

# 7 Day Detox Program

## Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am	Consultation	Juicing	<b>Treatment Description</b> TC = Treatment Combination; to be confirmed after the initial consultation.
	02:00 pm	TC		
2	04:00 pm	TC	Juicing	
3	04:00 pm	TC	Juicing	
	Bed time	Liver flush		
4	10:00 am	TC		
5	10:00 am	TC		
6	02:00 pm	TC		
7	09:00 am	Follow-up Consultation		
	10:00 am	TC		
<b>Other Treatments / Activities</b> Here a brief selection of treatments & activities that can be booked separately:			<b>Complementary Activities</b> All activities listed here are part of your Program. Please attend all activities.	
<b>Lymphatic Drainage</b>	US\$ 40	Yoga Classes	Daily 07:00 – 08:15 am Hatha Yoga Daily 08:30 – 09:30 am Restorative Yoga	
<b>Ear Candle</b>	US\$ 15	Yoga Nidra	Tue & Thu 6:45 pm – 7:30 pm	
<b>Eye Treatment</b>	US\$ 30		Mon, Wed & Fri 6:45 pm – 7:30 pm	
<b>Kati Basti</b>	US\$ 30	Meditation /		
<b>Full Nasya</b>	US\$ 20	Taiji / Qi Gong		
<b>Coaching</b>	US\$ 200	Herb Walk	Tue 4:00 pm	
<b>Marma Therapy</b>	US\$ 90	Ayurvedic Talk	Thu 12:00 – 1:00 pm	
<b>Theta Healing</b>	US\$ 105	Ayurveda Q&A	Sun 12:00 – 1:00 pm	
<b>Private Yoga</b>	US\$ 100	Cooking Class	Wed (tbc) & Fri 12:00 – 01:30 pm	

*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.*