



Vitalica Wellness  
Master Detox  
Program

*Come alive...*

# Master Detox Program

(1-21 Days)

## What is it?

The Master Detox Program is a cleansing method that effectively eliminates toxins from your body with a liquid fast, resting your entire digestive system. The entire program is designed to completely rest your digestive system. During this detox program, your body requires very little energy for digestive functions. The program's nutrition plan includes detox drinks, detox soup, herbal teas, alkaline water, shots, and herbal supplements to help eliminate toxins from your body. All of these components assist in the rapid removal of toxins, heavy metals, and harmful substances from your body in a short period.



## Benefits

- Increases energy levels and sleep quality.
- Facilitates maximum fat burning and weight loss.
- Provides radiant, healthy skin.
- Offers mental clarity and improved focus.
- Enhances digestive functions.

## Who Is the Master Detox Program Suitable For?

It is suitable for individuals exposed to intense stress and toxins, those with addictions, and anyone wanting to cleanse and rejuvenate their body. For individuals open to improving their physical, mental, and emotional health, it offers a complementary alternative.



# PROGRAM CONTENTS

## Consultation with our doctors at the beginning and throughout the program

We offer sustainable solutions to get to know yourself better, aiming to reach your physical, mental, and emotional balance while protecting and improving your health.

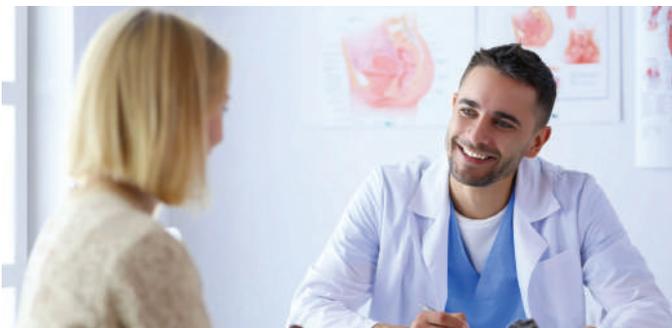


## Body Measurements

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



## Vitalica Wellness Talk



## Post-detox nutrition and healthy living prescriptions



## Master Detox Shakes and Shots



Unlimited detox soup, herbal tea, pH10 water

## Vitalica Wellness Master 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

The detox effect of abdominal massage provides significant benefits in various conditions such as gas, constipation, intestinal laziness, asthma, irregular menstruation, chronic fatigue, depression, and lower back pain. A complementary Manipura Abdominal Massage is applied for 20 minutes before the Angel of Water (open system colon cleansing).



## Angel of water

It is applied with a device that washes and cleanses the intestines. The device, which has individual controls, ensures the emptying of the intestines by allowing water to reach deep folds of the intestine.



## Infrared Sauna

When near-infrared light is applied to the skin, fibroblast cells absorb light activity, leading to increased production of collagen and elastin. 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 promotes the elimination of toxins accumulated beneath the skin, improves circulation, and regulates the cardiovascular system. The humidity and heat in the steam room expand capillaries, allowing blood to flow more freely. This, in turn, delivers oxygen to tissues more efficiently. The application of this therapy reduces the secretion of the stress hormone cortisol. Additionally, thanks to the heat in the steam room, sinus passages open up, allowing for easier and deeper breathing.



## Salt Room

Salt room therapy, recommended for improving your respiration, is created based on the principle of 'breathing with air' that 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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