

# Le Spa Detox Programme

*Thanks for your interest in the Le Spa Detox Programme!*

**It's exciting, new & innovative - UNIQUE in the UK!**

If you're feeling tired, lethargic, bloated or just generally "run down", then this programme is for you!

If you'd like to lose some weight, generally feel better about yourself, or have a wish to encourage the anti-ageing process, then give it a go – you've nothing to lose but your toxins.

Adapted by Le Spa from well established detox programmes in the Far East, it is both safe & effective.

## **It's your Passport to:**

- Improved levels of health & well-being
- A kick-start to weight loss
- A great boost to anti-ageing

Other benefits include:

Increased energy & vitality

Greater focus & clarity

Clearer skin

Brighter eyes

Stronger immune system



**For more information, please see "What's involved",  
"Frequently Asked Questions", and a "Typical Day".**

# Le Spa Detox Programme

## **What's involved?**

Put simply, the Le Spa Detoxification Programme cleanses your body, aids weight loss and makes you feel like you are bursting with energy.

The core part of the programme is a gentle, but very effective, colon cleansing treatment, self-administered, in a private detox treatment room. Working in harmony with your body, this colon cleanse is safe and simple to do.

The treatment is not intended to replace the natural detoxifying abilities of the body, but to assist and facilitate the cleansing process by flushing out all the harmful pollutants that can damage the body's delicate natural balance.

You will be given full information on how to administer the colon cleansing process during the induction to the programme.

For further information in the meantime, please see "Frequently Asked Questions" and a "Typical Detox Programme Day".

## **How much does Le Spa Detox Programme cost?**

- Only £75 per day, per person

## **What's included?**

- Full use of the Le Spa leisure and relaxation facilities, a familiarisation tour around the beautiful, peaceful environment of Le Spa.
- An introductory talk about the programme and an induction to the colon cleansing process.
- Everything necessary to administer the colon cleansing treatment.
- All the Le Spa Detox Drinks and appropriate health supplements, including pro-biotic capsules.
- A deep tissue relaxing LAVA SHELL Ampuka stomach massage, an innovative new treatment at Le Spa, which assists the

movement of waste material from the colon to facilitate the cleansing process.

- A delicious, healing vegetable broth.

Additional health supplements to maintain the body's metabolic balance over the period and also a daily Power Walk are included.

Completing the programme will leave you feeling more relaxed, lighter & happier, knowing that you have taken responsibility for your own health & well-being!

**Should you need any further information, or have any questions, please do not hesitate to ask. In the meantime, please take a look at "Frequently Asked Questions", and "A typical Detox Day"**

# Le Spa Detox Programme

## A typical day

(Timings approximate only)

Induction/Talk and familiarisation tour of Le Spa

09.00 1<sup>st</sup> Detox Drink

10.30 Le Spa health supplements

12.00 2<sup>nd</sup> Detox Drink

13.30 Le Spa health supplements & delicious healing vegetable broth

Afternoon - Special 20 min Lava Shell Ampuka Massage (before colon cleanse)

15.00 3<sup>rd</sup> Detox drink

Self administered colon cleanse treatment

16.30 Special Le Spa health supplements

18.00 4<sup>th</sup> Detox Drink

19.00 Le Spa's delicious healing vegetable broth  
Pro-biotic supplement before you retire for the night

# Le Spa Detox Programme Menu

## **Special Le Spa Detox Drink:**

A healing and supportive drink containing ingredients, which when mixed with fresh fruit juice and water, will actively facilitate the colon cleansing process.

The key ingredients are bentonite clay and psyllium husk. Because the clay cannot be absorbed it aids fast elimination by helping to flush out toxins, whilst the husk swells to discourage any feelings of hunger. The two work together, and in harmony with your body, for effective – but gentle - colon cleansing.

## **Le Spa Liver Flush Drink \***

A wonderful tonic that works on cleansing the liver, and helps to maintain its role as a major organ for the detoxification of the body. (*\*only 1 per day recommended*)

## **Le Spa's own recipe Vegetable Broth:**

A fresh green vegetable broth which is both delicious and nutrient rich, to sustain nutritional levels & metabolic balance – important to help to maintain the feeling of a strong & energetic body throughout the cleansing experience.

## **Le Spa Supplements:**

**Herbal Supplements** - Specially selected to safeguard the delicate balance of the body during the detox programme.

**“Chomper” Supplements** - These attach to waste matter, help to loosen any that may be trapped in the colon and generally “ease the flow”.

**White Pro-biotic Supplements** contain natural flora which replace any beneficial bacteria that may be flushed out during the cleansing process.

**There is also an additional menu, with a choice of delicious healthy fruit juices and herbal teas which you may enjoy as you wish**

# Frequently Asked Questions

## ***Why should you do a Detox Programme?***

Although the human body cleanses itself through the colon, liver, kidney and gallbladder organs, due to our urban upbringing, we have acquired an excessive amount of pollutants not seen in a natural environment. Air and water pollution, processed food and stress all wear down the body's natural facilities for detoxification.

The Le Spa Detox Programme, using a safe & effective colon cleansing treatment, assists the body by removing those pollutants that come from our modern world.

## ***Why should you do this Detox Programme?***

The Le Spa Detox Programme is unique in the UK. It is not a "fad diet", but adapted from well established detox programmes in the Far East, it is safe and effective.

Not least, it now includes an amazing and innovative special **Lava Shell Ampuka (Stomach Massage)** using natural warm Lava Shells! (see Le Spa Treatment Menu for details of Lava Shell treatments). This is a wonderful treatment and greatly enhances the elimination process.

## ***Is any "fasting" involved? Will I feel hungry?***

Your caloric intake is approximately 300 calories a day, due to the herbal supplements, healing vegetable broths, juices and drinks, the sugar and nutritional levels of the body do not decline.

## ***How much weight can I expect to lose?***

The Le Spa Detox Programme is about far more than weight loss, although you can probably expect to lose around 5-10 lbs over a 3-5 day period.

## ***What is the colon cleansing process? How long does it take?***

A safe & effective treatment which uses a soft, continuous flow of warm, cleansing liquid which gently fills the colon, you then release this and the toxic materials are flushed away from the body

The colon cleansing process usually takes between 20 – 30 minutes.

***Why is the colon cleanse self administered?***

The treatment takes place in a completely private room, reserved just for you, so there is absolutely no need for any embarrassment or any feelings of discomfort.

You will always be in control and can therefore stop the flow of liquid any time you wish.

Full instructions are available in each treatment room, but you will also receive advice and guidance during your Induction to the programme, upon arrival.

***Will the colon cleanse destroy all the “good” bacteria that resides in the colon?***

On all the Le Spa Detox Programmes, a special pro-biotic supplement is given, to be taken at the end of the day before retiring for bed. This helps to return the right balance of “friendly/good” bacteria to the colon.

***How often can a Detox Programme be undertaken?***

A 3-Day Detox may be undertaken once every six – eight weeks\*\*

Any longer detox programmes should only be carried out every six months.

\*\*please consult your GP for further advice

For further information, please take a look at [www.lespadetox.com](http://www.lespadetox.com)