

3 Day Detox Program

Sample Schedule



Day	Time of Appointment	Appointment / Activity	Further Information	
1	09:00 am 02:00 pm	Consultation TC	Juicing	TC = Treatment Combination; to be confirmed after the initial consultation.
2	04:00 pm Bed time	TC Liver flush	Juicing	
3	09:00 am 10:00 am	Follow-up 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.		
Lymphatic Drainage Ear Candle Eye Treatment Kati Basti Full Nasya Coaching Marma Therapy Theta Healing Private Yoga Private Meditation		Yoga	Daily 07:00 – 08:15 am: Hatha Yoga Daily 08:15 – 09:15 am: Restorative	
		Yoga Nidra	Tue & Thu 06:45 pm – 07:30 pm	
		Meditation	Mon, Wed & Fri 06:45 pm – 07:30 pm	
		Herb Walk	Sat 04:00 pm	
		Ayurvedic Talk	Thu 12:15 pm – 01:15 pm	
		Ayurveda Q&A	Mon 12:15 pm – 01:15 pm	
		Cooking Class	Tue 12:15 pm – 01:15 pm	
		Fridays with Frank	Fri 12:15 pm – 01:15 pm	

Post-program medications and other services that are not included in your program price will be billed separately.