



Vitalica Wellness
Intensive Detox
Program

Come alive...

Intensive Detox Program

(1-21 Days)

What is it?

This program blends the process of cleansing and renewing your five main organs: skin, lymph, lungs, liver, and intestines, with superfoods, cellular cleansing, herbal dietary supplements, and wellness treatments. It facilitates your journey towards a healthy weight goal through natural detoxification processes and helps you maintain your ideal weight in the long run. Following a detailed consultation with our doctors, a personalized program is created for you, and your intensive detox program, which purges toxins from your body, is initiated. Through detox drinks and medicinal herbs, your vitamin, mineral, and antioxidant needs are met at optimum levels. Additionally, you can benefit from various group exercises throughout the day. This program aims to bring you into balance both physically and mentally. Within the Vitalica Wellness ecosystem, our meditation, breathing, and mindfulness group classes, along with our workshop sessions on adopting a healthy lifestyle, provide you with the keys to a healthier life.



Benefits

- Cleansing of the five main organs: skin, lymph, lungs, liver, and intestines
- Physical and mental rejuvenation
- Acquiring healthy lifestyle habits for optimal health
- Detoxifying the body from accumulated inflammation and toxins
- Renewing the metabolic system

Who Is the Intensive Detox Program Suitable For?

It is suitable for individuals who are exposed to high levels of stress and toxins, those with dependencies, and anyone looking to cleanse and rejuvenate their body. For individuals open to improving their physical, mental, and emotional health, it serves as a complementary alternative.



PROGRAM CONTENTS

Consultation with our doctors at the beginning and throughout the program

We provide sustainable solutions to help you better understand yourself and reach a state of physical, mental, and emotional balance, all aimed at preserving and enhancing your health.



Body Measurements

- Full body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with an oximeter
- Pulse measurement



Vitalica Wellness Talk



Post-detox nutrition and healthy living prescriptions



Intensive Detox Special Meals

- Breakfast
- Lunch
- Dinner



Intensive Detox Beverages



Unlimited detox soups, herbal tea, pH10 water

Vitalica Wellness Intensive Detox Natural Supplements



Detox Kit



Healthy eating group classes in the Chef's Studio



Wellness Movie Night



Group activities

Breathing exercises, Morning walks, Fitness, Yoga



Abdominal Massage

An abdominal massage provides significant benefits in various conditions such as gas, constipation, intestinal sluggishness, asthma, irregular menstruation, chronic fatigue, depression, and lower back pain, thanks to the detox effect. Before the Angel of Water (open system colon cleansing) session, a 20-minute complementary Manipura Abdominal Massage is applied.



Angel of water

This procedure is carried out using a device that washes and cleanses the intestines. The device, which the individual controls, helps empty the intestines by allowing the water to reach deep folds of the intestine.



Infrared Sauna

When exposed to near-infrared light, fibroblast cells absorb light activity, leading to increased collagen and elastin production. Since it has been proven to raise body temperature by three degrees, infrared heating technology provides a high-level detoxification experience. Beneficial sweating occurs through the pores during toxin elimination. This sweating supports skin rejuvenation, cell health, and tissue growth.



Steam Room

The steam room is recommended for daily use because it helps eliminate toxins that accumulate under the skin, improves circulation, and regulates the cardiovascular system. The moisture and heat in the steam room dilate capillaries, allowing blood to flow more freely, delivering oxygen to tissues more efficiently. The release of the stress hormone cortisol is reduced through this practice. Additionally, the heat in the steam room opens sinus passages, facilitating easier and deeper breathing.



Salt Room

Recommended for improving respiration, salt room therapy is based on the principle of 'breathing through the air,' which contains microscopic salt particles. It is used to treat respiratory conditions such as asthma, bronchitis, dry cough, lung disorders, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin conditions, pharyngitis, and respiratory tract disorders caused by smoking.













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