

SHA

WELLNESS RESIDENCES

COSTA MUJERES, MEXICO



THE PLANET'S HEALTHIEST
PLACE OF RESIDENCE CAN
BE YOURS TO OWN

Health, our greatest wealth

WHAT IS OUR MAIN WEALTH?

Time?
Our loved ones?
Personal development?
Material goods?
The outdoors?

Different responses may come to mind, but only one can impact or enhance any one of them: **our health.**

SHA's raison d'être is to help you stay in the best health so that you can enjoy life to the fullest.

our mission



TO LIVE LONGER AND BETTER

Our mission at SHA is to help people live longer and better lives through a holistic and comprehensive approach to health.

*A fuller, longer and more
vital life at your fingertips*



our story



A story that transformed his life, and that of many others

SHA is the result of a transformative personal experience. After years of medical issues, and faced with a troubling diagnosis, Alfredo Bataller Parietti managed to recover his health thanks to alternative medicine, particularly healthy and healing nutrition. Amazed by the impact food and certain therapies have on health, he felt the calling and commitment to share and disseminate this valuable knowledge.

So he decided to develop, with the support of his family, a unique method that holistically combines the most effective health techniques and therapies from both scientific and natural medicine to help people to live longer and better.

SHA

World leader in integrative health

Recipient of dozens of international awards from the most recognized authorities in the field, SHA has a well-earned reputation as an undisputed global leader in health and well-being. Travel + Leisure, Conde Nast Traveller, Tatler, World Spa Awards, and Spa Finder are just some of the institutions that have recognized SHA as the Best International Medical Spa.

The government of Spain presented the Medal of Honor to its founder, Alfredo Bataller Parietti, for his innovative work in the field of health and well-being.

Since its founding in 2008, SHA has transformed the lives of tens of thousands of people around the world, including a long list of heads of state, royal families, business leaders, and VIPs from the sport, entertainment, and business worlds.

SHA has a team of hundreds of outstanding professionals and experts in health and wellbeing from more than 40 different nationalities and is distinguished by continuous innovation led by its scientific committee and the ongoing collaboration with universities and prestigious institutions in the field.



SHA RESIDENCES SPAIN

The SHA Method

We have brought together everything that will help you reach your maximum potential

Our commitment is to keep innovating by bringing you the latest developments for your health and well-being.

The SHA Method combines the latest advances in scientific medicine with the most effective and proven natural therapies, with a special focus on healthy and balanced nutrition, an approach that significantly enhances the positive impact that these disciplines would have individually. A method designed to provide optimal health so that you can enjoy all your intrinsic physical and mental potential, strengthening your immune system and your body's own regulatory and self-healing ability.





We want to be part of your life journey

After more than a decade transforming the lives of tens of thousands of people around the world, our commitment is the same it has always been: to share our method, this time bringing SHA to the American continent, making it possible for more and more people to benefit from a state of full health and well-being.



Welcome to healthy living at its best

Imagine having a residence where every feature, every detail has been designed with your health and well-being in mind. From the idyllic location, the architecture and design of your building, the choice of each natural and sustainable material, cutting-edge technology at the service of your well-being and comfort and, most importantly, the field's most renowned international experts at your disposal, permanently.

Welcome to your healthy home.



An unbeatable location

We have scoured dozens of locations for years in search of the perfect place to replicate SHA, on the lookout for nature, warm weather, and accessibility.

It was not easy.

We finally found everything we were looking for and more.

North of the Riviera Maya, on Costa Mujeres (in front of Isla Mujeres), lies an untouched paradise, a gem with 17.3 acres of native wilderness and a third-of-a-mile stretch of virgin beach with white sand and turquoise Caribbean water, where SHA will blend seamlessly into the lush jungle, a wilderness that will be preserved and enhanced; the property is even home to its own cenote, a natural wonder found exclusively in the region.

SHA Mexico

Accessibility

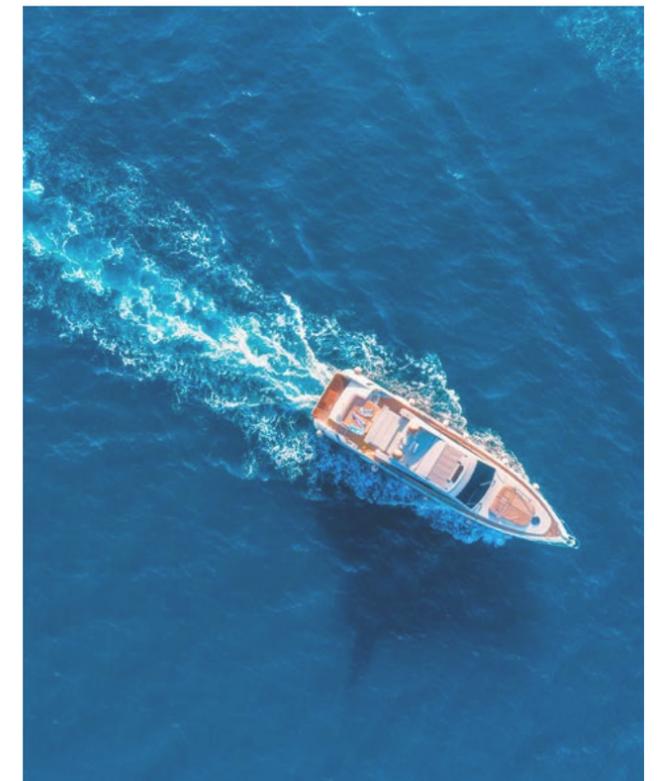
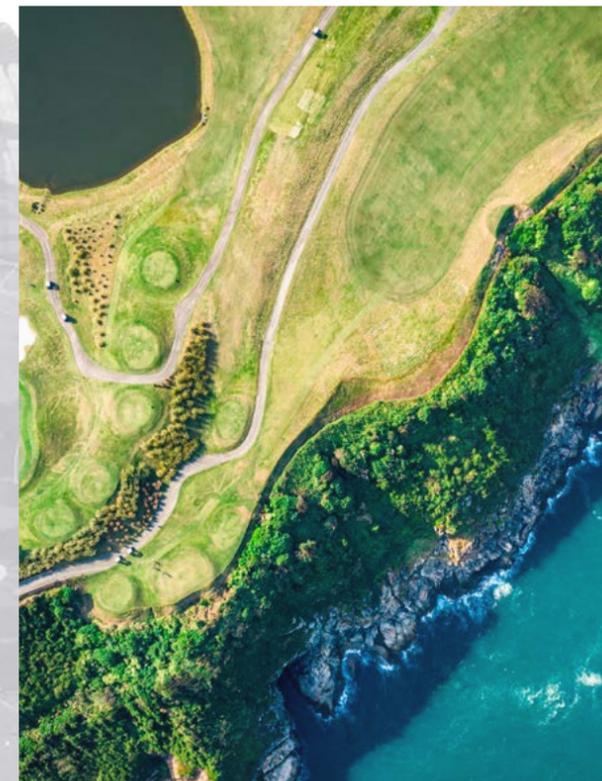
SHA Mexico is just over 20 minutes from Cancún International Airport, one of the airports with the most direct international connections in all of Latin America.

