

## 6 Days Mild Cleansing Juice It Retreat

9,400 Baht.

This is a mild & easy way to clean your body with a variety of fruits and fresh vegetables. They all come in a form of solid food and delicious juices.

### DETAILS

Juice It Health Retreat 6 days 5 nights

Rate: 9,400 Baht/person (Program only, No Accommodation included)

Minimum Stay: 5 Nights

This is a mild & easy way to clean your body with a variety of fruits and fresh vegetables. They all come in a form of solid food and delicious juices. If you are not yet ready for the fasting (no solid food, only drinkable liquid), this 5N6D Juice It program allows you to take a good care of your body with the diet control program. Together with other supportive activities, the combination of these healthy elements makes this relaxing holidays of yours more meaningful.

No need for colonic irrigation (colema) everyday – It's so easy!! Let's try!!!

What's included in the Juice it retreat:

- Day 1 & Day 6 (arrival & departure) = 2 x cleansing salads & 2 x fruit plate
- Day 2,3,4,5: 3 x fruit/vegetable juices per day
- Day 2,3,4,5: 1 x fruit plate per day
- Day 2,3,4,5: 1 x Wheatgrass shot, 1 x coconut water, 1 x Spirulina shake & 1 x vegetable broth soup (at night time)
- Day 2,3,4,5: 1 x Detox drink
- Day 1 – 6 : 1 x flora grow tablet (Pro-biotic or the good bacteria that you install back in your body)
- Day 3 & 5: Colema sessions
- How to set up the colema board on your first colema including your own personal colema tip + lubricating gel

Other activities:

- 4 Times of daily meditation (8.00 am – 8.30am)
- 4 Times of daily Yoga Class (8.45 am – 10.00am)
- 4 Times of one hour Thai Massage
- 4 Times of Herbal Steam Bath or Far sauna
- Round Trip transfer between Koh Chang ferry pier and The Spa

\*Please note for all health packages offered at The SPA Koh Chang Resort

- If you wish to do an extra ‘Colema’, there will be an extra cost of 300 Baht/bucket.
- Additional food, drink, massage and other activities not included in the package can be bought for an extra cost.
- The package is non-transferable to other service and non-refundable.