



YOUR NEW HEALTH DESTINATION



STRESS RELIEF  
&  
REJUVENATING

MEDICAL RETREAT



THE CASCADES  
GOLF RESORT, SPA & THALASSO

SOMA BAY  
RED SEA  
EGYPT

14-15-16  
NOVEMBER 2024



# JOIN OUR RETREAT

WE INVITE YOU TO GO ON A  
TRANSFORMATIVE RETREAT FOR  
A COMPLETE RESET AND A NEW  
OUTLOOK ON  
LIFE



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# THE APPROACH



Experience a transformative retreat in the tranquil surroundings of Soma Bay, designed to alleviate stress, rejuvenate your body, and harmonize your mind. Nestled along the stunning Red Sea coastline, Soma Bay's crystal-clear waters and serene landscapes provide the perfect escape for relaxation and renewal.

Our retreat combines evidence-based Mind-Body techniques, inspired by the Mind & Body Medical Institute (Harvard Medical School), with holistic therapies to create a sanctuary where you can restore balance and reconnect with yourself. Through a thoughtfully designed program of relaxation practices, wellness treatments, and immersive experiences, we invite you to embark on a journey towards enhanced well-being and inner peace.

Under the guidance of Dr. Heba Habib, founder of HEALTHING—a premier medical wellness hub—our expert team delivers a specialized Mind-Body & Rejuvenating Retreat. With personalized care and cutting-edge wellness practices, we ensure your experience is revitalizing and profoundly enriching.



At our Soma Bay retreat, we offer a holistic wellness experience that seamlessly blends Mind-Body techniques with luxurious amenities. Our comprehensive program nurtures both physical and mental well-being.

### **Mind-Body Techniques:**

- *Breathing & Relaxation:* Guided exercises to reduce stress and cultivate deep calm.
- *Cognitive Behavioral Techniques:* Strategies to reshape negative thought patterns and boost emotional resilience.
- *Yoga:* Personalized sessions to enhance flexibility, strength, and inner peace.
- *Rejuvenating Nutrition:* Anti-inflammatory meals that promote overall vitality.
- *Sound Healing:* Sessions designed to balance energy and deepen relaxation.

### **Additional Amenities:**

- *Spa & Thalasso:* Luxurious treatments for relaxation and rejuvenation.
- *Sports Facilities:* Access to premier amenities, including a world-class golf course.

Our Soma Bay retreat offers the ideal mix of Mind-Body practices and premium amenities, creating a space where you can rejuvenate, restore balance, and reconnect with yourself.



## WHO WILL BENEFIT FROM THE RETREAT

- **Professionals:** Those in high-stress jobs looking for a break to recharge and learn stress management techniques.
- **Caregivers:** Individuals caring for others, such as family caregivers or healthcare providers, who need time to focus on their own well-being.
- **Students:** Students experiencing academic stress and seeking methods to manage their mental health.
- **Retirees:** Retired individuals aiming to maintain a healthy lifestyle in their later years.
- **Individuals with Stress-related Health Issues:** People suffering from conditions exacerbated by stress, such as hypertension, anxiety, or insomnia, autoimmune diseases, diabetes, chronic diseases.
- **Personal Growth Seekers:** Those on a personal development journey, looking for holistic ways to enhance their mental and physical health.
- **Wellness Enthusiasts:** Individuals interested in Yoga, meditation, and other wellness practices seeking a serene environment to deepen their experience.
- **Corporate Groups:** Teams looking for a unique retreat experience to de-stress, improve morale, and foster better teamwork.
- **Anyone Needing a Break:** Anyone feeling overwhelmed by daily life who desires a peaceful environment to relax and rejuvenate.



## WHAT YOU WILL LEARN

- **Stress Management Techniques:** Methods such as mindfulness, meditation, and breathing exercises to manage and reduce stress effectively.
- **Relaxation Practices:** Activities like yoga, or guided relaxation sessions to help release physical and mental tension.
- **Holistic Wellness Education:** Understanding the connection between mind, body, and spirit for overall well-being, including nutritional advice and healthy lifestyle tips.
- **Self-Care Strategies:** Developing personalized self-care routines to maintain balance and prevent burnout in everyday life.
- **Emotional Resilience:** Techniques to build emotional strength and adaptability in the face of life's challenges.
- **Physical Health Focus:** Engaging in activities and receiving advice that promote physical health, such as exercise routines or therapeutic bodywork.
- **Sleep Improvement:** Tips and strategies for improving sleep quality, which is essential for stress relief and rejuvenation.
- **Connection and Community:** Opportunities to connect with like-minded individuals, fostering a supportive community and enhancing social wellness.
- **Nature Therapy:** Spending time in natural surroundings to promote relaxation and a sense of peace.





