

## Spa Cleansing: 3 day

**13,500 Baht.**

### DETAILS

#### What's included

- 2 nights of Oriental Room for single stay or Hill Cottage room for twin sharing (Single stay in hill cottage pays 500 Baht/night extra)
- 1.5 Day of Detox program (Fasting for cleansing) See more info below.
- 2 Times of Yoga & Meditation classes
- 2 Times Amphugu Abdominal massage
- 2 Times of Herbal steam bath or Far-Infrared Sauna
- 2 Times of One Hour of Thai or Oil Massage
- Alkaline forming food coupon after breaking the fast (600 baht)
- Round trip transfer between Koh Chang ferry pier and The Spa

#### Fasting program 1.5 days

- Introduction to detox program
- Daily intestinal cleansers & herbal nutrition tablets (20 caps per day)
- 3 specially-prepared Detox drinks daily
- 1 flora grow capsule daily
- Instruction on how to do a colema board colon cleanse
- Once a day colon cleansing using our “colema board” enema system
- Daily: 2 liver flush drinks, 2 veggie broth soups, 1 carrot juice & 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 water in the colema & drinking