Direct connection with:

Mexico City	2h25m
Miami	1h45m
Panamá	2h40m
Bogotá	3h45m
New York	3h50m
Toronto	4h
Guayaquil	4h
Los Ángeles	5h
Lima	5h

Located in an unspoilt environment of tranquillity and nature but just over 10 minutes away from an unbeatable offer at your disposal.

Sports marinas, multiple golf courses, shopping centres with the main international brands and a complete gastronomic and entertainment proposal.



Mexico

heart of the Mayan culture

Several centuries ago, the Mayans declared Costa Mujeres a sacred place to worship the goddess Ixchel (goddess of fertility) and the region became one of the four Mayan provinces or territories that made up what is now the state of Quintana Roo.

Some of the most important archaeological remains of this ancestral culture are located in its surroundings. This is a clear example that Mexico's cultural value is as great as its territory, as well as its historical, architectural and gastronomic wealth.

It is easy to immerse yourself in the beauty of the natural landscapes of Costa Mujeres and the vestiges of millenary civilizations, whose essence remains to this day.



natural habitat



paradise on earth

Discover an indescribable natural wealth, a refuge crafted by nature. The northern hemisphere's largest coral reef, a marine ecosystem where a vast population of protected species (more than anywhere else in the world) lives, is found just over a mile off the beach. Several species of turtles come every year to lay their eggs on the warm sand of its beaches and numerous colonies of birds like pelicans, herons, and frigate birds appear at morning's first light.

The region is well-known for its comfortable climate. The average annual temperature is 80°F, with water temperatures ranging from 78.5°F to 82.5°F, and the region is known for its fresh air and 300 sunny days per year.

SHA Residences

the finest natural design

White marble, natural fibers and fabrics, native woods, regional handicrafts and pottery. Each residence is designed to afford the maximum possible space, with spacious bedrooms, in-suite bathrooms, and inventive layouts inside and out offering the utmost seclusion, spectacular waterfront views, and the perfect balance of indoor/outdoor living thanks to the generous terraces.



- Integrated contemporary kitchen
- High-end bathrooms
- Generous terraces
- Outdoor kitchens
- Outdoor fireplace
- Terrace pool

- Automated technology and home automation
- Master bedroom with dressing room and en suite bathroom
- Utility room
- Laundry area

- Pantry
- Built-in closets
- Cellar
- Parking space
- Owners have private access inside the building

WELLBEING & SUSTAINABILITY

AT THE HEART OF THE DESIGN

SHA Mexico has been carefully designed to avoid impacting native wildlife while allowing guests to enjoy all that the area has to offer. The building will be raised at different heights that border and respect the surrounding gardens, mangroves, and natural cenotes that are part of the landscape.

Built using renewable and locally-sourced materials and adhering to high standards of energy and water efficiency, the residences tread lightly on the earth while providing an uncompromising level of space and comfort. An organic and contemporary design aesthetic will underpin the wellness center, with spaces that flow seamlessly from the interior to the exterior.

The residences will also incorporate state-of-the-art technology in air and water purification and disinfection, as well as home automation based on circadian rhythms focused on your well-being.



ENJOY THE BEST WELLNESS CLINIC FROM THE PRIVACY OF YOUR RESIDENCE

From the privacy of your residence, you will be able to enjoy a large part of the wide range of medical and clinical treatments and services that SHA Wellness Clinic offers. From a relaxing massage to a Vinyasa Yoga class on your terrace, or a healthy cooking class with extraordinary views.

A transformative experience towards a healthier lifestyle that you can enjoy together with your loved ones. Of course, you will always have the facilities of the SHA Wellness Clinic within reach, just a stone's throw from your private residence.



An exclusive community with a healthy lifestyle

SHA Residences represents a complete immersion in the SHA lifestyle, an opportunity to evolve continuously on a healthy path, to have your own sanctuary where you can retreat and reset mind and body whenever you need it. An exclusive community of just 31 select owners who will benefit from this exceptional development with a shared theme: to enjoy life to the fullest.



The select SHA Residences Owners club has an almost endless list of advantages, including being able to enjoy SHA Residences in other select locations around the world under a form of exchange between owners. SHA Spain, on the slopes of an exclusive natural park along the Mediterranean, will soon be joined by SHA Emirates, an idyllic spot in a seaside nature reserve between vibrant Dubai and avant-garde Abu Dhabi.



