



**EUROPEANTM
WELLNESS**
RETREAT



ANYA
RESORT
TAGAYTAY



NIYAMA
WELLNESS

INTEGRATIVE MEDICAL SERVICES

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**MENU OF SERVICES
SCREENING**



Biological Wellness Consultation

Duration : 45 Minutes

Inclusion :

1. Vital Signs Check
2. Body Mass Index Analysis
3. Glucose Check
4. Physician Consultation

Consultation with European Wellness physician begins with an in-depth discussion of the client's medical history to determine their current health status and the underlying cause of the disease. A non-invasive health screening tool may be utilized to provide an immediate "snapshot" of your current health.

By the end of consultation, the patient will have a sound understanding of European Wellness Biological Medicine Wellness approach. We will then recommend specific dietary, supplementation and lifestyle changes. Additionally, our physician will work with the patient to gradually reduce, with the end goal of eventually eliminating, the medications that they are currently taking.

Requirements :

1. Latest Laboratory tests within the last 3 months
2. EWR Patient Health Questionnaire for Medical History

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Biological Body Scan

Duration : 15 Minutes

Inclusion :

1. Biological Body Scan
2. 30 minutes Physician Consultation (to be scheduled after review of patient health questionnaire)

Biological Body Scan is a non-invasive screening device which identifies the current health status of a person in terms of heart rate variability (HRV) . This is a quick way to view the imbalances in the Autonomic Nervous System (ANS), Stress Level, Hormonal Regulation, Biological Age, and Psycho Emotional status of the brain.

The ANS controls your HRV. The ANS regulates your heart rate, blood pressure, digestion, and breathing and is divided into two main divisions: the sympathetic and the parasympathetic nervous system referred to as the fight-or-flight system and the relaxation response respectively.

It is well established that HRV is a measure of biological age. Biological age correlates with the body's ability to self-stabilize in response to stressors. Studies have shown that biological age is a better measure for determining health status and risk than chronological age even though age is one of the strongest factors that influence HRV values. Lower HRV value generally indicates an increased biological age (older). Higher HRV value is correlated with increased fitness, health, and youthfulness. Biological Body Scan is a great preventive tool to motivate lifestyle changes.

Preparations :

1. No caffeinated drinks or food prior to the procedure.
2. No strenuous activities or sexual activities prior to the procedure.
3. Must have 8 hours of sleep prior to the procedure.
4. No metals, jewelry and electronic gadgets during the procedure.
5. No implanted pacemaker.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Biological Pulse Scan

Duration : 30 Minutes

Biological Pulse Scan is designed to read the human pulse through specific pressure testing methods to reveal the bioenergetics state of the body. It is a more precise measurement of blood pressure monitoring. Employing the principles of acupuncture, these pressure points correspond to specific organs in the body. The device works by displaying arterial circulatory disorders in the extremities and the effects of physical and biological abnormalities occurring within the body.

This is demonstrated by oscillographic recording variations which are developed through blood flow in the cardiac rhythm. Pulse oscillography has the ability to objectively document the success of different therapy methods.

This is a reliable screening tool to identify root causes of organ disturbances, used for disease prevention and also for monitoring the effectiveness of treatments.

Preparations :

1. No caffeinated drinks or food prio to procedure.
2. No strenuous activities or sexual activities prior to procedure.
3. Must have 8 hours of sleep prior to procedure.
4. No metals, jewellery, electronic gadgets during the procedure.
5. No pacemaker.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Biological Electrodermal Scan

Duration : 15 Minutes

Biological Electrodermal Scan assesses the individual's energy with a painless and non-invasive procedure. It uses an electronic probe to measure the electrical resistance at numerous pressure points on an individual's hands and feet. These pressure points are acupoints used in traditional Chinese medicine where specific spots are identified to evaluate the energy in the body. When the reading is higher than normal, it means there is tissue inflammation associated with that point. A lower-than-normal reading indicates that there is fatigue or tissue degeneration associated with that point. This technology is not an instrument for diagnosing disease. It does, however, measure the electrical current moving through the acupuncture meridians and, as such, gives information about the bioenergetics of the body.

