

From East to West- Alicante and its best wellness centre in Europe

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On the “White Coast “ of Spain, Alicante, there is a well-being and healthy lifestyle clinic which is said to be the best in Europe.

It is one of the most stylish (and serious) spas and it ranks alongside the world’s renowned Clinique La Prairie in Switzerland, Ananda in the Himalayas and the COMO Shambhala Estate in Bali.

With the white-curtained cabanas and elegant chaises around the pool, purple lights in the courtyard outside the restaurant at night, and probably the best views over the Mediterranean and the breathtaking Costa Blanca, the wellness centre is, without a shadow of a doubt, a place where one would like to be at least once in their life.

But it’s not just the chic style that makes it unique..

Its founder, Alfredo Bataller Parietti, has been very serious about (his) wellness since after suffering from chronic digestive problems for many years, he converted to macrobiotic lifestyle which also happened to have helped him fight early stages of colon cancer.

"When you find something positive, you want to share it with others," says Alfredo,"

The person who inspired him is Michio Kushi (1926-2014), a Japanese natural health expert, who in 1950s helped to introduce modern macrobiotics to the Western culture.

Alfredo's idea from the beginning was to develop a concept with a real fusion between Eastern and Western medicine under the same roof. "Usually if you go to a natural health doctor and a scientific practitioner, you may get two different approaches, and they may even criticize each other. We've managed to get them together working toward the same goal."

And this is when Alfredo founded a wellness centre SHA, making the macrobiotic diet (strict oil-free and flour free) its core program. He brought dozens of MDs, naturopaths, nutritionists, acupuncturists, reflexology masters, and other experts in the healing arts. He also created a bioenergetic therapy unit which uses the body's electromagnetic energy field to correct energy imbalances and improve overall well-being.

Guests are assessed with attention to expression, posture, and breathing to determine where imbalances exist, and then electromagnetic signals are used to stimulate self-healing to eliminate stress, ward off disease, and remove the excess of electromagnetic contamination caused by our high-tech lifestyles.

Until now SHA has hosted more than 30,000 guests some of which are royal family members or celebrities from across the world who sought to improve their well-being from making minor adjustments to complete lifestyle transformations. "Some people take it more flexible, some people make more dramatic changes, but everyone changes something," says Bataller Pineda.

SHA don't promote short term 'quick fixes' but instead they give tools and knowledge that each visitor can take away with them to continuously improve their lifestyle.

Come to Alicante and see for yourself what the place has in offer. You will not be disappointed.

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