









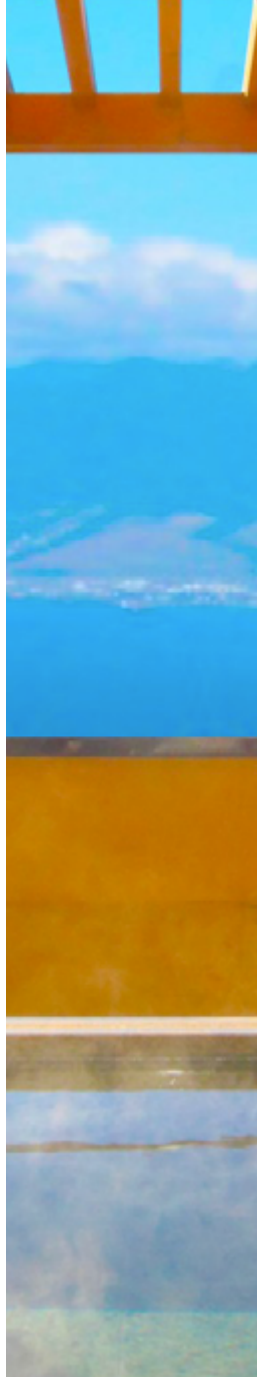






# LIVING CARINO NEVIS

Enjoying the simple  
things



## EXPERIENCE A PIECE OF PARADISE

Overlooking Charlestown and the Caribbean Sea, Carino Hamilton Development is situated on the lower slopes of Nevis Peak.

It is a local company which was established with a view to provide high-end condominiums and villas for the exclusive Nevisian real estate market. Carino gives its residents the benefit of cool mountain breezes and fabulous ocean views from its elevation of 500 feet.



# IMPROVE THE QUALITY OF YOUR LIFE

During your stay at Carino Hamilton Development, you can avail of our Health packages that focuses on a specific health condition or personal goal.

Once you add a Health Package during your stay at Carino Hamilton Development, a nurse educator will assist you and coordinate all your appointments beforehand to arrange everything you need so you can make the most out of your stay here in Carino Hamilton Development.









# EXECUTIVE HEALTH PACKAGES

All-inclusive, unifying evaluation for the best in preventive care

Take your annual check-up on a whole new level of refinement, consciousness and follow-through. Meet with healthcare experts in a tranquil and a focused environment who will attend to your healthcare needs and examine and assess the totality of your health, from physical aspect to your own personal lifestyle.

Aside from the services included in your stay at Carino Hamilton Development, your Health Program comprises of pre-arrival interview, wrap-up session with our nurse educator and the following:



- Initial consultation with a nurse educator and Program Advisor
- 75-minute, comprehensive history and physical by your personal EHP physician – includes Pap smear for women
- Nutrition consultation focused on your personal history and goals
- Exercise Physiology consultation with personalized exercise prescription
- Healthy Lifestyle consultation with a licensed therapist





Bring home your experience, the tools, knowledge and expert planning for a healthy future. Carino Hamilton Development professionals are available for phone consultations after your visit, and are happy to confer with your physician or other experts at home.

- Extensive diagnostic testing, including:
  - LDL/HDL particle size and lipoprotein(a) level
  - Comprehensive cholesterol profile, liver function, kidney function, complete blood count, iron stores, thyroid function, C-reactive protein and homocysteine levels, PSA for men, blood sugar and urinalysis
  - Diabetes testing
  - Vitamin B-12, and free and total testosterone (men only)
  - Resting and exercise EKGs, including a Cardiometabolic Stress Test with a physician
  - DEXA Bone Density/Body Composition Vision, Hearing and Spirometry (lung function)
- 25-minute follow-up with a physician to review and summarize test results and recommendations
- Binder with test results and comprehensive recommendations
- Follow-up summary letter with final test results and recommendations

*\*Recommended 4-night minimum stay*

*Note:* An off-site chest X-ray and mammogram can be scheduled. Charges for diagnostic tests done outside Carino Hamilton Development are the responsibility of the guest and are to be paid to the provider who performs the tests. Insurance information and credit cards should be brought to the testing facility. Optional tests and services — including a CT heart scan — are available for an additional cost if needed.