# MEET OUR TEAM

HEBA HABIB  
M.D., Ph.D.



Dr. Habib, a medically trained doctor from the Faculty of Medicine in Rabat, Morocco, began her career by specializing in clinical biology with a focus on immunology in Paris and Cairo.

Her keen interest in psycho-neuro-immunology and psycho-neuro-endocrinology led her to investigate the link between stress, emotions, and immune function, which motivated her to pursue a Master's in Neuropsychiatry at Cairo University, focusing on psycho-oncology.

To further her expertise in Mind & Body approaches, she trained at the Mind-Body Medical Institute (Harvard Medical School) and the Paris Institute of Psychosomatics, gaining proficiency in evidence-based techniques such as breathing exercises, cognitive behavioral therapy, yoga, and nutrition, all of which she has seamlessly integrated into her clinical practice.



In 2001, Dr. Habib established a Psychiatry Clinic in Cairo, where she offers an integrative approach to mental health in addition to functional medicine principles into her psychiatry practice.

Dr. Habib specializes in treating chronic illnesses, autoimmune disorders, cardiovascular diseases, cancer, and stress-related conditions, developing personalized integrative programs with a strong emphasis on stress management. Her approach has consistently delivered outstanding results.

Recently, Dr. Habib founded HEALTHING, a medical wellness hub that embodies her extensive expertise, promoting Mind & Body Health through a range of services, including medical care, retreats, training, products, and digital platforms.

Her experience in the diverse environments of Cairo and Montreal has given her valuable insights into cultural differences in health, which she has further explored through a doctorate in medical anthropology at Laval University and a Post-Doctoral fellowship at UQAM.

Dr. Heba will be guiding you on your wellbeing journey throughout the retreat.



## AYA ALI



Aya is a passionate health and nutrition coach who inspires individuals to embrace vibrant lives. With training from the Institute for Integrative Nutrition, Aya focuses on holistic, integrative nutrition, empowering individuals to pursue healthier and more fulfilling lifestyles.

As a Culinary Nutrition Expert from the Academy of Culinary Nutrition, Aya creates personalized nutrition plans that emphasize natural ingredients while avoiding additives and preservatives. With Precision Nutrition Levels 1 & 2 certifications, Aya empowers clients to achieve their health goals.

In addition, Aya is a 200-hour certified yoga teacher who believes in the transformative power of yoga. Through mindful breath work and compassionate guidance, Aya creates a nurturing space for individuals to embark on a journey of transformation that nurtures the body, mind, and soul.

Aya will be preparing your retreat meal menus and offering nutrition workshop & demonstration.



## CHÉRINE SAMIR



Chérine is blessed to have found sound healing on her path to self knowledge and self inquiry.

Sound became her way through the darkness, her compass in navigating life's challenges.

Chérine is a sound therapy practitioner certified by the British Academy of Sound Therapy.

Her sessions weave a deep tapestry of powerful vibration, with intention, awareness, transformation and healing for all involved.

Embodying the healing power of sound, Chérine founded Nine healing vibes, a space for sound healing and other transformational practices advocating self inquiry, self-knowledge, responsibility and return to source.

Chérine is also a certified yoga teacher and well-versed in various meditation techniques. She has over 9 years of experience in leading and organizing wellness retreats.

Chérine will be offering Sound Healing on the full moon by the beach.



## MAI SAKR



Life Coach, Yoga Instructor, and Founder of Namaste Studio. Mai has her unique approach in combining life coaching & yoga, as she believes that they both preach common values such as awareness, balance, self healing and focus. She even raised the bar to apply her unique approach in the sports field which makes it a full mind, body & soul experience.

