
THE FARM
AT SAN BENITO
Presented by:
JENNIFER SANVICTORES
Global Head of Sales, Marketing & Communications
The Farm at San Benito & CG Hospitality



ECO-LUXURY HOLISTIC MEDICAL WELLNESS RESORT
OVER 100 INTERNATIONAL AWARDS INCLUDING “ BEST MEDICAL WELLNESS RESORT IN THE WORLD”

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR



A Life-Transformative Healing Holiday

The Farm offers medically-supervised health promotion, disease prevention, immune support programs, and Cigna International Healthcare accredited medical services.

DEFINING WELLNESS

The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.



GLOBAL WELLNESS INSTITUTE™

EMPOWERING WELLNESS WORLDWIDE

Wellness is Multi-Dimensional

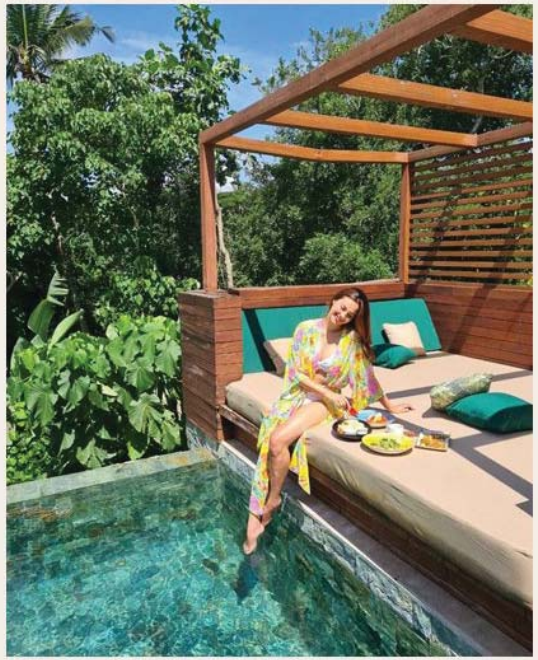
- Physical: Nourishing a healthy body through exercise, nutrition, sleep, etc.
- Mental: Engaging the world through learning, problem-solving, creativity, etc.
- Emotional: Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- Spiritual: Searching for meaning and higher purpose in human existence.
- Social: Connecting and engaging with others and our communities in meaningful ways.
- Environmental: Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

The Farm at San Benito is a complete medical wellness destination; an eco-sustainable and socially responsible business encompassing all of the above.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

"Wellness enthusiasts are high-income consumers. They actively follow brands on social media, track new-product launches, and are excited about innovation. *The socially responsible prefer (and are willing to pay more for) brands that are environmentally sustainable and with clean/natural ingredients.*" – *McKinsey & Company*

"Wellness travelers tend to be high-spenders and favor experiences that are authentic and unique" – Global Wellness Summit
"Wellness tourists are generally high-yield tourists, spending on an average 130% more than the average tourist" – Global Wellness Institute



