

9n10d Detoxify Fasting Retreat Package

26,500 Baht.

Designed for those who would like to do the 3.5 day semi-fast kind of program for 7 days. The Semi Fast is an easier version of fasting program by comparing to the full 7 days one. For example, 3 times of Detox drinks instead of 5 times and 1 time of Colon cleansing instead of 2 times.

DETAILS

his Fasting detoxify retreat package is designed for those who would like to do the 3.5 day semi-fast kind of program for 7 days. The Semi Fast is an easier version of fasting program by comparing to the full 7 days one. For example, 3 times of Detox drinks instead of 5 times and 1 time of Colon cleansing instead of 2 times.

Apart from the fasting programme, this retreat offers daily yoga class, massage and steam bath or infrared sauna.

It is a perfect way to enjoy your healthy holiday.

What's included in the program: (No Accommodation Included)

- Free round trip transfer: Ferry Pier/Resort
- Alkaline forming food coupon for pre-cleanse and post cleanse (1,800 baht)
- Massage and Spa Treatment Coupon (4,500 baht)
- 7 times of Daily Yoga & Meditation class
- 7 times of Herbal steam bath or far-infrared sauna
- 7 times of Ampuku Abdominal massage

7 DAYS SEMI FAST Description...

- 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
- 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

Minimum Stay: 9 nights