

## 9n10d Clean Me Out Fasting Detox

**26,500 Baht.**

The ultimate in fasting programs, for those who've decided it's time to do something POSITIVE about their health. It's really a powerful way to eliminate toxins from the bloodstream, build immunity and cleanse your liver and intestinal systems!

### DETAILS

Fasting Detox Retreat 9n10d cmo Package : cost 26500 baht/person

the 7 days fasting program with full supportive service, good for people who have 10 days holiday and need to have full relaxation and the body and mind be cleaned up.

1. The first day for pre-cleanse
2. the 7 days fast
3. 1 or 2 days for post fast (prepare your body before going back to your normal life)

What's included in the ackage: (no accommodation included)

- 7 Days Clean Me Out Fasting Program
- Orientation about detoxification program
- Massage and Spa Treatment coupon for 4,500 Baht
- Food coupon for using on pre-cleanse, post cleanse and other juices during the fasting program.
- 7 times of Yoga & Meditation class
- 7 times of Herbal steam bath or far-infrared sauna
- 7 times of Ampuku Abdominal massage
- Free round trip transfer: Ferry Pier/Resort

What's included in 7 Days Fasting:

- video programs on cleansing & nutrition
- daily meditation 08.00-08.30 am subject to Instructor availability
- intestinal cleansers & herbal nutrition tablets taken 5 times per day (30 tablets)
- 5 specially prepared Detox drinks daily
- 1 flora grow capsule daily
- twice daily colon cleansing using our colema board• enema system (self-administration)
- your own personal colema tip + lubricating gel
- a special replacement lactobacteria/acidophilus 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 Day after the fast)
- filtered water for drinking, electrolyte water for electrolyte replacement, alkaline water for increasing body pH before and during the fast.