



Detoxini

Overindulgence leads to a toxic body, water retention and sluggish circulation!

This special designed one week detox is not a quick fix but it is perfect to give your digestive system a well deserved break, eat some healthy, tasty and organic food, relax and still shed some pounds!

Included in this detox: **£375.- per person per week**

- A one to one consultation
- A Colonic Hydrotherapy in one of our affiliate centres (1 hour)
- One detoxifying Hey bath wrap (1 hour)
- One detoxifying Thermal wrap (1 Hour)
- 7 Food hampers designed after our **new colour coded food line (approximately 1000 calories per day)**
- Daily smoothies, tea and water

Please see below a weekly food sample:

- Breakfast: blueberry compote; Lunch: beetroot and horseradish soup, Dinner: plum soup (natural way to cleanse your colon) ; Snacks: 2 blueberry, cranberry and cherry smoothies, 2x 7x7 herbal detox teas, water
- Breakfast: banana and orange salad; Lunch: potato and leek soup, 2x mango, passion fruit smoothies; 2x 7x7 herbal detox teas, water
- Breakfast: red fruit compote; Lunch: tomato, red pepper and lentil soup; Dinner: Miso soup; 2x strawberry, blackberry and boysenberries smoothies; 2x 7x7 herbal detox teas, water
- Breakfast: apple and pear salad; Lunch: pea and mint soup; Dinner: Edamame Beans; 2x kiwi, apple and lime smoothies; 2x 7x7 herbal detox teas, water
- Breakfast: fresh mango and pineapple; Lunch: pumpkin, coconut and coriander soup; Dinner: carrot and raisin salad; guava, mango and goji berries smoothies, 2x 7x7 herbal detox teas, water
- Breakfast: melon and grapes; Lunch: cabbage soup; Dinner: Crudités; 2x cucumber, apple, pear and lime smoothies; 2x 7x7 herbal detox teas, water
- ☑ Breakfast: pink grapefruit; Lunch: mushroom soup; Dinner: Whey broth; 2x Superfood smoothies; 2x 7x7 herbal detox teas, water

Additionally we will serve dried fruits and rice crackers or detox temptations daily.

Twice a week you will receive our Soya yoghurt/milk smoothies.

All our food is sweetened with honey, no artificial flavours, colours or preservatives have been added.

Please inform our team immediately if you suffer from any food allergies.