

## 5n6d Semi-Fasting Package

16,500 Baht.

### DETAILS

(Minimum Stay: 5 nights, No accommodation)

What's included in the Fasting Detox retreat Package :

- Fasting Detox 3.5 days semi program
- Free round trip transfer: Ferry Pier/Resort
- Alkaline forming food coupon for pre-cleanse and post cleanse(1,500 baht)
- Massage and Spa Treatment Coupon 2,500 bath
- 4 times of Daily Yoga & Meditation class
- 4 times of Herbal steam bath or far-infrared sauna
- 3 times of Ampuku Abdominal massage

What's included in the 3 days semi-fasting program:

- 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 coloma center
- Alkaline water for increasing body pH before and during the fast
- Electrolyte water for electrolyte replacement