

THE FARM



RATES

Dynamic Rate Inclusions:

Choice of Room, Suite or Villa Accommodation

Welcome Drink & Afternoon Tea

ALIVE! Vegan Gourmet Breakfast

Participation in Complimentary Daily Activities including; Yoga, Meditation, Pilates and Power Walking.

Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges and Pavilions.

Accommodation	Single / Double Occupancy
Sulu Terrace	Php 7,000.00++ per Night
Palmera Suite	Php 12,000.00++ per Night
Anahaw Terrace Suite	Php 13,500.00++ per Night
Garden Villa	Php 16,800.00++ per Night
Master Villa	Php 45,000.00++ per Night

Available A La Carte:

Personalized Dynamic Wellness, Rejuve and Recovery Retreats for any number of nights requested.

Medical Services and Salus Per Aquam SPA Treatments

ALIVE! Cuisine Preparation Classes

Private Meditation, Yoga & Movement Classes

Please Note:

1 euro=60 Php or 1 USD= 46 Php (rate fluctuates daily)

All rates are Exclusive of 10% Service Charge and 12% Government Tax

Rates are Exclusive of Wine & Champagne

Rates are Valid from December 23, 2009 to December 31, 2010

Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.

Children under the age of 12 stay free of charge. All Meals are on a Chargeable Basis.

Rates are Subject to Change without Prior Notice.



5 Nights Recovery Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 5-ALIVE! Vegan Gourmet Recovery Meals & Beverages
- 5-Daily Nutritional Support & Premium Virgin Coconut Oil
- 1-ALIVE! Cuisine Preparation Class
- 1-Recovery Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 1-Nutritional Microscopy
 - 3-Colon Hydrotherapy Sessions
 - 1-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 3-Hari Puri Massage
 - 1-Kidney Cleansing
 - 1-Body Salt Bath
- SPA Treatments
 - 2-30-minutes SPA Treatments
 - 2-60-minutes SPA Treatments
 - 1-90-minutes SPA Treatments
- Participation in Complimentary Daily Activities; Yoga, Meditation, Pilates, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

5 Nights Recovery Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 117,000.00++/pax	Php 88,000.00++/pax
Anahaw Terrace Suite	Php 124,000.00++/pax	Php 93,000.00++/pax
Garden Villa	Php 140,000.00++/pax	Php 100,000.00++/pax
Master Villa	Php 275,000.00++/pax	Php 168,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Recovery Retreats:

- Standard Recovery Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Recovery Retreats may be created for any number of nights requested. All Recovery Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm’s Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm’s professional staff.
- Guests under the Recovery Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Recovery Retreat will begin the following day.
- Recovery Retreat programs can change in accordance to and consultation with the guest’s medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival a The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor’s assessment and recommendation or in accordance with the guest’s reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Recovery Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.



14 Nights Recovery Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 14-ALIVE! Vegan Gourmet Recovery Meals & Beverages
- 14-Daily Nutritional Support & Premium Virgin Coconut Oil
- 1-ALIVE! Cuisine Preparation Class
- 1-Recovery Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 1-Mid-Retreat Follow-up with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 1-Nutritional Microscopy
 - 6-Colon Hydrotherapy Sessions
 - 2-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 6-Hari Puri Massage
 - 2-Kidney Cleansing
 - 2-Body Salt Bath
- SPA Treatments
 - 2-30-minutes SPA Treatments
 - 4-60-minutes SPA Treatments
 - 3-90-minutes SPA Treatments
 - 2-120-minutes SPA Treatments
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

14 Nights Recovery Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 270,000.00++/pax	Php 200,000.00++/pax
Anahaw Terrace Suite	Php 290,000.00++/pax	Php 210,000.00++/pax
Garden Villa	Php 326,000.00++/pax	Php 226,000.00++/pax
Master Villa	Php 663,000.00++/pax	Php 394,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Recovery Retreats:

- Standard Recovery Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Recovery Retreats may be created for any number of nights requested.
- All Recovery Retreats are supervised by licensed medical doctors and nurses.
- All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm’s Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm’s professional staff.
- Guests under the Recovery Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Recovery Retreat will begin the following day.
- Recovery Retreat programs can change in accordance to and consultation with the guest’s medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival a The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor’s assessment and recommendation or in accordance with the guest’s reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Recovery Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.



