

# CLEANSE & ENERGIZE

Your Personalized Detox Program



## RENEW. RESPITE. RESTORE.

Turks and Caicos Wellness is proud to partner with Coral Pavilion to offer guests an exclusive detox program designed to enrich their stay and achieve optimal health and wellbeing through the medically designed and supervised cleanse.

Facilitated by our diverse team of doctors and health practitioners from Grace Bay Medical, your personalized detox program Includes:

- an initial health consultation with introduction to our highly effective and proven 5 Element Wellness Program
- a detox focused acupuncture protocol to help the body release toxins and optimize detoxification
- visceral massage and osteopathic treatment
- combination water massage (30min) followed by beach-side therapeutic massage (60min)
- cleansing herbal remedies in the form of teas and tinctures
- directed detoxification supplementation and therapies
- meditation to cleanse mind and body
- plant-based meals with powerful cleansing superfoods
- a nutrition detox plan with recipes to take home with you... Plus so much more!

For more details about this and our other Wellness Programs and Retreats visit [www.turksandcaicoswellness.com](http://www.turksandcaicoswellness.com)

\*Additional health and wellness services are available upon request. Contact [info@turksandcaicoswellness.com](mailto:info@turksandcaicoswellness.com) for more information.