- - 500 RYT (registered yoga Teacher from yoga Alliance).
- - Hatha yoga instructor from Soham yoga and wellness center.
- - Affiliated to soham Ayur yoga Ashram, India.
- - Multi style yoga instructor ( Ashtanga vinyasa, yin yoga and therapeutic yoga from Mahindar Prasad & Cindrella school.
- - Air yoga instructor (official representative of Air yoga Academy).
- - Professional certified Coach (PCC)

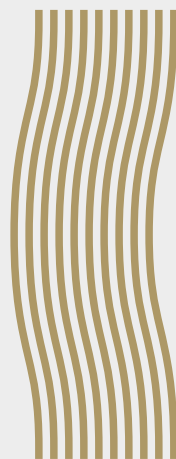
completed more than 2000 hrs of individual & group coaching since 2016

- - Certified Life Coach from Universidad Francisco de Vitoria ( UFV Madrid) and accredited coach from the ICF.
- - Certified Mental sports coach from LCE Academy.
- - Certified practitioner of Neuro Linguistic Programming (NLP) from the American board (NLPAB).
- - Certified practitioner of Hypnotherapy and Time line therapy
- Masters Degree in Business Administration (MBA) major project management.

Mai will be offering Morning and Sunset Yoga classes & Meditation.



# RETREAT PROGRAM

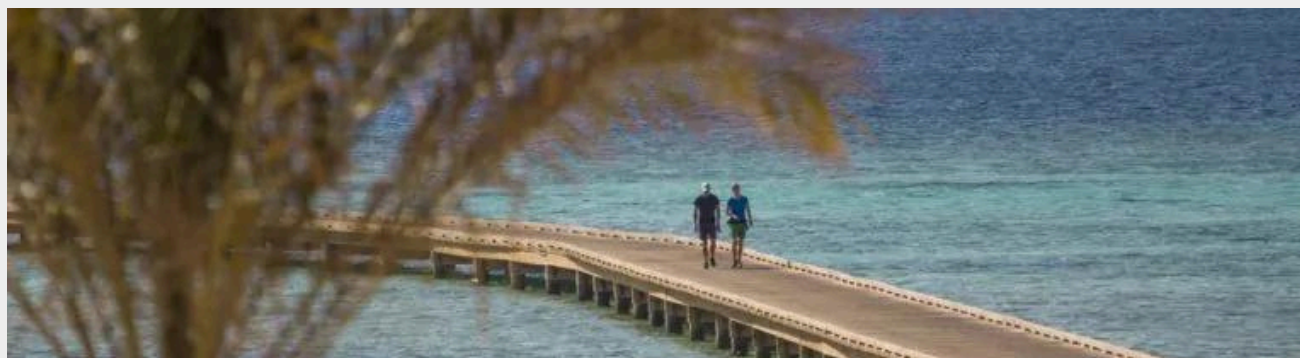




# DAY 1

THURSDAY 14.11.2024

STARTING THE WELLBEING JOURNEY

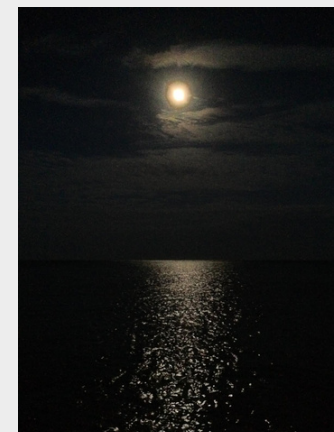


|                        |   |  |                        |
|------------------------|---|--|------------------------|
| 08:30 AM -<br>10:00 AM | • ARRIVAL & REGISTRATION<br><br>• BREAKFAST | WELCOME BOOTH<br>(RECEPTION)<br>PRIVATE DINING AREA<br>(THE DUNES) | HEALTHING TEAM         |
| 10:00 AM -<br>11:30 AM | WELCOME SESSION<br>PROGRAM INTRODUCTION     | PRIVATE DINING AREA<br>(THE DUNES)                                 | HEBA                   |
| 11:30 AM -<br>02:30 PM | FREE TIME                                   | THALASSO-GOLF-<br>POOL-BEACH                                       |                        |
| 02:30 PM -<br>04:00 PM | LUNCH<br>MIND & BODY INTRODUCTION           | PRIVATE DINING AREA<br>(THE DUNES)                                 | HEBA                   |
| 04:30 PM -<br>06:00 PM | SUNSET YOGA                                 | BEACH  | MAI                    |
| 06:00 PM -<br>07:30 PM | FULL MOON<br>SOUND HEALING                  | BEACH  | CHERINE                |
| 08:00 PM -<br>09:00 PM | DINNER<br>MINDFUL NUTRITION                 | PRIVATE DINING AREA<br>(THE DUNES)                                 | HEBA                   |
| 09:00 PM -<br>10:00 PM | STAR GAZING<br>EVENING MEDITATION           | L'ALBATROS<br>TERRACE  | HEALTHING TEAM<br>HEBA |