21 Nights Recovery Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 21-ALIVE! Vegan Gourmet Recovery Meals & Beverages
- 21-Daily Nutritional Support & Premium Virgin Coconut Oil
- 2-ALIVE! Cuisine Preparation Class
- 1-Recovery Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 3-Mid-Retreat Follow-up with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 2-Nutritional Microscopy
 - 8-Colon Hydrotherapy Sessions
 - 4-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 8-Hari Puri Massage
 - 3-Kidney Cleansing
 - 3-Body Salt Bath
- SPA Treatments
 - 3-30-minutes SPA Treatments
 - 5-60-minutes SPA Treatments
 - 4-90-minutes SPA Treatments
 - 2-120-minutes SPA Treatments
 - 1-150-minutes SPA Treatment
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

21Nights Recovery Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 385,000.00++/pax	Php 284,000.00++/pax
Anahaw Terrace Suite	Php 410,000.00++/pax	Php 295,000.00++/pax
Garden Villa	Php 465,000.00++/pax	Php 325,000.00++/pax
Master Villa	Php 940,000.00++/pax	Php 560,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Recovery Retreats:

- Standard Recovery Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Recovery Retreats may be created for any number of nights requested.
- All Recovery Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm’s Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm’s professional staff.
- Guests under the Recovery Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Recovery Retreat will begin the following day.
- Recovery Retreat programs can change in accordance to and consultation with the guest’s medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival at The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor’s assessment and recommendation or in accordance with the guest’s reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Recovery Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.

THE FARM



5 Nights Prevention Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 5-ALIVE! Vegan Gourmet Prevention Meals & Beverages
- 5-Daily Nutritional Support & Premium Virgin Coconut Oil
- 1-Rejuve Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 1-Nutritional Microscopy
 - 3-Colon Hydrotherapy Sessions
 - 2-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 1-Kidney Cleansing
 - 1-Body Salt Bath
- SPA Treatments
 - 1-30-minutes SPA Treatments
 - 2-60-minutes SPA Treatments
 - 1-90-minutes SPA Treatments
 - 1-Manicure & Pedicure
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging...
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila

5 Nights Prevention Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 117,000.00++/pax	Php 88,000.00++/pax
Anahaw Terrace Suite	Php 124,000.00++/pax	Php 93,000.00++/pax
Garden Villa	Php 140,000.00++/pax	Php 100,000.00++/pax
Master Villa	Php 275,000.00++/pax	Php 168,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Prevention Retreats:

- Prevention Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Prevention Retreats may be created for any number of nights requested.
- All Prevention Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm's Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm's professional staff.
- Guests under the Prevention Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Prevention Program will begin the following day.
- Prevention Retreat programs can change in accordance to and consultation with the guest's medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival at The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor's assessment and recommendation or in accordance with the guest's reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Prevention Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.

THE FARM



7 Nights Prevention Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 7-ALIVE! Vegan Gourmet Prevention Meals & Beverages
- 7-Daily Nutritional Support & Premium Virgin Coconut Oil
- 1-ALIVE! Cuisine Preparation Class
- 1-Rejuve Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 1-Nutritional Microscopy
 - 4-Colon Hydrotherapy Sessions
 - 2-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 1-Kidney Cleansing
 - 1-Body Salt Bath
- SPA Treatments
 - 2-30-minutes SPA Treatments
 - 2-60-minutes SPA Treatments
 - 1-90-minutes SPA Treatments
 - 1-Manicure & Pedicure
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

7 Nights Prevention Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 158,000.00++/pax	Php 120,000.00++/pax
Anahaw Terrace Suite	Php 168,000.00++/pax	Php 124,000.00++/pax
Garden Villa	Php 190,000.00++/pax	Php 135,000.00++/pax
Master Villa	Php 374,000.00++/pax	Php 225,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Prevention Retreats:

- Prevention Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Wellness Retreats may be created for any number of nights requested.
- All Prevention Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm's Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm's professional staff.
- Guests under the Prevention Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Prevention Program will begin the following day.
- Prevention Retreat programs can change in accordance to and consultation with the guest's medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival a The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor's assessment and recommendation or in accordance with the guest's reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Prevention Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.