SHA MEXICO



SHA EMIRATES



SHA SPAIN

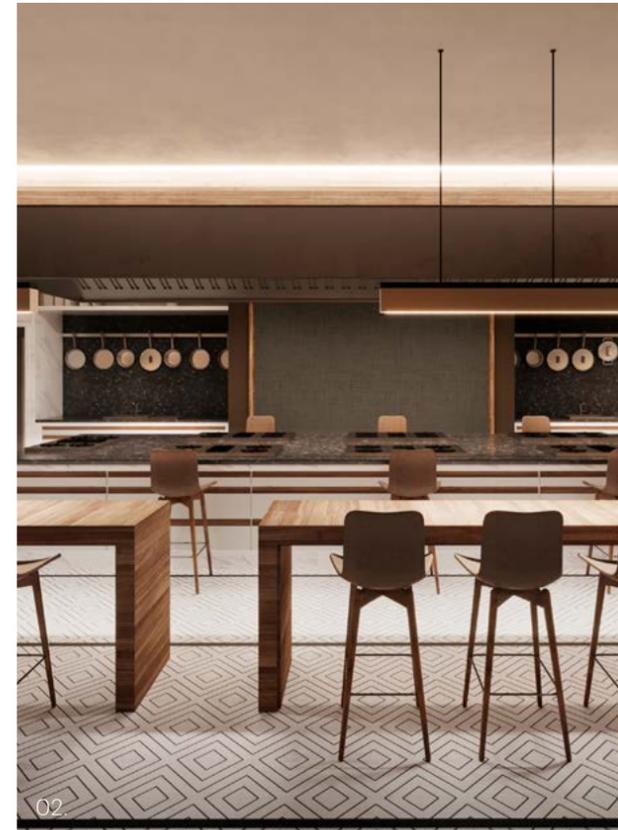
SHA WORLD CLASS AMENITIES

SHA Residence owners benefit from the unparalleled hospitality and facilities of the SHA Wellness Clinic on their doorstep. A wealth of professional services, from top doctors and practitioners, therapists, personal trainers, yoga or meditation instructors to healthy cooking chefs available day in, day out.

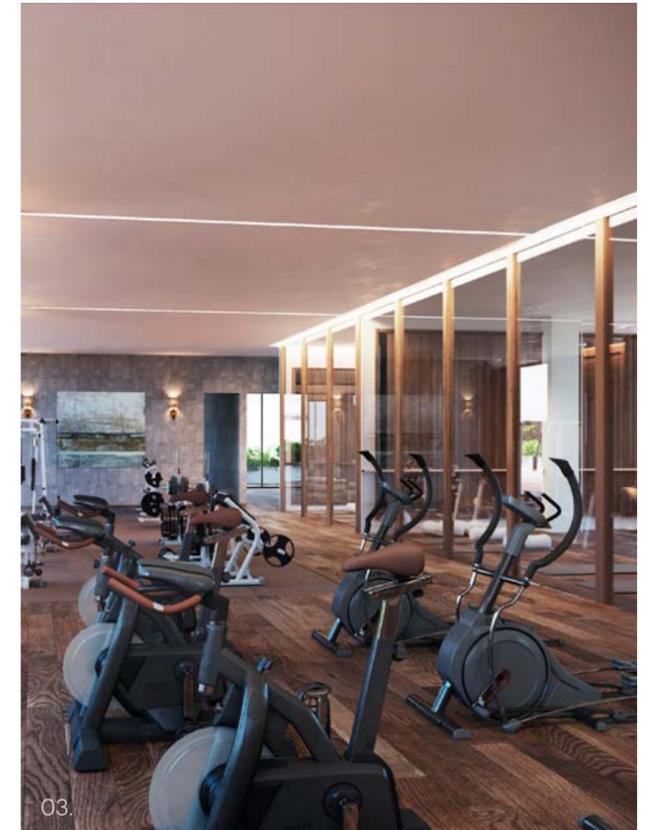
- 01.
INFINITY POOL
- 02.
THE CHEF'S STUDIO
- 03.
FITNESS AREA
- 04.
SHAMADI RESTAURANT



01.



02.



03.

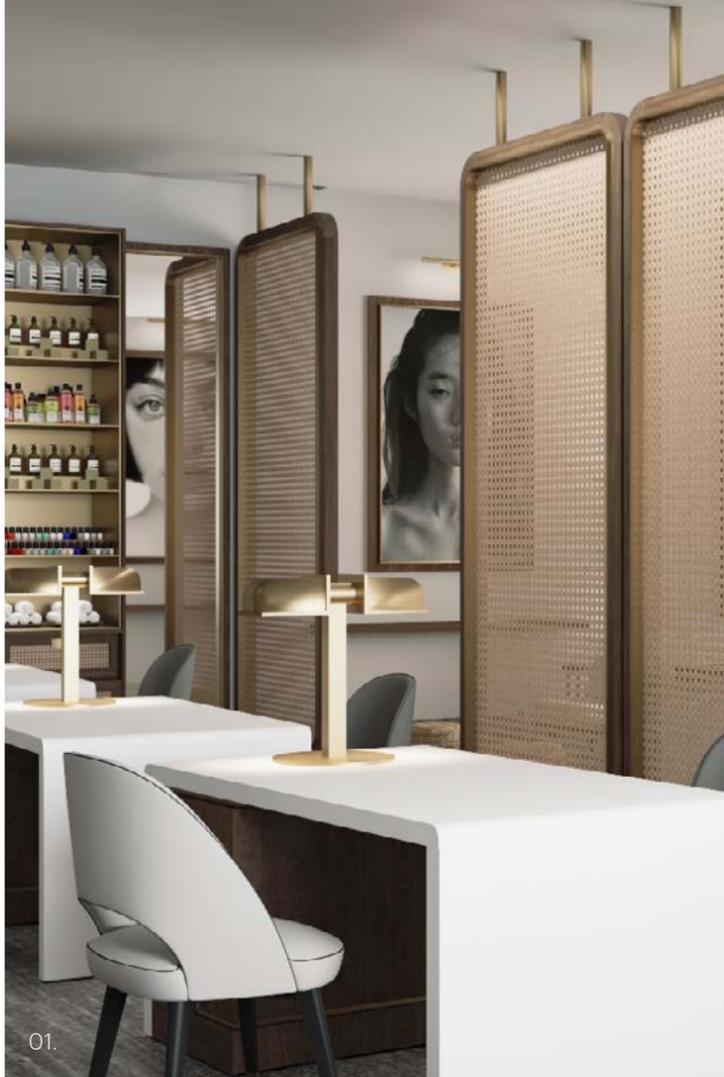


04.