# DAY 2



FRIDAY 15.11.2024  
DEEPENING RELAXATION



12

|                        |  |                                       |                        |
|------------------------|--|---------------------------------------|------------------------|
| 08:00 AM –<br>09:15 AM | ENERGIZING YOGA<br>MORNING MEDITATION  | YOGA ROOM (SPA)                       | MAI                    |
| 09:30 AM –<br>10:30 AM | HEALTHY BREAKFAST<br>NUTRITION DISCUSSION  | PRIVATE DINING AREA<br>(THE DUNES)    | HEBA                   |
| 11:00 AM –<br>12:30 PM | <ul style="list-style-type: none"> <li>• STRESS RELIEF &amp; REJUVENATING TECHNIQUES</li> <li>• MOVEMENT &amp; BREATHING SESSION</li> <li>• CREATIVE EXPRESSION</li> </ul> | L'ALBATROS<br>TERRACE                 | HEBA                   |
| 12:30 PM –<br>02:30 PM | FREE TIME  | THALASSO-GOLF-<br>POOL-BEACH          |                        |
| 02:00 PM –<br>03:00 PM | LUNCH<br>MINDFUL EATING  | PRIVATE DINING AREA<br>(THE DUNES)    | HEBA                   |
| 03:00 PM –<br>04:15 PM | NUTRITION WORKSHOP   | PRIVATE DINING<br>AREA<br>(THE DUNES) | AYA                    |
| 04:30 PM –<br>06:00 PM | SUNSET YOGA<br>MEDITATION  | BEACH                                 | MAI                    |
| 06:00 PM –<br>07:30 PM | FULL MOON<br>SOUND HEALING   | BEACH                                 | CHERINE                |
| 08:00 PM –<br>09:00 PM | DINNER<br>MINDFUL EATING   | PRIVATE DINING AREA<br>(THE DUNES)    | HEBA                   |
| 09:00 PM –<br>10:00 PM | BONDING & STORY TELLING<br>EVENING MEDITATION  | L'ALBATROS<br>TERRACE                 | HEALTHING TEAM<br>HEBA |

