



THE FARM  
AT SAN BENITO

## Holistic Sanctuary

### Integrated Medical Services

#### CONSULTATION SERVICES

**Holistic Health Conversation** ⌚ 30 mins. **PHP 3,000++**

An initial talk with our doctor that will discuss the guest's goals, health concerns and challenges. It will help to identify the root cause of the disharmony between the physical, psycho-emotional and spiritual aspect of the individual based on Review System or Symptoms & Diet Analysis.

**Medical Consultation** ⌚ 60 mins. **PHP 5,000++**

A comprehensive discussion on the guest's physical, psychological, emotional and spiritual health concerns and goals. guests are interviewed and assessed on their physical emotional and psychological well-being. After which, recommendations are given to correct the guest's medical conditions and optimize their health.

**Nutritional Assessment** ⌚ 30 mins. **PHP 2,000++**

Assessment of the guests' weight, body fat, visceral fat, muscle mass, bone mass, metabolic age, Body Mass Index (BMI), etc. These data are used to assess the overall nutritional status of the guests. Our nutritionist will then provide guidance to sustainably achieve their health and nutrition goals.

#### HEALTH ASSESSMENT TOOLS

**Live Blood Analysis** ⌚ 30 mins. **PHP 2,500++**

This is a living demonstration of the blood cells as well as a qualitative assessment of the health of the person by the amount of cholesterol, sugar, uric acid, vitamin deficiencies, toxic exposures, as well as pollutants present therein. A tiny drop of blood pin-pricked from your finger is visualized under a phase contrast ep microscope.

**ichroma™ II Antibody Test** ⌚ 20 mins. **PHP 4,000++**

A diagnostic immuno-analyzer that measures the COVID antibodies to assess the guests' immunity status after an infection or post-vaccination.

**Biomarkers ichroma™** ⌚ 20 mins. **PHP 5,000++**

1. **Prostate Specific Antigen (PSA):** screening for the prostate cancer and monitoring the effects of the treatment. To diagnose Prostate Cancer, Prostatitis, Benign Prostatic Hyperplasia (BPH).

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2. **Carcinoembryonic Antigen (CEA):** Measuring the activity of the carcinoma in the body. A high level of CEA in adults can be assign of certain types of cancers in organs like the colon and rectum, prostate, ovary, lung, thyroid, or liver.
3. **Alpha-Fetoprotein (AFP):** diagnosing of cancers (liver, testicles, ovaries) and monitoring therapeutic effect. High levels of AFP in adults may indicate the possibility of the liver, the ovaries, or the testicles as well as non-cancerous liver diseases such as cirrhosis and hepatitis. Also measures the level of AFP to help diagnose or rule out related abnormalities. Diagnose liver cancer, Viral Hepatitis, Ovarian Cancer, and Testicular cancer.
4. **Thyroid Stimulating Hormone (TSH):** Diagnosing thyroid dysfunction
5. **Thyroid hormone (T3):** assessing to diagnosis & to monitor thyroid diseases.
6. **Thyroxine (T4):** is a type of thyroid hormone. An abnormal amount of T4 may indicate thyroid disease.

**Brain Biofeedback**  
*with Interpretation*  
**Metatherapy**

⌚ 60 mins.

PHP 5,000++

PHP 4,000++

The machine scans the electromagnetic fields produced by our neural cells and calculate possible perturbation in the energetic body. The doctor or nutritionist will interpret the findings and give recommendations to improve the one's health.

## COLON HYDROTHERAPY

Ninety percent of our diseases may actually come from autointoxication from a clogged-up colon. There is a great need to regularly cleanse and support our large intestine aka colon.

Prior to the procedure, vital signs are checked and you will be asked to fill-up our Colon Hydrotherapy Screening Form for medical clearance. All procedures are medically-supervised. Aftercare is provided by our colon hydrotherapist at our designated lounge. A hot moist pack is cautiously applied over the abdomen for less than 15 minutes. Reminder: A 2-hour fasting period from the last meal is required prior to the start of procedure.

**Colema™**  
*Cleansing Enema*

⌚ 60 mins.

PHP 6,000 ++

The first step in Colon Hydrotherapy is to do a Colema™ Cleansing Enema that cleans up the lower part of the colon with warm solution that is introduced into the rectum by gentle gravity. This treatment introduces either coffee / chamomile tea into your colon using a soft tube to help clear waste materials and assists in the detoxification process.

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**Angel of Water® Colon Cleansing** ⌚ 60 mins. **PHP 6,000 ++**  
The second step in Colon Hydrotherapy is Angel of Water® Colon Cleansing which uses gallons of clean filtered water to help reach higher into the ascending colon.

**Colonics** ⌚ 90 mins. **PHP 8,000++**  
This is the third step, detoxifying the whole entire colon by using a pressure driven water system.

### RETENTION ENEMAS

**Rectal Infusion Therapy** ⌚ 30 mins. **4 oz PHP 4,000++**  
⌚ 30 mins. **8 oz. PHP 7,000++**

This therapy uses organic wheatgrass or aloe vera that will be injected into your rectal vault and help nourish the colon with much needed vitamins and minerals.

### INTERNAL ORGAN COMPRESSES

Our health depends on how good the internal organs work. A non-invasive procedure of applying herbs on to the skin, organ compresses increase the detoxification process of the organs. It is an ancient way of helping tonify the organs. Philippine Traditional Medicine includes the use of *Tapal*, which is the application of special medicinal leaves warmed with oil, to treat ailments. Benefits include soothing internal organs, such as the liver, the kidneys, and the reproductive organs, relaxation and aid in sleeping.

