



# Health Programs



## 5 Nights 6 Days Juice It : Juice Fast & Detox Package

Mild & and easy way to clean your system with all kinds of fruit plates and juices with no need for everyday colema (intestinal cleansing).

**Sooooo easy, let's try it!**

**Net rate 9,500 Thai baht/person**

### **Package includes:**

- All Meals and juices \*( as the set menu)

Day 1 arrival day & Day 6 departure day = 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

Day 2,3,4,5: 1 x wheat grass shot, 1 x coconut water, 1 x spirulina shake & 1 x vegetable broth soup ( at night time)

Day 2,3,4,5: 1 x Psyllium husk shake

Day 1 – 6 : 1 x flora grows

Day 3 & 5: Colema sessions (intestinal cleansing)

- How to set up the colema board on your first colema
- Your own personal colema tip + lubricating gel
- Daily meditation (8.00 am – 8.30am)
- Daily yoga class (8.30 am – 10.00am)
- Daily 1 hour Thai massage – 4 times/package
- Daily Steam room or Far sauna – 4 times/package
- Transportation to Koh Chang

*The package is non-transferable and non-refundable.*

## **Extras**

-If you wish to do an extra "Colema", you have to pay extra for the Colema Bucket costs 300 Baht/bucket.

- For additional food or drink or massage or any other activities which are not included in the package, you have to purchase those an extra.

- (Extras prices: colema tip 250bht, flora grow implant enema & two flora grow drinks 450bht, extra detox drinks 85bht, herbal tablets 20bht each, flora grow capsules 30bht each, colemas 300bht per bucket, colema room usage 100bht, broth soup 40 bht, liver flush drink 90 bht)

## **Recommendation:**

The Pre-cleanse instruction:

*We do advise you prepare yourself before a fast by doing a Pre-cleanse. This involves eating mostly raw foods (salads & fruits), lots of vegetables & drinking plenty of water. And also add 2 x Liver Flush Drink on your diet as well.*

## **The Liver Flush recipe:**

*Into a blender add extra virgin olive oil- 2 tablespoons or up to a third of a cup, with fresh lemon juice-about 1 third cup, garlic 3-5cloves, ginger 1-knob, cayenne pepper half gram & top up with freshly squeezed orange juice.*

Avoid heavy proteins, white breads, cakes, sugar & other highly processed foods as well as coffee, alcohol & soft drinks. Plenty of vegetable & fruit juices are best. We suggest you eat and drink alkaline-forming foods such as: all fresh fruits, raw vegetables & juices, salad greens, sprouts, apple cider vinegar, dates, dried apricots, dried figs, grapefruit, melons, raisins, millet, molasses, lima beans and lentils.

## Health Package: 8 Nights 9 Days Detox and Raw Foods

An easy program that will make your holidays, a healthy experience, without intense fasting and by enjoying eating in one of the top 50 healthy restaurants in the world. Definitely visible results to your skin and metabolism after this program.

**Net rate 21,500 Thai baht/person**

### **Package includes:**

- 'How to start a Cleansing program' & other cleansing/fasting advise
- Daily 10 x intestinal cleansers & 10 x herbal nutrition tablets
- 3 x specially prepared Detox drinks daily
- 1 x 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 & 1 coconut water
- Your own personal colema tip + lubricating gel
- A special replacement lactobacteria/acidophilus implant enema to break the fast
- 2 x flora grow lactobacteria/acidophilus drinks also to assist breaking the fast
- Filtered water in colema's & for drinking
- Daily meditation (8.00am – 8.30am)
- Daily yoga class (8.30am – 10.00am)– 8 x times
- Daily 1 hour Thai massage – 8 x times
- Daily Steam room or Far sauna – 8 x times
- 4 x Raw Food Classes
- Transportation to Koh Chang ferry pier

**EXTRAS:** colema tip 250bht, flora grow implant enema & two flora grow drinks 450bht, extra detox drinks 85bht, herbal tablets 20bht each, flora grow capsules 30bht each, colemas 300bht per bucket, broth soup 40 bht)

### **The first half of your detox:**

On the first day you arrive, we would recommend you to do one day of the pre-cleanse which has 2 x liver flush drinks and also follow with the less process food – raw vegetables, fruits and juices

From Day 2 – Day5, you will be doing the 3.5 day program which starts on the next day after you arrived. So from first day – third day of the cleansing program, you will be taking 3 x special detox drink per day, 10 x intestinal cleansers, 10 x herbal nutrition tablets, 1 x flora grow capsule (before the bed time), 2 liver flush drinks, 2 veggie broth soups, 1 carrot juice and 1 coconut water. Also you will be doing a self enema once time a day in every afternoon.

In the morning of fourth day of the cleanse, you will finish the program by doing a warm water coloma and follow with the pro-biotic implant afterward.

\*Free post fasting support 15 minutes consultation (via internet) with Nadia our registered holistic nutritionist anytime within 30 days of finishing your fast at the resort.

### **The second half – raw food:**

After you finished the 3.5 day program, from Day 5– Day 8, you will be taking part in the raw food classes in the afternoon from 1pm – 3pm at the Spa Village Resort. You will learn 2 main dishes and a raw soup which we do have a recommended menu that you can select the items and then we will arrange the class for you.

Also you will be given a 30 minutes on our introduction video to our “Five Habit System to Longevity” and “Food Matters” film.

Also during the cleansing and raw food period, you can still enjoy all of the activities that included in your program – meditation, yoga, steam room or sauna and massage.