90 Mins.	PHP 8,000++
120 Mins.	PHP 10,000++



The Kiddie colorful treatment has a scientific studies and reconfirmed with evidence and result to address poor eyesight, hair loss, skin problem, antimicrobial, antidiabetic, blood platelet aggregation-inhibiting and for use as a vascular smooth muscle relaxing properties. The key components of Aloe Vera, Tamanu and Ternatea Flower or commonly known as “Butterfly Pea”, which has long been a part of the Traditional

Ayurvedic medicine and, for centuries, served as “a memory enhancer, nootropic,

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anti-stress, anxiolytic, antidepressant, anticonvulsant and tranquilizing agent.” The vivacious color of the flowers is referred to as “Bunga Telang”, which means “clear vision”, aptly so as it is highly beneficial for maintaining strong and healthy eyes. These are further amplified into capillaries through the stimulation of skin pores and reawakening the brain cells memory in the integration of rhythmical movement of Yen and Yang energy. The skin cells will ingest all living nutrients and medicinal components that will enhance metabolic function, encourage repair and boost detoxification by eliminating toxins and shedding off accumulated fluids retention from the system. Treatment will result in a glowing healthy skin, sustaining freshness and youthfulness of the inside and on the outside.

**Note:**

- 60-Minute Treatment includes 30 mins. Body Scrub and 30 mins. Purple Bliss Bath
- 90-Minute Treatment includes 30 mins. Body Scrub, 30 mins. Purple Bliss Bath, and 30 mins. Lullaby Massage
- 120-Minute Treatment includes 30 mins. Body Scrub, 30 mins. Purple Bliss Bath, and 60 mins. Lullaby Massage

**LULLABY MASSAGE**

30 Mins.      PHP 4,000++

60 Mins.      PHP 6,000++

90 Mins.      PHP 8,000++



Lullaby Massage can mollify your kids and induce sleep with the added bonus of strengthening the immune system, enhancing intellectual memory, stimulating the pituitary glands for growth and bones development, improving healthy weight gain, aiding digestion, improving blood circulation, and easing teething pain. This massage is a great way to increase dopamine hormones and decrease cortisol levels. Nurturing them while they are young can significantly aid in reducing gassiness and bloating problems, preventing bronchial asthma, and allowing them to enjoy a healthier and happier life.

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**HILOT MUSMOS**  
*Infant Massage*

60 Mins.      PHP 6,000++



With the level of stress nowadays, even the energy of innocent newborns babies/toddlers are affected. This infant massage improves immune function, enhances development of nervous system, stimulates healthy growth and development, reduces stress hormone and releases of oxytocin, or the happiness hormone. With our pure intention and expertise in transmitting

healing energy, we will be happy to let them experience this unique lullaby relaxation. It is never too early nor too late to begin massage. Whether your baby is a newborn or several years old, massage can bring immediate and lasting results.

**ACQUA KIDS THERAPY**

60 Mins.      PHP 6,000++

90 Mins.      PHP 8,000++

120 Mins.      PHP 10,000++



Aqua Kids Therapy can be fun for children. If they don't have a fear of water, they may see the Aqua sessions as a fun treatment while improving their motor skills, decrease social anxiety, increase confidence, happier and more functional life. Being in Aqua Sanctuary can have a feeling of recreational activity and the benefits of boosting their immunity, clearing respiratory system, building stronger muscles and improving social interaction. Aqua treatment is a great alternative to enhance their strength, range of motion/flexibility, balance, coordination and endurance. The buoyancy of the water supports reduces human body weight and allows children to move effortlessly.

*\*This therapy is recommended only for children 7 years old and above.*

<b>60 MINUTES INCLUSIONS</b>	<b>90 MINUTES INCLUSIONS</b>	<b>120 MINUTES INCLUSION</b>
<ul style="list-style-type: none"> <li>● Pressure Pools</li> <li>● Vichy Shower</li> <li>● Sensory Deprivation Pod</li> <li>● Cold Bucket Shower</li> </ul>	<ul style="list-style-type: none"> <li>● Pressure Pools</li> <li>● Vichy Shower</li> <li>● Sensory Deprivation Pod</li> <li>● Cold Bucket Shower</li> </ul>	<ul style="list-style-type: none"> <li>● Pressure Pools</li> <li>● Vichy Shower</li> <li>● Sensory Deprivation Pod</li> <li>● Cold Bucket Shower</li> </ul>

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<ul style="list-style-type: none"><li>• Thermal Foot Massage</li></ul>	<ul style="list-style-type: none"><li>• Blind Shower therapy</li><li>• Thermal Foot Massage</li></ul>	<ul style="list-style-type: none"><li>• Blind Shower therapy</li><li>• Kneipp Therapy</li><li>• Lullaby Massage</li></ul>
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#### TEENAGE EARTH FACIAL CARE

90 Mins.      PHP 8,000++

*Earth Bentonite and Aloe Vera Mask*



We're now painfully aware of the negative effects of pollution and free radicals on the skin. Teenage facial is scientific formulation using earth mask as a powerhouse skin pore-cleansing. When activated with liquid, it acts like a magnet and a sponge, binding to and sopping up positively charged impurities such as heavy metals, excess sebum, and bacteria. It pulls pollutants and 'sludge' out of the skin. Earth facial care is a teenage skincare detoxifier and purifies pores on not only your face but your whole body because it will amplify the healing benefits to your liver, kidneys, and addressing the imbalance function of the body. This mineral-rich earth facial does more than eliminate impurities. After it does its job detoxifying, it infuses skin with minerals, including calcium, magnesium, potassium, and silicon. Taking quality time, sloughing away dead skin cells, will gently buffs away dry, flaky skin, leaving your complexion softer, smoother, and healthier.

