



SEMI FASTING PROGRAMS



SEMI-FASTING Program 3.5 days.

An simple introduction to fasting and for those who have less time. We recommended a minimum 4 night stay. You may find 6-8 days are ideal to enjoy the After-Cleanse menu at Radiance Restaurant.

Net rate 9,300 Thai baht/person

WHAT'S INCLUDED in our program:

- morning meditation (8.00am daily except Sunday)
- 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 colema's & for drinking
- a complimentary herbal steam bath to take whenever you wish

3.5 day semi fast special Cleansing Schedule:

7:00am start DETOX DRINK. (every 3 hrs)

8:30am SUPPLEMENTS. (every 3 hrs)

Morning (8:30-10:30am) COLEMA BOARD

10:00am DETOX DRINK.

11:30am SUPPLEMENTS.

1:00pm DETOX DRINK.

2:30pm SUPPLEMENTS.

4:00pm DETOX DRINK.

Afternoon (4:30-6:00pm) COLEMA BOARD

5:30pm SUPPLEMENTS.

7:00pm DETOX DRINK.

8:30pm SUPPLEMENTS.

JUST BEFORE SLEEP ONE white CAPSULE (flora grow)

*Note well: you will be charged 8,800 baht whether you do 1,2 or 3 days.
Extra days on this Semi-Fast program are 2,970 baht/day



SEMI-FASTING Program 5 nights 6 days

Fasting is one of the most natural, powerful therapies known to humankind and is used to remove accumulated toxins from the body (therefore "Detox"). Periods of abstinence from solid food - a ritual since ancient times - allow the body to "cleanse and purify", to remove multitudes of toxins, excess fat, parasites, and the like caused by years of fast food, cigarettes, prescription drugs and alcohol. Add to that work and family-related stress, indigestion, illnesses, constipation and sedentary lifestyles, and you have a recipe for an unhealthy colon. Furthermore, the cells, tissues, organs of your body are given a well-deserved and much needed chance to slow down, rest and heal

This is not difficult. In fact you really just have to show up and do the steps as recommended.

An easy & simple introduction to fasting. If you wish, you can proceed after the first 3 days onto another program.

Net rate 16,500 Thai baht/person

WHAT'S INCLUDED in our program:

- Free round trip transfer: Koh Chang Ferry Pier/Resort
- Welcome fruit and drink
- Wooden boat trip at Salak-Kok Bay (if available)
- 1 Hour consultation about your health and detoxification program
- 5 Alkaline forming food meals
- Massage Coupon 2,500 bath
- 3 Meditations
- 3 Yoga sessions
- 3 Herbal steam room
- 3 Ampugu abdominal massage