

THE ROOT OF HEALTH

Your Personalized Gut Overhaul Program



RENEW. RESPITE. RESTORE.

Turks and Caicos Wellness is proud to partner with Coral Pavilion to offer guests an exclusive digestive health program designed to enrich their stay and achieve optimal health and wellbeing through the root of health: the gut.

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

- an initial health consultation with introduction to our highly effective and proven 5 Element Wellness Program
- a digestive acupuncture protocol
- visceral massage and osteopathic treatment
- combination water massage (30min) followed by beach-side therapeutic massage (60min) to improve digestion
- carminative tea and digestive herbs to heal and soothe
- directed supplementation
- mindfulness meditation to heal the gut-brain connection
- plant-based menu for optimal digestion and micro biome
- a nutrition plan with recipes to take home
- Plus so much more!

For more details about this and our other Wellness Programs and Retreats visit www.turksandcaicoswellness.com

*Additional health and wellness services are available upon request. Contact info@turksandcaicoswellness.com for more information.