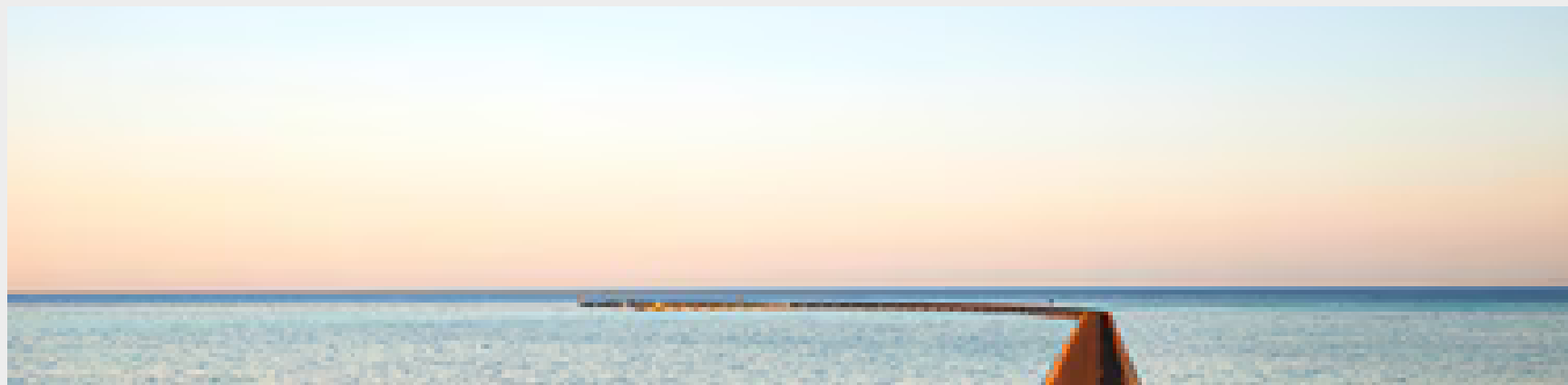


# DAY 3



SATURDAY 16.11.2024

REFLECTION



|                      |   |                            |                       |
|----------------------|---|----------------------------|-----------------------|
| <b>08:00 AM</b><br>- | <b>YOGA</b>   | <b>YOGA ROOM (SPA)</b>     | <b>MAI</b>            |
| <b>09:15 AM</b>      | <b>MORNING MEDITATION</b>   |                            |                       |
| <b>09:30 AM</b> -    | <b>HEALTHY BREAKFAST</b>  | <b>PRIVATE DINING AREA</b> | <b>HEBA</b>           |
| <b>10:30 AM</b>      | <b>NUTRITION DISCUSSION</b>   | <b>(THE DUNES)</b>         |                       |
| <b>10:30 AM</b>      | <ul style="list-style-type: none"><li>• <b>INTEGRATING WELLNESS INTO DAILY LIFE</b></li></ul> | <b>PRIVATE DINING AREA</b> | <b>HEBA</b>           |
| <b>12:00 PM</b>      | <ul style="list-style-type: none"><li>• <b>DEMONSTRATION NUTRITION</b></li></ul>              | <b>(THE DUNES)</b>         | <b>AYA</b>            |
| <b>12:00 PM</b> -    | <b>FREE TIME</b>  | <b>THALASSO-GOLF-</b>      |                       |
| <b>03:00 PM</b>      |   | <b>POOL-BEACH</b>          |                       |
| <b>03:00 PM</b> -    | <b>FAREWELL LUNCH</b>   | <b>PRIVATE DINING AREA</b> | <b>HEALTHING</b>      |
| <b>04:00 PM</b>      |   | <b>(THE DUNES)</b>         | <b>TEAM</b>           |
| <b>04:00 PM</b> -    | <b>RELAXATION</b>   | <b>L'ALBATROS</b>          | <b>HEBA</b>           |
| <b>05:00 PM</b>      | <b>CLOSING CIRCLE</b>   | <b>TERRACE</b>             | <b>HEALTHING TEAM</b> |
| <b>05:00 PM</b> -    | <b>CHECKOUT</b>   | <b>PRIVATE DINING</b>      | <b>HEALTHING TEAM</b> |
| <b>06:00 PM</b>      |   | <b>AREA (THE DUNES)</b>    |                       |



## RETREAT PACKAGES

### Per person in Double Room

26500 EGP (550 USD - 500 Euro)

### Per Person in Single Room

30750 EGP (650 USD - 575 Euro)

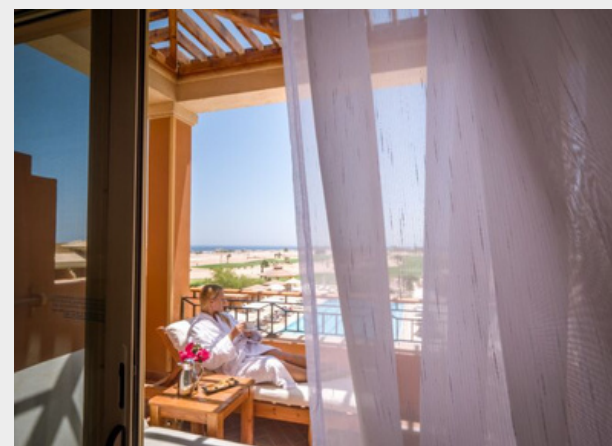
### INCLUDING

### 3 Days Retreat + 2 Nights Accommodation on Full-Board Basis

#### You will Receive:

- Personalized Medical Plan & recommended Spa treatments
- 5 Mind-Body Workshops
- 1 Mindful Nutrition Workshop
- 1 Demonstration Cooking Workshop
- 2 Sound Healing Sessions
- 4 Yoga Sessions
- 6 Guided Meditations
- 8 Nutritious Meals
- 3 Healthy Snacks
- Healthy Fresh Juices, Infused Water, Herbal Teas
- Recipe Digital Book
- The Retreat-Digital Handbook

Double rooms are **shared** accommodations, with roommates thoughtfully matched based on preferences, age, and other considerations to provide a comfortable and harmonious stay.



\*Room types and supplements on top of standard room

- Deluxe Room (Golf & Sea View Room): EGP 300.00 per room per night
- Executive Room (Golf, Pool & Sea View Room): EGP 1500.00 per room per night
- Junior Suite: EGP 2000 per suite.