**Liver Compress** ⌚ 30 mins. **PHP 2,000++**  
The liver is a major organ of detoxification and digestion. It needs all the support it can get. People who are highly stressed and or take a multitude of drugs will benefit from this. A gentle yet potent form of nurturing for the liver using herbs such as yarrow or *ampalaya* (bitter gourd) leaves.

**Kidney Compress** ⌚ 30 mins. **PHP 2,000++**  
The kidney compress helps regulate or balance the body's internal environment (homeostasis) such as fluid balance, acid-base balance. In TCM, the adrenal glands and reproductive system is a part of the kidney energy system. People with adrenal fatigue, reproductive function issues and kidney disorder will benefit from this compress.

**Belly Compress** ⌚ 30 mins. **PHP 2,000++**  
Gives relief and resolution of dysmenorrhea or chronic gas pains.

### LIVER CLEANSE

**Liver Cleanse** ⌚ 24 hrs / overnight **PHP 10,000++**

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The procedure that involves flushing out of intrahepatic bile sludges that make the liver sluggish and create obstruction that may contribute to gallstone formation. Special drinks, such as Epsom salts and the Liver Cleanse potion, are served at a specific time of the night and the next day.

Checking for the status of the liver and gallbladder is very important prior to doing a Liver Cleanse procedure. We do Hepatobiliary Tree Ultrasound at a nearby partnered hospital, or you may bring your own official ultrasound reading (taken within the last 3 months).

Our physician will read the ultrasound report for medical clearance. As the procedure may be quite exhausting, please refrain from doing exhausting and dehydrating activities and treatments during the actual day of the Liver Cleanse.

### THE 7-DAY LIVER CLEANSE PROGRAM

- We encourage you to be at The Farm for at least one week for preparation
- Includes a diet of only vegetables (raw and cooked) and green juices with lemon shots.
- Include a medical consultation and follow-up, preparation diet, liver compress and coffee infusion therapy (liver detoxification enema), hepatobiliary ultrasound appointment, Liver Cleanse plus the colon hydrotherapies that assist in preparing the colon prior to treatment and a day after the procedure.
- The last colon hydrotherapy ensures that there is no reabsorption of residues leftover by the increased flow of bile in the colon.

### OTHER TREATMENTS

**Flotation Pod** ⌚ 90 mins. **PHP 7,000++**  
A sensory deprivation water pod saturated with 360-540kgs of Epsom salt (aka Magnesium sulfate) that allows the body to float without effort. It encourages the brain and body to rebalance itself without intervening external stressors.

**Body Salt Bath** ⌚ 30 mins. **PHP 2,500++**  
This treatment involves soaking the whole body in 5 kg of salt which helps relax muscles and relieve pain in the shoulders, neck, back area.

**Magnetic Clay Heavy Metal Detox** ⌚ 45 mins. **PHP 3,800++**  
Involves soaking of the feet in a warm solution of high-grade magnetic clay with special herbs to absorb toxic chemicals, impurities, and heavy metals such as mercury, lead, cadmium, arsenic, like a magnet. This treatment is highly recommended for smokers and those with history exposure to cigarettes like passive smokers.

**Ionization Foot Treatment** ⌚ 30 mins. **PHP 2,000++**

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This machine uses natural aqua ions (water ions) for bio energy detoxification and cleansing of the body and its energy meridians. Many of its benefits can be attributed to the rebalancing of these energy meridian lines, allowing a body mass to function better.

### Hara-Puri Treatment

⌚ 30 mins.

PHP 2,500++

Gentle, therapeutic massage strokes that is solely focused on the abdominal and pelvic area with its internal organs that helps to expel abdominal gases, decreasing bloatedness, improves intestinal peristalsis, and relieves constipation.

### Dolphin Neurostim

⌚ 1 hr

PHP 6,000++

(Electroacupuncture)

⌚ 30 mins.

PHP 4,000++

This needleless device applies direct microcurrents in acupuncture points to help relieve pain and promote relaxation and sleep.

- **Scar Release Therapy (SRT).** Assists in reversing the polarity of the formed scar to permit cellular reconnection, downregulate the sympathetic nervous system, release the fascia and adhesions, improve circulation and energy flow, and to stop the pain cycle. It also allows the treated scar to naturally become less noticeable and the keloid to be flatter. If you have a scar, SRT is ideal to be performed first prior to the MPS Pain Therapy.
- **MPS Pain Therapy.** MPS It includes standard core therapy protocols that are designed to decompress the spine and rebalance the sacrum. Electroacupuncture also employs *specific MPS Therapy Protocols* for various health conditions and pain symptoms.

Electroacupuncture is a great option for those with extreme fear of needle puncture. **Contraindicated to pregnancy and with pacemaker implants precautions.**

### Harmonizing Flow Sessions

⌚ 60 mins.

PHP 6,000++

By appointment

It is an umbrella term for the various forms of healing therapies that allow the guest to navigate inner experiences in a safe and nurturing space.

### Psychoemotional Clearing

Involves combination of any techniques that help clear mental confusion, reveal psycho emotional scars, and break free from negative emotional imprisonment which is the root cause of many physical ailments and disharmonies. This is highly recommended for those who are high-strung and highly-irritable, and those who see life as an experience of unfreedom.