Preparations :

1. Hands must be clean.
2. No metals, jewelry, and electronic gadgets during the procedure.
3. Do not apply lotion on the hands.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Heavy Metal and Mineral Scan

Duration : 15 Minutes

Inclusion :

1. Heavy Metal & Mineral Scan
2. 30 minutes Physician Consultation (to be scheduled after review of patient health questionnaire)

Heavy Metal & Mineral Scan uses an advanced process known as 'spectrophotometry'. It measures Mineral Deficiencies, Heavy Metals, and Anti-Oxidant Levels.

The presence of too much or too little of any nutrient or toxic metal may act as significant obstacles to optimal health. Mineral imbalances are common today due to the lack of minerals in the soil, consumption of processed foods and acid-related foods while toxins are present in the air, water, and food.

As spectrometry checks at the cellular level, the test gives the most direct and immediate information on a patient's health. The human body keeps the blood levels balanced for much longer than when the problem first starts, therefore the deficiency is first seen in the cells rather than in the blood itself. It precisely measures the bioavailability of minerals, trace elements, and toxic metals in the cells of the body in real time. This amounts to a valuable reflection of the physiology of the patient, which is difficult to obtain by other means. The human body keeps the blood levels balanced for much longer than cellular, therefore the deficiency is first seen in the cells rather than in the blood itself. That's why HMMS can highlight issues that a normal blood test cannot.

Preparations :

1. Hands must be clean.
2. No metals, jewelry, and electronic gadgets during the procedure.
3. Do not apply lotion on the hands.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Biological Breast Scan

Duration : 30 Minutes

Inclusion :

1. Biological Breast Scan
2. 30 minutes Physician Consultation

Biological Breast Scan is an advanced non-radiation breast scanning device that is used for diagnosis and early detection of possible tumors or breast cancer by measuring the temperature changes in the breast tissues.

There is no ionizing radiation or trauma to the breasts involved unlike the traditional mammograms making it safe and an accurate alternative. It will determine hot focal spots in the breasts which may indicate some inflammatory reactions. When a cancerous growth develops, there may be excessive formation of blood vessels, and these will show up in the scan images, as well as areas with higher skin temperature.

Benefits include non-contact procedure that does not involve compressing the breast, no radiation exposure and may detect vascular changes in breast tissues that may indicate presence of breast cancer years before other screening tests can.

Preparations :

1. Should be done 8 to 10 days before and after the monthly period.
2. Do not wear brassiere or tight shirt 24 hours prior to the procedure.
Minimum of 12 hours.
3. Do not apply lotion or powder on the breast area.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Skin Health Scan

Duration : 15 Minutes

The health of your skin reflects your inner health. Depending on your individual skin health, previous and current lifestyle choices, and what type of skincare and programs you are on, skin age can change dramatically within a month. Aging skin can be a symptom of oxidative stress or too much free radical activities. It could also be due to excess sugar intake or the presence of toxicity. Skin health scanning can also determine your skin age.

This procedure uses a non-invasive device that assesses the wrinkles, pores, hyperpigmentation, moisture, skin type, and skin age. The results will be used as a guide to reverse premature aging of the skin.

Preparations :

1. Face must be clean.
2. No makeup.

- Screening services include medical consultation from European Wellness Retreat physicians.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



BIOLOGICS IV THERAPY

Our intravenous therapy delivers a specific cocktail of electrolytes, vitamins, minerals and other nutrients directly into your bloodstream. This route of administration enables the use of high dose of nutrients that would otherwise not be possible if done through the oral route. This also eliminates the liver first-pass effect which drastically reduces the amount of nutrients that eventually enter into your cells.

Indications: Used for acute and chronic infections, enhancement of immune system function, detoxification, and for aesthetic purposes as well.



Liver & Heart Health

Duration : 45 Minutes (minimum)

PlaqX is a proprietary blend of European Wellness that supplies the body with Phosphatidyl Cholines, the main structural material of the cell membranes. It provides a natural anti-aging treatment via delivery of abundant phospholipids to protect and cleanse the liver and other organs from toxicity.