THE FARM



14 Nights Prevention Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 14-ALIVE! Vegan Gourmet Prevention Meals & Beverages
- 14-Daily Nutritional Support & Premium Virgin Coconut Oil
- 1-ALIVE! Cuisine Preparation Class
- 1-Rejuve Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 2-Mid-Retreat Follow-up with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 1-Nutritional Microscopy
 - 6-Colon Hydrotherapy Sessions
 - 2-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 2-Kidney Cleansing
 - 2-Body Salt Bath
- SPA Treatments
 - 2-30-minutes SPA Treatments
 - 4-60-minutes SPA Treatments
 - 3-90-minutes SPA Treatments
 - 1-120-minutes SPA Treatment
 - 1-Manicure & Pedicure
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

14 Nights Prevention Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 270,000.00++/pax	Php 200,000.00++/pax
Anahaw Terrace Suite	Php 290,000.00++/pax	Php 210,000.00++/pax
Garden Villa	Php 326,000.00++/pax	Php 226,000.00++/pax
Master Villa	Php 663,000.00++/pax	Php 394,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when staying with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Prevention Retreats:

- Standard Prevention Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Prevention Retreats may be created for any number of nights requested.
- All Prevention Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm's Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm's professional staff.
- Guests under the Prevention Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Prevention Program will begin the following day.
- Prevention Retreat programs can change in accordance to and consultation with the guest's medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival at The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor's assessment and recommendation or in accordance with the guest's reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Prevention Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.

THE FARM



21 Nights Prevention Retreat

Inclusions:

- Choice of Room, Suite or Villa Accommodation
- Welcome Drink
- 21-ALIVE! Vegan Gourmet Prevention Meals & Beverages
- 21-Daily Nutritional Support & Premium Virgin Coconut Oil
- 2-ALIVE! Cuisine Preparation Class
- 1-Rejuve Retreat Orientation including Daily Schedule
- 1-Holistic Health Consultation with a Medical Doctor
- 3-Mid-Retreat Follow-up with a Medical Doctor
- 1-Sustainable Lifestyle Discussion
- Medical Services
 - 2-Nutritional Microscopy
 - 8-Colon Hydrotherapy Sessions
 - 4-Wheatgrass Infusion Therapy
 - 1-Digital Meridian Diagnostic System (DMS)
 - 4-Kidney Cleansing
 - 4-Body Salt Bath
- SPA Treatments
 - 4-30-minutes SPA Treatments
 - 4-60-minutes SPA Treatments
 - 4-90-minutes SPA Treatments
 - 2-120-minutes SPA Treatments
 - 1-Manicure & Pedicure
- Participation in Complimentary Daily Activities; Yoga, Meditation, Core Movement, Power Walking, Jungle Bush Walks, Mandala Flower Arranging
- Use of The Farm Facilities: Swimming Pools, Library, Gym and Meditation Lounges / Pavilions
- Return transfers from Manila Airport – The Farm – Manila Airport or from any point in Metro Manila – The Farm – Metro Manila.

21Nights Prevention Retreat

Accommodation	Single Occupancy	Double Occupancy
Palmera Suite	Php 385,000.00++/pax	Php 284,000.00++/pax
Anahaw Terrace Suite	Php 410,000.00++/pax	Php 295,000.00++/pax
Garden Villa	Php 465,000.00++/pax	Php 325,000.00++/pax
Master Villa	Php 940,000.00++/pax	Php 560,000.00++/pax

Please Note:

- All rates are Exclusive of 10% Service Charge and 12% Government Tax
- Rates are Exclusive of Wine & Champagne
- Rates are Valid from December 23, 2009 to December 31, 2010
- Extra Person Surcharge is Php 1,000.00++ including ALIVE! Vegan Gourmet Breakfast.
- Children under the age of 12 stay free of charge when sharing with a Parent or Adult. All Meals are on a Chargeable Basis.
- Rates are Subject to Change without Prior Notice.