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### Neurogenic Release

Involves a set of warm-up and special exercises to facilitate neurogenic muscle tremors. It's a process that can help one actively release chronic bodily stress, deep-seated physical tension manifested as muscle tightness/rigidity or numbness/weakness and post-traumatic experiences by targeting the psoas, a special muscle that connects the legs, groin, torso and neck areas; the same muscle where a lot of unconscious tension is dumped into.

### Reiki

Reiki is the unlimited source of universal energy and is an ancient Japanese hands-on method of natural healing. As the guest's body senses this Reiki, the innate intelligence guides its flow to where the body wants it naturally and needs it more, clearing any stagnation, and ultimately resulting in a free-flowing energy.

## SPECIAL SESSIONS

By appointment only

### Session with the Doctor

⌚ 60 mins.

PHP 5,000++

A one-hour session conducted by our medical practitioners specializing in a certain field of complementary healing modalities and are customized depending on the needs of the guest.

### Guided Meditation

⌚ 60 mins.

PHP 6,000++

⌚ 30 mins.

PHP 4,000++

A private meditation session where the guest experiences self-awareness, management of thoughts leading to a state of relaxation and expansion of consciousness.

## INTRAVENOUS INFUSION (I.V.) THERAPY

Intravenous route is a safe and effective way to deliver the needed nutrients like vitamins and minerals. Nutrients delivered through the intravenous route has a fast action, higher blood concentration and stays longer in the body.

### Intravenous Vitamin C Infusion

⌚ 90 mins.

PHP 6,000++

Through intravenous route, Vitamin C will remain in the circulation for about 7-8 hours. This strengthens the immune system, provides a high level of antioxidants, helps in the production of collagen that stabilizes the connective tissues, increases energy during stressful moments by assisting in the production of noradrenalin, and helps detoxify the liver.

### Intravenous Myers Cocktail

⌚ 90 mins.

PHP 5,500++

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The combination of Vitamin C, B complex, and magnesium boosts immunity, gives more energy, and improves a person's mood.

### **Immune Booster**

⌚ 90 mins.

PHP 6,000++

Useful any time you are under greater than usual amounts of stress, feeling excessive fatigue, when your immune system needs bolstering to fight acute or chronic viral and bacterial infections, and when your skin needs to be restored to glowing conditions.

### **Rejuvenating IV Therapy**

⌚ 90 mins.

PHP 7,000++

Intravenous (IV) glutathione plus vitamin C infusion bypasses the digestive tract altogether, delivering the powerful antioxidants directly to your cells.

### **Chelation IV Therapy**

⌚ 90 mins.

PHP 7,000++

Intravenous (IV) glutathione plus vitamin C infusion bypasses the digestive tract altogether, delivering the powerful antioxidants directly to your cells.

### **Glow IV Therapy**

⌚ 90 mins.

PHP 4,000++

A quick top up of antioxidants especially if you are on a long detox program. Excellent as an adjunct to anti-aging, skin whitening, detoxifying, and immune deficiency.

## LUNG REINVIGORATE

### **Lung Clear**

⌚ 15 mins.

PHP 1,500++

Reduces oxidative stress, decreases inflammation, and modulates T cell responses in the lungs. Lung Clear is excellent for treating conditions such as lung inflammation, pneumonia, emphysema, cystic fibrosis, etc.

### **Power Nebulization**

⌚ 30 mins.

PHP 2,500++

Reduces oxidative stress, decreases inflammation, and modulates T cell responses in the

Improves lung issues from viral or bacterial pneumonia, chronic obstructive pulmonary disease (COPD), and asthma.

## PURE HEALTH AIDS

### **PureLight™**

⌚ 40 mins.

PHP 3,000++

A wireless body spot reduction and contouring system that uses heat and a unique 635nm wavelength of light to increase fat cells metabolism thereby reduce its size. This is best followed with a PureWave™ treatment and exercise for best results.

### **PureWave™**

⌚ 20 mins.

PHP 2,500++

Electrical pulses that emit low, medium and high frequencies to produce painless deep muscle stimulation that relieves pain, slims the body and tones muscles.

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**Sustainable Healthy Lifestyle Discussion** ⌚ 60 mins. PHP 4,000++  
⌚ 30 mins. PHP 3,000++

At the end of the guest's program, the doctor helps them create a sustainable health plan for their life after The Farm taking into consideration the genes, environment, and current lifestyle.

**Take Home Meal Plan** ⌚ 30 mins. PHP 3,500++

Assessment of the food intake and lifestyle history of the guest. Using these data, the nutritionist formulates a sustainable meal plan that suits the guest's individual needs, daily commitments, and lifestyle.

### WELLNESS TALK

#### Special Topic Lectures

⌚ 60 mins. 1-10 persons PHP 8,000++

⌚ 60 mins. 11-20 persons PHP 12,000++

This is meant for the participants to deeply appreciate the complicated workings of the mind, the human body and its fascinating processes. Whenever possible, the medical lecturer will introduce activities for a more experiential approach to the topic.

1. The Human Body - enhance your senses for the subtle messages of the body especially on health matters
2. Specific Internal Organs and Processes - gain practical knowledge about the liver, heart, kidneys, lungs, etc.
3. Special Topics - this will depend on specific interests as requested by the guests.
  - a. Vibrational Medicine - a lecture to fully appreciate how the various energy works at The Farm and how these can benefit your health
  - b. Chrono medicine and Biorhythm - Did you know that internal organs have their own rhythm and knowing the science of timing will help you understand certain patterns in life
  - c. Art Therapy - Discover how art can be a tool for healing

*\*Note: Only highly-qualified lecturers with years of experience on the topic are assigned to enliven the topics. As such, special topics are given depending on availability of the resource person.*

### LIVING LIFE WELL



**Medical Consultation** ⌚ 30 mins. PHP 3,000++

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An integrative medical doctor will assess the medical condition, provide initial diagnosis, recommend therapeutic interventions or clearance for procedure and give advice for the benefit of the guest.