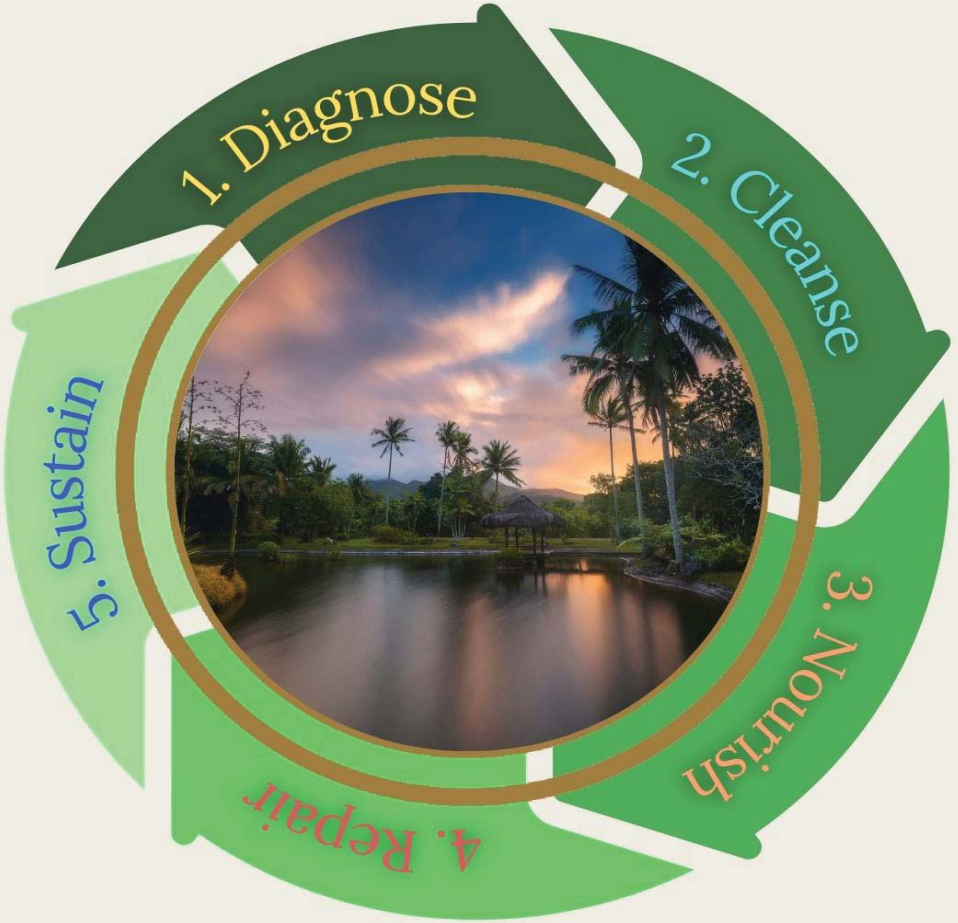



In the photos (L-R): Ms. Universe 2018 - Catriona Gray (@catriona_gray) and Top Acclaimed Philippines Celebrities and Elite Personalities: Iza Calzado (@missizacalzado), Stephanie Zubiri (@stephaniezubiri), Aubrey Miles (@milesaubrey), and Troy Montero (@troymontero)

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

The Farm's healing journey is focused around FIVE PILLARS:



PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

1. Diagnose

The first step in every retreat is diagnosis. The Farm believes that one size does not fit all, every program is made personal through a meticulous diagnosis. The early stage of the retreat begins with an integrative medical consultation, mental health and behavioral medicine consultation, body composition analysis, nutritional assessment, fitness assessment and needs-based choices of brain biofeedback, core nutrient and metabolic test, blood chemistry, and comprehensive digestive stool analysis.





PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

1. Diagnose

Integrative Medical Services

- Holistic Health Assessment
- Body Composition Analysis
- Cellular Health Screening
- ichroma™ II (Cancer Markers, Microclot, Hormone & Special Blood Tests)
- COVID-19 Antigen, IgM & IgG Antibody, and Neutralizing Antibody Testing
- State of the Art Diagnostic Assessment
  - Brain Biofeedback
  - Whole Body Scan (through Interstitial Scanning)
  - Psychosomatic Health Assessment (through Voice Signature Technology)
  - HD Thermography for Breast and Other Organs (Non-Invasive Check-Up)
  - Vital Test (for detecting heavy metal toxicity and vitamin/mineral deficiencies)

in partnership with HOPE WELLNESS

- Physical Exam & Vital Signs Check
- Visual Exam
- Updated Health History
- Xray (Chest, Spinal, Pelvic, Knee)
- Stress Test
- Resting ECG
- 2D Echo
- Ultrasound (Kidney, Liver, Pelvis, Pancreatic, Gall Bladder, Prostate, Breast, Transvaginal/Transrectal)
- Urinalysis
- Uroflowmetry and Bladder Scan
- Microalbumin Creatinine Ratio Test
- Fecalysis with Occult Blood
- Blood Test - FBS, Lipid Profile, Creatinine, Blood Uric Acid, Blood Urea Nitrogen, Sodium and Potassium, Chloride, SGPT/ALT, SGPT/AST, CBC, Hemoglobin A1C, Ferritin, Albumin, CRP, LH, FSH, Prolactin, DHEA-S, Cortisol, TSH - Free T3 - Free T4, Vitamin D, Folate, Active B12, Homocysteine, Magnesium, Zinc, Ceruplasmin









PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

2. CLEANSE

The next step is to get rid of any unwanted toxins through a deep cleanse from the body. This phase includes procedures geared towards internal organ cleansing of the colon, kidneys, liver, lungs, and skin. Creating quality space is imperative as a vessel for the new things you want for your life be this fresh or dynamic life experiences or health goals. This is achieved through medical management of mental and emotional concerns through psycho-emotional clearing and neurogenic release. Included in The Farm's extensive detox are steam and sauna therapy, detoxifying body scrubs, thermal therapy and hydrotherapy.





PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

2. CLEANSE

Colon Hydrotherapy
- Colema (Cleansing Enema)
- Angel of Water® Colon Cleanse
- Colonics

- Ear and Sinus Detox
- Floatation Pod
- Body Salt Bath
- Ionization Foot Treatment
- Internal Organ Nursing Care Treatment (NCT)
  - Thorax & Back (ideal for prevention of chest problems or addressing COVID long haul symptoms)
  - Belly, Liver, Kidney NCT
  - Hara Puri
  - Liver Cleanse
  - Magnetic Clay Foot Bath (Heavy Metal Detox)
- Infrared Bioresonance Therapy (Vital Dome)
- Dry Brushing
- Body Polish
- Body Rejuvenation
- Detox Diet








PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

3. NOURISH

Once the body is purified, it's time to nourish it with the right nutrients, procedures, and overall healing environment. At this stage of the retreat, an enzyme–rich vegan cuisine is introduced as well as fibre-rich cleansing drinks, and the many benefits of Virgin Coconut Oil. The guest undergoes nutritional infusion therapy and additional nutritional support (supplements). Harmonising the guest's energy level also plays an important role in the retreat which is why energy work like Craniosacral therapy, Reiki, and Jin Shin Jyutsu are highly recommended. There are several therapies that can help heal a person not only physically, but also emotionally, psychologically, and spiritually. The Farm offers art therapy, massage therapy, nourishing body wraps, facials, and aromatherapy. All these must take place in a healthy healing environment such as The Farm's serene facility surrounded by lush green that radiates a positive energy.







PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

3. NOURISH

- Wheatgrass Rectal Infusion Therapy
  (Colon Nourishing Treatment)
- Ear and Sinus Detox
- Harmonizing Flow
  - Dolphin Treatment (Autonomic Nervous System Balancing), Psychoemotional Clearing, Reiki,
  - Neurogenic Release, Guided Meditation
- Nutritional Support (Supplements)
- Energy Healing
- Behavioral Biochemistry
- Body Wraps
- Facials
- Hair Spa
- ALIVE! Chef's specials
- Indian-Ayurvedic Cuisine
- Pescetarian Cuisine
- Acqua Aerobics



PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

4. REPAIR

Bodies that are rightfully nourished are now equipped to undergo repair and regeneration; to support this, The Farm offers: scar tissue release therapy, physiotherapy, lymphatic drainage, acupuncture, therapeutic baths and soaks, thermal therapy, and PURE Health Aids that help improve blood circulation, muscle enhancement and fat burners.





PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

4. REPAIR

- Aromatherapy & Flower Essence Oxygen Bar
- Intravenous Nutritional Therapy
  - Vitamin C + Glutathione, Immune Boost, Myer's Cocktail, Luminous Glow Drip, Age-Defying, Slimming, CoQ10 drip ALA Drip
- Pure Health Aids - Pure™light, Pure™wave
- Gentle Spine Alignment
- Empress' / Emperor's Facial
- Anti-Jet Lag Relaxing Facial
- Water Wellness Therapy: Infrared Sauna, Steam Bath, Cold Bucket Shower, Pressure Pools, Vichy Shower, Flotation Pod, Onsen Bath, Kneipp Therapy, Pressurized Jacuzzi, Blind Shower Therapy, Thermal Foot Sauna, Thermal Bed with Head & Foot Massage









PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

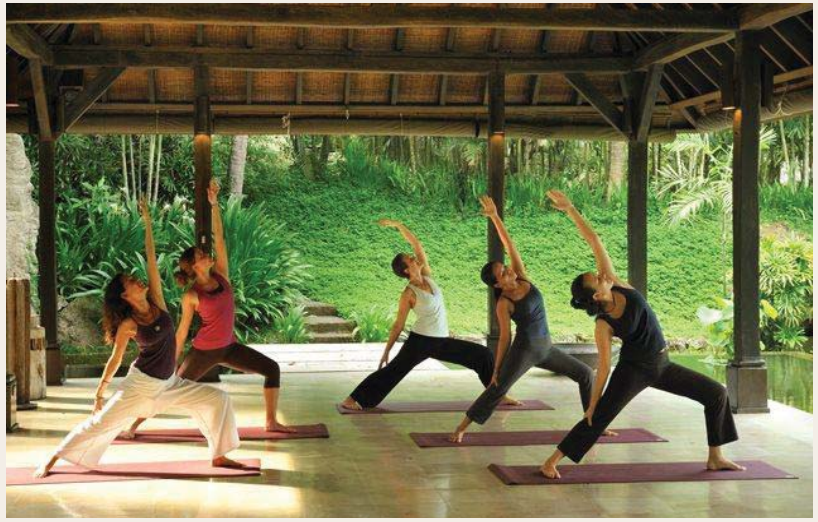
The Five Pillars

5. SUSTAIN

The Farm at San Benito is all about sustainability. One's journey to a healthy lifestyle does not end once they leave our wellness property. We ensure that our guests do everything the right way. To help our guests achieve their ultimate goal, we set up a sustainable healthy lifestyle discussion, nutritional consultation with a personalized meal plan they can follow in the comfort of their homes, nutritional supplements, vegan food culinary preparation classes to teach them how to properly prepare their meals, life coaching, yoga and fitness sessions, guided meditation and spiritual development classes, and partnerships with urban medical wellness centers where they can seek further help when back to high-paced lifestyle of the metro.







PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Pillars

5. SUSTAIN

- Sustainable Healthy Lifestyle Discussion
- Special Topic Health Lectures by Integrative Medicine Doctors
  **Upon request and ideal for group and corporate*
- Nutritional Consultation with Take Home Meal Plan
- Daily Nutritional Support
- Vegan Food Preparation Classes
- Life Coaching
- Yoga & Fitness Sessions
- Guided Meditation & Spiritual Development Classes







PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Healing Components

Our healing practices ensure that the body returns to its ideal, balanced state and achieve holistic optimum wellness.



Holistic Integrative Medical Services

An objective yet compassionate listening encourages guests better. A conversation with our Integrative Medicine doctor will set the rapport needed for the partnership between doctor and guest to effect true healing.



Nurturing Spa & Hydrotherapy Water Wellness

Our experienced therapists utilizes both ancient and current Filipino, Asian and Western traditions combining best practices. Everything we put before you matters, and that is the heart in science.



Plant-based, Wholefood, Wellness Cuisine

We believe that being human means being truly alive. Whole-food and plant-based way of eating, not a diet, is the way to truly live. Our bodies are designed to experience daily nourishment with nature's purest.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

The Five Healing Components

Our healing practices ensure that the body returns to its ideal, balanced state and achieve holistic optimum wellness.



Mindful Movement & Functional Fitness

The physical demands in our daily lives are not what it used to be. The Farm's environment allows you to unleash the restrictions and blockages leisurely and pleasurably, not only of your mind, but that of your body.



Healing Environment & Service from the Heart

What is true and pure gives only positive and loving energy – it's palpable. It's science working with nature, nurtured by heart. You will see it, feel it, and you'll choose to embrace the beautiful change.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



Holistic Medical Sanctuary

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Our Team of Healing Experts

Our team of highly-skilled, integrative medicine doctors work with a team of licensed healthcare professionals — nurses, physiotherapists, myotherapists, spa therapists, nutritionists, living food experts, fitness coaches, yoga instructors, and sound healers to help guests lead a healthier lifestyle during your journey to optimal well-being.



PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



PIONEER IN THE COUNTRY

SCIENCE-BASED, EVIDENCE-GUIDED, & MEDICALLY SUPERVISED PROGRAMS

7-30 DAYS ALL-INCLUSIVE RETREATS

Signature Health Optimization Programs

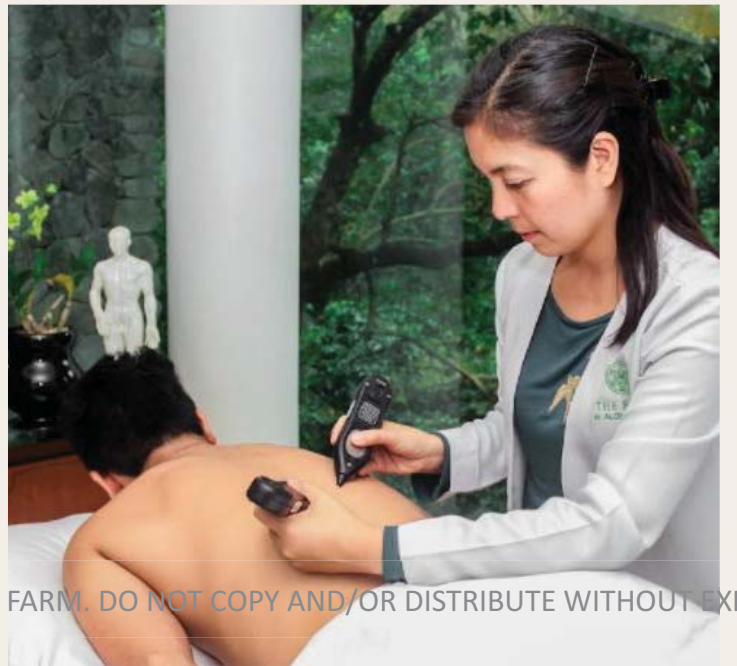
Holistic Cancer Care • Holistic Detox Cleanse • Weight Management, Diabetes Prevention, & Heart Health • Menopause Retreat • Immune Intelligence • Post Viral Syndrome Recovery • Intro to Detox • Holistic Detox Cleanse • Yoga & Raw Food Retreat • Sleep Recovery • Post-Natal Care • Frequent Flyer Wellbeing • Smoking Cessation • Beauty & Longevity • Senior Wellness • Integrative Addiction Recovery Program • Athlete & Pro-Fitness Program • Beauty & Longevity • and more

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.









PIONEER IN THE COUNTRY

Cigna International is a global health service company with roots in the US, serving more than 180 million customers and patients throughout the world.

Executive Health Programs at The Farm
Pain Management & Mental Health

Treatments covered by Cigna International:

- **Medical Consultation**
- **Acupuncture**
- **Mental and Behavioral Health Consultation / Psychotherapy**
- **Physical Therapy and Rehabilitation Medicine**
- **Chiropractic Care**
- **Myotherapy**

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



Healing Sanctuary SPA & Acqua Hydrotherapy Sanctuary

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR



“Spas [...] promote wellness through the provision of therapeutic and other professional *services aimed at renewing the body, mind and spirit*” - Global Wellness Institute

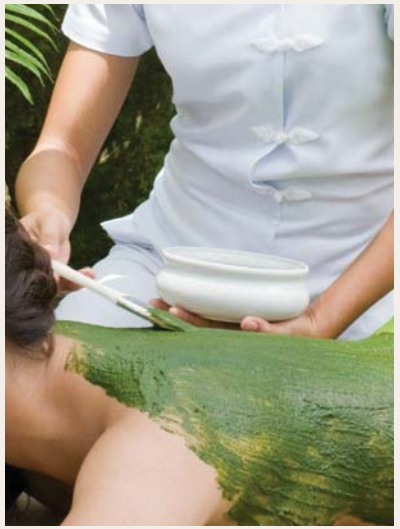
PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.