Important Notes for the Prevention Retreats:

- Prevention Retreats are available for 5 nights, 7 nights, 14 nights and 21 nights.
- Personalized Prevention Retreats may be created for any number of nights requested.
- All Prevention Retreats are supervised by licensed medical doctors and nurses. All Retreats are considered supportive to natural body balancing with final results dependent on a variety of factors which The Farm can not take full responsibility in managing.
- Guests who require special medical support for serious health challenges must advise and communicate openly to The Farm's Medical Staff. The Farm reserves the right to refuse some guests with health conditions that can not be reasonably managed by The Farm's professional staff.
- Guests under the Prevention Retreat programs are requested to arrive at The Farm no later than 12 noon on the first day of reservation, in order to get proper orientation. Check-in to rooms can be confirmed for 2pm. Early check-in and late check-out is subject to actual room availability.
- Guests arriving at The Farm after 5pm will be booked in on a special Room Only arrangement for their first night. The actual Prevention Program will begin the following day.
- Prevention Retreat programs can change in accordance to and consultation with the guest's medical & well being condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival at The Farm.
- A personalized Daily Schedule will be given to each guest after consultation with an assigned Medical Staff. The Schedule may change depending on our Medical Doctor's assessment and recommendation or in accordance with the guest's reactions to the treatments.
- All supplements, services and treatments will be scheduled by our doctors on the General Health & Medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above state Prevention Retreat will be discussed with the guest in advance and will be considered Incidental Charges. These will be charged to the guest account and must be settled upon check-out.
- All programs containing medical, spa and food components cannot be refunded or credited if not utilized.

THE FARM



MEDICAL SERVICES

HOLISTIC MEDICAL CONSULTATION - PHP 2,400++/60 Mins

Health is the perfect balance between the physical, mental and spiritual body of an individual. Various symptoms may be a manifestation of involvement of one or all of these bodies, hence a holistic medical consultation with our physicians will help to identify the root cause of these health challenges. Evaluation and counseling will encompass psychological and nutritional aspects of an individual.

NUTRITIONAL MICROSCOPY - PHP 1,750++/30 Minutes

Nutrition Microscopy analyzes the live blood cell through the use of a phase-contrast microscope. This procedure identifies a patient's current state of health at the cellular level. A drop of blood is studied under a special microscope. This gives a visual presentation of a patient's nutritional status and blood condition to encourage him/her to adopt a healthier lifestyle and/or diet.

COLON HYDROTHERAPY - PHP 2,800++/60 or 90 Mins

Colon hydrotherapy removes toxic wastes that have accumulated and hardened in the colon by irrigating the colon with water. Two methods are utilized: Colonics and Colema. The two methods differ in the amount of water utilized for the procedure.

BODY SALT BATH - PHP 2,400++/30 Minutes

Sea salt and water is the basis of many prevailing therapeutic modalities which originated when Hippocrates discovered the healing effects of sea water on the hands of injured fisherman. Guests will enjoy the invigorating feeling of being immersed in a tub of sea salt and water and at the same time replenishing vital minerals thru the skin and eliminating toxins from the body. Bathing the body in sea salt and water promotes relief of muscle and joint pain, wound healing and release of stress and anxiety.

MAGNETIC CLAY FOOT BATH - PHP 3,500++/30 Minutes

In clay foot bath procedures the feet are soaked in a solution with magnetic clay and detox herbs. The clay has a drawing power to remove toxins through the skin pores. Changes in the water may range from light gray to black, or chemical particles of mucous-like substance are seen on the sieve after the drain has been unplugged. The Clay Foot Bath is very suitable for those who are very acidic or toxic, allowing the body to release of toxins.

INFUSION THERAPY - PHP 1,850++ (4oz)/30 Minutes

PHP 2,300++ (8oz)/30 Minutes

Wheatgrass is used as herbal medicine because of its therapeutic and

THE FARM



nutritional properties; high in chlorophyll, one of the richest source of Vitamin A and C, contains assimilated vitamin B which is proven to combat cancer cells, contains organic iron in the blood and it is the most effective form of chlorophyll therapy.

Aloe Vera (*Aloe barbadensis*) is known to have healing properties for the digestive tract. It helps to coat and protect the gastric mucosa, hence improving ulcers and irritable bowel syndromes, such as ulcerative colitis. The sap of this plant is a very strong cathartic, and was historically used by physicians for "cleansing the body".

The 4 to 8 oz of wheatgrass or aloe vera is infused via a rubberized catheter as medically indicated.

