

4n5d Better New Life Fasting Detox Retreat

13,500 Baht.

A bundled package of 3.5 days semi-fast with other supportive activities. An economy choice for a fulfilling healthy holiday.

DETAILS

A detox retreat package in a spa resort kohchang , it is a bundled package of 3.5 days semi-fast with other supportive activities such as pre cleanse and post fast foods and drinks, massage, yoga, steam bath, an economy choice for a fulfilling healthy holiday but full pleasant in a short relaxing period.

What's included in the detox retreat program:

(No Accommodation Included)

- Free round trip transfer: Ferry Pier/Resort
- Orientation about fasting detox program
- Alkaline forming food coupon for pre-cleanse and post cleanse(900 baht)
- Massage and Spa Treatment Coupon 1,500 bath
- 3 times of Yoga & Meditation class
- 3 times of Herbal steam bath or far-infrared sauna
- 3 times of Ampuku Abdominal massage

Fasting detox 3.5 days Program

- Detox Package and 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