

# "BODY & MIND DETOX" Program

The true beauty is in health! Dozed physical activity, healthy food and a restful night of sleep are the keys to a good metabolism. In the modern technogenic world, the body needs regular detoxification.

## Program goals:

- Body detox
- Improving the metabolic process
- Rid your body of the toxins and weight normalization

## Duration of the program – 7 days

• Consultation of Anti-Age therapist /physical body examination/	.....1
• SoulSpa Anti-Age Check-up	.....1
• Full body ultrasound examination	.....1
• An individual Nutrition plan	.....1
• The physiological soft bowel cleansing with natural ingredients	.....1
/getting rid of toxins, normalizing weight/	
• DETOX - drips	.....4
/cleansing the body, restoring strength, reducing stress, tracing micro-elements, vitamins and minerals/	
• Lymphatic Drainage body massage	.....3
/elimination of toxins, improvement of lymph outflow, blood circulation and body shape, boost immunity reducing signs of cellulite/	
• Phyto-cells Wrap	.....1
/restoration, rejuvenation, improvement of body contours, hydration, and elasticity of the skin tone/	
• Yoghurt wrap	.....1
/excretion of excess fluid from the body, increasing the volume of circulating/blood/	
• Hydro massage	.....2
/ increasing the volume of circulating blood, activating trophic functions, excretion of excess fluid from the body, increasing skin and muscle tone /	
• Individual facial treatment / cleansing, massage, toning, care /	.....2
• Detox lunch at the Modern Garden restaurant	.....7
• Individual selection of supplements	

All examination and tests result will be discussed at the final consultation with the doctor. At the end of the program, each patient got the personal card with all examination data and recommendations for the health improving.

**Investment in your health: 3 350 Euro**

## Additional services included:

- Accommodation in 4 \* Hotel with Breakfasts (7 nights)
- Daily transfer from / to the Medical Center
- Transfer from / to the airport
- City guided tour
- Restaurant of Ukrainian national cuisine
- English speaking companion