

**TheLifeCo**  
HOLISTIC WELLBEING  
SHARM EL-SHEIKH



## INFORMATION KIT

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- TheLifeCo Approach
- Frequently Asked Questions
- About Our Programs
- Before Arrival: Pre-Detox

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

# TheLifeCo APPROACH

We at TheLifeCo are passionate about providing our guests with physical, emotional and mental wellbeing. With over 18 years of experience in the wellness industry, we have guided more than 40,000 guests worldwide toward happier and healthier lives through comprehensive healing in all aspects.

We know that the high concentration of toxins and pollutants in our daily lives can lead to cellular damage and various diseases if not effectively cleansed through detoxification. That's why the path to wellness begins with a cleanse! Our comprehensive approach, addressing body, mind, and spirit, aims to promote healing and enhance the body's natural detoxification and healing abilities.

At TheLifeCo centers, we offer scientifically proven and award-winning programs that provide a natural way of detoxifying the body. Our guided detox programs vary to match the needs of every guest. Our wellness team works together to provide the best guidance and services, ensuring our guests achieve optimal health and wellness.

## 4 PILLARS OF OUR HOLISTIC APPROACH

### NUTRITION

The journey of transformation begins with a holistic cleanse and healthy nutrition. Our detox and healthy nutrition programs are designed to support you on this journey.



### FLEXIBILITY

Flexibility is the key to a successful healing process. Our diverse range of activities caters to varying degrees of flexibility, empowering you to choose what best suits your body and needs.



### MIND

We lead you to clear your mind through mindfulness, enabling a positive mindset and intention for personal growth and transformative change in life.



### ENVIRONMENT

We want you to be comfortable and at ease during your program. That's why we provide a soothing and healing atmosphere, enhancing the effectiveness of your experience.



# 4 PILLARS <sup>OF</sup> THE APPROACH



## NUTRITION

- ✓ Raw Vegan Kitchen
- ✓ Organic Fruits & Vegetables
- ✓ Nutrient-Dense Foods
- ✓ Healthy Juices
- ✓ Vitamins & Minerals
- ✓ Antioxidants
- ✓ Herbs & Spices
- ✓ Natural Nourishment
- ✓ Toxin Cleansing
- ✓ Cellular Regeneration



## FLEXIBILITY

- ✓ Physical Fitness
- ✓ Improved Mobility
- ✓ Strength & Balance
- ✓ Improved Body Posture
- ✓ Healthy Bones & Muscles
- ✓ Youthful Energy
- ✓ Weight Control
- ✓ Fat Reduction
- ✓ Strong Joints
- ✓ Vitality



## MIND

- ✓ Mental Wellness
- ✓ Reduced Stress
- ✓ Increased Awareness
- ✓ Improved Memory
- ✓ Better Focus
- ✓ Enhanced Mood
- ✓ Mental Clarity
- ✓ Emotional Wellbeing
- ✓ Cognitive Function
- ✓ Relaxation



## ENVIRONMENT

- ✓ Wellness Sanctuary
- ✓ Healing Atmosphere
- ✓ Tranquil Setting
- ✓ Beautiful Locations
- ✓ Seafront View
- ✓ Serene Interiors
- ✓ Vitality from Nature
- ✓ Peaceful Environment
- ✓ Restorative Nature
- ✓ Beautiful Weather





# NUTRITION PLANS

We offer tailor-made program experiences for our guests, prepared based on their needs. Our programs include comfortable accommodation in a serene setting, detox & healthy nutrition plans, nutritious supplements, wellbeing therapies, and physical, emotional, and mindfulness activities.

Our healthy nutrition programs offer therapeutic food prepared with fresh and high-quality ingredients. Food in our programs not only improves your health and wellness, but it is also delicious!

## DETOXIFICATION PLANS

### MASTER DETOX

The ultimate program for cleansing and healthy weight loss.



\*400-450 calories per day

### GREEN JUICE

An instant alkalizing boost for your body's balance.



\*600-700 calories per day

### GREEN SALAD

Ideal for pre-cleansing and those seeking more than just juice fasting.



\*700-800 calories per day

### WATER FASTING

The most effective program for disease prevention and management.



\*0-50 calories per day

## HEALTHY NUTRITION PLANS

### LOW CALORIE

Ideal for healthy, long-term weight loss with calorie restriction benefits.