**Acupuncture** ⌚ 45 mins **PHP 6,000++**  
⌚ 60 mins. (with cupping or difficulty) **PHP 8,000++**

Acupuncture is a major component of Traditional Chinese Medicine (TCM) and acknowledged by WHO as a safe and evidence-based effective treatment. It involves the insertion of fine, thin and sterile needles into the meridian or targeted points of the body to stimulate sensory nerves under the skin and in the muscles. This results in the body producing natural substances like pain-relieving endorphins. Only duly certified and licensed Acupuncturists supervised by a Medical doctor perform this procedure. The combination of Cupping and/or Myotherapy can further enhance the efficacy of Acupuncture.

**Integrative Physical Medicine / Physiotherapy** ⌚ 60 mins. **PHP 8,500++**

This is rehabilitation and physical medicine which uses manual therapy to treat musculoskeletal pain and disability. Using no devices or machines, our skilled and highly trained Physical Therapists use only their hands for myofascial release, joints, muscles and spinal manipulation and other specialized techniques to optimize function, control, balance and symmetry of the body. Combination therapies like acupuncture, myotherapy and cupping may be added to further improve and accelerate healing.

**Chiropractic Care** ⌚ 60 mins. **PHP 9,500++**

This is a complementary medicine that focuses on the diagnosis and treatment of mechanical disorders of the musculoskeletal system. A system of therapy that centers on the structure and alignment of the body more particularly the spine. Premised on the idea that the body can heal itself with the help of specific hands-on manipulations from a highly trained Doctor of Chiropractic (DC). Combination therapies like Acupuncture and Myotherapy will further improve the condition of treatment in this Non-Force Chiropractic Care.

**Mental Health Consultation** ⌚ 60 mins. (Online) **PHP 6,000++**  
⌚ 60 mins. (In-person) **PHP 8,000++**

An interaction with a Mental Health Specialist / Psychologist for the purpose of managing one's emotional, psychological and social well-being which affects how a person think, feel and act, more so on handling stress, relationships and decisions. Our licensed highly trained Psychologists and Mental Health Practitioners can effectively handle various conditions in the calming environment at The Farm.

**Myotherapy** ⌚ 60 mins. **PHP 5,000++**  
⌚ 75 mins. (with cupping or difficulty) **PHP 7,000++**

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A medically-directed therapeutic massage under Physical Therapy specifically targeting trigger points and acupuncture spots in muscle complexes to treat soft tissue pain and restricted joint movement. The therapy corresponds to the chief complaints of the health partner and as directed by the medical doctor and/or physical therapist. A best combination therapy for Acupuncture, Physiotherapy and Chiropractic Care to further enhance the efficacy of the integration of treatments.

### DENTAL SERVICES

By Dr. Radi Apostol of Above Aesthetics (by appointment)

#### **Dental Assessment**

**FREE**

This include clinical mouth examination and basic recommendation will be given after thorough assessment.

#### **Dental Consultation**

**PHP 3,500++**

Conducted by Aesthetic Dentist for the purpose of assessment and knowing the concerns of the guests which will be the basis for the doctor's treatment service recommendations.

#### **Oral Prophylaxis / Dental Cleaning**

**PHP 5,900++**

For gingivitis, gum bleeding, bad breath. It helps lower your risk for some diseases, like heart disease and stroke. Consist 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.

#### **Air Polishing**

**PHP 8,500**

Smoothens surface of teeth and produces brighter appearance. It smoothens your teeth by blasting off plaque, biofilms, stains caused by coffee, tea, smoking, and food. Therefore, exposing your real, smoother and brighter teeth.

#### **Dental Sealants**

**per tooth PHP 3,000++**

This procedure is to seal permanent teeth that are free of tooth cavity. By sealing, permanent teeth will have a smoother surface. Food debris and unwanted bacteria that cause tooth cavity will just slide off which prevents the tooth decay.

#### **Dental Fillings**

**per surface PHP 3,000++**

For badly broken and chipped tooth. Dental fillings are used to restore the tooth, its shape, size, aesthetic appearance and most importantly its function.

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For badly broken and chipped tooth. Dental fillings are used to restore the tooth, its shape, size, aesthetic appearance and most importantly its function.

### **Indirect Pulp Capping**

**per surface PHP 3,000++**

For tooth ache that has intermittent pain. This procedure is to treat tooth that suffering from severe tooth decay that may kill the pulp/nerve. After removal of tooth decay, Calcium Hydroxide is used to serve as protection of the pulp/nerve from irritants which will eliminate pain.

### **Direct Pulp Capping**

**per tooth PHP 8,000++**

For tooth ache that has recurring pain. This procedure is to treat tooth that is suffering from severe tooth decay that extended to pulp/nerve. After removal of tooth decay, Mineral Trioxide Aggregate is used to serve as protection of the pulp/nerve from irritants which will eliminate pain.

### **Temporary Filling Zoc**

**per surface PHP 3,000++**

For tooth ache that has recurring pain This is also a type of dental filling, but the material used is temporary.