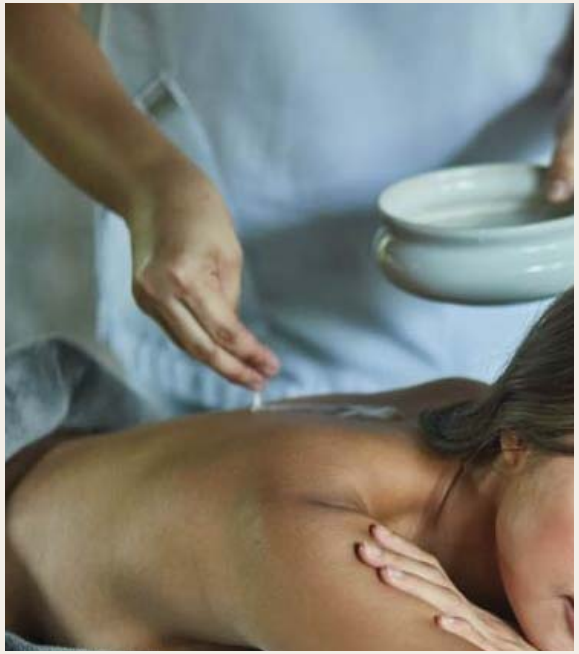
Healing Sanctuary SPA

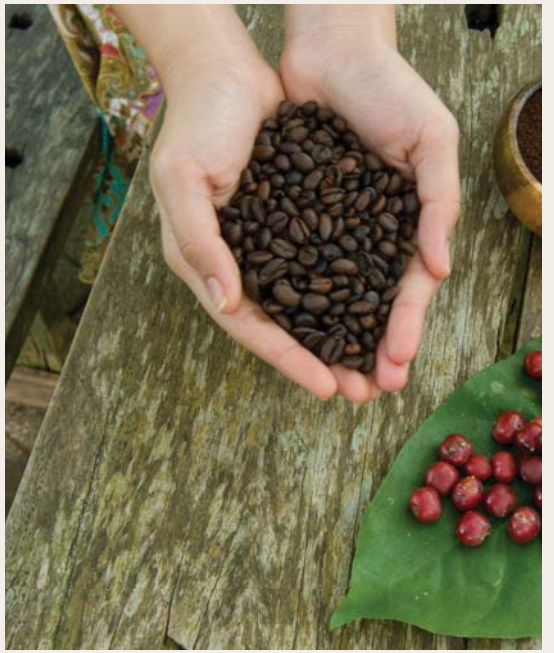
The Farm at San Benito's Healing Sanctuary SPA has a wide array of therapies that follow the principles and practices of Philippine Healing Art - *Hilot* – a traditional touch therapy that heals muscular aches and pains through massage and energy healing. Incorporating the **farm-to-skin concept**, The Farm uses Virgin Coconut Oil with therapeutic infused aromatic essential oils and locally sourced medicinal herbs.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Filipino Healing Art of HILOT

Hilot (Hee-lot) is a traditional Filipino art of healing using herbal remedies



Traditional Filipino Treatments

- Hilot Haplos
- Tres Banyos Lunas
- Hilot Tapal
- Hilot Aruga
- Hilot Kasuyo (Sweetheart)
- Hilot Lakan (The Noble Man)
- Hilot Lakambini (The Noble Woman)
- Hampol
- Hilot Pandanggo
- Hilot Musmos
- Skin Kayud
- Hilod Cleanse
- Busilak Cleansing
- Suob
- Ventosa
- Barako Coffee Wrap & Scrub
- Kalawag Body Wrap
- Pito-Pito Herbal Bath
- and more

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Farm-to-Skin





Medicinal herbs grown on-site:

- Lagundi
- Pandan
- Sambong
- Oregano
- Banaba
- Wheatgrass
- Tanglad *(Lemongrass)*
- Malunggay *(Moringa)*
- Herbabuena *(Peppermint)*
- Serpentina
- Luya *(Ginger)*
- Tarragon
- Aloe Vera
- Raw Cacao
- Barako Coffee
- Papaya
- and more

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



Acqua Hydrotherapy Sanctuary

Acqua Hydrotherapy Sanctuary also offers a multi-step water wellness program to address body pain and aches.Other benefits include improved sleeping patterns, decreased body pain, and an improved sense of well-being.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.









Acqua Hydrotherapy Sanctuary

- Infrared Sauna & Steam Bath
- Cold Bucket Shower
- Acqua Pressure Pools
- Vichy Shower
- Floatation Pod
- Onsen Bath
- Kneipp Therapy
- Pressurized Jacuzzi
- Blind Shower Therapy
- Thermal Foot Sauna
- Thermal Bed with Head & Foot Massage

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



WELLNESS CUISINE

VEGAN-VEGETARIAN-PESCETARIAN

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

HACCP CERTIFIED

The wellness Cuisine Pioneer in the Philippines

HALAL حلال IDCP ISLAMIC DA'WAH COUNCIL OF THE PHILS.

ALIVE!
VEGAN RESTAURANT

VEGAN CUISINE FOR
DETOXIFICATION AND GUT HEALTH

prana
AYURVEDA

VEGETARIAN CUISINE FOR
VITAL ENERGY

PESCE
PESCETARIAN RESTAURANT

PESCETARIAN CUISINE INSPIRED BY
BLUE ZONE DIET FOR LONGEVITY

Wellness Cuisine is a core component of The Farm's holistic approach. It provides guests with nourishing, culinary flavors created to enhance overall wellbeing – productivity, mental clarity, gut health, longevity. At The Farm, food is healing. It is medicine, but packed with flavor, flair and variety.



