

## 3.5 days Fasting Detox

9,298 Baht.

Fasting detox 3.5 days program is an introductory for those who have less time. The minimum of 4 nights is required although we recommend for 5-6 nights for pre-cleanse and post-cleanse meals at our Radiance Restaurant.

### Minimum Stay: 4 nights

Fasting detox 3.5 days program is an introductory for those who have less time. The minimum of 4 nights is required although we recommend for 5-6 nights for pre-cleanse and post-cleanse meals at our Radiance Restaurant. It is a very easy ,reliable but effective way to clean your body and mind in a short stay.

### DETAILS

What's included in the program: (No Accommodation Included, [see accommodation](#))

- Detox Package and Fasting Program Introduction
- Dr.Jensen's Video on Cleansing and Nutrition
- Instruction on how to do a colema board colon cleanse
- Daily intestinal cleansers & herbal nutrition (20 caps per day)
- Daily 3 specially prepared Detox drinks consisting of Bentonite Clay and Psyllium Husk
- Daily 1 flora grow pro-biotic capsule
- Daily 1 colon cleansing using our "colema board" enema system (self-administration)
- Daily: 2 liver flush drinks, 2 veggie broth soups, 1 carrot juice & 1 coconut water
- Your own personal colema tip + lubricating gel
- A special replacement lactobacteria implant enema to break the fast
- 2 flora grow lactobacteria/acidophilus drinks also to assist breaking the fast
- Some natural herbal laxative tea (only take if needed 2nd Days after the fast)
- Filtered drinking water in colema center
- Alkaline water for increasing body pH before and during the fast
- Electrolyte water for electrolyte replacement
- A complimentary herbal steam bath to take whenever you want