\*1200 calories per day

### INTERMITTENT FASTING

For those seeking digestive rest, cellular renewal, and toxin elimination.



\*800 calories per day

### KETOGENIC

Based on a vegan ketogenic nutrition plan with therapeutic benefits.



\*1500 calories per day

### GET FIT & HEALTHY

Designed for an active cleansing & effective fitness experience.



\*Calorie per day vary on guest requirements

### SMOOTHIE PROGRAM

For those seeking light nourishment, enhanced detox support, and a gentle boost in energy and vitality.



\*950 calories per day

### HEALTHY INDULGENCE












A vibrant, mostly raw vegan menu that combines flavor, balance, and a guilt-free sense of indulgence
















\*1000 calories per day

# DETOX DAILY PROGRAM SCHEDULES














## MASTER DETOX (400-450 CALORIES)

	07:00	Morning Walk
	08:00	Shakes & Herbs
	09:30	Yoga Dynamic or Pilates
	09:30	Herbs & Wheatgrass Juice
	11:00	Shake & Herbs
	12:30	Herbs & Himalayan Salt
	14:00	Shake & Herbs
	14:00	Mindfulness Practices
	16:00	Aquagym or Functional Training
	17:00	Wellness Talks & Workshops
	20:00	Mindful Movement & Healing Practices
	20:45	Meditation / Breathwork


















## GREEN JUICE (600-700 CALORIES)

	07:00	Morning Walk
	08:00	Immune Boost
	09:30	Yoga Dynamic or Pilates
	09:30	Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
	12:30	Alkalize
	14:00	Mindfulness Practices
	15:30	Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
	16:00	Aquagym or Functional Training
	17:00	Wellness Talks & Workshops
	18:30	Alkalize + Probiotics
	20:00	Alkalize
	20:00	Mindful Movement & Healing Practices
	20:45	Meditation / Breathwork

## GREEN SALAD (700-800 CALORIES)

	07:00	Morning Walk
	08:00	Immune Boost
	09:30	Yoga Dynamic or Pilates
	09:30	Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
	12:30	Alkalize
	14:00	Mindfulness Practices
	15:30	Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
	16:00	Aquagym or Functional Training
	17:00	Wellness Talks & Workshops
	18:30	Alkalize + Probiotics
	20:00	Alkalize
	20:00	Mindful Movement & Healing Practices
	20:45	Meditation / Breathwork

## WATER FASTING

	07:00	Morning Walk
	07:30	Ketone & Blood Sugar Measurement
	08:00	Water (pH 7.4)
	09:30	Yoga Dynamic or Pilates
	09:30	Water (pH 7.4) & Himalayan Salt
	11:00	Water (pH 7.4)
	12:30	Water (pH 7.4) & Himalayan Salt
	14:00	Water (pH 7.4)
	14:00	Mindfulness Practices
	15:30	Water (pH 7.4) & Himalayan Salt
	17:00	Water (pH 7.4)
	17:00	Wellness Talks & Workshops
	18:30	Water (pH 7.4)
	20:00	Water (pH 7.4)
	20:00	Mindful Movement & Healing Practices
	20:45	Meditation / Breathwork
	21:00	Water (pH 7.4)






*\* Program flows represents an example day, activity hours and contents may vary seasonally.*

**To discover which wellness activities take place each day and what type of experience they offer, please check the WEEKLY ACTIVITY SCHEDULE page.**













# NUTRITION

## DAILY PROGRAM SCHEDULES

### LOW CALORIE (1200 CALORIES)

-  07:00 Morning Walk
-  08:00 Cayenne Lemonade + Spirulina Kelp & Nettle
-  09:00 Raw Breakfast + Digestive Enzymes
-  09:30 Yoga Dynamic or Pilates
-  12:00 Raw Lunch + Digestive Enzymes
-  14:00 Mindfulness Practices
-  15:30 Snack
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:00 Raw Dinner + Digestive Enzymes
-  20:00 Mindful Movement & Healing Practices
-  20:00 Cayenne Lemonade
-  20:45 Meditation / Breathwork
-  21:00 Probiotics

