## \*OPTIONAL\*

### NUTRITIONIST CONSULTATIONS

In addition to the retreat nutritious healthy meals plan designed by AYA ALI, our certified nutritionist, you can also book with her **personalized nutritionist consultations** throughout the retreat in order to:

- Understand your nutritional needs
- Develop a personalized eating plan
- Gain insights into healthy food choices
- Address specific dietary concerns or goals

Consultancy fees: 800 EGP (17 USD-15 Euro).

Sign up at the welcome booth or directly by sending an email to [healthing.info@gmail.com](mailto:healthing.info@gmail.com).

### TRANSPORTATION

- We can help with **flight** booking or **other transportation** , just let us know!
- From-to Hurghada Airport (2 ways) with Hotel Shuttle: 600 EGP Per Person (13 USD- 12 Euro).



## SPA & THALASSO PACKAGES



**Indulge in Tranquility at Soma Bay's Premier World Renowned Spa & Thalasso**, the perfect sanctuary for relaxation and healing.

### **Experience Wellness Like Never Before:**

- **Holistic Treatments:** Immerse yourself in the array of spa treatments, specially designed to alleviate stress, improve circulation, and promote overall well-being.
- **Thalassotherapy:** Discover the therapeutic benefits of seawater and marine elements through the state-of-the-art thalasso services.
- **Expert Therapists:** Highly trained and experienced therapists are dedicated to providing personalized care to meet your unique needs.
- **Luxurious Ambience:** Relax the elegant facilities, designed to provide a peaceful and rejuvenating environment.



### **Signature Services:**

- Hydrotherapy Baths
- Aromatherapy Massages
- Deep Tissue Massages
- Facials and Skincare Treatments
- Detoxifying Body Wraps
- Saltwater Pools
- Seaweed Treatments

### **Why Book Early?**

- **Exclusive Access:** Ensure your spot in the most sought-after treatments by booking as soon as you register and are provided with your recommended Spa & Thalasso treatments according to your condition and preferences.
- **Customized Experience:** Early reservations allow us to tailor your spa experience to your preferences and needs.
- **Peace of Mind:** Enjoy a worry-free retreat knowing your relaxation moments are perfectly scheduled.

### **Booking and Inquiries:**

Once registered, reserve your treatments by contacting us at [healthing.info@gmail.com](mailto:healthing.info@gmail.com) or by Whatsapp: +201020504800.

Retreat participants are being offered special discount for the Spa & Thalasso:

- For the Spa 1 day package: **25% off** selected packages
- For the Spa menu: **30% off** the spa menu

For more information: <https://thecascadesspa.com/>



## GOLF PACKAGES



### **An Ideal Destination for Year-Round Golf**

Somabay Golf offers a paradise for golf enthusiasts, boasting a climate perfect for golfing throughout the year.

#### **This World-Class Golf Facility Includes:**

- **An 18-hole Championship Gary Player Signature Golf Course:** Gary Player, renowned for designing exceptional golf courses, emphasizes beauty and tranquility in his architecture. His courses, including Somabay's, are crafted to be both challenging and enjoyable.
- **Course Design:** The championship course is designed to test the skills and imagination of all golfers, from seasoned players to beginners. The variety of teeing grounds ensures a fair and exciting challenge for every level of golfer.
- **Dynamic Play Conditions:** Located near the Red Sea, Somabay Golf benefits from ever-changing wind conditions, ensuring that each game is unique and adds an extra layer of challenge and excitement.

Packages available upon request.



# TERMS AND CONDITIONS FOR BOOKING

## 1. Booking and Payment

Early booking is recommended as spaces are limited.

- **Deposit:** Before **07/10/24**, a deposit of **30 %** of the total retreat cost is required at the time of booking to secure your spot.
- **Payment Schedule:** Before **01/11/ 24**, the remaining balance is due. Failure to pay the balance by this date may result in the forfeiture of your reservation and deposit.

## 2. Cancellation and Refund Policy

### • Participant Cancellations:

We understand that unforeseen circumstances can arise, and we strive to be as accommodating as possible. Please review our cancellation policy below:

### **Cancellations**

- Before **07/10/24**: Full refund of your payment.
- Between **08/10/24 & 30/10/24**: 50% refund of your payment.
- Cancellations from **01/11/24** onwards: No refund will be provided.
- **No Shows or early departures:** No refund.

### • Organizer Cancellations:

If the retreat is canceled by the organizer due to unforeseen circumstances (e.g., natural disasters, pandemics, etc.), participants will receive **a full refund or the option to transfer** their booking to a future retreat date. We are not responsible for any additional expenses incurred such as airfare or travel insurance.