The most important effect of PlaqX is its remarkable ability to reduce plaque deposition in the arterial walls and it increases the ability of the heart to withstand stress. It has been scientifically proven to cause regression of atherosclerosis. Therefore, it has a cholesterol-busting effect that will prevent cardiovascular accidents like stroke and heart attack.

This therapy is valuable for those who have a history of heart attack or other heart injuries. Plaque that blocks an artery in general has two main components: cholesterol and calcium. When treated with chelation therapy, the calcium build-up is addressed while PlaqX addresses the cholesterol deposits.

This plant-derived extract from non-GMO soybeans has anti-inflammatory properties, lowers blood cholesterol levels, promotes better blood circulation, helps improve memory and recommended for people with fatty liver, liver fibrosis, dementia, etc.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Heavy Metal Detox

Duration : 45 Minutes (minimum)

When metals like lead, mercury, iron, and arsenic build up in your body, they can be toxic. Chelation is the standard therapy in removing heavy metals from the blood. This therapy consists of intravenous injections of an amino acid whose generic name is EDTA (ethylene diamine tetra acetic acid) .

EDTA is administered to bond the toxins in the body, which are then flushed out with urine. The Greek word for “claw,” lends its name to the word “chelation” and fittingly so, in that EDTA acts as a chemical claw that grabs heavy metals and removes them from the body.

Although chelation was originally used to treat conditions like lead poisoning, it is now claimed to protect against heart diseases. Arterial plaques are made of fibrous tissues, calcium and cholesterol while their formation is initiated by free radical damage. This free radical damage is increased with the presence of toxic metals. The removal of metallic irritants allows the leaking and damaged cell walls to heal.

Before you get this treatment, an EWR physician will require Heavy Metal and Mineral Scan.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Immune Activation Formula

Duration : 45 Minutes (minimum)

This IV drip primarily consists of high-dose vitamin C plus a combination of other synergistic nutrients, electrolytes and minerals that promote optimum cellular immune functions. Vitamin C is one of the most powerful antioxidants that fight free radicals preventing certain cancers, and heart diseases and stimulates the immune system to fight harmful microorganisms. It is essential for growth and repair of tissues all over the body.

Trace elements such as Zinc plays a critical role in boosting the immune system by increasing our natural killer T cells and neutrophils to increase defenses against pathogens. Together with other minerals such as chromium, copper, and manganese, this complete drip helps boost your immune system and metabolism, keeps your RBC (Red Blood Cells) healthy and reduces inflammation.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Anti-Oxidant Formula

Duration : 45 Minutes (minimum)

A customized drip that is packed with powerful natural antioxidants – the molecules that fight free radicals, thereby preventing oxidative stress, premature damage to our DNA, repairing and regenerating worn out tissues in the body, and decreasing the risk of cancer and many degenerative diseases.

Glutathione, a substance produced by our liver is not just for whitening but is actually the mother of all anti-oxidants, maximizing the bioavailability of other anti-oxidants such as vitamin C and Alpha Lipoic Acid, which is also included in this special drip. The B vitamins are essential in preventive care, and play a significant role in brain and nerve functions, DNA production, healthy metabolism, and are linked to a reduced risk of stroke.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Metabolism Enhancement

Duration : 45 Minutes

This metabolism enhancement drip is a unique cocktail of naturally occurring amino acids such as L-Carnitine, which is responsible for production of energy by transport of fatty acids, and its derivative Methionine, which also increases resting metabolic rate.

This combination also plays a key role in disease prevention by lowering cholesterol levels, anti-aging, as well as improving brain function. Inositol, another key ingredient, reduces insulin resistance and helps decrease risk of diabetes mellitus. The B vitamins are provided for energy and support of metabolism and increases the utilization of L-carnitine, thereby increasing removal of fatty acids.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Optimum Health Formula

Duration : 45 Minutes

A concoction of different vitamins and minerals, including magnesium, calcium, B-Vitamins and Vitamin C. The goal of the therapy is to boost endogenous antioxidant systems and to correct nutritional deficiencies, which often lead to systemic symptoms that are usually treated symptomatically since most medical practitioners are not cognizant of the role nutrients play in overall health.