### INTERMITTENT FASTING (800 CALORIES)

-  07:00 Morning Walk
-  08:00 Cayenne Lemonade + Spirulina Kelp & Nettle
-  09:30 Yoga Dynamic or Pilates
-  12:00 Raw Lunch + Digestive Enzymes
-  14:00 Mindfulness Practices
-  15:30 Snack
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:30 Raw Dinner + Digestive Enzymes
-  20:00 Cayenne Lemonade
-  20:00 Mindful Movement & Healing Practices
-  20:45 Meditation / Breathwork

### KETOGENIC (1500 CALORIES)

-  07:00 Morning Walk
-  09:30 Ketogenic Breakfast + Digestive Enzymes
-  09:30 Yoga Dynamic or Pilates
-  12:00 Ketogenic Breakfast + Digestive Enzymes
-  14:00 Mindfulness Practices
-  15:30 Ketogenic Snack
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:00 Ketogenic Dinner + Digestive Enzymes
-  20:00 Mindful Movement & Healing Practices
-  20:45 Meditation / Breathwork
-  21:00 Probiotics














### GET FIT & HEALTHY \*CALORIE PER DAY VARY

-  07:00 Morning Walk
-  08:00 Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
-  09:00 Breakfast + Digestive Enzymes
-  09:30 Yoga Dynamic or Pilates
-  11:00 Full Body Workout
-  11:00 Protein Smoothie
-  12:00 Lunch + Digestive Enzymes
-  14:00 Mindfulness Practices
-  15:30 Protein Smoothie
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:00 Dinner + Digestive Enzymes
-  20:00 Green Protein Juice
-  20:00 Mindful Movement & Healing Practices
-  20:45 Meditation / Breathwork
-  21:00 Probiotics














*\* Program flows represents an example day, activity hours and contents may vary seasonally.*

**To discover which wellness activities take place each day and what type of experience they offer, please check the WEEKLY ACTIVITY SCHEDULE page.**

## SMOOTHIE PROGRAM

-  07:00 Morning Walk
-  08:00 Smoothie + 2 Spirulina Kelp & Nettle
-  09:30 Yoga Dynamic or Pilates
-  09:30 Smoothie
-  12:30 Smoothie
-  14:00 Mindfulness Practices
-  15:30 Smoothie + 2 Spirulina Kelp & Nettle
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:30 Smoothie
-  20:00 Smoothie + 2 Probiotics
-  20:00 Mindful Movement & Healing Practices
-  20:45 Meditation / Breathwork

## HEALTHY INDULGENCE

-  07:00 Morning Walk
-  08:00 Cayenne Lemonade
-  09:00 Breakfast
-  09:30 Yoga Dynamic or Pilates
-  12:00 Bowl + 2 Enzymes
-  14:00 Mindfulness Practices
-  15:00 Snack
-  16:00 Aquagym or Functional Training
-  17:00 Wellness Talks & Workshops
-  18:00 Dinner + 2 Enzymes
-  20:00 Cayenne + 2 Probiotics
-  20:00 Mindful Movement & Healing Practices
-  20:45 Meditation / Breathwork

*\* Program flows represents an example day, activity hours and contents may vary seasonally.*

**To discover which wellness activities take place each day and what type of experience they offer, please check the WEEKLY ACTIVITY SCHEDULE page.**

## DIABETES SUPPORT

Suitable for people with pre-diabetes, type 1, type 2, or who are obese/overweight, this program emphasizes education and healthy habits, helping individuals understand how to manage and eliminate the condition.



### DIABETIC GREEN SALAD MEAL PLAN

#### TIME

-  08:00 Alkalize
-  09:30 Alkalize + Wheatgrass Shot + 2 Kelp & Nettle
-  12:00 Green Salad + 2 Digestive Enzymes
-  15:30 Alkalize + Wheatgrass Shot + 2 Kelp & Nettle
-  18:30 Green Salad + 2 Digestive Enzymes
-  20:00 2 Probiotics

### DIABETIC GREEN JUICE MEAL PLAN

#### TIME

-  08:00 Alkalize
-  09:30 Alkalize + Wheatgrass Shot + 2 Kelp & Nettle
-  12:30 Alkalize
-  15:30 Alkalize + Wheatgrass Shot + 2 Kelp & Nettle
-  18:30 Alkalize + 2 Probiotics
-  20:00 Alkalize

*\* Diabetes Programs are recommended for a minimum of 7 days to be effective.*

*\* Program flows represents an example day, activity hours and contents may vary seasonally.*



# MENTAL WELLNESS PROGRAMS

True health transcends the physical; it's a harmonious blend of mental, emotional, and physical wellbeing. Our Mental Wellness Programs are designed for anyone seeking positive inner change.