World-leading wellness clinic
 Hydrotherapy circuit: spa, sauna, Turkish bath, hammam...
 Infinity pool on the beach
 Gym
 Yoga & Meditation Rooms
 Tennis and paddle tennis court
 Jogging Track

2 health food restaurants
 The Chef's Studio
 Juice bar

Direct access to the beach
 Tropical gardens
 Natural cenote
 Movie theater
 Game room
 Library
 Art exhibition hall
 Meeting and conference room
 Chapel
 Marina and private dock
 Helipad



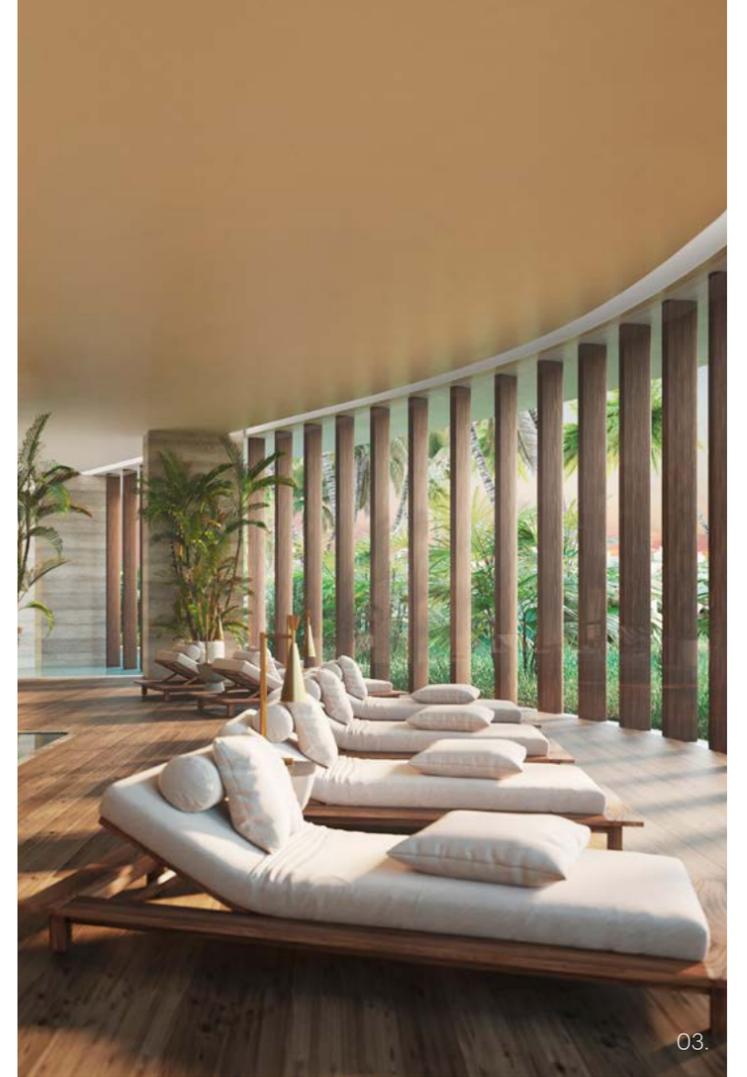
01.



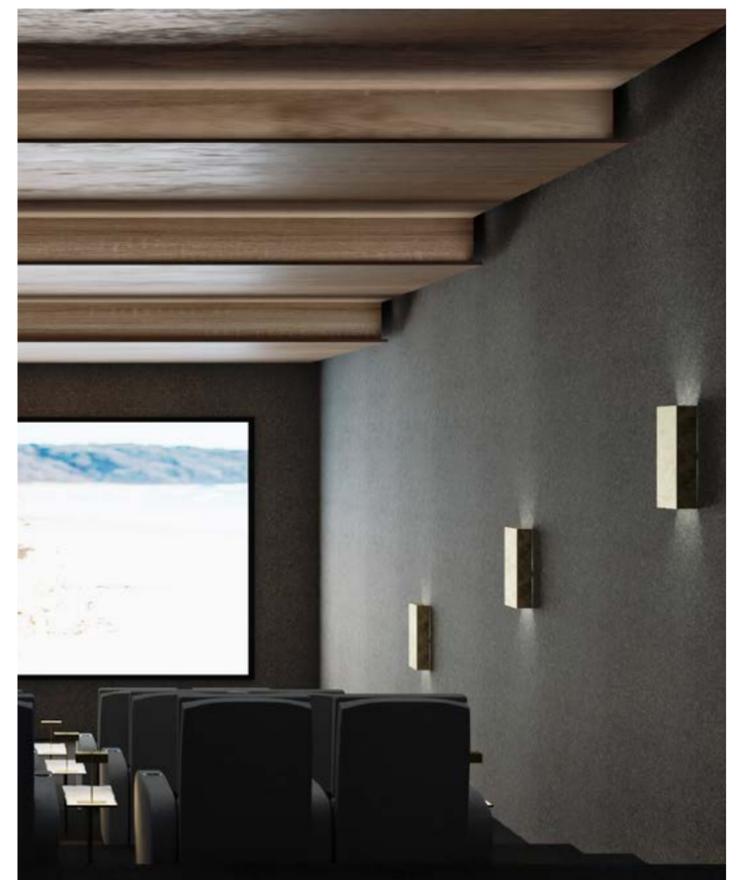
02.

01. BEAUTY SALON

02. JUICE BAR



03.



03. HYDROTHERAPY CIRCUIT

04. CINEMA

EXCLUSIVE BENEFITS FOR OWNERS AND RESIDENTS

Owning a residence means accessing all the unique amenities and privileges of SHA Wellness Clinic, while retaining the intimacy and personal touches of a private residence, including the following residents-only amenities and benefits:

A dedicated team of full-time SHA trained staff including a SHA Residences Manager, concierge, maintenance, housekeeping and security staff to manage your daily life.



01.



02.



03.

01.
PRIVATE DOCK

02.
PRIVATIVE RESIDENCES LOUNGE

03.
RESIDENCES GYM

In-residence wellness services: wellness experts, doctors, chefs, etc.