KIDNEY CLEANSING - PHP 2,950++/90 Minutes

This specially formulated preparation uses natural ingredients to remove the same toxins from the body that the kidneys have the function of removing, hence decreasing the fatigue of the kidneys. The organic mixture is thickly applied over the entire body and allowed, over a forty-five minute period, to extract toxins from the tissues through the skin. The technique makes use of the skin being the "third kidney" and the body's largest organ of detoxification to quickly and effectively remove toxins. The service requires the completion of a medical consultation in advance of the service.

LIVER CLEANSING - PHP 5,000++/Per Day

Whether it may be the toxins of ink from a tattoo, the pollutants in the air we breathe, the artificial substances in gels, soaps, and lotions absorbed into the skin, artificial substances in the foods we eat, the liver has the fundamental role of cleansing the blood to ensure the cleanliness in the blood supply the body. A diet high in fat burdens the liver in producing the bile necessary for its digestion. In addition to being fundamental to the digestive process, and removing toxic substances absorbed by the body, the liver is the organ in which reserve energy as nutrients are stored. In times of limited resources, the liver releases nourishment while carrying on its function of purifying blood from environmental pollution, an unhealthy diet and an abusive lifestyle (like insufficient sleep, which does not allow the organ to rebuild itself). The liver is able to function with up to 70 – 80% of the liver cells being destroyed before the condition is recognizable by the analysis of blood chemistry. As such, liver problems are usually diagnosed late in the stage of a disease. Liver cleansing will give you a healthy boost, it will also address fatty liver and help the body get rid of bile storage and even gallstones.

Guests requiring this service are encouraged to provide the results of an ultrasound test complete within the last 3-month period preceding the treatment. The service requires the completion of a medical consultation in advance of the service.

THE FARM



LIVER COMPRESS - PHP 450++/30 Minutes

A gentle yet potent form of nourishment and cleansing for the liver using herbs such as yarrow and amplaya (bitter gourd) leaves. The leaves are applied as a warm compress over the abdomen (liver area) for greater absorption and as additional warmth for liver cleansing. Compresses are very relaxing and may even aid in sleeping.

LIFE FORCE NOURISHMENT - PHP 2,950++/45 to 60 Minutes

Beyond the physical body is the life force body or body of energy; otherwise known as the *chi* in Chinese medicine or *prana* in Indian medical traditions.

Life Force Nourishment is a form of therapy that allows the patient to fully experience sense impressions or emotions thereby re-connecting him to his "inner essence," that part of his being that does not get diseased. The patient is guided to navigate through these experiences in a safe and nurturing space. It also develops his senses to healing energies available to him through nature. In order to tap into this healing fountain and allow the energy to flow one has to be aware, totally open and connected.

CRANIOSACRAL THERAPY

Craniosacral therapy is a form of light-touch therapy. The cranium (*cranio-head*) and sacrum (*sacral area*) is connected by the spinal cord- the central nerve that carries impulses from the brain to the different body parts, and is bathed in cerebrospinal fluid (CSF). This therapy aims to regulate and equilibrate the rhythmic flow of CSF and bring energy back into one's pressured system through palpation. The service requires the completion of a medical consultation in advance of the service.

QI-GONG

Qi (pronounced chee) is the life energy that flows through all living things. It heals and nurtures life. Qi Gong means "energy exercise" or "breath work". Tai Chi is one form of moving Qi Gong exercise. Qi (energy) flow is intended to flow freely through the body in a healthy state and that health suffers once the energy flow is blocked. Tension, anxiety, angst and stress all block the flow of the Qi and is usually the result of our mind, body or heart being unable to let go of something.

Tai Chi / Qi Gong goes right to the root of most health problems by relaxing the muscles and mind, aligning the spinal posture, and balancing the energy systems that run through the body, providing them with life energy. Tai Chi is a low impact / soft / internal exercise, with movement characterized as slow, relaxed and circular with constant shifting of weight, coupled with a quiet mind and smooth abdominal breathing. It provides internal organs massage and stimulates the soles of our feet (so it is like having a reflexology massage at the same time.) This practice basically will keep you grounded and it also balances the yin and yang aspects of the body. A 4-fold exercise focusing on proper breathing, physical movement and correct posture to stimulate good circulation and

THE FARM



release of blockages/stress from the body. It includes time-honored techniques of meditation combined with straightforward movements to energize the entire body and its chakras.