### **Root Canal Therapy**

**per canal PHP 20,000++**

To preserve tooth pain and prevent bone loss. It is an intentional removal of infected pulp/nerve of tooth while relieving pain and preserving to maintain its function.

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### Simple Tooth Extraction

Per tooth

**Incisors (central/lateral) PHP 3,000++**

**Canine PHP 8,000++**

**Molar PHP 8,500++**

To remove badly broken and non-functional tooth that cannot be restored and to prevent extension of infections to the jaw.

### Wisdom Teeth Removal (Odontectomy)

**partially erupted PHP 30,000++**

**vertically unerupted PHP 40,000++**

**horizontal unerupted PHP45,000++**

Most wisdom teeth are impacted which makes them non-functional and most of the time interferes with normal function of the mouth. Retaining non-functional teeth may cause cyst, temporomandibular disorder and other infections.

### Gum Contouring

**per tooth PHP 3,000++**

For gummy smile, small teeth appearance, and gum enlargement. Gums could have reaction from medications, orthodontic treatment (braces) or could be genetics. This procedure contours gum under local anesthesia with the use of shaping instruments. The result is ideal smile that suits your facial profile.

### Temporo-mandibular Joint Therapy

**PHP 150,000++**

For clicking jaw, locking jaw, grinding teeth, and frequent headaches. This therapy includes patient education, bite adjustment and possible recommendation of dental appliance done by a Temporo-Mandibular Joint Specialist.

### Orthodontics Package (braces)

**Class I Case PHP 200,000++**

**Class II Case PHP 250,000++**

**Class III Case PHP 280,000++**

For mal-aligned teeth, overbite occlusion, underbite occlusion, and unpleasant facial profile. Mal-aligned teeth, overbite and underbite occlusion causes jaw pain, temporo-mandibular joint disorder and unpleasant smile that reduces self-esteem of an individual. The advantage of this braces is better hygiene, efficient tooth movement and more comfortable than conventional braces.

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## THE FARM AT SAN BENITO

### **Dental Crowns (fixed)**

For severe discoloration or other cosmetic blemishes on the tooth, chipped/cracked tooth, and root canal infection. This procedure is a placement of tooth shaped “cap” on damaged tooth to restore its normal shape, size, strength, functions, aesthetic appearance, and sometimes used to cover implants.

#### **A. Zirconia**

**PHP 95,000++**

Zirconia is known for its strength to stand chewing forces. It can be matched to the color of existing teeth, extremely strong, and durable.

#### **B. Emax**

**PHP 85,000++**

It has ability to provide more aesthetic appearance, strong, and durable.

#### **C. Porcelain Fused to Titanium**

**PHP 50,000++**

It represents hybrid construction where porcelain (produces aesthetic appearance) is fused to metal (to provide strength). It is cheaper than Zirconia and Emax.

### **Denture Flexite Front or Back (tooth only)**

**PHP 50,000++**

For missing teeth, to restore normal chewing functions and restores normal facial profile. This is a removable appliance that can be used by patient to wear, with the use of false teeth to fill missing teeth and able to restore normal chewing functions and facial profile.

### **Denture Flexite Front and Back (tooth only)**

**PHP 50,000++**

For missing teeth, to restore normal chewing functions and restores normal facial profile. This is a removable appliance that can be used by patient to wear, with the use of false teeth to fill missing teeth therefore restores normal chewing functions and restores normal facial profile.

### **Apicoectomy**

**PHP 60,000++**

A minor surgical procedure of cleaning and draining the root apex portion of root canal treated tooth with infection that failed to cease.

### **Dental Implant (zirconia crown included)**

**PHP 260,000++**

For missing teeth. A surgical procedure where a biocompatible material (titanium) is implanted into the jaw bone to serve as an attachment apparatus of the false tooth.

### **Bone Augmentation per 5CC**

**PHP 50,000++**

This bone graft procedure is usually done during dental implant placement to complement for the integrity of the bone support.

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## THE FARM AT SAN BENITO

### **Ceramic Veneers (fixed)**

**per tooth PHP 80,000++**

For stained or darkened teeth, hypocalcification, multiple spacing, chipped teeth, lingual positioned teeth, malposed teeth not requiring orthodontic treatment. It is a dental procedure where the front surfaces of the front teeth with discolorations are removed and replaced with laboratory-made patient choice colored-tooth structure to restore its normal function and aesthetic appearance.

### **Direct Composite Veneers**

**per tooth PHP 20,000++**

For stained or darkened teeth, hypocalcification, multiple spacing, chipped teeth, lingual positioned teeth, malposed teeth not requiring orthodontic treatment. A dental procedure where the front surfaces of front teeth with discolorations are removed and replaced with high quality composite resin patient choice colored-tooth structure to restore its normal function and esthetic appearance.

### **Peri Apical Radiograph**

**per tooth PHP 1,500++**

Dental radiograph exposure used to further evaluate each tooth.

### **Night Guard**

**PHP 24,400++**

For stress that causes teeth grinding or bruxism. A laboratory-made appliance, worn by patients at night to protect teeth from wearing off during teeth grinding at night.

### **K Clear Aligner**

**PHP 300,000++**

This appliance is fabricated in Germany and used to treat teeth mal-alignment, overbite occlusion, underbite occlusion, and restores facial profile. It is produced individually for each patient thus ensuring an absolutely accurate fit, removable for efficient maintenance of oral hygiene, almost invisible, and metal brackets are no longer necessary. No injuries in mouth, no emergency visits, no pain, and no long doctor appointments.