We offer a serene, non-clinical setting that emphasizes personal growth and awareness. Each program is meticulously tailored to meet the unique needs of each participant, focusing on increasing awareness and fostering personal development.

Here, in a safe and supportive environment, our experts guide you through understanding both your inner self and the world around you, equipping you with lifelong coping strategies.



## EMOTIONAL REGULATION

If you often feel down, anxious, or angry, experience mood changes, find yourself losing confidence or interest in activities you once enjoyed, or experience symptoms of depression, our 'Emotional Wellness' Program is here for you. This program is expertly designed to help you regain emotional balance and stability for a better-quality life.



## STRESS MANAGEMENT

If you are struggling with stress, it is time to exude calm, boost happiness, and reclaim your zest for a restful life with our 'Stress Management' Program. This program is designed to help you improve stress levels and reduce burnout sustainably while increasing your focus on what is really important to you.



## BOOSTING BRAIN POWER

If you often feel exhausted, anxious, struggling with concentration, battling memory lapses, or simply feeling mentally sluggish, our 'Boosting Brain Power' Program is here for you. This program is tailored to rejuvenate your mind and guide you towards a more organized daily life or a successful professional journey.







# TheLifeCo Wellbeing Sharm El-Sheikh

## Standard Services & Therapies

We offer a comprehensive suite of standard services and therapies designed to promote physical, mental, and emotional health at TheLifeCo Sharm El-Sheikh. All these services offered are to help our guests reach optimal wellness in all aspects of life.

**\* All services & therapies below are included in any program you join.**

### • Accommodation

### • Detoxification Plan

Including Master Detox, Green Juice Detox, Green Salad Detox and Water Fasting Plans

### • Doctor Consultation

### • Consultation with Detox Expert Wellness Coaches

### • Body Composition Analysis (2 sessions)

Before and after the program to track your progress.

### • Daily Clinic Services;

#### Oxygen Therapy, Luminette Light Therapy

Oxygen therapy helps increase energy levels, while Luminette Light therapy increases happiness hormones.

### • SPA Vicinity Available Amenities;

#### \*\*Infrared Sauna, Steam Room, Turkish Bath (Self Using), Turbosonic Vibration Therapy

- Infrared sauna and steam room support detox, better skin and cardiovascular health.
- Turbosonic vibration therapy helps to break down the fat tissue.
- The inversion table improves spine health and blood circulation.

#### • Swimming Pool & Gym Access

- Group Exercise (daily)
- Yoga - Pilates (daily)

#### • Mindfulness & Meditation Classes

- Educational Sessions on Various Topics on Healthy Lifestyle

### • Unlimited herbal tea, detox soup, herbal ice tea and alkaline water

For electrolyte support and neutralizing the acid in your bloodstream.

\* Activity days, times, and application frequencies may vary seasonally.

\*\* Our spa area is a communal facility that is regularly cleaned and checked for your safety. We kindly ask for your cooperation in keeping the shared spaces tidy and enjoyable for everyone.

# WEEKLY ACTIVITY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 08:00	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk
09:00 09:30							
09:30 11:00	Dynamic Yoga	Pilates	Dynamic Yoga	Dynamic Yoga	Pilates	Dynamic Yoga	Pilates
11:00 12:00		Longevity Talk					
12:00 13:00							
13:00 14:00							
14:00 15:00	Laughter Yoga	Mindful Drawing	Circle Talk	Mandala Creation	Crafts Session	Circle Talk	
15:00 15:30							
15:30 16:00							
16:00 17:00	Aquagym	Functional Training	Aquagym	Functional Training	Aquagym		
17:00 18:00	Raw Food & Smoothie Workshop & Mindful Eating Practice	Art of Coping (Jailan)	Life After Program (WPC)	Postural Health and Healthy Daily Habits (Beyza + Mona)	Wellness Therapies, Biohacking & IV Treatments (Dr. Tarek)	Life After Program (WPC)	Mindful Living (Heba)
18:00 20:00							
20:00 20:45	Yin Yoga	Face Yoga	Restorative Yoga	Gentle Yoga	Acro Yoga	Moon Ritual Circle	Healing Dance
20:45 21:00	Mediation /Breathwork	Mediation /Breathwork	Mediation /Breathwork	Mediation /Breathwork	Mediation /Breathwork		Mediation /Breathwork

Please note that there may be last minute changes in activity locations.  
Kindly check with the reception for updated information.





