

3 Day Detox Program

Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am	Consultation	Juicing	Treatment Description TC = Treatment Combination; to be confirmed after the initial consultation.
	02:00 pm	TC		
2	04:00 pm	TC	Juicing	
	Bed time	Liver flush		
3	09:00 am	Follow-up		
	10:00 am	Consultation TC		
Other Treatments / Activities Here a brief selection of treatments & activities that can be booked separately:			Complementary Activities All activities listed here are part of your Program. Please attend all activities.	
Lymphatic Drainage	US\$ 40	Yoga Classes	Daily 07:00 – 08:15 am Hatha Yoga Daily 08:30 – 09:30 am Restorative Yoga	
Ear Candle	US\$ 15	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm	
Eye Treatment	US\$ 30		Meditation / Taiji / Qi Gong Mon, Wed & Fri 6:45 pm – 7:30 pm	
Kati Basti	US\$ 30	Herb Walk	Tue 4:00 pm	
Full Nasya	US\$ 20	Ayurvedic Talk	Thu 12:00 – 1:00 pm	
Coaching	US\$ 200	Ayurveda Q&A	Sun 12:00 – 1:00 pm	
Marma Therapy	US\$ 90	Cooking Class	Wed (tbc) & Fri 12:00 – 01:30 pm	
Theta Healing	US\$ 105			
Private Yoga	US\$ 100			

Post-Program medications and other Services that are not included in your Program price will be billed separately. Prices quoted here are not inclusive of 12.5% Government Tax and 6% Service Charge.