Included in the formula is L-arginine, an amino acid which aids in the release of growth hormones, insulin, and other substances and is found to be beneficial for cardiovascular health. Other indications include fatigue, hypertension, asthma, infections, etc.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Luminous Glow Drip

Duration : 45 Minutes

A proprietary blend of intravenous treatment consisting of 100% vegetal extracts and botanical derivatives for total skin rejuvenation and revitalization. It contains amino acids and peptides, grape seed extracts, alpha lipoic acid and co-enzyme Q10.

This combination produces visible reduction in wrinkles and fine lines, pigments and blemishes via reduction of melanin production, enhanced natural detoxification, and free radical reduction, improved defenses against UV aging, and cellular growth, renewal, and repair.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

INTEGRATIVE THERAPEUTIC TREATMENTS



MENU OF SERVICES

INTEGRATIVE THERAPEUTIC TREATMENTS



Infrared Bioresonance Therapy

Duration : 20 Minutes

The skin is the largest organ of the human body and has been called “the third kidney” because of its ability to discharge waste materials through the sweat glands. Sweating is nature’s way of eliminating toxins from your body.

An infrared sauna is a type of sauna that uses light to create heat. It heats your body directly without warming the air around you compared to traditional sauna which uses heat to warm the air, which in turn warms your body. The result is deeper tissue penetration. In an infrared sauna, the body perspires and receives all of the healthy benefits but avoids the harmful and extremely hot air of steam sauna.

Benefits of infrared sauna include detoxification, pain relief, weight loss, skin purification and relaxation. It promotes cardiovascular health by improving circulation and enhancing blood vessel function. What many do not know is the connection between infrared and nitric oxide. Nitric oxide helps preserve the elasticity of all the vessels and allows the blood vessels to expand or dilate. Infrared sauna has the ability to enhance the production of nitric oxide which addresses serious health challenges.

Preparations :

1. No caffeinated drinks or food prior to the procedure.
2. No lotion, oil, or perfume to be applied on the body prior to the procedure.
3. Patient must be well hydrated.
4. No strenuous activities prior procedure.
5. May be done 1.5-2 hours after a heavy meal. 1 hour after a light meal.
6. No metals, jewelry, and electronic gadgets during the procedure.
7. Not advisable for clients who recently had diarrhea or episodes of vomiting.
8. Not advisable for pregnant women.
9. Not advisable after Colon Hydrotherapy.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

INTEGRATIVE THERAPEUTIC TREATMENTS



Hyperbaric Oxygen Therapy

Duration : 60 Minutes

Hyperbaric Oxygen Therapy involves breathing pure oxygen in a pressurized chamber for 60 to 120 minutes. Due to the greater air pressure in the chamber, your body will be able to take in much more of the oxygen than it would be able to in normal circumstances.

Since HBOT increases the amount of oxygen it can increase circulation throughout the body, this can stimulate the release of growth factors and stem cells – and these can help accelerate healing and rejuvenation. Benefits include: Increases blood flow, which in turn makes it easier for more oxygen to reach the brain, making this ideal for people who are suffering from head injuries. Aids in the formation of new collagen that helps to regenerate skin cells, connective tissues and blood vessels. Helps cells to regenerate faster in order to heal wounds or burns. Strengthens the immune system, improves function of WBC (White Blood Cells) in charge of fighting off viruses, infections, and illnesses that may attack your body.

Recent studies suggest HBOT is able to reverse two of the processes that are commonly associated with aging: shortening of telomeres and accumulation of old damaged cells. A study discovered a lengthening of up to 38% of the telomeres as well as a decrease of up to 37% in the presence of senescent (old) cells in patients using HBOT. This minimizes the increase of damaged cells and prolong the life span of cells.

Preparations :

1. May be done 1.5-2 hours after a heavy meal. 1 hour after a light meal.
2. No metals, jewelry, and electronic gadgets during the procedure.
3. Not advisable for patients with vertigo, asthma, colds or runny nose, and cough.
4. Patients who are hypertensive must take their maintenance prior to the procedure
5. Not advisable after Colon Hydrotherapy

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

MENU OF SERVICES

INTEGRATIVE THERAPEUTIC TREATMENTS



Colon Hydrotherapy

Duration : 60 Minutes

Colon Hydrotherapy is a procedure that helps your body get rid of toxins that may be residing in your large intestines (colon). It is a drug-free, safe and effective method of removing impacted fecal matter, retained gas, mucus and other waste materials from the colon which in turn causes inflammation. These toxic substances damage the intestinal tissues, as well as the nerves and glands in and around the gastrointestinal tract. Although the human body detoxifies itself on a regular basis, sometimes, some toxins remain in the body due to a sluggish metabolism and thus require some help to facilitate removal.

