DETOX
FOR LIFE

Reset, Restore & Renew

Detox for Life is a personalised wellness programme designed to support digestive wellbeing, healthy habits and renewed vitality. It combines nutritional guidance, detox-focused therapies, restorative treatments and mindful movement to help guests reset their routines and support a healthier sense of balance.

Retreat Purpose

Support digestive wellbeing, healthier habits, and renewed vitality through personalized care.

Ideal For

- Guests looking to reset their lifestyle and wellness routines
- Individuals seeking support for digestive wellbeing
- Guests interested in personalised detox and restorative care
- Anyone looking to feel refreshed, balanced, and revitalised

Guest Outcomes

Guest typically experience:

- Greater awareness of their nutritional and lifestyle needs
- Practical guidance for healthier daily habits
- A personalised approach to digestive wellbeing
- A renewed sense of balance and vitality



TREATMENT *INCLUSIONS*

Treatment / Service	Duration	3 Nts	5 Nts	7 Nts	10 Nts
Wellness Initial Consultation	60	1	1	1	1
Sleep Test	15	1	1	1	1
CGM — Continuous Glucose Monitor	15	1	1	1	1
Nutrition Consultation	60	1	1	1	1
Wellness Follow Up Consultation	30	0	1	2	2
Cell Wellbeing Nutritional Assessment	15	0	1	1	1
Heavy Metal Test - OLIGOSCAN	15	0	0	1	1
Chelation therapy	90	0	0	1	1
Maya Abdominal Massage	30	1	1	2	3
Colonic Hydrotherapy	60	1	1	1	2
Colonic Hydrotherapy with Coffee	60	0	0	1	1
Liver Detox Infusion	60	1	2	2	2
Gut & Resilience Support IV Infusion	60	0	0	0	1
Lymphatic Drainage Massage	60	0	1	2	2
Cryotherapy	15	1	1	1	2
Thai Tranquil Touch Massage	60	1	1	1	2
Body Brush And Herbal Detox Ritual	90	1	1	1	2
Super Stretching/Personal Training / Pranayama	60	0	1	1	2
Tao Visceral Manipulation (Deep Abdominal Therapy)	60	0	1	1	2
Departure Consultation	20	1	1	1	1
Belun Ring Sleep Test (1× per stay — recommended for all guests)	Overnight	1	1	1	1
CGM — Continuous Glucose Monitor (1× per stay)	Per stay	1	1	1	1
Blood Testing Package	—	0	0	1	1

BLOOD TEST *PACKAGE*

Blood Test Item	Turnaround Time
1) Comprehensive Metabolism Panel	
CBC	1 day
Blood Sugar (FBS)	1 day
HbA1c	1 day
Cholesterol, LDL, HDL, Triglyceride	1 day
Uric acid	1 day
BUN	1 day
Creatinine (include GFR)	1 day
Liver and kidney function test	1 day
CRP (C-reactive protein)	1 day
Homocysteine	4 days
ESR (Erythrocyte Sedimentation Rate)	1 day
Insulin	2 days
Urine	1 day
2) Hormone Panel	
DHEA	1 day
Cortisol	1 day
3) Micronutrient Tests	
Vitamin B12	3 days
Vitamin D Total	14 days
Recommended Add-On — Gut Microbiome	
Item	**Turnaround / Notes**
Gut Microbiome Test (BioMed)	60 days
Personalized Probiotic — 60 sachets/month	—
BUNDLE: Test + Probiotic 180 sachets (3-month)	60 days+

Group Class Recommendations

- Hatha Yoga
- Sound Healing
- Elastic Exercise
- Juice-Making Workshop
- Roll & Release
- Tai Chi
- Pranayama
- Morning Stretching
- Wellness Talk
- Nature Trail
- Gyrokinesis
- Nature Discovery
- Tea Workshop
- TTM Hermit Workshop
- Morning Jogging