

Wellness from the inside out



### It's All About You

The **Doubletree Grand Hotel**  
**Miami** presents *The Wellness*  
*Program* at MboD Medical Spa



*It's all about you!*  
YOU ARE UNIQUE

You deserve a Unique  
Medical Experience

- You **deserve** a change
- You are in **control**
- Make the **change** now



**Prevention:** an action or actions taken to stop something from taking place

The path to medical goals differs from person to person. **MboD Medical Spa** offers an innovative solution to your medical goals: a **comprehensive** approach to preventive medicine, all in a 6 day Holistic Medical Holiday.

## The delivery of personalized care



At MboD Medical Spa, we integrate Medicine, Aesthetics and Wellness. This integrated approach is the root of the MboD Medical Spa name and mission. The team of Nutritionists, Accomplished Personal Fitness Trainers and Support staff are energetic and dedicated. Dedicated to guiding and advising you to a healthy lifestyle, under the direct supervision of Dr. Ghassan Fahel.

## Your physician

- ▶ *Dr. Fahel is well known for integrating Hospitality and Medical Services. During his medical career, he has performed over 10,000 medical visits. This unique experience evolved into developing a preventive medical program for the discerning traveler.*
- ▶ *Dr. Fahel and a team of designers created the MboD Medical Facility with state of the art Medical Laboratory and Medical Rooms.*
- ▶ *Dr. Fahel extended his studies in skin diseases, aesthetics and wellness and continues to be on the cutting edge of technology. He traveled to Paris, France and specialized in Mesotherapy with Dr. Jacques Le Coz, the premier Mesotherapist in the world.*
- ▶ *Dr. Fahel has prepared and trained a team of Nutritionists, Physical Therapists and Medical Specialists to guide you towards a healthy lifestyle under his direct supervision.*
- ▶ *Dr. Fahel and the MboD team are committed to delivering your personalized medical care.*

Another day in delivering personalized medical care.



## Your Space...

At MboD Medical Spa, the spa belongs to you. During this wellness journey we close our doors to accommodate you and only you. A calm and relaxing environment awaits you.

Most procedures are performed in the convenience of the spa facility. Your doctor will personally accompany you to the diagnostic center for additional examinations.



*It's all about you...*  
*There is only one you...*



Health concerns? Questions? Modern medicine has the technology to give you the answers. A Heart scan to check your Calcium score or a Functional Intracellular Analysis to analyze your multivitamin supplementation for deficiencies. These are just some of the procedures which can provide you with the facts you need. Stop wondering. Take action. You deserve it.

**MboD**<sup>TM</sup>  
**MEDICAL • SPA**

It's all about you...



## Accommodations, Miami

### *Doubletree Grand Hotel Miami*

The Doubletree Grand Hotel Biscayne Bay overlooking the Port of Miami near Miami's Brickell Avenue financial district is close to the fun, food, and shops of Bayside Marketplace, American Airlines Arena (home of the Heat) and Miami Beach.

World-famous South Beach and the Art Deco Historic District are a short jump over scenic causeways, and Miami International Airport (MIA) is only 15 minutes away. Our fashionably appointed guestrooms, suites, and executive accommodations offer a long list of amenities designed to pamper, including our decadently comfortable Sweet Dreams beds, marble baths, and high-speed internet access. Many rooms feature private balconies with breathtaking views of the bay front marina or beautiful park.





# The Package.

## Holistic Medical Holiday in Miami

“It’s all about you”

### Day 1 @ MboD Medical Spa

- Medical History and Examination
- Screening Hematological Exam
  - a. Cholesterol Profile
  - b. Complete Blood Count
  - c. Complete Hormonal Evaluation
  - d. Liver Profile
  - e. Kidney Profile
  - f. Urinalysis
  - g. Complete Metabolic Profile
  - h. Thyroid Profile
- Functional Intracellular Vitamin Analysis™
- Screening Electrocardiogram (EKG)
- Therapeutic Massage
- Bayside Lunch @ Blu Moon Mediterranean Restaurant

### Day 2 @ MboD Medical Spa

- Screening Carotid Ultrasound
- Screening Echocardiography
- Screening Trans-Abdominal Prostate Ultrasound\*
- Facial Skin Analysis with Canfield Visia System
- Nutritional Assessment by Nutritionist: Focusing on healthy eating habits and eating for proper skin nutrition
- Therapeutic Facial
- Bayside Lunch @ Blu Moon Mediterranean Restaurant

\* Men Only

### Day 3 @ Diagnostic Facility

- Heart Scan
- Bone Density Test
- Virtual Colonoscopy
- Screening Mammogram\*
- Cooking Demonstration @ Blu Moon with Lunch

\* Women Only

### Day 4 @ Health Club

- Personal Fitness Trainer Evaluation: a series of tests to assess strength, endurance, flexibility, body fat, etc...
- Sauna followed by Therapeutic Massage
- Bayside Lunch @ Blu Moon Restaurant

### Day 5 @ MboD Medical Spa

- Wrap up and Summary of all tests organized in a Formal Report or CD ROM.

To see a more detailed description of services:  
click [www.mbodmedicalspa.com](http://www.mbodmedicalspa.com)

Prices: 6 day Holistic Medical Holiday in Miami: **\$7,600**

Prices: 6 day holistic medical holiday with hotel accommodations: **\$9,000**

Hotel Accommodations @ **Doubletree Grand Hotel Miami**

\* Prices subject to change. Price will be finalized at time of reservation.