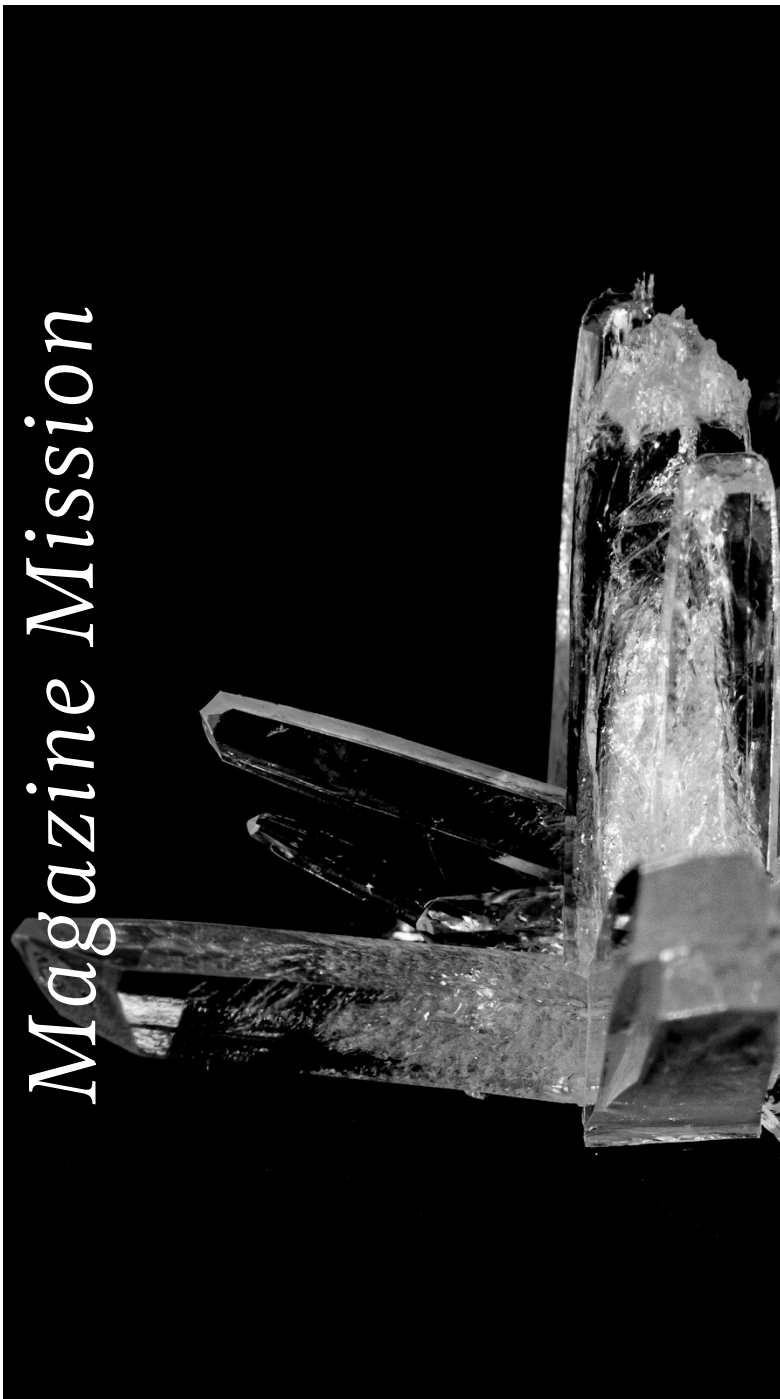


SHA

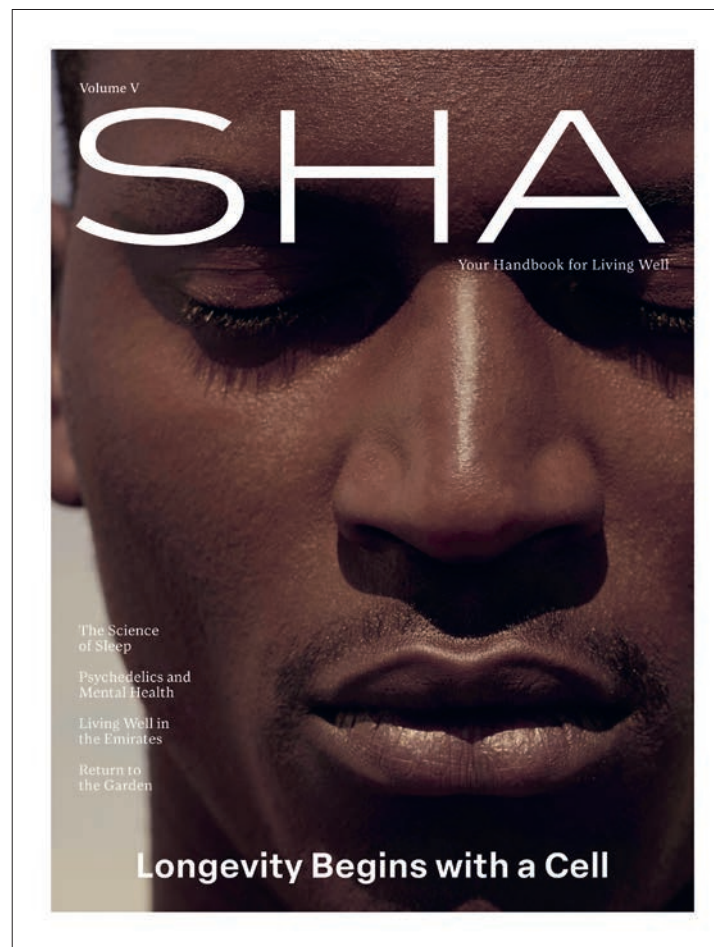
A woman with long brown hair, wearing a black one-piece swimsuit, is lying on her back on a grey lounge chair. She is looking up and to the right with a relaxed expression. Her hands are clasped near her head. The lounge chair is positioned on a wooden deck next to a swimming pool. The water in the pool is a clear, bright blue. The overall scene is bright and sunny, suggesting a summer day.