# ENHANCED EXECUTIVE HEALTH PROGRAM

A centralized healthcare assessment for your health & long life.

A unique health assessment program with a broadness and depth that is previously foreign to the U.S. Healthcare System. The Enhanced Executive Health Program is designed for keen and motivated individual who puts their health as top priority. The program further includes an all-encompassing diagnostic evaluation, lifestyle valuation, risk factor scrutiny and personal advices.

## Enhanced Executive Health Program includes:

- Heart-Rate variability Test
- Resting metabolic rate
- Non-invasive vascular testing
- Assessment of resting metabolic rate and consultation with a nutritionist
- Additional exercise physiology appointment to analyze and integrate results of diagnostic testing



- Private Mind-body Personal Training (yoga, meditation, qi gong or tai chi)
- Choice of Acutonics,® Acupuncture or Healing Touch
- Stress-management training with a licensed therapist
- 50-minute follow-up with a physician to review and summarize test results and recommendations
- 50-minute phone follow-up at home with your personal EHP physician for a progress report, to answer questions and plan for further diagnostics or follow-up

*\*Recommended 5-night minimum stay*

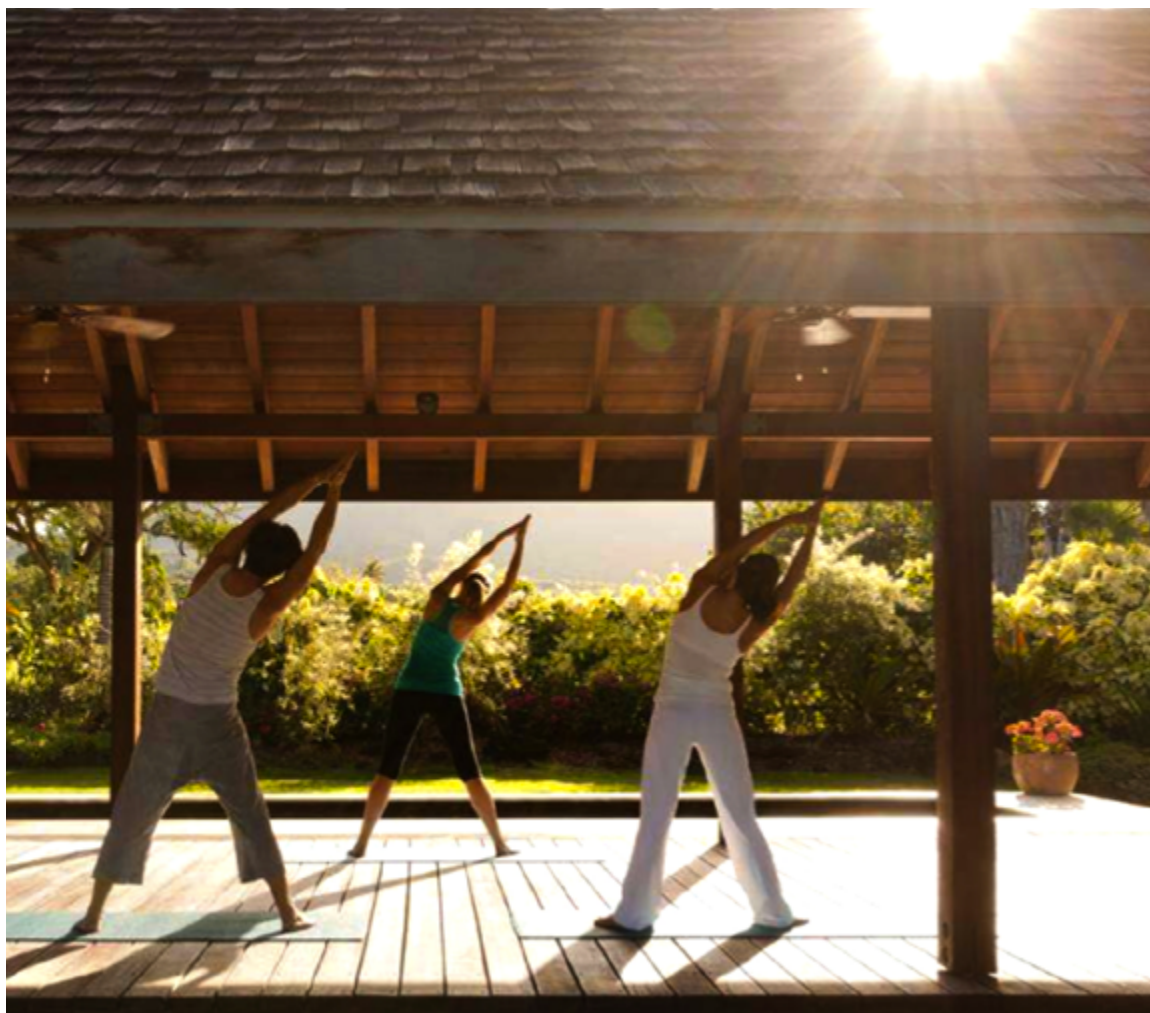
*Note: An off-site chest X-ray and mammography can be scheduled. Charges for diagnostic tests done outside Canyon Ranch are the responsibility of the guest and are to be paid to the provider who performs the tests. Insurance information and credit cards should be brought to the testing facility. Optional tests and services — including a CT heart scan — are available for an additional cost if needed.*



