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INTENSIVE DETOX: WEIGHT LOSS



Price per Person:

Matrimonial Private Room - US\$ 1580
Shared Room for two people - US\$ 1500
Shared Room for Four People - US\$ 1340

November 21 - 25, 2024

*Improve functionality and performance,
both mental and physical at any age*



The natural detoxification process restores the regular balance of your body, regulates balance, and removes blockages. Our program aims to detoxify your body comprehensively under medical supervision and specialized care. Our treatments promote the gentle elimination of toxins while stimulating your metabolism and immune system. Relaxation and healthy eating are essential in this process.

Transform your relationship with your body. Replace unhealthy habits with ones that nourish and strengthen you, revealing your ideal weight and lifestyle.

The Detox and Health Cleanse program is designed to restore body balance, regulate balance, and remove blockages. Under medical supervision, it offers deep purification and stimulates the metabolism and immune system. It includes wellness rituals and a complete detox diet, focusing on obtaining effective and long-lasting results to improve your health

Transform your relationship with your body. Replace unhealthy habits with ones that nourish and strengthen you, revealing your ideal weight and lifestyle.

Objectives

Improve the body's detoxification process by merging two vital approaches: achieving a healthy ideal weight and at the same time performing a cleansing and detoxification procedure for an optimal state of health.

Analyze various indicators of metabolism and detoxification, as well as implement measures to counteract possible metabolic imbalances.

Promote physical activity as an essential component to achieve an ideal weight and enhance the body's natural detoxification capacity.

Improves the body's detoxification process through deep purification and revitalization of the metabolism.

Methodology

PERSONALIZED NUTRITION AND HEALTH PLAN

- Development of a nutritional plan adapted to individual needs.
- Inclusion of foods that promote detoxification and revitalization of the body.

NATURAL THERAPIES AND TECHNOLOGICAL TREATMENTS

- Use of natural therapies and advanced technologies to unlock the body.
- Elimination of body toxins and reinforcement of natural purification functions.

CONTROL AND MONITORING

- Constant monitoring of body weight and body composition
- Regular adjustments to the health plan based on observed progress.

LIFESTYLE RECOMMENDATIONS

- Activities designed to encourage learning new healthy habits
- Strategies to incorporate sustainable habits that improve long-term health and learning new healthy habits

Program Activities: Activity – 5 days / 4 nights*

Welcome Ceremony

Stress and electromagnetic field evaluation

Biological terrain evaluation

Detoxifying Nutrition

Integrative Health School

Sound Healing

Lymphatic Drainage

Yoga Classes

Colon Cleansing

Ceremony of the Elements*

Scalar Waves

Temazcal

Spa

1 Hour Relaxing Massage

Accommodation

*Option to extend for 4 more days