GUIDED MEDITATION - PHP 1,400++/30 MINUTES

Meditation is a form of mental discipline to achieve a state of relaxation or awareness leading to the expansion of one's consciousness. Our holistic physicians will guide you as you embark in the journey of quieting the mind, releasing stress and improving the oxygenation of the body as well.

HARA-PURI MASSAGE - PHP 1,400++/30 Minutes

"Hara" or the belly area is considered to be the vital center of man. Therefore our vitality roots from the hara, our energetic core. A good hara represents good health.

Massaging the abdominal area is a great way to enhance and develop a strong hara. Physically, it will support better function of the colon by helping to remove excessive gas formation and loosening of stagnant waste that causes constipation and other chronic health conditions. Energetically, since our first three chakras (energy centers) resides here, to clear it from dormant toxins will also bring about cleansing and purification by getting rid of negative emotions, as a result will help anyone to be relieved from stress, tensions, muscles cramps and other abdominal discomforts. This massage will help improve your focus on grounding your gut intuition and your digestive functions.

WEIGHT LOSS BODY WRAP - PHP 4,500++/90 Minutes

Avocado, with its high fiber content and its rejuvenating effects on the skin, is combined with extracts of tropical almond (*Terminalia catappa*) to stimulate the fat-burning enzymes of the body.

This special cream is generously applied over the entire body for 45 minutes and is particularly useful in fighting skin aging and reducing subcutaneous fats. Avocado and tropical almond extract stimulate lipolysis or breakdown of fats to achieve desired body-contour.

DIGITAL MERIDIAN DIAGNOSTIC SYSTEM (DMS) - PHP 2,950++/30 Minutes

The energetic line that runs through our body is known as meridians or nadis. There are approximately 72,000 nadis according to ancient Chinese medicine books and they interconnect with each other and forms energy center, which could be major and minor. Major energy centers are the seven chakras along our spinal cord and minor energy centers like the palm and soles energy center. These are also the sites where pressure points are manipulated to enhance the flow of the energy.

DMS is a diagnostic tool that measures the energy flow on certain meridians, allowing us to identify which organs are vulnerable, thus we could design a plan on how to strengthen the particular organ system and avoid things that might strain it.

THE FARM



IONIZATION DETOX FOOT BATH - PHP 1,500++/30 Minutes

The Ionization Detox Foot Bath is a hydrotherapy detoxification & cleansing system in the world of natural health. The Ionization Foot Bath machine uses natural aqua ions (water ions) for bio energy detoxification and cleansing of the body and its chi meridians. The Ionization Detox Foot Bath can rebalance energy meridians through the cleansing bio-charge. The complex energy fields of the Ionization Detox Foot Bath machine permeate the water, realigning the body's energy field. Many of the benefits of the ionic detoxification footbath can be attributed to the "re-balancing" of these energy meridian lines allowing a body mass to function better. The action results in the initial purging of chemical toxins and nucleic waste products generated within the cells and their surrounding membranes. You are going to find this out yourself when you soak your feet in the charged bath of water and relax as toxins diffuse and wash away from the bottom of each foot.

CLINICAL ETIQUETTE

RESERVATIONS: Pre-booking your treatments is essential so that we may best accommodate your needs. Please arrive at least 20 minutes before your scheduled appointment to ensure you have adequate time before your treatment begins. Please understand that if you arrive late, your treatment time will be reduced accordingly.

CANCELLATION AND RE-SCHEDULING: If you need to change or cancel your appointment, please let us know within 24 hours of 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.

CELL PHONES: As a courtesy to all guests, please place your cell phone on silent mode upon entering The Clinic. Thank you and Enjoy!

CONSULTATION: Our Doctors and Nurses are more than willing to discuss the treatments and therapies, we offer, to support and improve your healing journey while at The Farm.

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!

HEALTH CONCERNS: Please advise us at the time of booking if you have any major health concerns.

LOCATION: The Medical Clinic is located in the South Park Area; near to Reception on the main path leading to the South Pool Lounge.

OPENING HOURS: The Clinic is open everyday from 8AM to 9PM. Please Dial 8036 for information and assistance.

SPECIAL CONSIDERATIONS: 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 casual attire is best!

THE FARM



VALUABLES: Please leave you valuables in a safe place or in the safe in your room. The Farm can no take responsibility for valuables that are not secured or left in the resort surroundings.