**Daily Mail**

TheLifeCo makes detoxing as

comfortable as possible. They take it very seriously. You can tell that from the professionalism of the staff and of course from the positive result you get.

**NATIONAL GEOGRAPHIC**

Being surrounded by the unique natural wonders will make your journey to

health even more palatable. TheLifeCo overhauls your mind and body, especially if you are willing to get your life and your nutrition in check.

## OUR FACILITY



BEACH



JUICE BAR



RESTAURANT



YOGA SALA



SPA & MASSAGE



GARDEN



CLINIC & BEAUTY



SAUNA & STEAM BATH



# F A Q

## FREQUENTLY ASKED QUESTIONS:

- **ABOUT THELIFECO SHARM EL-SHEIKH**
  - LOCATION & GETTING THERE
  - ACCOMMODATION
- **DETOXIFICATION**
  - **BEFORE YOU ARRIVE: PRE-DETOX**
  - **PAYMENT & CANCELLATION POLICY**

### ABOUT THELIFECO SHARM

#### Which airport should I arrive at?

You can land at Sharm El-Sheikh International Airport, which is 20 minutes away from our center, by car.

#### Are there any alternative airports within the area?

You may arrive at Sharm El-Sheikh International Airport. Upon your request, we can organize airport transfers to and from the airport.

#### How can we meet you at the airport?

If you have an international flight, please make sure you exit the airport from the international gate. Do not exit from the domestic gate unless your flight is domestic. When you are at the right gate, please look for our representative holding a sign with TheLifeCo and your name/flight details.

#### How is the weather in Sharm El-Sheikh?

Sharm El-Sheikh has a hot desert climate, meaning it's warm and sunny year-round with very little rainfall. Here's a seasonal breakdown:

- Winter (December–February): Pleasantly warm with daytime highs around 20-25°C (68-77°F) and cooler nights around 13-15°C (55-59°F). Ideal for outdoor activities.
- Spring (March–May): Warmer, with temperatures climbing to 25-32°C (77-90°F), but still comfortable.
- Summer (June–September): Very hot, with highs around 35-40°C (95-104°F) and warm nights. The Red Sea breeze helps, but it can feel intense.
- Autumn (October–November): Cooling down to 25-30°C (77-86°F), making it one of the best times to visit.

#### What are the activities that I can do considering the weather conditions?

You can swim in the pool/sea, go on a boat trip, do water sports, go hiking and yoga, and use the fitness room and the spa area. You can enjoy wide range of wellbeing activities offered in our center.

#### Can I rent a car, motorbike or bicycle?

There are many car/bike rental shops in the local area, so please bring your international driver's license with you if you intend to rent a car or motorbike.

#### How far is the beach from the center?

TheLifeCo Sharm El-Sheikh is located by the sea with its private beach.

### **How many different room types do you have?**

TheLifeCo Sharm El-Sheikh welcomes its guests with 20 rooms in the opening with on room type at the main center; standard rooms. All standard rooms (30m<sup>2</sup>) have a balcony and access to the garden.

### **What are the features of the rooms?**

Our rooms include a TV, safe box, hairdryer and free WiFi internet connection.

### **Do you have Wi-Fi available?**

Yes, complimentary high-speed WiFi is available in every room and throughout the retreat.

### **Do you have a swimming pool and will I have time to relax?**

Yes, we have a swimming pool, and there will be adequate free time allocated each day to go to the beach, relax by the pool or chill out in your room. All activities, talks and demonstrations are optional, so you can manage your pool time accordingly.

### **Can I get my laundry done on the premises?**

Yes, we offer a laundry service.

### **Will I have free time to go sightseeing around?**

Your program includes plenty of free time for sightseeing. We can adjust your daily schedule to give you free time if you have any special excursions planned. You can get more information from our front desk about various activities and places of interest.

