



WELLNESS RESIDENCY

THE FARM AT SAN BENITO  
X  
THE UPPER HOUSE

17 – 23 MAY 2024  
9AM – 9PM



THE FARM  
AT SAN BENITO



THE UPPER HOUSE  
HONG KONG

# MEDI TREATMENTS BY DR MARIAN ALONZO, MD

## **Holistic Health Consultation | 60 minutes** **HKD 480**

A health-oriented conversation with our integrative doctor that will explore the individual's state of well-being. It will help guests understand the disharmony between the physical, psycho-emotional, and spiritual aspects of the individual.

## **Psycho-Emotional Clearing | 60 minutes** **HKD 900**

This Harmonizing Flow session involves a 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.

## **Dolphin Neurostim (Electroacupuncture) | 30 minutes** **HKD 630**

A needleless device applies direct microcurrents in acupuncture points to reduce sympathetic stress to reduce soft tissue pain and relieve body pain.

**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.

**Myofascial Pain Syndrome 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 fear of needle puncture; likewise effective for post-surgical pain and stress reduction. Not advisable for pregnant women and with cardiac pacemaker implants.

Prices are subject to 10% service charge. For bookings or more information, please [click here](#) or email [bookings@thefarm.com.ph](mailto:bookings@thefarm.com.ph)





# WELLNESS TALK BY DR MARIAN ALONZO, MD

Complimentary

**17 May | 6-7pm & 20 May | 9-10am**

**From Fertility to Menopause: Unpacking Women's Health Issues Through the Lens of Integrative Medicine:** Gain a deeper appreciation of the uniqueness of being a woman and learn easy-to-adapt health tips as we look into the science behind ancient healing traditions concerning women's health.

**18 May | 2:30-3:30pm & 21 May | 6-7pm**

**You'll Live to 100. Are You Ready For It?:** Learn how to maintain vitality, mobility, and radiance with age.

**19 May | 2:30-3:30pm & 23 May 6-7pm**

**A Tough Talk on Mental Health, Depression, and Anxiety:** Learn about the gut-brain axis and empowering strategies for prioritising your mental health.

**22 May | 9-10am**

**The Urgent Case for Your Children's Well-being Now:** How to nurture wellness in today's digital age.

For bookings or more information, please [click here](#) or email [bookings@thefarm.com.ph](mailto:bookings@thefarm.com.ph)





Signature Treatments

# SIGNATURE TREATMENTS

## Hilot Massage

60 minutes | HKD 1,200

90 minutes | HKD 1,500

This traditional Filipino massage uses various styles and strokes to stimulate nerves, boost lung activity, and soothe the nervous system. It also targets joint deposits. Through kneading and stretching, it reduces stress and promotes a sense of renewal.

## Anti-Jetlag Aromatherapy Massage

30 minutes | HKD 750

60 minutes | HKD 1,200

90 minutes | HKD 1,500

This treatment uses aromatherapy essential oils to restore balance, enhancing both psychological and physical well-being. The inhaled aroma stimulates brain function, while the oils absorbed through the skin promote relaxation and healing.

## Purification Treatment

90 minutes | HKD 1,500

Sea salt, rich in minerals, is known in ancient healing traditions to absorb / remove "negative energy". The Purification Treatment uses special Yin Yang rhythmical movements to energetically balance the body.

## Foot Relaxology

30 minutes | HKD 750

60 minutes | HKD 1,200

The Farm's reflexology and acupressure treatment relieves tension, improves circulation, and promotes overall body balance through pressure and manipulation of reflex points.

Prices are subject to 10% service charge. For bookings or more information, please [click here](#) or email [bookings@thefarm.com.ph](mailto:bookings@thefarm.com.ph)





Curated by Lem Senillo, Spa Director of The Farm, herbalist and aroma specialist, the treatments feature the detox signature fragrance at The Farm to enhance the individual healing journey of the body, mind and spirit.

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Living Foods Workshop





Living foods workshops with Chef Marie Pagcaliwagan of The Farm.

**Living Foods Juicing Workshop**  
**17 – 22 May | 3:30pm – 4:15pm | Complimentary**

Experience a complimentary living food juicing class led by Chef Marie Pagcaliwagan of The Farm, who will guide guests in creating plant-based delights that are as nourishing for the body as they are pleasing to the palate.

**3-course Living Foods Preparation Workshop**  
**Available from 17-22 May | 1:30pm – 2:30pm & 5pm – 6pm**  
**60 minutes | HKD 780**

A vegan diet is sustainable and fun! Get ready to roll up your sleeves and get into the world of wellness cuisine. Discover the joy of creating wholesome, plant-based delights that are as nourishing for the body as they are pleasing to the palate. Reserve your spot now and begin your journey of culinary creativity and satisfaction. Learn to prepare easy vegan dishes such as corn soup, pomelo salad, and beetroot ravioli in an interactive lecture with our wellness chef.

Prices are subject to 10% service charge. For bookings or more information, please [click here](#) or email [bookings@thefarm.com.ph](mailto:bookings@thefarm.com.ph)



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Wellness Residency  
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