The depth and diversity of this package make it an ideal way to plan for your healthiest future.







# NEW APPROACH TO WEIGHT MANAGEMENT

Reach your ideal weight and start a change in your life.

An effective weight management program is necessary if you wanted not only to lose weight but as well maintain a healthy weight. This program greatly depends on your personality, body chemistry, food preferences, lifestyle and physiology.

With the help of our professional team, we can formulate the best take home program for you that you can surely follow with pleasure and confidence.

In addition to the services included in your Carino Hamilton Development stay, your New Approaches to Weight Management package includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:



- Initial consultation with a nurse educator and Program Advisor
- 25-minute physician consultation
- DEXA Body Composition
- Resting Metabolic Rate measurement
- Metabolic Exercise Assessment
- Two Nutrition consultations
- Two Healthy Lifestyle consultations

*\*4 nights or longer*

Surely, you'll return home ready for a lifetime of healthy eating, fitness and joyful living.







# BRAIN FITNESS

For a sharper mind and clearer memories at every age.

To have a more fulfilling life, one needs to keep his/her mind and memory in best shape as possible as they age. This program aims to deliver a sustained brain fitness with the tools, information and insights prepared just for you. This is an opportunity to become aware with important topic and expert guidance and as well as a time to explore the best strategies for you.

Aside to the services included in your Carino Hamilton Development stay, your Brain Fitness package includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:

You'll leave with an at-home program for optimal cognitive function, so you can make the most of every day of your life.

- Initial consultation with a nurse educator and Program Advisor
- 50-minute Integrative Medicine Consultation
- Non-invasive Cardiovascular Profile Assessment
- Private fitness service (agility)
- Two-part Cognitive & Memory Assessment
- Neuronutrition: Food for Thought consultation
- Exercise for Healthy Aging consultation
- Private Mind-Body Personal Training
- 50-minute physician wrap-up and comprehensive treatment plan

*Note:* This package is not suitable for people who have been diagnosed with Alzheimer's disease or dementia.



# STRESS AND MOOD MANAGEMENT

Cultivate a stress hardiness to help  
meet life's challenges

You'll surely bring home not only the practical  
knowledge and first hand experiences but as well  
as the feeling of being refreshed and relaxed.



Stress can either motivate us or challenge us, but either way it can be very overwhelming and causes us to burn-out. Stress is a part of life, we cannot completely eliminate it however one can develop "stress hardiness" through management plan. With the expert knowledge of our team, you will be equipped with knowledge and ways that will help you understand and control your body's actions towards stress.