Room service from SHA health food restaurants.

In-residence catering with private chefs at owners' disposal.

Full access to the SHA Healthy Living Academy activities.

Property management capabilities and the benefits of a leading global brand, ensuring agile responses to your requests.

Pre-arrival and check-out maintenance service available.

Access to the SHA Privileged special benefits program, enjoying membership privileges at all present and future SHA Properties: special conditions in all purchases for F&B, Wellness, Boutique, and accommodation.

Private gym

Indoor & outdoor yoga and meditation space

Separate exclusive motor lobby access

Infinity pool and children's pool

Owners lounge (bar, pool, reading room, etc.)

Business center and meeting room

Wellbeing Kids club: healthy cooking, entertainment, etc.

Kids Club Outdoors

Private dock with mooring options

Healthy / organic products from our organic garden and available suppliers

Free high-speed Wi-Fi

Enjoy the best of all worlds. Unparalleled access to a personally tailored lifestyle with outstanding amenities on your doorstep, while our property management ensures a worry-free ownership experience.

AN INVESTMENT WITH MULTIPLE BENEFITS

Due to its size, exclusivity and innovation, as well as its offer of clinical and wellness services, SHA Mexico will become the main point of reference in the health and wellness sector in the American continent, with more than 100 cabins and consultations dedicated to health and more than 300 professionals from all over the world to take care of your health and wellness.

But it's not just about having your own home in an unprecedented project to take care of your health and that of your loved ones... In case you want to make your investment profitable, you can incorporate your home into the resort's rental pool by receiving the distinguished guests of the brand.

All this without any worries or management on your part. Every time your residence is rented, you will be notified of the date of entry and exit. Your personal belongings will be carefully packed and taken to your cellar, where nobody will have access to them. Once the visitors' stay is over, we will carry out a complete cleaning, we will make sure that everything is in perfect condition and we will return your personal objects to the same place where they were, so that everything is perfect for your arrival.



A WORRY-FREE OWNERSHIP EXPERIENCE

Forget about maintenance, gardening, cleaning, services, etc. SHA has the best qualified staff on hand and will take care of the management of your property, ensuring it stays in perfect condition and ready your enjoyment.



The Residences

Bright, open, and airy, yet completely functional, the individual spaces within each residence have been meticulously designed to strike the perfect balance between beauty and practicality. Superb flow and livability are inherent in each floor plan.





THE RESIDENCE



FLOOR

Full Ocean Front



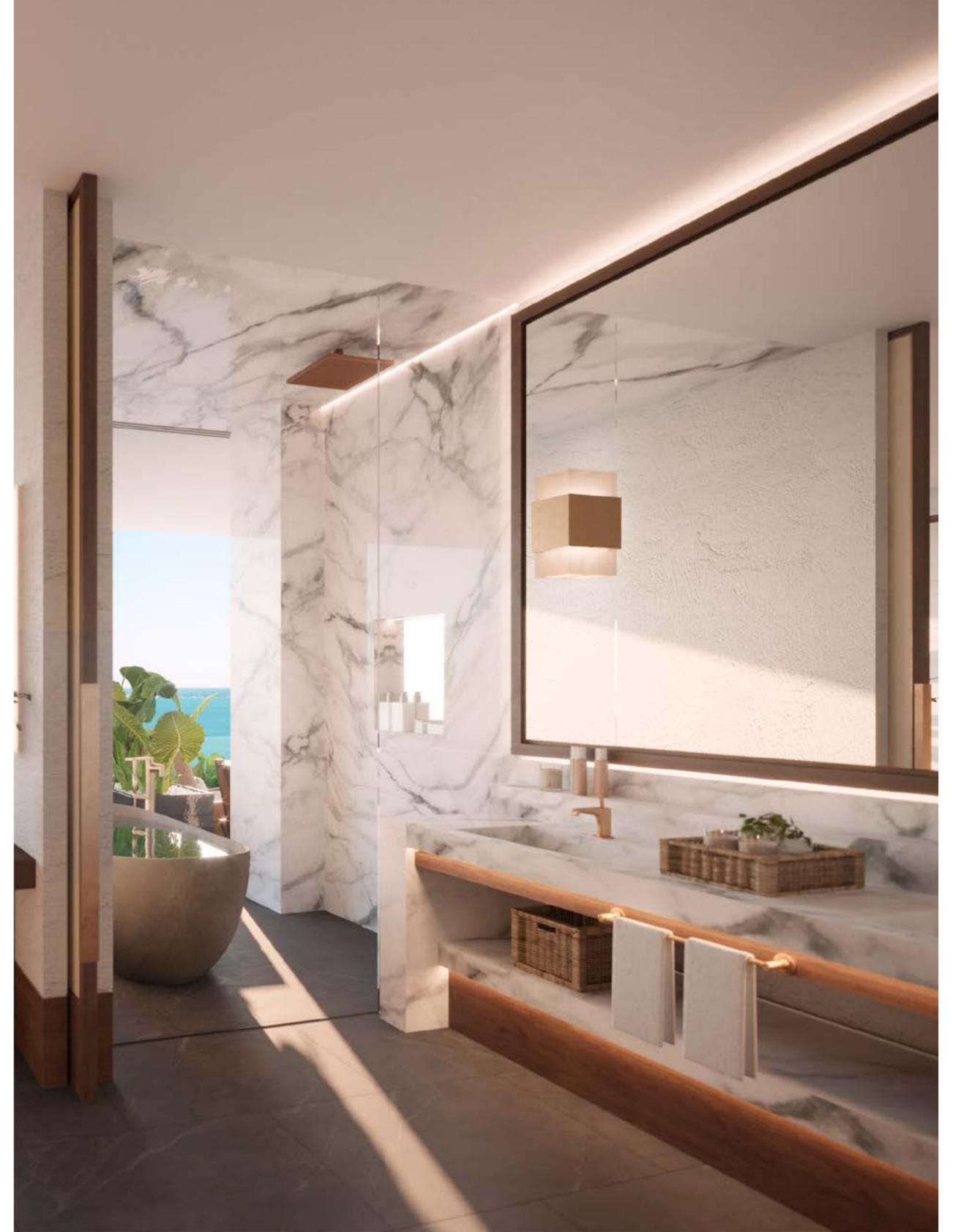
MEASURES

From 240m² y 500m²
(Interiors + exteriors)



ROOMS

2, 3 or 4 bedrooms + utility room





THE BEACH HOUSE



FLOOR

Ground floor with private garden



MEASURES

Interior: 230m² approx.