### **GC Tooth Mousse Therapy**

**PHP 4,000++**

For maintaining oral environment, saliva stimulation, balance of minerals. Our teeth are highly calcified, when demineralization wins over remineralization tooth decay and tooth erosion may happen. GC Tooth Mousse Therapy helps achieve balance by neutralizing acid in mouth and maintains healthy oral environment.

### **Desensitizing**

**per tooth PHP 1,500++**

It is a procedure where a desensitizing agent is applied to sensitive tooth and light cured thus protecting the tooth surfaces from irritants and lessens sensitivity.

## AESTHETIC SERVICES

By Dr. Radi Apostol of Above Aesthetics

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### **Aesthetic Consult**

🕒 45 mins.

PHP 5,000++

Holistic medical aesthetic evaluation serves as the basis of aesthetic management. The consult covers identifying the root causes of the aesthetic challenge as resulting from the disharmony of the body, mind, and soul.

### **Eyology**

🕒 1 hour

PHP 7,800++

This is a natural diagnostic tool which determines the presence of negative changes in the system that cannot be detected by any machine. It can also detect strengths and weaknesses of the organs and tissues in need of repair. This started in ancient China and was progressively studied in Europe and the United States. It inspires the individual to heal the body, mind, and emotions.

### **Aura Crystal Balancing**

🕒 1 hour

PHP 7,800++

The energy practitioner's sensitive hands scan the aura for depletion, congestion, imbalance in the body system. The programmed crystals are then placed over the chakras to start the cleansing, balancing, and energizing of the Aura. Indications: stress, negative thoughts, curses, envy, jealousy, anger, depression, fatigue of all origins.

### **Angelic Energy Healing**

🕒 1 hour

PHP 7,800++

The Angel Practitioner leads the process of relaxation, music, and laying of hands. It helps heal individuals, places, and animals when summoned. Indications: stress, fatigue, confusion, negativities

### **Auricular Acupuncture**

🕒 1 hour

PHP 8,800++

Indications: 10 common ailments like the common cold, fever, hypertension, inflammation, sedating the mind, tranquilizing and pain relief, conjunctivitis, dysentery, enteritis, hemorrhoids, constipation, addictions, smoking, PTSD, stress and anxiety.

### **Psychotrauma Management & Therapy**

🕒 1 hour

PHP 8,800++

Releasing framed traumas in the brain, providing relief to the body through accepted therapies from the East and West.

### **Pranic Healing**

🕒 1 hour

PHP 7,800++

Cleansing and balancing the aura through air, ground, and sun prana.

### **Psychic Surgery**

🕒 1 hour

PHP 7,800++

Cleansing of diseased energies, heavy emotions, repeated negative life patterns and prolonged illnesses. This is a no touch approach unlike what is commonly believed from faith healers.

### **Auricular ACU with Swarovsky**

🕒 30 mins.

PHP 11,400++

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Swarovsky or similar gem/crystals are placed at the reflex points of both ears to improve specific health concerns and symptoms, including weight loss and/or any addiction and other diseases.

### **Needleless Auricular Acupuncture**

**PHP 6,500++**

A gadget-assisted acupuncture that improves specific health concerns, this is an acupuncture technique for those afraid of needles.

### **Aesthetic Acupuncture**

**⌚ 45 mins.**

**PHP 6,500++**

It is a rejuvenation and revitalization process designed to help the whole body look and feel younger. Oriental Medicine that involves the insertion of hair-thin needles to specific areas of the face, body, along channels or meridians of energy. While Aesthetic Acupuncture cannot reshape one's nose or chin, it is a subtler rejuvenation that takes years off one's face safely and naturally while improving overall health.

### **Energy Infusion Treatment IV Laser**

**⌚ 1 hour**

**PHP 13,000++**

For low energy, general weakness, chronic fatigue syndrome, erectile dysfunction, frigidity, those who take maintenance medicines for hypertension, diabetes mellitus, heart diseases etc. For vigor and virility for men/vitality for women. Intravenous transmission of coherent light through a fiber optic light-guide directly into the entire circulatory system. This improves oxygen level and circulation by tissue regeneration and energy stimulation.

### **Emperor / Empress Facial**

**⌚ 45 mins.**

**PHP 6,500++**

This session is equivalent to at least a week of deep sleep because the procedure relaxes vital organs. A unique & relaxing facial treatment that modifies your body's energy flow. This treatment consists of acupressure massage from chest, shoulders, neck, face, scalp and ears. It loosens blockages in your body's energy network caused by stress, bad diet, alcohol abuse and other health issues. Therefore, giving your body's energy network to transport energy throughout your body.

### **Photodynamic Light Therapy (PDT)**

**⌚ 30 mins.**

**PHP 26,000++**

Treatment involving light in combination with serums or creams. It has an antibacterial, antiviral, and antifungal ability. Popularly used in treating acne and for hair rejuvenation and restoration.

### **Lipo Cavitation**

**⌚ 1 hour**

**PHP 15,600++**

*For thighs, hips, stomach, back, arms and chin*

Painless and non-surgical way to removal fat and cellulite through the process pulse cavitation ultrasound technology. It naturally stimulates the breakage of fat and speeds up the fat elimination in the body. This reduces fat in problem areas like thighs, hips,

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stomach, back, arms and chin. This can help tighten and tone skin as well as reduce sagging skin. A very easy, relaxing, fast and effective procedure. Works better in combination with Radiofrequency or Cryolipolysis.