Your Handbook for Living Well

Magazine Mission



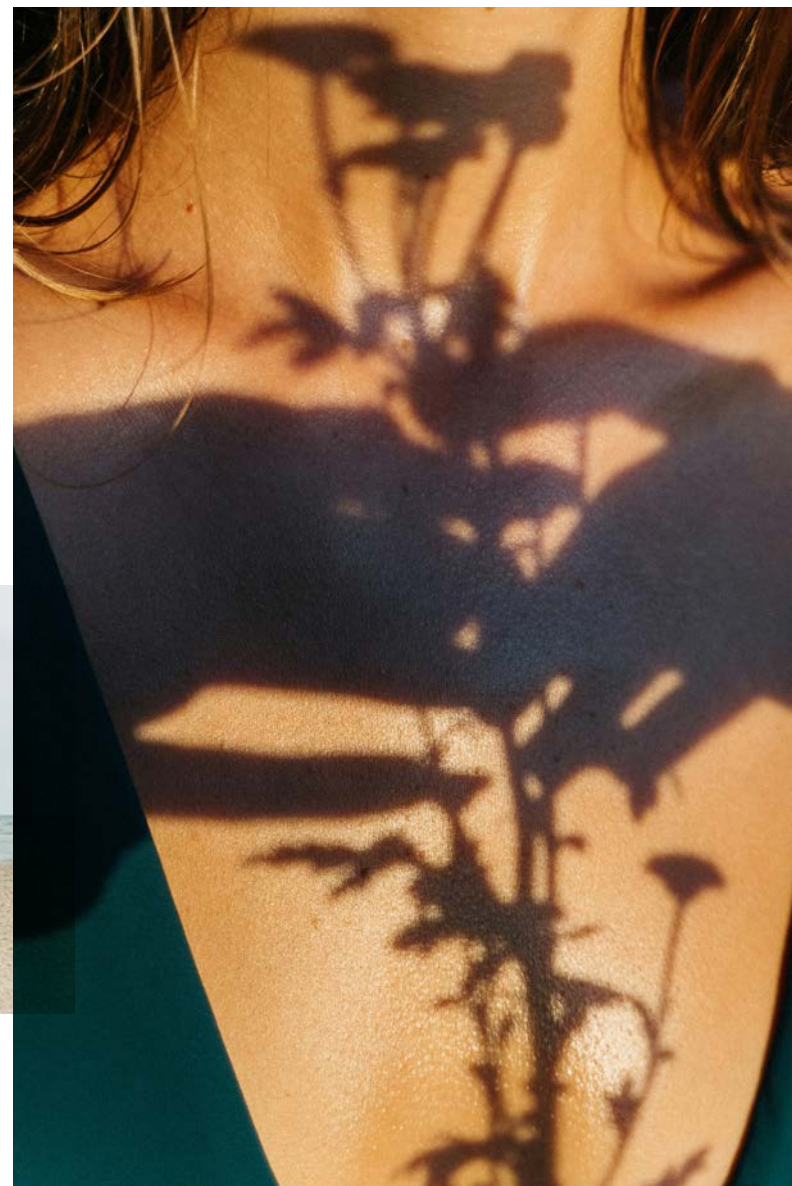
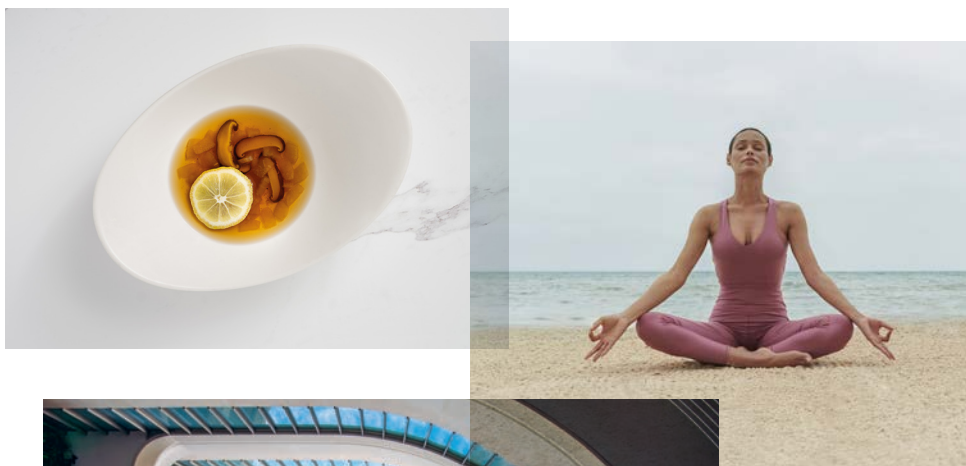
SHA Magazine is the world's leading luxury wellness publication. A thought leader in the wellness space, it spotlights the latest perspectives in medical research, nutrition and healthy living. In addition to its role as the must-have resource for the latest in wellbeing, it also features a curated selection of stories and photo shoots on topics ranging from fashion to art and travel, offering inspiration for how to live both longer and better.