### **I would like to come with my family, however only I will attend the detox program?**

At our Sharm El-Sheikh center, your loved ones can share accommodation with you without attending any programs. In that case, accommodation and facility costs will apply. Unfortunately, children under 16 years old are not allowed in the center. If your child is older than 16, he/she will be considered as an additional guest.

### **Can I bring my pet?**

To be mindful of our guests' comfort and well-being, we do not encourage bringing pets to our facility.

## **DETOXIFICATION**

### **Why should I detox / cleanse?**

In this modern life, we are exposed to polluted air, stress and sedentary life, consuming processed foods, additives and many other factors leading to an accumulation of toxins in our bodies. Therefore, we need to detox at least twice a year to eliminate those toxins. We detoxify in order to age slower & healthier, lose weight, increase energy levels, improve our skin quality, improve our quality of life, enhance immune system functionality, prevent chronic diseases, and improve our mental & emotional clarity.

### **How many days should I do the program?**

You can do certain types of detox programs for any period that you wish; however, to have effective results, we recommend you to do a minimum of 3-4 days, and for sustainable results, up to 10 days recommend you to do a minimum of 3-4 to 10 days.

### **How will I decide which detox/healthy nutrition program to do?**

On arrival at our center, you will receive a detailed presentation by our Detox Program Managers regarding the programs and the therapies. After analysing your health form, you will start the most suitable program for you. In addition, after the presentation, you will be given your hourly schedule until the day of your check-out. You will always be able to change your program during your stay.

### **What does the standard program include, and any additional extras available for purchase?**

In the Standard Detox & Healthy Nutrition Program, your accommodation, daily meals & nutrition, daily activities such as morning walks, yoga & meditation sessions (twice daily), doctor consultation, oxygen, turbosonic, luminette light therapies, daily use of facilities (pool, steam room, infrared sauna, Turkish hammam and gym) are included.

Some other supporting therapies, such as beauty therapies, skincare, slimming therapies, massage therapies, i.e. well-aging therapies, and health protocols, are not included in the standard program and can be purchased on top of any program you join.

First, you can also purchase a Standard Package, which includes only accommodation, meals & nutrition and some daily activities. On top of this, you can purchase extra-paid therapies or protocols that will support your detox experience.

### **When should I come and what is the right time to plan my program at TheLifeCo centers?**

There is no specific time or season recommended to start the programs. So it all depends on your availability. Our centers are open all year round. We recommend you do a pre-detox at least 3-4 days before coming to our facility. All programs start at 8.00 am.

We suggest you arrive at our center as early as possible to start your program on time and be refreshed for the following day. If you cannot arrive in the morning on your first day due to your travel plan, we'll compensate you for your remaining services (e.g., juices, meals, or included treatments) on your departure day.

### **Can I smoke on the premises and during the detox period?**

While you are on the detox program, your smoking habit naturally decreases by itself. We recommend no smoking during this period. Smoking is not allowed throughout the center, but you may smoke in our designated smoking area.

### **Will I be able to quit my bad habits (smoking, alcohol, eating snacks, etc.)?**

Detox & cleansing programs at TheLifeCo considerably reduce the consumption of alcohol and smoking. The detox programs that we offer, with the assistance of our program managers and other extra therapies that you might have, are very effective in getting rid of your unhealthy habits.

### **I want to give a detox program to a friend as a gift. Is it possible?**

Of course, we can send your friend a gift certificate after making the payment.

### **Are there any contraindications for fasting?**

Fasting is suitable for everyone with the consent of detox experts and after the doctor consultation at our centers.

### **I have a certain illness/a certain medication that I use regularly. Can I do a detox?**

We would like you to consult our doctor to make this decision. You may call/send a detailed e-mail regarding your health condition, and our doctors will contact you shortly.

### **Do I continue taking my medication during the cleanse?**

We never recommend that you stop taking medication during a cleanse, as it can be dangerous. Our highly experienced Detox & Wellbeing consultants will help to guide you with the best choices regarding your health and holistic and dietary considerations.



### **Can I cleanse if I have Diabetes?**

Yes, you can. Type-2 diabetes emerges as a direct consequence of poor diet and unhealthy lifestyle habits and can be reversed by modifying the diet and other lifestyle components. The duration (7-21 days) depends on the person's willingness; 7 days balances hormones and blood sugar values. However, at least 14 days is needed for a complete impact. Full fasting or juice fasts can be a wonderful remedy for type-2 Diabetes.

