



MASTER  
DETOX  
PROGRAM

# MASTER DETOX PROGRAM

(1-21 days)

## What is Master Detox Program?

Liquid fasting is an ancient purification method that rests the entire digestive system and effectively removes toxins from the body.

It is the oldest and most effective liquid nutrition system in the world.

## What are the benefits?

- Increases the energy level
- Provides maximum fat burning
- Provides maximum weight loss
- Provides a radiant healthy skin
- Better quality sleep
- Improves digestive functions
- Gives mental calmness
- Provides better focus.





*What we offer*

**Physician consultation  
at the beginning,  
at the end and during  
the program**



**Vitalica Wellness  
master detox  
nutritional supplements**

## **Body measurements**

- Full body analysis
- Blood pressure measurement
- Blood glucose measurement
- Oxygen saturation with oximeter
- Heart rate measurement



## Master detox shakes and shots



## Unlimited

- Detox soup
- Herbal tea
- Ph10 water

## Detox kit

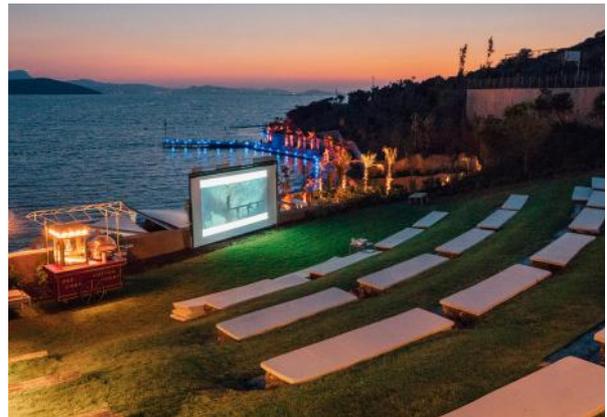


**In the Chef's Studio  
Ayurvedic healthy  
nutrition group lesson**



**Before leaving  
personalized  
health plan**

**Wellness music  
and movie nights**





## Abdominal massage (20 minutes)

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With its detox effect, it provides significant benefits in many cases such as gas, constipation, intestinal laziness, asthma, menstrual irregularity, chronic fatigue, depression, low back pain.

Before Angel of Water (Open system bowel cleansing) Complementary Manipura abdominal massage is applied for 20 minutes.

## Angel of water (30 minutes)

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It is applied with a device that washes and cleans the bowel. This self-directed device supports the emptying of the bowel by allowing water to reach the deep curls of the bowel.



## Infrared sauna

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It removes 7 times more toxins than classical saunas. It is the most common method used to remove heavy metals that have accumulated in the body. Provides high efficiency in muscle and joint pain, relieves rheumatic pain.



## Herbal steam room (30 minutes)

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According to Ayurveda teachings, herbal steam room supports youth. It reduces wrinkles on the skin and provides a fresher, brighter and more vibrant appearance.

## Salt room (30 minutes)

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Being in a room prepared with salts obtained from mines where natural rock salts are extracted causes salt particles in small sizes that are invisible to the eye to enter the body by respiration. Provides relief in respiratory system diseases such as asthma, shortness of breath, COPD and sinusitis. It is also effective in sleep disorders caused by not being able to breathe comfortably.



## **A corner of heaven:**

- **650 m private beach**
- **Filled with sea water outdoor infinity pool**
- **Heatable indoor infinity pool**



## **Our mental wellness activities:**

- **Group yoga classes**
- **Group meditation classes**
- **Mind detox and mindfulness therapies**
- **Group breathing lessons**



## Grup spor dersleri:

- **Stretching**
- **Aerobik**
- **Aquagym**
- **Zumba**
- **Crossfit**
- **Kangoojumps**