Exterior: from 261m² and 524m²



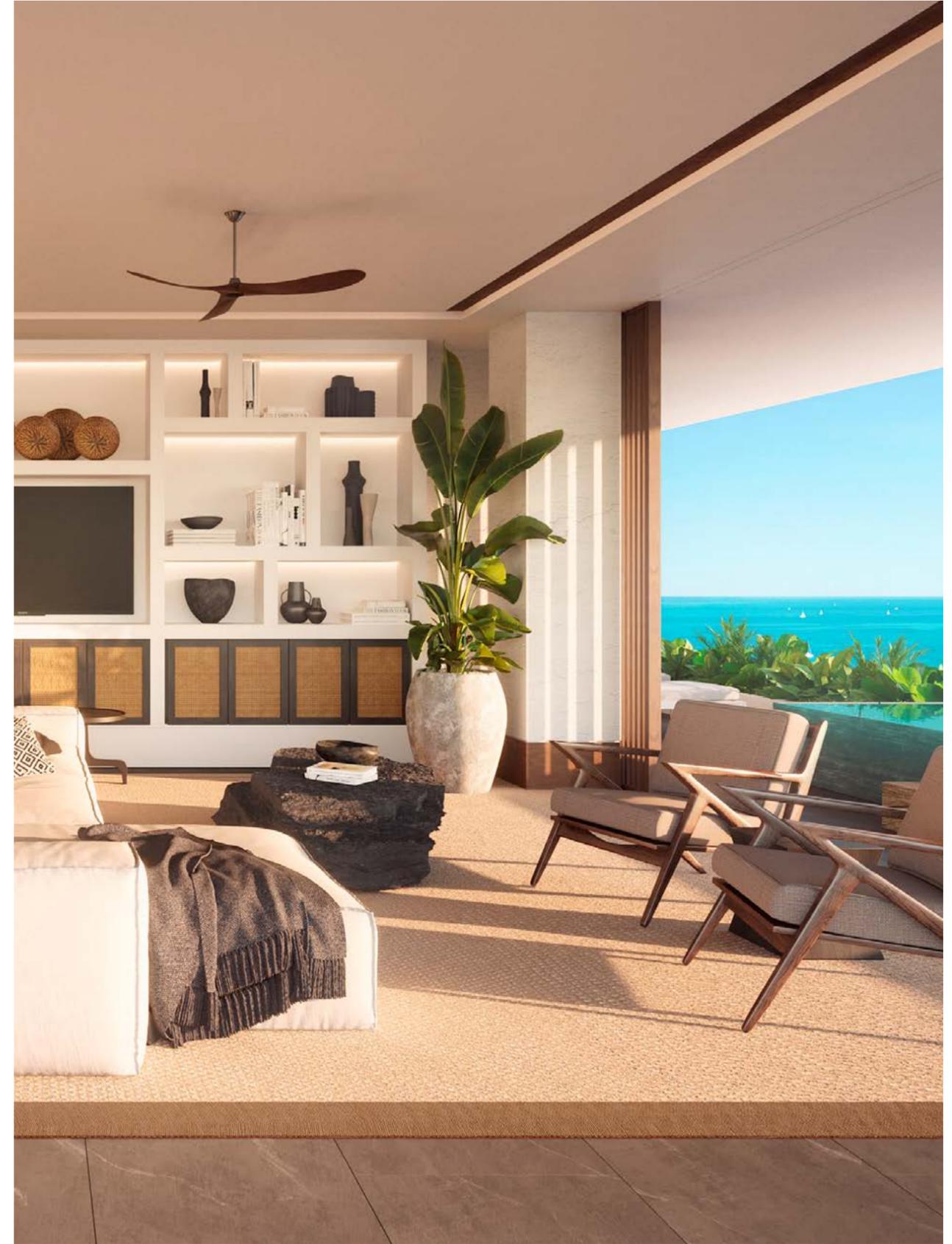
ROOMS

3 bedrooms + utility room



OUTDOORS

Garden with swimming pool and direct beach access





THE PENTHOUSE



FLOOR
Duplex



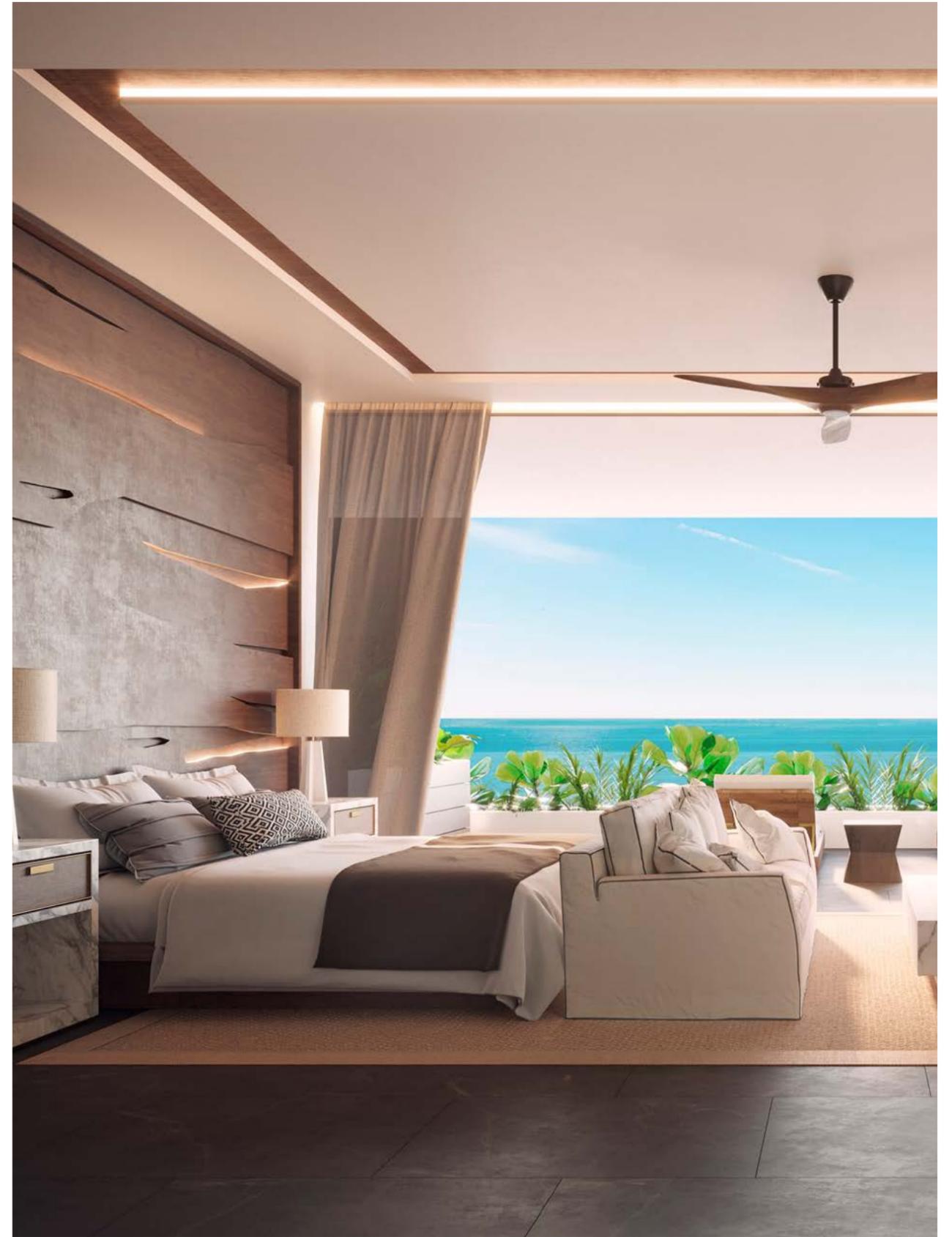
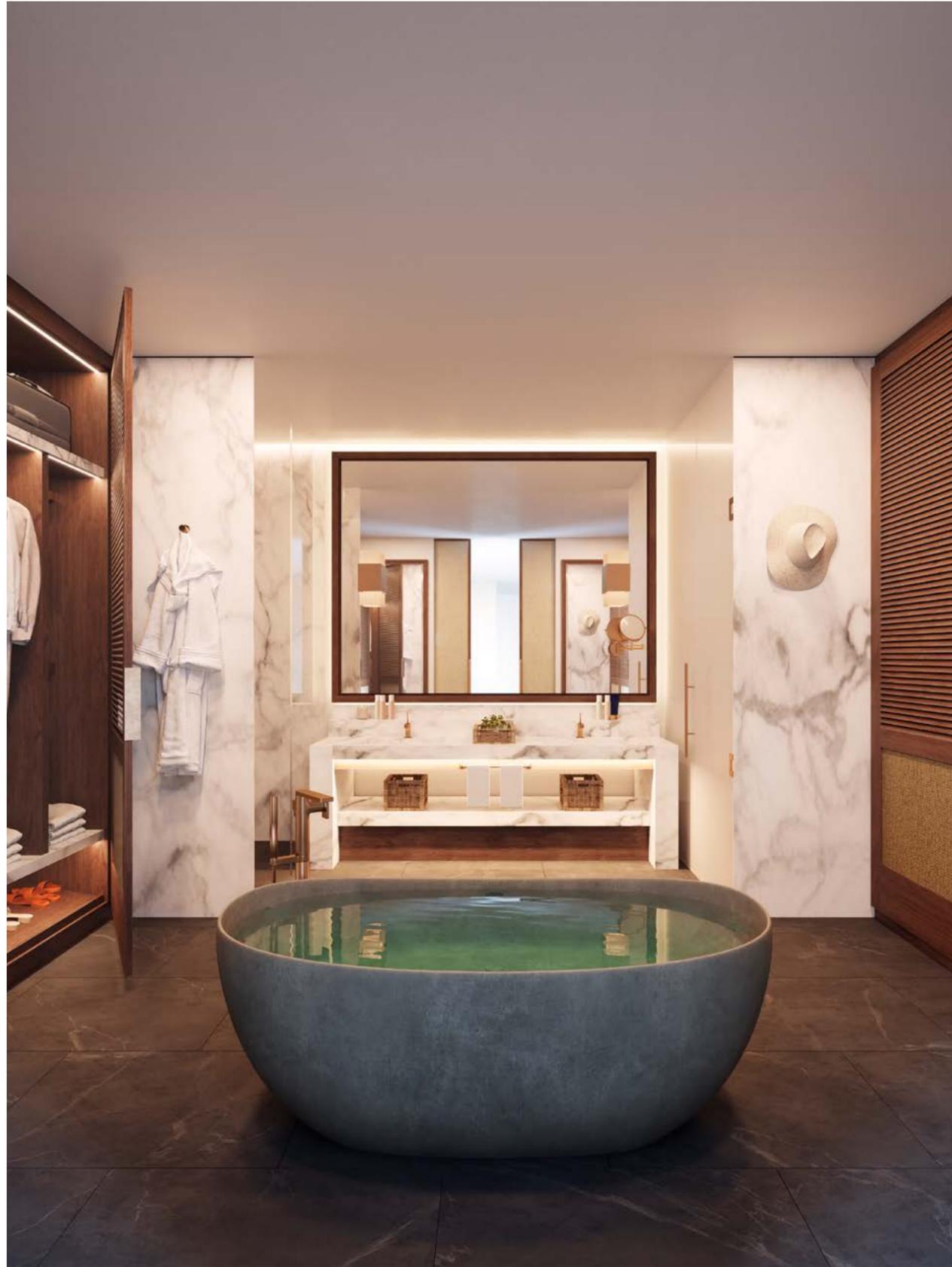
MEASURES
From 500m² to 800m² approx.
(Interiors + exteriors)



ROOMS
3 or 4 bedrooms + utility room



OUTDOORS
Large terraces and swimming pool



FULL FURNITURE PACKAGE

SIMPLICITY, THE ULTIMATE SOPHISTICATION

We want enjoying and taking care of yourself to be the only thing you worry about. That is why, with the help of our renowned interior design team, we offer the full furniture package with a luxurious and refined aesthetic that is both natural and harmonious, as well as all the equipment (lingerie, cutlery, crockery, etc.) you need to enter and enjoy your residence from day one.