## 3. Changes to Booking

- **Amendments:** Requests to change your booking (e.g., change of dates, participant substitution) must be made in writing at least 14 days before the retreat start date (**before 01/11/24**),
- **Availability:** Changes are subject to availability and may incur additional fees.
- **Organizer Changes:** The organizers reserve the right to make minor changes to the retreat program (e.g., changes in schedule, facilitators) without notice.



#### **4. Health and Medical Requirements**

- **Medical Assessment:** Participants may be required to complete a medical questionnaire and provide a health certificate from their doctor prior to attending the retreat.
- **Pre-existing Conditions:** Participants must inform the organizers of any pre-existing medical conditions, allergies, or special dietary requirements at the time of booking.
- **Suitability:** The retreat is designed for stress relief and regenerative purposes and may not be suitable for individuals with certain medical conditions. It is the participant's responsibility to consult with their healthcare provider before attending.
- **Emergency Care:** In the event of a medical emergency, the organizers will provide assistance to the best of their ability, but all costs related to medical treatment are the responsibility of the participant.

#### **5. Travel and Insurance**

- **Travel Arrangements:** Participants are responsible for their own travel arrangements to and from the retreat location.
- **Travel Insurance:** It is strongly recommended that participants purchase travel insurance to cover any unforeseen circumstances, including trip cancellation, medical expenses, and loss of personal belongings.

#### **6. Liability**

- **Personal Responsibility:** Participation in the retreat is voluntary, and participants assume full responsibility for any risk of injury, illness, or damage that may arise during the retreat.
- **Liability Waiver:** The organizers, facilitators, and venue are not liable for any personal injury, illness, loss, or damage to personal property during the retreat.
- **Indemnity:** Participants agree to indemnify and hold harmless the organizers and facilitators against any claims, damages, liabilities, and expenses arising out of their participation in the retreat.





## **7. Conduct and Behavior**

- **Code of Conduct:** Participants are expected to behave respectfully towards other participants, facilitators, and staff. Disruptive or inappropriate behavior may result in removal from the retreat without refund.
- **Confidentiality:** Participants are expected to maintain the confidentiality of other participants and respect their privacy.

## **8. Use of Facilities**

- **Spa and Wellness Services:** Access to spa and wellness services (e.g., massages, treatments) is subject to availability and may require advance booking.
- **Sports Facilities:** Use of sports facilities (e.g., golf, tennis) is at the participant's own risk and subject to the rules of the facility.

## **9. Privacy and Data Protection**

- **Data Collection:** Any personal information provided during the booking process will be used solely for the purpose of the retreat and will not be shared with third parties without consent.
- **Communications:** Participants may receive communications related to the retreat and future offerings.

## **10. Force Majeure**

- **Unforeseen Events:** The organizers are not liable for any failure to perform their obligations due to events beyond their control, including but not limited to natural disasters, acts of terrorism, pandemics, or government restrictions.

## **11. Governing Law and Jurisdiction**

- **Legal Framework:** These terms and conditions are governed by the laws of Egypt.
- **Dispute Resolution:** Any disputes arising from these terms and conditions will be resolved through mediation or in the courts of Egypt.

By booking the retreat, you acknowledge that you have read, understood, and agreed to these terms and conditions.



## RESERVATION PROCESS

### For Further Inquiries:

Website: [www.hebahabib.com/healthing](http://www.hebahabib.com/healthing)

Email: [healthing.info@gmail.com](mailto:healthing.info@gmail.com)

Whatsapp: +201020504800

Phone: +201016763335

### For Booking:

Kindly send us the copy of your deposit by:

Email: [healthing.info@gmail.com](mailto:healthing.info@gmail.com)

or Whatsapp: +201020504800

### Once booking & deposit payment are complete we will send you:

- Confirmation of your booking
- Medical intake form
- Medical assessment form to prepare your personalized Medical Plan & Spa treatments for the retreat and beyond
- Recommended laboratory tests for a more accurate medical assessment

### Payment Schedule:



### Payment Methods (Transfer fees if any to be added):

From Egypt: INSTAPAY [dr.hebahabib@instapay.com](mailto:dr.hebahabib@instapay.com)

International Payments: PAYPAL <https://www.paypal.com/paypalme/DrHebaHabib>