#### KIDDIE AND TEENS ROSY GLOW FACIAL

90 Mins.      PHP 8,000++

*Red Glow and Aloe Vera Mask*



Rosy glow facial contains some of the active compounds that are beneficial to eliminate the toxins that may result in acne, from our efficiently as a natural detoxification, blood purifier, by eliminating toxins and provide an instant skin glow. Its benefits for the skin are mainly attributed to the vitamin C content that prevent skin pigmentation and thereby providing skin brightening and fairer complexion. Rosy glow treatment also rich source of iron, phosphorus and protein, which in unison give you a healthy and pinkish skin. It has antioxidant, antibacterial and anti-inflammatory properties. The beta carotene and the duo of vitamin C, and E, which aids in the regeneration of skin cells. With this wholesome package of antioxidants, it helps to maintain the skin and hair health long lasting free wrinkles beautiful skin. Minerals such as selenium, zinc, and copper are

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beneficial to maintain skin radiance. Rosy glow facial is rich in all of these minerals and applying as a living facial mask certainly benefits to attain a natural glow.

### HAPPY FEET ENZYMES GLOW FOOT SCRUBS

90 Mins.

PHP 8,000++

*Moringa and Papaya Sap, Meat and Seeds*



This foot scrubs contains rejuvenating enzymes that Promote Healthy Skin- thoroughly exfoliates rough skin on the feet, leaving feet velvety Soft & Renewed - No Parabens, No Silicones, No Sulfates - For All Skin Types and perfect key component for kids and teenage lads and lassies. We're always on the scientific benefits and evidence and proven result using natural ingredients which effectively work wonders on our skin and Papaya sap, meat, and seeds with the Moringa as the miracle tree of life now became our favorite new discovery. Not only a superfood rich in antioxidants and nutrients, it is also a wonderful source of Vitamin B and C and is naturally rich in Alpha-Hydroxyl Acids (AHAs) all of which are essential for glowing, healthy skin. If you long for a radiant, lit-from-within complexion, Moringa and Papaya may just be the skincare key ingredient you have been waiting for. We have curated an edit of our favorite living enzyme products to promote healthy, youthful-looking skin.

### KIDDIE MANICURE AND PEDICURE

90 Mins.

PHP 8,000++

*Warm Coconut Milk, Epsom Salt & Fuller Clay*

Scrubs to remove dead skin cells, soften calluses and cleanse your body of built-up toxins like aluminum, mercury, and lead through foot zooning stimulation and reflexes points associated in the function of internal organs. One of the best-known ways to leach heavy metals from the body is through the skin, submerged in as a foot bath. The sulphates in Epsom salt help flush out toxins and heavy metals. The process is called reverse osmosis, and it literally pulls toxins out of your body. The Coconut milk, Epsom salt and Fuller clay help your gut absorb more nutrients by increasing the flora in your intestines. Warm

Foot Milk baths soaking, have been part of beauty and skin cell rejuvenation rituals for centuries. Cleopatra famously bathed in sour milk to improve her skin texture. Coco milk foot bath or body bath considered a 'miracle liquid' as "it may help protect the body from infections. This milk can actually work wonders for your skin, hair and even overall health. Coconut milk is packed with vitamins C, E, B1, B3, B5, and

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B6 as well as iron, selenium, sodium, calcium, magnesium and phosphorus. Coconut milk contains good concentration of lauric acid, a medium chain fatty acid (MCFA) which gets converted to monolaurin in the body, a compound with antiviral and antibacterial properties". Lauric acid is also found in mother's milk and is known to promote brain development, bone health and immunity. Coconut milk is the only thing on this planet that comes identically to mother's milk".

**Note:**

- Foot scrubs to cleanse
- Warm coco milk, Epsom salt and fuller clay to nourish
- Reflex to stimulate corresponding organs
- Mani/Pedi and an option of nail polish.

**HAIR SUPER FOOD MASK**

90 Mins.

PHP 8,000++

*Red Beet, Aloe Vera, and Gugo Juice*



All ingredients are used to make your hair follicles healthy which stimulate hair growth and also be used for hair dye, relief from dandruff or scalp itchiness, and promotes hair health if applied as a hair mask. These nutrients stimulate your hair follicles which boosts hair growth. By tightening the pores in your scalp, potassium in the key components prevents your hair from falling and also contains higher antioxidants that give your hair a natural shine. The carotenoids, promote better blood circulation in your scalp and nourish your hair follicles from the inside. This is naturally antipruritic which makes it good in fighting dry scalp and itching. Lack of potassium is the cause of falling hair which makes it very important for hair growth. Baldness and hair breakage affects many people nowadays. The iron and electrolytes found in the products repair damaged hair and reduce hair breakage.

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