

Sample Day at the Health Restoration Retreat

Advanced Whole-Body Detoxification - Semi-fasting Typical Day



7:00 AM	Yoga or Meditation Class	A gentle workout in a peaceful setting; Guided Meditation on alternative days
8:00	Personal Health Check-up	Have your weight and blood pressure checked - celebrate your progress!
8:30	Isotonic Drink	Guest's call the Isotonic the blast of the day! (Digestive Tract & Lymph Cleanse)
9:00-1:00	Cellular Hydration	Hydrate your cells and ensure smooth cleanse.
9:30	Liver & Gallbladder Cleanse	Thoroughly dilute and cleanse toxins, or blood cleanse on day 7
10:00	Emotional Wellness/ Workshop	Grab a box of tissues and join us for a time of love, laughter and tears.
11:00	A&W (Apples & Wheatgrass) Plus Thyroid/Adrenal Tonic	Delicious organic apples & a nutritional bomb for blood-building combined with tune up for Hormonal System..
11:20	Brisk Walk and Deep Breathing	Boost your immune system and get your blood moving faster.
12:00 PM	Health Lecture/ Workshop	Increase your health knowledge: Healthy drinks, Fermented Foods Preparation, and Sprouting classes.
1:00	Poultice Drink	Digestive track cleanse & Candida & Heavy Metals detoxification or Blood cleansing
1:00 - 9:00 PM	Spa Services & Treatments	Pamper yourself and enhance your cleansing experience further.
1:30	Rest, Walk or Fitness	Rest or refresh: Guided/independent nature walks & excursions; Qi Gong or Fitness
2:30	A&W or Signature Green Smoothie	Super Smoothie or Green Smoothie & nutritional bomb for blood building.
3:00	Rest, Walk, Fitness	Feeling adventurous? Hike along the seashore in a beautiful park, do a gentle work out in the gym or just sit by the ocean and enjoy the breeze.
4:00	Health Education/ Classes	Awaken your mind to the possibilities of natural wellness or Dance/Fitness/Art Class
4:45	Poultice Drink & Parasite Cleanse	Say goodbye to uninvited guests!
6:30 & 7:30	Hydrotherapy: Steam Bath	Notice your skin become baby-soft as you enjoy the warmth of the steam bath & cold of contrast showers, while bathing yourself in Aromatherapy
9:00 PM	Lights Out	The day is done, you need a goodnight's sleep. (No pillow fights, please!)
Evening Fun	Natural Cosmetics and Bonfire	Once a week evening fun activities (Organic Facial, Hair and Natural Cosmetics)