

5 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	TC	Juicing	
3	04:00 pm Bed time	TC Liver flush	Juicing	
4	10:00 am	TC		
5	08:00 am 10:00 am	TC Follow-up Consultation		
Other Treatments / Activities		Complementary Activities		
Here a brief selection of treatments & activities that can be booked separately:		All activities listed here are part of your Program. Please attend all activities.		
Lymphatic Drainage		Yoga	Daily 07:00 – 08:15 am: Hatha Yoga	
Ear Candle			Daily 08:15 – 09:15 am: Restorative	
Eye Treatment		Yoga Nidra	Tue & Thu 06:45 pm – 07:30 pm	
Kati Basti		Meditation	Mon, Wed & Fri 06:45 pm – 07:30 pm	
Full Nasya		Herb Walk	Sat 04:00 pm	
Coaching		Ayurveda Talk	Thu 12:15 pm – 01:15 pm	
Marma Therapy		Ayurveda Q&A	Mon 12:15 pm – 01:15 pm	
Theta Healing		Cooking Class	Tue 12:15 pm – 01:15 pm	
Private Yoga		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.