Our highly experienced wellness coaches & doctors will help to guide you with the best dietary recommendations. Please check our website for more information.

We also recommend you watch the wonderful documentary on Diabetes, "Simply Raw: Reversing Diabetes in 30 days".

### **Will cleansing help with my skin problems?**

In holistic health, we recommend treating all skin conditions initially by cleaning the digestive tract and liver; during your stay, you will meet with our holistic health practitioner, who can make recommendations for you to continue with once you leave the retreat.

### **Do you have a Doctor on-site?**

Yes, we do. When you arrive at our center, you will have a consultation with our holistic doctor/practitioner and receive a detailed presentation from our detox & wellbeing consultant regarding the therapies & programs. They'll be ready to answer your questions & help you at any time you need.

Both our practitioner & wellbeing consultant will look through your pre-screening information and advise you accordingly about which program is most suitable to meet your needs, as well as make holistic recommendations for the future that can assist with any issues that may need addressing.

### **What if I have High Blood pressure or High Cholesterol?**

We have many guests who come to our retreat with high cholesterol and hypertension; in fact, many of them come too fast specifically to help with these issues. Every morning, you will have your blood pressure checked by one of our specialized consultants.

Although fasting usually will drastically reduce high blood pressure, we never recommend that anybody stop taking their medication for this condition.

Cleansing has also been known to indirectly help with issues regarding high cholesterol as the whole process helps to clean the blood and liver, thereby improving the body's ability to digest and break down fats and lipids.

We have experienced and trained staff on hand to help with any questions or concerns you may have regarding these issues, as well as extra services to help you plan an individual exercise and dietary routine to bring about greater balance, health and vitality to your life, should you feel a more in-depth analysis is necessary.

### **Can I cleanse if I'm taking anti-depressants?**

Yes, sure, you can.

### **Can I join the program if I'm menstruating?**

Participating in a cleansing program is no problem if you are menstruating. Any extreme change in your diet can affect your menstrual cycle, so don't worry if your period is irregular or slightly heavier than usual.

### Can I detox if I am slim?

You can still cleanse if you are slim as long as you are not currently suffering from an eating disorder, malnutrition, or certain deficiencies. The main goal of cleansing is detoxification and removal of impacted waste within the colon. We have many slim, non-overweight people visiting us for fasting, and generally, they are fair just as well as others. If you are drastically underweight, you may participate in one of our healthy nutrition programs.

### Can I cleanse if I am pregnant? Will I be able to do a detox program?

The programs that we offer are suitable for pregnant guests as well. You may apply Healthy Nutritional Programs to help you eat clean and nutritious food. When you arrive at our center, the program manager will assist you in choosing the most suitable program and schedule.

### Do you do anything special for the guests' special days (wedding anniversary, birthdays, etc.)?

We offer one massage as a gift.

## BEFORE ARRIVAL: PRE-DETOX

### What are the do's and don'ts before coming? What should I eat & drink?

For best results, two weeks before joining our detox program, follow the Pre-Detox Program, which will be sent after you confirm your booking. This will both alkalise and prepare your body for a deeper cleansing. If you do not have enough time, you should start at least three days before the detox program. For optimum results in the pre-cleansing phase, eat no meat, dairy products, salt, sugar or foods with added sugar.

Reduce and eventually stop the intake of coffee, tea, alcohol, and all other drinks that contain caffeine. You can drink all sorts of herbal teas instead. Drink water as often as possible, but not with a meal. Water is a critical addition to the cleansing process. It is best to drink at least 6% of your body weight (i.e. 70 kg body weight, drink 4.2 liters of water). Avoid caffeine and alcohol, and eat as much raw fruit and vegetables as possible.

### Why do I need to Pre-Cleanse?

Pre-cleansing prepares your body for the deep cleansing you will experience on the full fast. On a pre-fast, your body will move from an acidic state towards the alkalinity needed for cleansing. You will also increase your storage of electrolytes, giving your body the strength needed for cleansing. Fasting without properly preparing your body can result in rapid toxin elimination, which, in turn, can lead to some discomfort, including headaches, fatigue, vomiting, diarrhoea and dizziness.