# Gym Usage

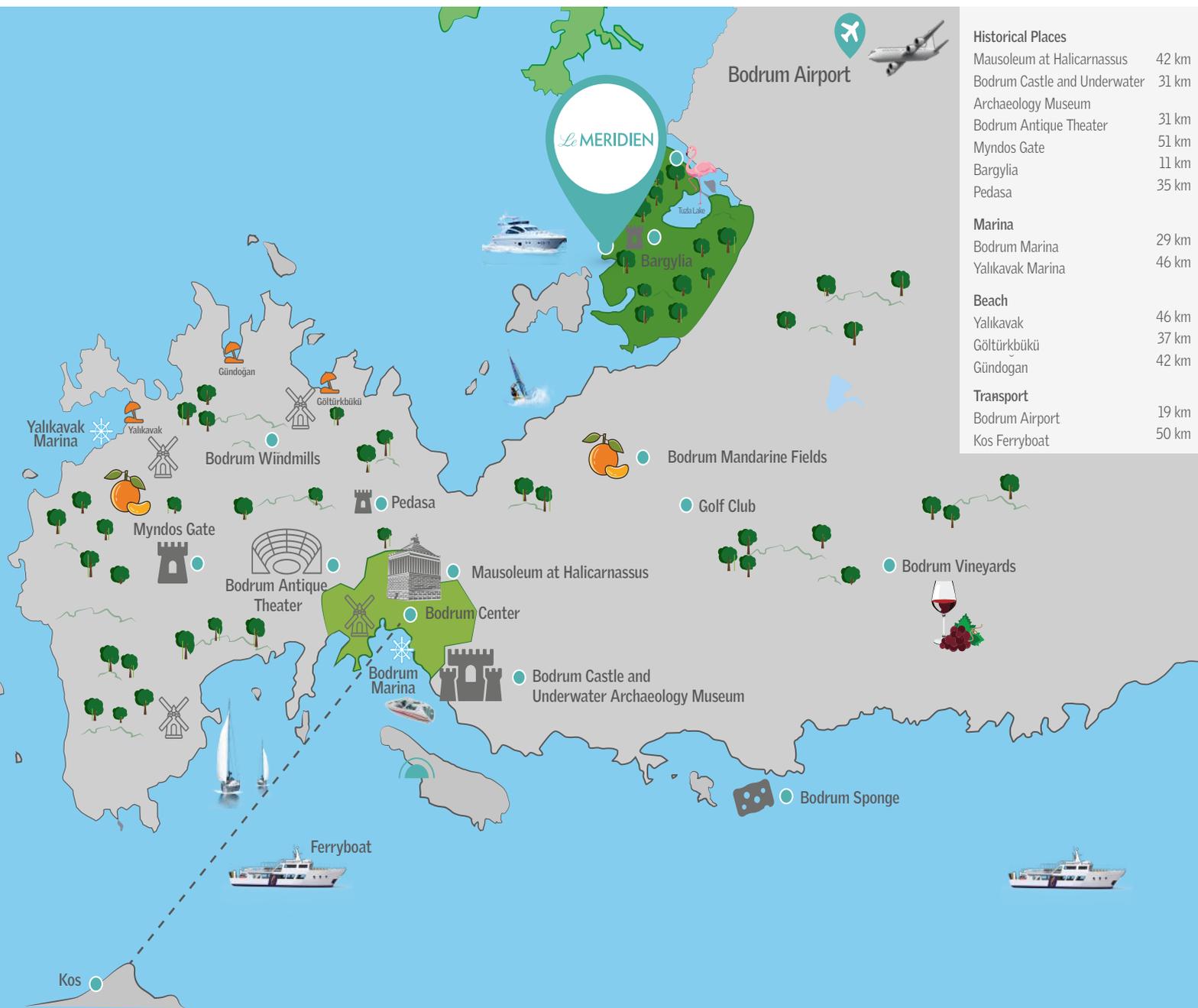


## Walks with the instructor (in nature, Nordic walking)

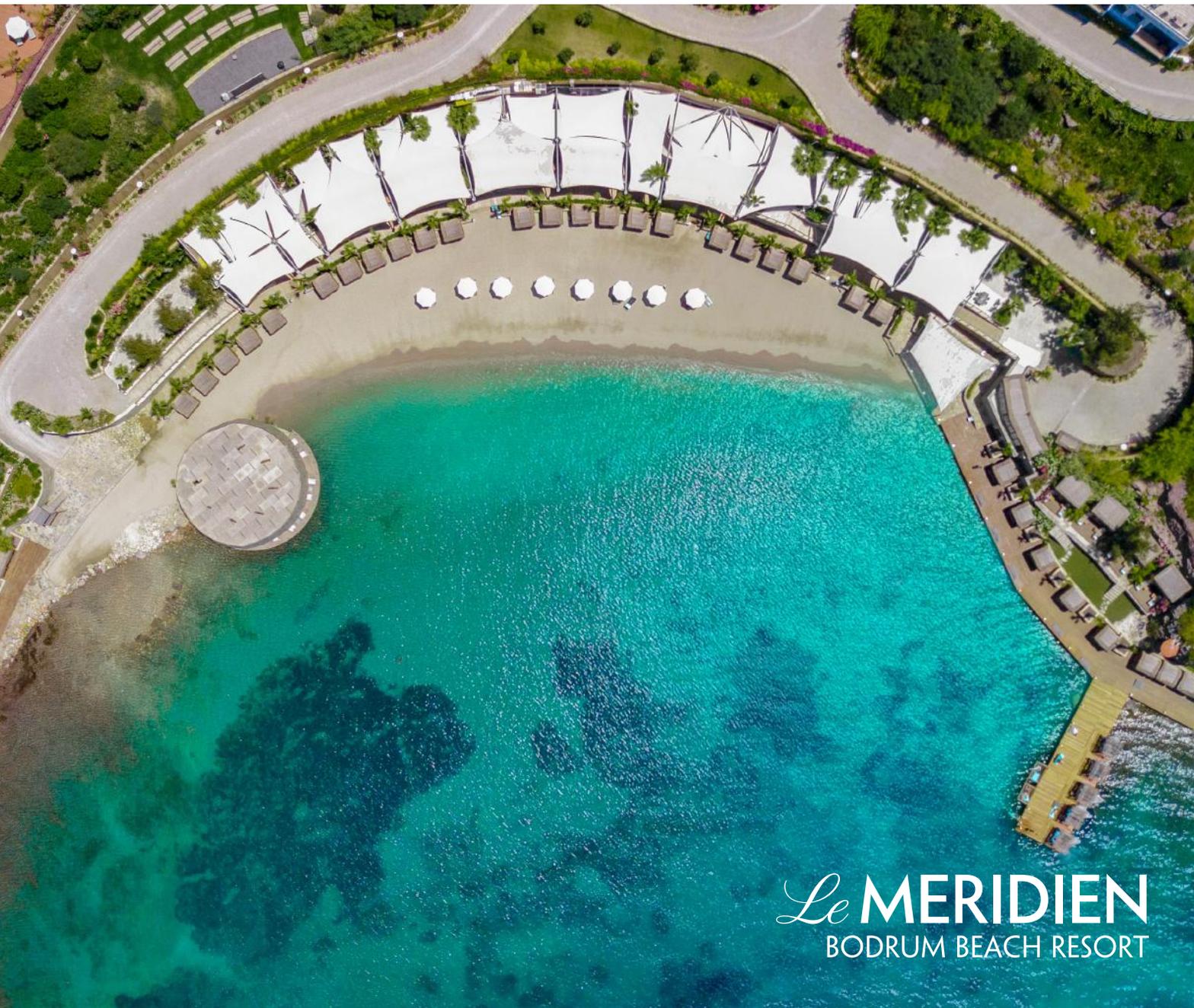




# Vitalica Wellness is 15 minutes from the airport at Le Meridien Bodrum Beach Resort...



At One of the highest oxygen rates in the World with  
650 meters long private beach in Bodrum!



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BODRUM BEACH RESORT



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[www.vitalicawellness.com](http://www.vitalicawellness.com)

[info@vitalicawellness.com](mailto:info@vitalicawellness.com)

+90 850 222 38 45

*Le* **MERIDIEN**  
BODRUM BEACH RESORT

**Vitalica Wellness Bodrum**

Boğaziçi Mah. Yazlık Siteler Sk. No:60  
Adabükü, Bodrum | Muğla

**+90 252 311 05 05**



**MYC PARTNERS**