### **High Intensity Focused Ultrasound (HIFU) ⌚ 1-2 hours**

- Face PHP 78,000++**
- Neck PHP 65,000++**
- Arms PHP 91,000++**
- Back PHP 130,000++**
- Tummy PHP 130,000++**
- Butt PHP 78,000++**
- Thighs PHP 130,000++**
- Legs PHP 91,000++**

An alternative to surgery. This uses highly concentrated ultrasound waves with targeted input of energy penetrating into the superficial muscular aponeurotic system (SMAS). Improvement can be seen after the treatment. After several weeks, a much better result is visible. Main application of HIFU include: wrinkle reduction, non-surgical face lifting, facial contouring, lifting of the cheeks, eyebrows, frown, forehead lines, and nasolabial folds. Significant chin reduction, tightening of the décolletage including skin-smoothing treatment post liposuction surgery to promote further collagen growth and regeneration.

### **Optimal Pulsed Light (OPT) Laser ⌚ 15-30 mins.**

#### *Hair Removal*

- Upper lip PHP 10,400++**
- Beard PHP 19,500++**
- Underarm PHP 32,500++**
- Forearm PHP 52,000++**
- Lower Leg PHP 78,000++**
- Thigh PHP 78,000++**
- Bikini PHP 26,000++**
- Rejuvenation PHP 45,500++**
- Acne PHP 39,000++**
- Melasma PHP 32,500**

A reliable treatment option for hair removal and skin enhancement. Its unique optimal pulse technology works efficiently for hair removal, skin firming, and lightening of pigmentations. It is also very effective in controlling acne breakouts and treating vascular lesions on face.

### **Aqua Rejuvenating Facial**

**⌚ 30 mins.**

**PHP 13,000++**

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*Improves the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyperpigmentation, and brown spots*

This is the only hydrating machine-assisted skin procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, smoother and supple skin with no discomfort or downtime. This treatment is soothing, moisturizing, non-invasive and non-irritating. This procedure is suitable for most skin types.

### **Cryolipolysis**

🕒 1 hour

PHP 19,500++

#### *Body contouring*

This is a body contouring procedure also known as “fat freezing” that involves intensified cooling to break down fat cells, resulting in its reduction without damage to other tissues. No downtime, can resume normal activities the same day.

### **Laser Genesis**

🕒 15-30 mins.

PHP 32,500++

This is a non-invasive laser procedure specifically designed to minimize pigmentation, freckles, and tattoos. It can improve skin tone, tighten pores, and stimulate new collagen, and elastin production thus, defy skin aging.

### **Nasal Detox**

PHP 6,200++

Uses pure beeswax cone candle that is lit and placed in the nostril to cover the nasal opening, which removes solidified dirt. Improves stuffy nose, gets rid of hardened mucus, and good for sinusitis.

### **Ear Detox**

PHP 4,900++

Uses pure beeswax cone candle that is lit and placed inside the ears to cover the external meatus, which will remove melted earwax. It can improve hearing, vertigo, dizziness, relieves headache, gets rid of trapped water in the ear canal, improves body balance

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## THE FARM AT SAN BENITO

### EXUVIANCE BY ROSS

#### **Herbal Steam Inhalation for Lung Purification** ⌚ 90 mins. PHP 5,000++ (Upper & lower respiratory system)

A two-part specialized treatment: a therapeutic Medicinal Herb Steam Inhalation following the Ancient Herbal Medicinal Traditions of Japanese, with 10-min hand cupping lung massage.

This treatment focuses on enhancing the natural immune defense system of the lungs, as it helps the lungs remove unwanted debris out to the throat which is either swallowed and destroyed in the gut or preferably, coughed up. The removal of this debris is an important part of the immune system protecting the respiratory system from infections.

#### **Human Microbiome Herbal Steam** ⌚ 120 mins. PHP 5,000++ *Lung Cleansing Therapy*

It is essential that we cleanse our respiratory passages – this treatment uses a therapeutic medicinal herb steam inhalation following the ancient herbal medicinal tradition of the Japanese, with 10 minutes of hand capping lung massage.

Benefits to respiratory system asthma, chronic obstructive pulmonary disease, cystic fibrosis, allergies, allergic rhinitis, sinusitis, cough, headaches, COPD, ALRI, Bronchiolitis, Nose bleeding, common cold, flu (influenza), sinus infections, nasal allergies, congested (stuffy) nose, throat irritation, breathing problems caused by airway congestion, dry irritated nasal passages, and insomnia.

#### **Advanced Therapeutic Herbal Lung** ⌚ 120 mins. PHP 8,500++ **Therapy + Medicinal Soak**

With 12 Adaptogenic Herbs + 6 Powerful Mushroom Cordyceps, reishi mushroom, Ashwagandha, licorice roots, Stinging Nettle, UVA Ursi, Artemisia Annuua. includes Lung Cleansing Herbal - Salt Steam Inhalation, postural drainage, chest percussion, and breathing exercises, that helps dislodge excess mucus from the lungs and airways. Effectively offering relief to people who suffer from congestion or chronic respiratory conditions. During steam inhalation, the warm moist air works by loosening the mucus in the nasal passages, throat, and lungs. This relieves symptoms of inflamed, swollen blood vessels in the nasal passages. The moisture also helps thin the mucus in the sinuses, which allows them to empty more easily. This can allow breathing to return to normal, and renders great sleep.