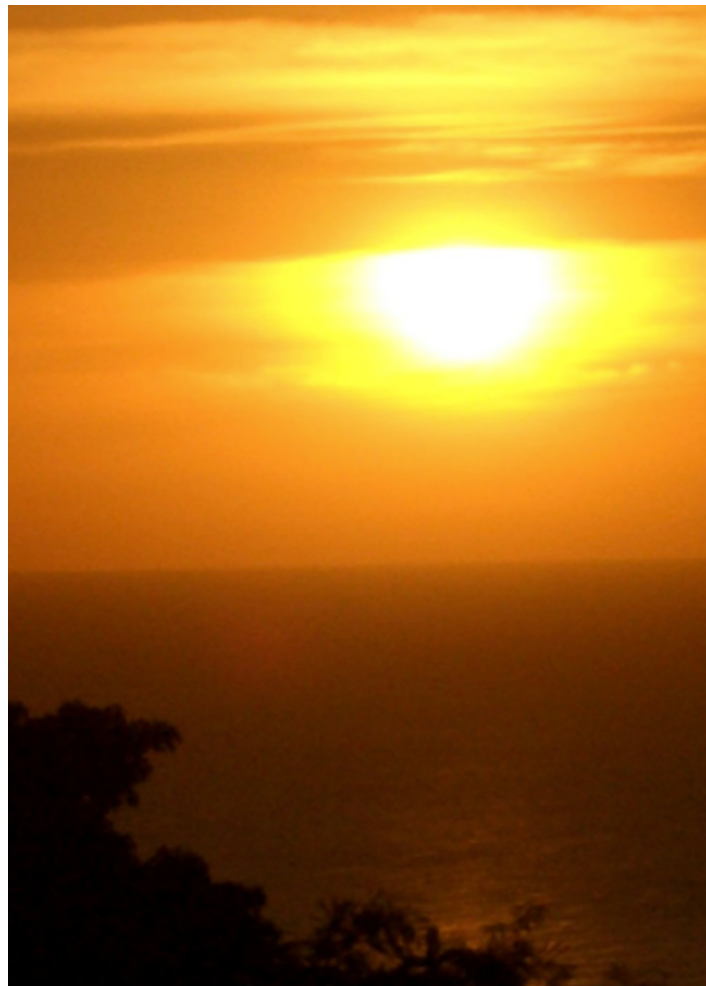
Aside from the services included in your Carino Hamilton Development stay, your Stress & Mood Management package includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:





- Initial consultations with a nurse educator and Program Advisor
- 50-minute physician consultation
- Heart-Rate Variability Test (measures your body's adaptation to stress)
- Nutrition consultation
- Biofeedback session
- Two Stress Management consultations
- Choice of one:
  - Gyrotonic Expansion System®
  - Pilates
  - Rx for Exercise
- Choice of Acupuncture or Healing Touch

*\*4 nights or longer*



# SPORTS TRAINING

A dream team of experts helps you reach ever higher

If you are eager to improve your physical performance, set your objectives and take your training to the next level. It doesn't matter if you're a novice or a professional athlete, you will have get a core performance measure, evaluation and program specially designed to help you become the best on what you do.

Enjoy the advantage of having your own personal team as you undergo assessments by physician, a licensed therapist, nutritionist and an exercise physiologist who knows how to drive you to succeed.



Take home the tools to reach your peak in the sport you love.





Aside from the services included in your Carino Hamilton Development stay, your Canyon Ranch Sports Training package includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:

- Initial consultations with a nurse educator and Program Advisor
- 50-minute Musculoskeletal Consultation with a physician
- Laboratory testing
- DEXA Body Composition
- Two Exercise Physiology consultations (testing strength and flexibility)
- Nutrition consultation
- Choice of Performance Enhancement or Hypnotherapy session

*\*4 nights or longer*

*What's Your Passion? You may add enhancements to this package specific for activities such as: Biking, Running, Tennis, Golf, Swimming, Triathlon Training*