A COLLABORATION BETWEEN GLOBAL TALENTS

With the perfect location secured, the next major challenge was to come up with an entirely unprecedented design. An iconic, timeless design that respects and enhances the natural surroundings and local history. After evaluating dozens of international companies, we identified and brought together the best of the best, those with the skills to bring the SHA brand message to life.

Renowned Mexican architectural firm Sordo Madaleno and prestigious interior architect Alejandro Escudero (Urbana) are the architects behind the design of SHA Mexico.

The landscaping, incorporation, and conservation of the existing natural environment, a cornerstone of the project, was spearheaded by Maat Handasa, who designed the landscaping with a focus on local species.

JAVIER SORDO MADALENO

SORDO MADALENO

Sordo Madaleno Arquitectos, founded in 1937, is the leading architectural firm in Mexico and internationally recognized. It currently works with over 100 design experts, dedicated to the development of architectural, urban planning, interior design, and master plan projects.

Architect Sordo Madaleno has received countless national and international honors, including:

In 2019 he was appointed Emeritus Academician of the National Academy of Architecture.

In 2018 he received the "Best Building" Award in the category of future residential projects during the WAF (World Architecture Festival).

Appointed Honorary Member of the AIA (American Institute of Architects) in 2017 for his significant contribution to architecture and society.

He was also appointed Professor of the IAA (International Academy of Architecture) in 2017 and received the "Medal of Merit in Sciences and Arts 2016" for Architecture, granted by the Legislative Assembly of Mexico City.

In 2016 the Association of Real Estate Developers (ADI) awarded him for his unparalleled career in architecture.



In 2015 he received the "Best of the Year" award from Interior Design magazine.

In 2013 he received the "Trayectorias (Careers)" award from the Association of Architects of Mexico City (CAM-SAM).

In 2010 he received the Design and Health International Academy's "Judges Special Award" for the CRIT project in Tampico, the same project that was recognized in 2009 as "Best Building" in the health category during the World Architecture Festival (WAF) held in Barcelona.

In 2009 he also received the "Gold Award for Development and Design Excellence" granted by the ICSC in recognition of his architectural innovation.

ALEJANDRO ESCUADERO

URBANA

Alejandro Escudero founded URBANA in 2000, after he decided to leave behind 17 years of investment banking to pursue his passion for architecture and design.

URBANA was the first of its kind in Mexico. Born as an Interior Design Firm, Showroom, and later as a fully integrated Architectural Firm, it focuses on sourcing and displaying antiques, fabrics, lighting and furnishings of the highest quality, imported from Europe and Asia. These elements blend with URBANA's own in-house produced designs, embodying its unique vision and style.

Since its inception, URBANA has established itself at the forefront in lifestyle in Mexico.

The firm strives to avoid pre-established formulas by always looking for rare and ageless designs inspired by the integrity of organic materials, classic influences with today's modern elements and needs. Personalized attention to detail ensure that every project meets the high standards that Alejandro prides himself in delivering.

The jump to hospitality began with the renovation of Las Brisas Acapulco, a landmark 1950's resort, bringing back an icon of a bygone era in Mexico's Pacific Coast.



Six years later, the firm took on the creation of a new icon on the Mayan Riviera, Nizuc Resort and Spa in Cancun. Where we continue working with the property to assure that the quality and the vision remains intact.

Based in Mexico City, our team of 30 architects and designers develop fully integrated design solutions. The firm manages and designs the whole concept throughout the life of the project. Unlike other architectural firms, URBANA is involved in everything from the architecture, interior design, FF&E, landscape and all other aspects of the project until every last detail is completed.

MAAT HANDASA

LANDSCAPE ARCHITECTURE

Maat Handasa is considered by its founder, architect Pedro Pablo Velasco and its members, as a multidisciplinary lab specialized in planning, landscape architecture and sustainability. The word "Maat" means "what you believe in" and "Handasa" means "architecture".

Together, the team executes these principles along with efficiency and creativity, selecting regional species for the landscape, games of light and geometries and the integration of natural existing resources in site.

One relevant characteristic of the firm is the ingenious and creative implementation of bioclimatic and sustainable criteria for the outdoors architecture, seeking to implement comfortable and innovative spaces. This pursuit is the foundation and philosophy of all work created by Maat Handasa.

The firm has collaborated on projects for hotel chains around the world, and has also contributed to various distinguished tourist and residential developments in diverse destinations along Mexico, the Caribbean Islands and South America. In all of them, the Firm has created outstanding projects with unique qualities and concepts, being truly respectful to the natural context of the site.



AB LIVING

REAL ESTATE DEVELOPER

Grupo Bataller has more than 25 years of experience in the development and promotion of real estate in Spain through AB Living, a brand of the group consolidated as one of the most experienced promoters of the Spanish Mediterranean coast, characterised by its reliability, honesty and high construction standards, always together with the most consolidated partners in each region.

AB living is made up of a multidisciplinary team of architects, quantity surveyors, decorators, technical staff and quality equipment, all with a high level of experience.

AB[®]
LIVING

Sales Office

Av. Bonampak, Manzana 27
Lote 1-02, Local 1-1B. Zona Hotelera
CP. 77500. Cancún · Benito Juárez · Quintana Roo

T. +52 998 217 7847
M. info@sharesidences.com



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lifelong health and wellbeing