During colon hydrotherapy, filtered water is used to flush out toxic buildup in the bowel. Water enters the body and fills the lumen of the colon, producing a gentle pressure against the colon wall. This action initiates peristalsis which, combined with the water, propels waste matter out of the body. It is a natural and gentle way of enhancing a compromised digestive system and treating problems with eliminating waste.

Colon hydrotherapy may not be a curative procedure. However, it may help those suffering from bloating and gas, constipation, irritable bowel syndrome, bad breath, lethargy, skin conditions like psoriasis, eczema and a host of other autoimmune and inflammatory conditions.

Benefits include improved muscle tone of the colon, reduced toxic waste and absorption, increased digestive function, increases elimination of parasites, bad bacteria and fungi, clears the lymphatic system, increases immunity, clearer skin and eyes, clarity of mind and increased vitality.

Preparations :

1. Client must be well hydrated.
2. Empty stomach an hour prior to the procedure.
3. May be done at least 6 months after post op.
4. Not advisable for pregnant women.
5. Patient must be on a high fiber and no meat diet at least 3 days prior to the procedure.
6. Not advisable after Infrared Sauna.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge



Muscle Stimulation Therapy

Duration : 20 Minutes

Neuromuscular electrical stimulation (NMES) or electromyostimulation (EMS) is the elicitation of muscle contraction using electric impulses. The impulses are generated by a device and are delivered through electrodes on the skin near the muscles being stimulated. This stimulation creates muscle contractions that can be quick and frequent, fast with long pauses, or contractions that are held for several seconds or minutes at a time. A 20-minute EMS session is equivalent to 4 to 5 hours of a full-body workout

If you're someone who struggles to exercise because you're elderly or overweight, EMS can help you exercise safely and effectively, leading to burn a high amount of calories. EMS promotes weight loss. By opting for a workout like EMS, you're able to burn more calories than you consume. It allows you to lose weight with less effort, in less time and with reduced strain on the joints. Weight loss with EMS is most effective when combined with a healthy, balanced diet.

Not only can an EMS treatment help to restore the muscles' toning and firming actions and weight loss. It can also work to relieve pain and inflammation. EMS helps restore and enhance the connections between the brain and the body that are disrupted by fatigue and injury.

Preparations :

1. No metals, jewelry, and electronic gadgets during the procedure.
2. No lotion or oil on the body.
3. No metal implants.
4. Not advisable for pregnant women
5. Must be done after Myofascial Decompression.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

Myofascial Decompression Therapy

Duration : 20 Minutes

Myofascial Decompression Therapy (MDT) is a treatment option for musculoskeletal disorders and injuries. Electronic vacuum pump cups are used to decompress soft tissues, muscles, tendons, ligaments, and fascia of the body thus reducing the pain due to stiffness and trigger points.

MDT is ideal for patients with fascial restrictions or tight muscles, poor circulation and decreased mobility. Therapy will be combined with movement in order to facilitate an active release. The aim of this treatment is to soften tight muscles and tone attachments, loosen adhesions and lift connective tissues, and bring hydration and blood flow to body tissues.

Benefits include: Increase in blood flow to slow healing muscles, tendons or ligaments. Release trigger points and alleviate pain by decreasing tightness in a muscle and the surrounding fascia, by alleviating pain and promoting relaxation. It also helps with respiratory issues, boosts skin health, and improves digestion. It has been used to speed up recovery from the flu and common colds by improving immunity.

Preparations :

1. No metals, jewelry, and electronic gadgets during the procedure.
2. Not advisable for pregnant women.
3. Not advisable for clients who have blood coagulation disorders.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

MENU OF SERVICES

INTEGRATIVE THERAPEUTIC TREATMENTS



Intravascular Laser Therapy

Duration : 30 Minutes

Low-Level Laser Therapy (LLLT) is a minimally-invasive method of treatment in which the body is exposed to laser light of low intensity. The therapy stimulates and regenerates cells and tissues and accelerates healing processes.