ALIVE! VEGAN RESTAURANT

Consciously-cultivated with reverence for laws of nature, biological laws, cosmic laws, and human life sustainability



Food Sourced From Earth Energy

The Farm's Alive! Restaurant serves high nutrition, organic dishes. Fresh and flavorful ingredients used by the restaurant are handpicked from the property's very own organic gardens. Following meticulous, mindful food preparation in the kitchens, every dish is presented as a vegan feast—planted by farmer's hands, rooted in our rich soil, nourished by earth's rain and sun. And finally, loving prepared as a celebration of The Farm's healing positive energy.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Plant-based, Wholefood, Wellness Cuisine

ALIVE!
VEGAN RESTAURANT

HALAL-CERTIFIED







Healing Hands In Our Kitchen

At ALIVE! Vegan Restaurant, specific food preparation and cooking methods are employed to help retain the optimum amount of enzymes and nutrients from food. This means that when you eat at ALIVE! food that goes into the body actually nourishes and heals.

- Fresh fruits and vegetables are served raw or blanched to preserve its nutritional integrity.
- Dehydration helps preserve the plant's life force. It supports longer shelf life for the vegetable without having to use toxic chemicals and preservatives.
- Fermentation lends itself as a good source of beneficial bacteria which supports gut health. It also provides essential enzymes that help with absorption of nutrients (which are later converted to Vitamin complexes).

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Plant-based, Wholefood, Wellness Cuisine

Organic Filipino herbs and vegetables grown on-site:

- Pandan *(Screwpine)*
- Sambong *(Blumea camphor)*
- Tanglad *(Lemongrass)*
- Luya *(Ginger)*
- Malunggay *(Moringa Oleifera)*
- Pansit-pansitan
- Bignay *(Currant berry)*
- Banaba
- Lagundi
- Kangkong *(Water spinach)*
- Letsugas *(Lettuce)*
- Puso ng saging *(Banana Heart)*
- ... and more

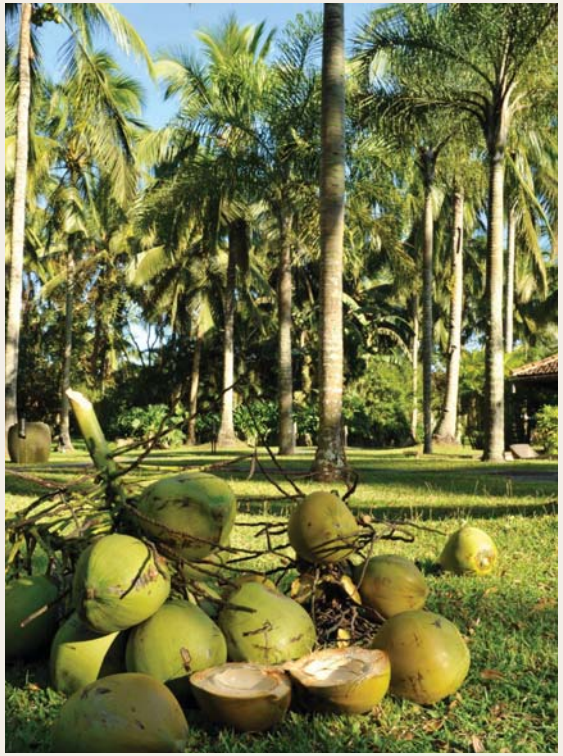
Fruit-bearing trees grown on-site:

- Jackfruit
- Santol
- Rambutan
- Mango
- Cashew
- Guava
- Chico
- Guyabano
- Atis
- Durian
- Lanzones
- Cacao
- Caimito
- Duhat
- Avocado
- Cherry
- Macopa
- Mangosteen
- Starfruit



PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Absolutely No Heat Premium Virgin Coconut Oil (VCO)









As an eco-sustainable green destination, The Farm uses VCO in bath amenities, spa treatments, food and health supplements.

Anti-viral ✓ Anti-bacterial ✓ Anti-fungal ✓ Actively builds up the body's immune system ✓ Helps boost metabolic rate for weight loss ✓ Promotes cell regeneration and more

Corporate Social Responsibility

As a firm advocate for environmental care, The Farm recognizes the importance of the health and wellness of its surrounding communities that play an active role in being stewards of the land. Amongst these recent efforts is the sustainable livelihood program for the local community through training of cold-pressed Virgin Coconut Oil production.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.



Mindful Movement & Functional Fitness

PROPERTY OF THE FARM- DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR

Mindful Movement & Functional Fitness Activities

Complimentary to in-house guests; schedules available daily

The Farm's environment allows you to unleash the restrictions and blockages leisurely and pleasurably, not only of your mind, but that of your body.