#### **1-inch loss + more** ⌚ 150 mins. \*starts at PHP 25,000++/area **iLipo xCell Plus**

Guaranteed 1 inch lost + more FDA approved laser fat removal, skin tightening & cellulite reduction with permanent results visible right after every session. Naturally removing them from the body via the lymphatic system, thus is permanently removed. We focus on

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body sculpting with amazing results by using the latest technology in iLipo Light Therapy and correlating weight loss & slimming strategies.

### **Contour-Lift-Reshape-Tone** ⌚ 150 mins. *\*starts at PHP 25,000++/area* **Maximus**

#### *Face-Neck-Body-Butt-Arms-Legs-Back*

A complete non-invasive anti-aging and body contouring treatment. Providing safe and dramatic localized fat reduction, cellulite treatment & body contouring, where results are visible right after every treatment. For remarkable Facial results - for both anti-aging and skin texture improvement. Significant wrinkle reduction, skin tightening, cellulite treatment and a decrease in circumference.

*Benefits are painless with minimal downtime, suitable for all skin types & colors, quick walk in - walk out procedures, immediate and long - term results, and visible right after the treatment.*

Specific area:

- a) Love Handle **PHP 10,000++**
- b) Arms **PHP 10,000++**

### **Insta-Glow Oxygen Facial + Collagen** ⌚ 90 mins. **PHP 8,500++** **Booster Serum**

A unique facial system providing extra youth-promoting benefits, restoring a translucent radiance, suppleness and smooth silky softness to your complexion. Revealing skin that looks and feels revitalized, refreshed, transformed. Stimulates vital cellular energy and provide essential support for optimal collagen levels.

### **Age Reverse Total Correct + Sculpt Anti-Aging Facial with Vitamin C** *Collagen Line Fill + Hyaluronic Acid + Maximus Total Correct Lift & Sculpt*

**Face & Neck with Ultrasound** ⌚ 120 mins. **PHP 15,000++**

**Face with Ultrasound + Maximus** ⌚ 120 mins. **PHP 28,000++**

**Face + Neck** ⌚ 150-180 mins. **PHP 45,000++**

A triple antiaging complex, a multi-tasking skin care system that includes NeoGlucosamine, stabilized Vitamin C antioxidant, Aminofil, Hyaluronic Acid and collagen boosters. Lightly exfoliates, smooths texture and visibly reduces fine lines and wrinkles, create a more even skin tone. Breakthrough anti-aging ingredient that supports skin's natural collagen so skin appears firmer, lifted, sculpted. Improves 10 visible signs of aging including: texture, suppleness, laxity, radiance, fine lines & wrinkles, volume, firmness, deep lines, clarity, and uneven skin tone.

### **Revitalizing Glass Facial** ⌚ 120 mins. **PHP 4,500++**

Achieve that clear, poreless, and almost translucent complexion that you've always wanted. This treatment is for those who want their skin to look its best from skin deep

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even without makeup. It is a non-invasive and deeply penetrating skincare therapy system that results in a healthy, more hydrated and rejuvenated skin.

### **Xlase Laser Plus Skin**

⌚ 60 mins.

PHP 9,000++

#### *Refining & Detox Facial*

For the removal of stretch marks, acne scars, hyperpigmentation, and for added rejuvenation. Treats pigment issues caused by moles, birthmarks, lentigines, melasma, or warts. Multiple therapies and benefits in one: treat lax skin, acne, pigmentation, spots, spider veins, fine lines and wrinkles, and pores. This laser stimulates collagen so you can come out with renewed and improved tone and texture.

### CLINICAL ETIQUETTE & CONFORME

**Opening hours.** The Holistic Sanctuary is open daily from 8:00am to 9:00pm. Please dial 8036 for more information and assistance.

**Location.** The clinic is located at the Holistic Sanctuary; near the reception area across the lagoon.

**Consultation.** Our doctors and nurses are more than willing to discuss the treatments and therapies we offer. It is best to bring your current or latest laboratory results for a more comprehensive, holistic approach to understanding and improving your healing journey. Please advise us at the time of booking if you have any major health concerns.

**Reservations.** Pre-booking your treatments is essential so that we may best accommodate your needs. Kindly synchronize your time with The Farm standard time. You are encouraged to arrive at least 30 minutes before your scheduled appointment to ensure you have adequate time to prepare before your treatment begins. Please understand that if you arrive late, your treatment time will be reduced accordingly.

**Cancellation and rescheduling.** If you need to change or cancel your appointment, please let us know 4 hours prior to your treatment, otherwise a cancellation fee of 50% of the treatment value will apply. A fee of 100% will be applied for no-shows or cancellations for all medical treatments and services. All treatments are non-refundable.

**Mobile phones.** As a courtesy to all guests, please silence your cellphone upon entering the treatment room.

**Special consideration.** We reserve the right to refuse treatment to guests who arrive intoxicated or under the influence of illegal substances. Our therapists are trained professionals and any inappropriate behavior will end your treatment.

**What to wear.** As The Farm is casual, comfortable attire is best.

**Valuables.** Please leave your valuables in the safety deposit box provided in your room. The Farm will not take responsibility for valuables that are not secured or left in the resort surroundings.

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THE FARM  
AT SAN BENITO

**Gift certificates.** Whatever the occasion, we are happy to arrange a gift certificate. You may wish to create your own personalized gift where you may combine an overnight accommodation including dinner, breakfast, and a medical and spa package.

**For inquiries and reservations, please dial 1**

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