LLLT is ideal for individuals who are looking to improve chronic diseases (cardiovascular and diabetes), overall energy, cognitive function, sports performance, joint health, allergies, and detoxification. Patients with chronic conditions will experience significant, long-lasting relief usually with only a few treatments.

Benefits include: Improved blood flow and reduced blood pressure, improved quality of sleep and energy, metabolic optimization, strong immune system, tissue regeneration, reduced inflammation and decreased pain.

Preparations :

1. Patient must be well hydrated.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

INTEGRATIVE THERAPEUTIC TREATMENTS



Rasha Morphogenetic Therapy

Duration : 45 Minutes

The Rasha Morphogenetic Therapy is an energy medicine device that is based on the work of Dr. Royal Rife, who scientifically proved that all medical conditions have an electromagnetic frequency. Rasha is currently the most advanced scalar plasma frequency generating software which improves and harmonizes the autonomic nervous system (ANS) to move from fight-or-flight stress response to a more restful and relaxed state where healing can occur. The combination of cellular detoxification, stress relief, and relaxation frequency enables the ANS to effectively regulate internal organ functions.

Everything in the world has its own natural frequency. The Rasha machine was designed to detect the natural frequency of bacteria, viruses, or cancer cells, and match them. It emits a frequency to target the cells and causes them to undergo apoptosis, a process of ridding the body cells that have been damaged beyond repair through programmed cell death. The technology simultaneously harmonizes the body's immune system and cellular regenerative system, working on a quantum level, to reprogram the groups of cells essential for healthy organs.

Preparations :

1. Client must be well hydrated
2. No metals, jewelry and electronic gadgets during the procedure.

- Medical evaluation is required prior to any treatment procedure.
- Rates are inclusive of Value Added Tax and Local Govt. Tax
- Rates are subject to 10% Service Charge

Each program participant is unique, this is why EWR - Cellular Health Program are highly individualized and patient specific.

Regenerative Cell Therapy
Healthy Aging for Men & Women
Muscle Building & Slimming
Joint Health & Anti-Inflammation
Sexual Health & Libido Enhancement
Immune Modulation
Male Revitalization
Female Revitalization
Post Covid Recovery

Explore our unique approach to wellness and prevention.
Visit us at Niyama Wellness Center for free assessment
and we'll help you map out a personalized
preventative cellular health plan.

EWR OPERATION GUIDELINES AT ANYA RESORT

OPERATING HOURS

1. EWR will offer its services to Anya Resorts' guests from Sunday to Saturday from 9am to 6pm
2. EWR is open during holidays except December 24, 25, 31 and January 01.
3. In the event of stricter IATF guidelines (ECQ) as a response to the Covid-19 pandemic, there will be no operations unless, there are guests that have already pre-booked prior to the announcement of the new guideline.

GUEST APPOINTMENT

1. Guest/s should arrive 20 minutes prior to their scheduled time.
Scheduled treatments must end on time so that the next guest is not delayed.
2. Late guest/s will be rescheduled for the next available time slot.
3. Guest/s will be informed of the necessary preparations to the procedures ahead of time to avoid complications and for the effectiveness of the treatment/diagnostic procedure.
4. Upon booking of the procedure, guest/s will be given a health questionnaire and preparation list via e-mail which will include current medications: prescriptions, over the counter medications and supplements.
5. Guest/s should disclose recent illnesses or medical conditions, and if they have a history of heart disease, asthma, diabetes, kidney disease or thyroid problems. Any of these conditions may increase the risk of an unusual adverse effect on some treatments.
6. Women should always inform if there is any possibility that they are pregnant.
7. Guest/s may be asked not to eat or drink anything for several hours before their scan or treatment.

STANDARD CARE

Elderly

- Elderly clients diagnosed with medical conditions should be assisted and accompanied by relatives or caretaker.
- Senior citizens can be given appropriated discounted supplements and or services as set by the company.

