

## 6 Day Detox

This is the beginning of your 12 week rejuvenation program. An initial consultation and iris analysis will show you the cause of your health challenge and how to remove it from your lifestyle

During this time you will be on cleansing juices for 3 days, then selected fresh fruits, salads and an alkalizing soup.

You will learn full breathing and gentle stretching exercises, receive therapeutic massage, learn a 'vitality walk' (an aerobic workout in itself) and toning techniques. You will have plenty of time for sessions in the steam room, sun and REST which are so important during this week.

You will be delighted with the vegetarian meal preparations, and will also receive complimentary skin brush, detox book, a 12 week rejuvenation program with a day-to-day planner and 2 metabolic formulas

## 13 Day Detox & Rejuvenation

After the initial 7 days of detox, we introduce more foods to your diet and some physical exercises. During this second week you will have plenty of time to master the vitality walk and have full use of the weights.

Vegetarian meal demo's will be an asset to your continuing the program.

By the end of this week you will be in a good routine before going home. This is important, as you will follow this routine for the next 10 weeks, to continue the good work you've started here. If followed correctly, your body will continue to detox and rejuvenate.

## We Cater for People who are...

Health conscious

Having health problems

Stressed to the max

Needing quit smoking techniques that work

Wanting to lose weight

Lack vitality and energy

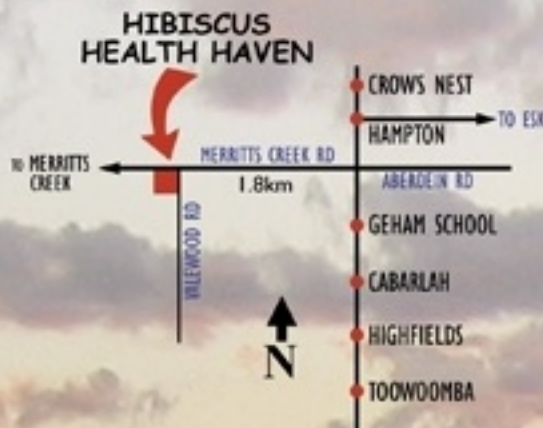
Always fatigued

Irregular

Pregnant - learn how to give your baby the best start before and after it is born

GIFT VOUCHERS AVAILABLE

## How to find us...



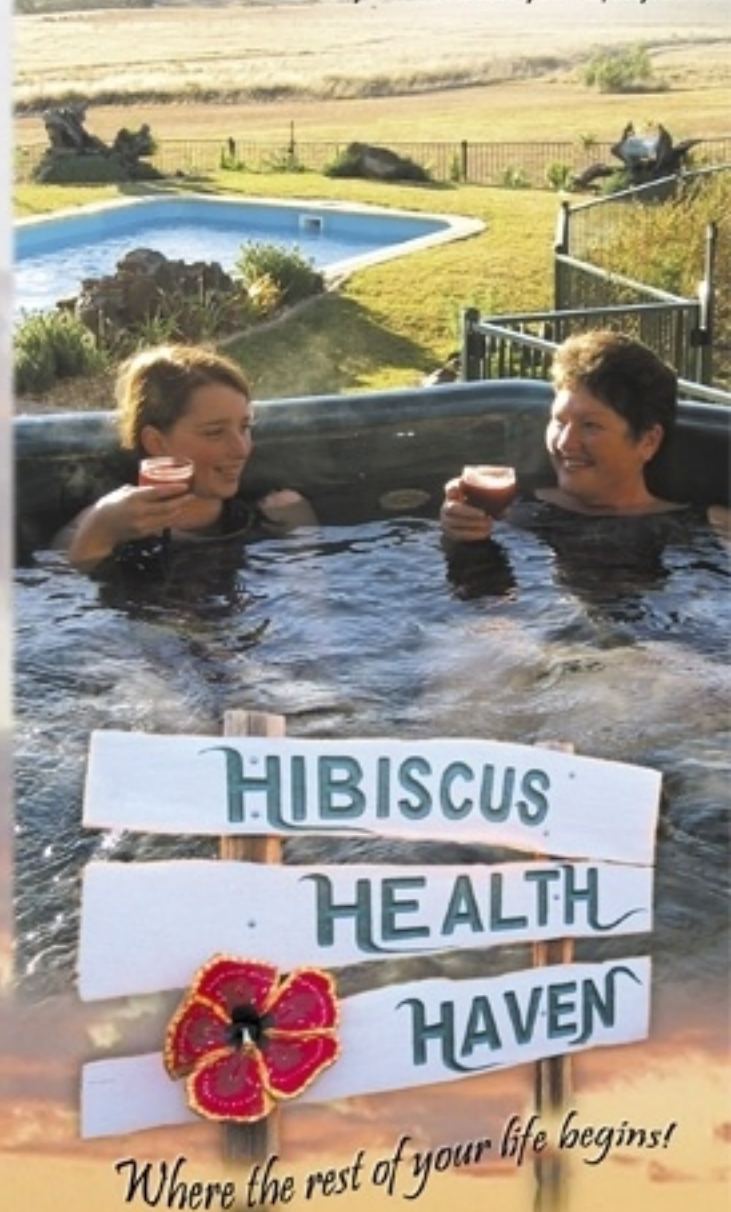
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## Take control of your health!

Learn how to  
make your 'Lifestyle your Medicine'  
& your 'Medicine your Lifestyle'!



Where the rest of your life begins!