

Elixir of Life – The Ultimate Detox Program

An average day during The Elixir of Life Ultimate Detox Retreat program consists of the following:

- 7:30 am – Wake up with a detox tea and cleansing drinks 1 & 2
- Morning walk in nature
- 9:00 am – Enjoy freshly prepared fruit & vegetable juice, supplemented by Noni, Aloe Vera and herbal tinctures to detoxify and strengthen the immune system; accompanied by our freshly squeezed, homegrown wheat grass shot.
- Engage in rebounder exercise to activate lymphatic system; for more information, see our [blog article on rebounding](#).
- Throughout the day you will be provided with cleansing drinks 1 & 2 to be taken at regular intervals, as well as teas and juices.
- All the nutrition is supplied in liquid form in order to maximise the detoxification process.
- There are daily [colemas](#) for colon cleansing to aid your detoxification process.
- For the 5-day Elixir Retreat, you have the choice to undergo either one massage therapy or one Reiki therapy treatment
- For the 7- and 9-day Elixir Retreats, you may undergo two therapy treatments of your choice: massage or Reiki
- The afternoon is for relaxation. You may relax in the tranquility of our beautiful garden or make yourself comfortable in our lounge area, where you have access to a wide range of informational books and DVDs, or just rest in your room.
- 9:00 – 9:30 pm – Bedtime; relax and unwind in your own private room.

Additional services:

A Temazcal is recommended for assistance in eliminating toxins. This can be arranged at an extra cost through Casa De La Vida.