Complimentary activities at The Farm:

- **Daily Yoga Sessions**
- **Mandala Flower Meditation**
- **Living Foods Prep Class**
- **Organic Farm Tour**
- **Sound Healing**
- **Interactive Wellness Workshops**
- **Functional Fitness for all ages**
- **Acqua Fitness**
- **Circuit Training**
- **HIIT Training**
- **Aero Dance**
- **Power Walking**
- **Traditional Filipino Games (*Palarong Pinoy*)**
- **Special Themed Workshops**
- **Seasonal Activities for Families**
- **Kids' Activities**
- **and more!**









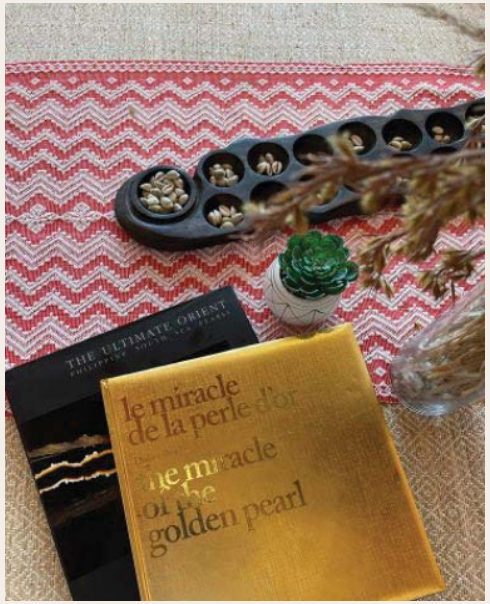
PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

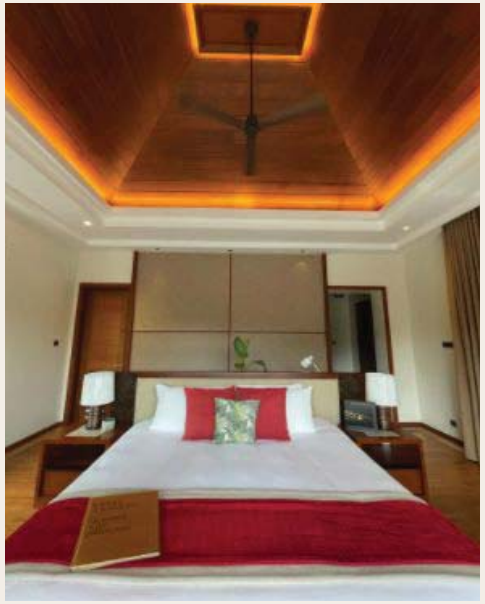


"An emerging trend is the *adoption of* ***wellness architecture, biophilic design, and sustainability*** *elements* into the entire design of the property." - Global Wellness Institute

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

Suites & Villas











Furniture is tailor-made and mixes artisan expertise with Filipino creativity. Using indigenous materials such as bamboo, abaca, coconut shells, rattan and capiz shells. The space blends tradition with modern elements and showcases the diversity of nature. Accented and detailed with local fabrics, the interior showcases the local artisan community and Filipino culture. On Filipino aesthetics and themes, we featured the local textile Binetwagan fabric, the local Tagolwanen weave and basketry patterns.

PROPERTY OF THE FARM. DO NOT COPY AND/OR DISTRIBUTE WITHOUT EXPRESS PERMISSION FROM THE AUTHOR.

THE FARM
AT SAN BENITO

A Life-Transformative Healing Holiday

Celebrating Two Decades of Holistic Health & Wellness

Winner of over 100 prestigious international awards including “Best Medical Wellness Resort in the World”

For inquiries on accommodations and healing retreats, contact us via mobile/WhatsApp/Viber:
+63 918 884 8080; +63 917 572 2325; +63 917 572 2223; +63 917 572 2977

For corporate rates and events:
+63 917 572 2326; +63 917 572 2300; +63 917 702 5298; +63 917 639 1758

24/7 hotline **+63 917 572 2222**
Landline **+63 2 7900 4270**

Follow us on social media @thefarmatsanbenito

www.thefarmatsanbenito.com
119 Brgy. Tipacan, 4217 Lipa City, Batangas, Philippines

A Member of CG Hospitality