Children

- Children should be accompanied by their parents or guardian at all times.

Physically or Mentally Challenged

- Physically or mentally challenged clients should be at all times assisted by a primary caretaker.

Obstetrics Clients

- Obstetric clients with or without medical conditions should get clearance form their OB before availing any services at EWR.

EWR OPERATION GUIDELINES AT ANYA RESORT

RULES OF CONDUCT

1. In order to ensure a relaxing and peaceful atmosphere for all our guests, they will be asked to avoid making noise and use a tone of voice that is appropriate to the environment.
2. To maximize guest experience, guests are encouraged to inform any discomfort during treatment.
3. Guests under 18 years of age, parent consent will be required for any type of treatments.
4. All treatments, a medical consultation will be required.
5. Bringing in of food or any beverages are prohibited.
6. No pets allowed.
7. Metal objects including jewelry, eyeglasses, dentures and hairpins, should be left inside guestroom safe or removed prior screening or treatment. Guest may also be asked to remove hearing aids and removable dental work.
8. The Management assumes no responsibility in case of loss or theft of personal belongings within the area.

MOBILE PHONE POLICY

1. Mobile phone will be requested to be turned off during screening and treatments. Mobile phone frequency can affect sensitive equipment when it is in close proximity to such devices.
2. It is strictly forbidden to record images, pictures or videos without the prior consent of the people present and the administration.

WHAT TO WEAR

1. Guests will be asked to don robe during treatments for comfort and for easier access to the part of the body that is being treated.
2. They will also be provided with clean towels when they need to shower after certain treatments.
3. Clients will also be provided with slippers as their footwear during their stay with EWR.
4. Towels, robes, slippers will be provided by Anya.

GRATUITIES

Gratuities are not allowed. Service charge is already built into the cost of the service.

EWR OPERATION GUIDELINES AT ANYA RESORT

RESERVATIONS & CANCELLATIONS

1. Reservations may be made through Anya reservations department: Telephone/ #Mobile #/Email Address.
2. 72 hours cancellation policy. Failing to cancel within 72 hours would result in Full charge.
3. Consultation/Treatments booked/paid, 50% will be charged for cancellation.

SENIOR DISCOUNT

1. Under the implementing rules and regulations of Republic Act No. 9994, senior citizens and PWDs are entitled to a 20-percent discount and an exemption from the 12-percent value-added tax (VAT) on the sale of goods and services.
2. Senior Foreigners residing in the Philippines are not entitled to senior citizen discounts.
3. The benefits and privileges granted under RA 9994 only apply to Filipino citizens who are residents of the Philippines, and who are 60 years old and above.

COVID 19 SAFETY MEASURES

1. In line with the IATF and the Local Government Unit's guidelines, guests are advised to wear mask in enclosed areas and crowded places and may opt not to wear mask in open spaces but with social distancing in mind.

As of September 12, 2022, wearing of face masks is voluntary in open spaces and non-crowded outdoor areas with good ventilation. Not fully vaccinated individuals, senior citizens, and immuno-compromised individuals are still highly encouraged to wear masks and observe physical distancing.

Face masks continue to be mandatory in indoor private and public establishments, including in all public transportation, and in outdoor settings where physical distancing cannot be maintained.

2. Hand sanitizers are available in each EWR room.
3. Clients are advised to scan Anya's QR code for health declaration prior to any treatment or diagnostic procedure.
4. All EWR staff & management are fully vaccinated and boosted and are trained in infection control measures to prevent the infection and spread of Covid-19.
5. To ensure proper prevention and safety, a routine temperature check will take in place for everyone who enters EWR facility. This will allow the medical team to monitor and protect both guests and staff.
6. As noted by WHO and the DOH, keeping a one meter distance from one another helps in reducing the risks of getting the coronavirus or unknowingly infecting other people.
7. All surfaces are sanitized regularly, and machines are disinfected before and after each patient use.
8. We occasionally use ultraviolet towers that deactivate microorganisms by disrupting their DNA/RNA and leaving them unable to reproduce. This is something that normal disinfectants are unable to do. Some microbes and pathogens can even become resistant to certain antibacterial products - there is no such danger when using UV light-based disinfecting devices.



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