The SHA Spirit

With a clear vision and strong values, SHA's mission is to help people achieve and maintain an optimal state of health through a unique integrative approach, combining the latest advances in scientific medicine with the most effective and proven natural therapies, with a special focus on healthy and balanced nutrition.

SHA is committed to continuous improvement and innovation that facilitate growth without negatively affecting our planet and with the certainty that we are generating a positive economic, social and environmental impact all while maintaining the highest standards of excellence in every aspect and honouring our core values.



The World of SHA

SHA's mission of integrative wellness began in 2008 with its flagship clinic in Spain. Over the years, the medical wellness destination has become known not only for its personalised, holistic approach to diagnosis and rehabilitation, but also for its groundbreaking, authentic and results-driven perspectives on maintaining optimal performance. It is a destination for transformation and rejuvenation, the only place globally that is both chic and at the cutting edge of medicine and medical technology. After years of success and transforming the lives of tens of thousands of people around the world, the SHA Method has arrived in the Americas with a new wellness centre strategically located in the paradisiacal enclave of the Riviera Maya and continues its international expansion to the United Arab Emirates in 2026.



SHA clients are elite performers from across the world who spend both time and money to ensure maximal wellbeing. The average clients are the prime of their lives, and more than half trust SHA so much that they return for multiple visits.

UHNWIs who are dedicated to personal wellness

€16,000 average spend per visit

8 days average length of stay at SHA Wellness Clinic

70% of clients are C-Suites and other elite level executives

40-65 years average age of clients

40%/60% male / female

53% of SHA Wellness Clinic clients are returning visitors

5,000+ SHA Wellness Clinic visits per year

Meet Our Audience



Wellness Done Well

SHA Magazine is a trusted resource for readers looking for the latest in healthy – and beautiful – living. Our network of over 120 editors and journalists across the globe has its fingers on the pulse of topics ranging from medical science to culinary creativity, from mental health to forward-looking philanthropy.

NEWS

Updates on the latest products, ideas and offerings from SHA Wellness Clinic are an indispensable resource for visitors to the clinic and friends of the brand.



DEEP DIVES

Wellness topics are rarely simple: these in-depth features take you behind the headlines to understand all sides of the debates and the latest research learnings.



LIVING WELL

Beauty and joy are keys to maintaining wellness and a healthy outlook. We seek out the latest and greatest from the worlds of art, travel, design and more.



EXPERT ADVICE

The doctors at SHA, and their contacts and colleagues around the world, offer perspectives for improving your own wellbeing and separating evidenced-based advice from mere trends.



Distribution to top-tier members of the exclusive community of the SHA Privileged benefits programme and within the suites and residences at SHA Wellness Clinic Spain and Mexico ensures a luxury-minded audience who are dedicated to achieving and maintaining significant and substantial changes in their health and lifestyle through fitness, nutrition, natural therapies and wellness.

Copies & Language 10,000 / English

Frequency Bi-annual

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Autumn/Winter edition 2025: September 5, 2025

Publication May 2025
October 2025

Dates & Distribution



Advertising Rates



€6,900

Full Page

€11,200

Double Page Spread

€12,000

Inside Front Cover Spread

€9,000

Outside Back Cover

NB: Rates are in EUR.



SINGLE PAGE
(W x H)**TRIM SIZE**

230 x 300 mm

BLEED SIZE

236 x 306 mm

DOUBLE-PAGE SPREAD
(W x H)**TRIM SIZE**

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BLEED SIZE

466 x 306 mm

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COLOUR PROFILE FOR CONTENT PAGES:

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PSO Uncoated

DENSITY OF IMAGE FILES: 300 dpi



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We look forward to a successful partnership.

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