### I did not do a pre-detox. Can I still start my detox?

The pre-detox is significant in terms of easing the transition to a detox program. If you start your detox without doing the pre-detox beforehand, you might feel the "detox symptoms" stronger. These symptoms are also known as the "healing symptoms", which are general reactions that the body can experience in the first couple of days of detox, such as headaches, dizziness, nausea, strange dreams, etc. If you arrive at the center without doing the pre-detox, we can apply the green detox programs to help you to do your pre-detox here.

### What should I bring with me?

There is nothing specific you need to bring, just comfortable clothing for yoga, meditation and exercise classes etc. Some sports shoes (trainers) for walking, sun cream, bikini and a good book for chilling out on the beach. Sportswear and a swimsuit would be sufficient to wear during your program. (For daily walks, yoga classes, use of the fitness room, daily pool/sea/infrared sauna/steam room usages, etc.) For the wet season, a raincoat or an umbrella is suggested.

## PAYMENT AND CANCELATION POLICY



### How to Confirm Your Reservation?

We kindly ask you to fill out the reservation and guest health forms and re-send them to us. After receiving pre-payment (the amount of %50), your reservation will be confirmed via email.



### How to Make Payment?

You can pay with an online payment link and/or credit card; you may also make a bank transfer to our bank account.



### Check-in and Check-Out Policy

The check-in time is after 2:00 pm, and checkout time is before 11:00 (however, we will do our best to provide flexibility depending on the availability of the rooms on that specific day.)

We suggest you arrive at our center as early as possible to participate fully in your program. If you cannot arrive in the morning on the day of your arrival because of your travel plan, we'll compensate you for your remaining services (e.g., juices, meals, or included treatments) on the day of your departure.



### If I don't join the activities that are included in the standard package, can I have therapies instead?

Unfortunately, we cannot replace the extra therapies with the activities that are already included in the package.



### Cancellation and Date Change Regulations

Cancellations or date changes requested 14 days before the commencement of the program incur no charge.

Cancellations or date changes between 7 and 13 days before the commencement of the program incur a penalty of %50 of the total deposited amount.

Cancellations or date changes less than seven days before the commencement of the program incur a penalty of the full charge of the total deposited amount. In the case of a no-show, a penalty of the full charge of the total deposited amount will be applied.

In case of an early check-out, a full charge of the total program price will be collected.



### Financial Support Policy

The guest/patient will be billed directly according to the rates specified on the price list, even if the invoice is presented to an organization providing financial support or a private insurance company for a refund.





## OTHER TERMS AND CONDITIONS TO BE CONSIDERED

In a place like TheLifeCo centers, the focus is on rest, consideration of others, and a certain degree of order, which is essential for the good of the community and the success of your treatment.

*The following general terms and conditions apply to contracts for treatment in TheLifeCo centers and to all other services rendered to guests/patients by TheLifeCo centers.*

- Guests/patients admitted to the clinic for the first time are requested to present a valid passport / ID and a valid credit card upon arrival.
- The minimum age for treatment at TheLifeCo is 18 years. In exceptional cases, young people aged 16 years or over can be treated if a parent or legal guardian accompanies them and if this has been discussed with our management and doctors in advance.
- If a guest/patient is absent from TheLifeCo centers overnight or wishes to stay away from the clinic for a number of days, permission from TheLifeCo's attending doctor or detox expert is required.
- TheLifeCo Management cannot accept liability for lost valuables, particularly jewellery, documents or cash. The clinic recommends patients/guests use the built-in safe in their room.
- Guests/patients use the parking garage and parking spaces at their own risk.
- A strict ban on smoking and the consumption of alcohol is enforced at TheLifeCo both throughout the clinic premises as well as on walking tours and in guests/patients' rooms.
- Guests/patients are responsible for ensuring that third parties also observe this ban in their rooms. There is a smokers' corner on the parking deck.
- Your sense of smell is extremely sensitive during fasting: artificial perfumes (all of which nowadays comprise synthetic fragrance molecules) can be extremely disturbing when fasting, even those we normally like. For this reason, we ask you to avoid using perfume, if possible, during group activities in the recreation rooms or gyms and on walks.
- Pets are not allowed.



Please carefully read these conditions for your stay at TheLifeCo. We assume that you accept these terms by sending you a reservation confirmation.

We ask you to sign a corresponding agreement upon your arrival.





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