

TheLifeCo<sup>®</sup>  
HOLISTIC WELLBEING  
PHUKET



## INFORMATION KIT

- 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 physical, emotional and mental wellbeing to our guests, with over 15 years of experience in the wellness industry. With a holistic approach that includes body, mind and spirit, our it delivers ultimate ambition to heal and ease the body by triggering the body's natural detoxification and healing powers. We have led over 30.000 guests globally to happier and healthier lives by providing them healing in all aspects.

We know that toxins and pollutants in our daily life have been concentrated to an extreme level, and accumulation of these through the body cause damage at cellular levels, which can lead to various diseases or illnesses if not cleansed properly with detoxification. That is why the journey to wellness starts with a cleanse!

At TheLifeCo centers, we offer scientifically proven and award-winning programs in providing a natural way of detoxifying the body. Our guided detox programs vary to match the need of every guest. Our wellness team works together to provide the best guidance and service to ensure our guests' healing journey will be optimally achieved holistically.

## 4 PILLARS OF OUR HOLISTIC APPROACH

### NUTRITION

The journey of transformation begins with a cleanse and the right nutrition. We offer award-winning detox and healthy nutrition programs for your body's natural healing process.



### FLEXIBILITY

Flexibility is the key to a successful healing process. We offer different activities with various degrees of flexibility so you can do what's best for you and your body.



### MIND

We guide you to clear your mind. So, you can allow a proper mindset and intention to achieve personal growth and make a positive transformation in life.



### ENVIRONMENT

We want you to be comfortable and at ease during your program. That is why we provide a soothing and healing atmosphere at our centers to make your time more relaxing and effective.



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



## NUTRITION

- ✓ Raw Vegetables
- ✓ Antioxidants
- ✓ Healthy Juices
- ✓ Vitamins & Minerals
- ✓ Herbs & Spices
- ✓ Toxin Cleansing
- ✓ Organic Foods
- ✓ Nutrients Nourishment
- ✓ Non-Preservatives
- ✓ Cellular Regeneration



## FLEXIBILITY

- ✓ Physical Fitness
- ✓ Strength
- ✓ Endurance
- ✓ Stamina
- ✓ Youthful Energy
- ✓ Vitality
- ✓ Slender Figure
- ✓ Vibrant Body Muscle & Fat
- ✓ Reduction
- ✓ Energy



## MIND

- ✓ Focus & Concentration
- ✓ Peace of Mind
- ✓ Memory
- ✓ Brain Power
- ✓ Consciousness
- ✓ Logical Thinking
- ✓ Analytical Thinking
- ✓ Reasoning
- ✓ Neurological Functioning
- ✓ Sharp Senses



## ENVIRONMENT

- ✓ Peaceful Environment
- ✓ Relaxing Place
- ✓ Wellness Support
- ✓ Green Scenery
- ✓ Energy from Nature
- ✓ Healing Center
- ✓ Stress Free Environment
- ✓ Sound of Nature
- ✓ Naturopathic Therapy
- ✓ Nature Healing



# ABOUT OUR PROGRAMS

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, along with physical, emotional, and mindfulness activities.

Our detox plans were developed with specialists to help eliminate physical and mental toxic load. Our Master Detox program was awarded as the Best Detox Programme of 2018 at the World Spa Awards.

We offer a variety of food prepared with fresh and high-quality ingredients in our healthy nutrition programs. Food in our programs does not only improves your health and helps you continue your practice long after your stay, but it is also delicious!

You can have eight Detox and Healthy Nutrition Program options that are result-proven and effective in a short time at TheLifeCo centers in Bodrum, Antalya and Phuket.

You will be guided to choose the most suitable program for yourself upon arrival. You will always be able to adapt your program during your stay.

## DETOXIFICATION PLANS

### MASTER DETOX

The most effective and quick solution for cleansing and support weight loss.



\*400-450 calories per day

### GREEN JUICE

An instant alkalization boosts for your system.



\*600-700 calories per day

### GREEN SALAD

Ideal for those who do not want only juice fasting and pre-cleanse.



\*700-800 calories per day

### WATER FASTING

Beneficial for body & mind. Strongest detox program for disease prevention and management.



\*0-50 calories per day

## HEALTHY NUTRITION PLANS

### LOW CALORIE

For those who wants to leave their daily dietary routine and lose weight in a healthy, sustainable way.



\*1200 calories per day

### INTERMITTENT FASTING

For anybody who wants to allow their digestive system to rest, cells to renew and get rid of toxins.



\*800 calories per day

### KETOGENIC

A nutrition plan in which the body gets all its energy from plant and protein based fats. It is also used as a therapeutic diet.



\*1500 calories per day



# DETOX DAILY PROGRAM SCHUDELES








## MASTER DETOX (400-450 CALORIE)

TIME	Shakes, Supplements & Herbs
 08:00	Shake & 2 Sinco
 09:30	Wheatgrass, Lime Juice, 2 Vitminco & 1 Kelp & Nettle
 11:00	Shake & 2 Sinco
12:30	Himalayan Salt, 2 Vitminco & 1 Kelp & Nettle
 14:00	Shake & 2 Sinco
 15:30	Wheatgrass, Lime Juice, 2 Vitminco & 1 Kelp & Nettle
 17:00	Shake & 2 Sinco
 18:30	2 Vitminco, 1 Kelp & Nettle
 20:00	Shake & 2 Sinco
 21:30	2 Vitminco & 2 Probiotics

## GREEN JUICE (600-700 CALORIE)

TIME	Shakes, Supplements & Herbs
 08:00	Immune Boost Juice
 09:30	Green Juice + 2 Kelp & Nettle + Wheatgrass
 12:30	Green Juice
 15:30	Green Juice + 2 Kelp & Nettle + Wheatgrass
 18:30	Green Juice
 20:00	Green Juice
 21:30	2 Probiotics

## GREEN SALAD (700-800 CALORIE)




TIME	Shakes, Supplements & Herbs
 08:00	Immune Boost Juice
 09:30	Green Juice + 2 Kelp & Nettle + Wheatgrass Juice Shot
 12:00	Mix Detox Salad with 2 Enzymes
 15:30	Green Juice & 2 Kelp & Nettle + Wheatgrass Juice Shot
 18:00	Mix Detox Salad with 2 Enzymes
 20:00	Green Juice
 21:30	2 Probiotics

## WATER FASTING (0-50 CALORIE)

3 times Himalayan salt and  
water all day

## BREAKING WATER FASTING (400-500 CALORIE)

### TIME Melon & Water






 12:00	Watermelon
 15:30	Watermelon
 18:00	Watermelon

# NUTRITION

## DAILY PROGRAM SCHUDELES

### LOW CALORIE (1200 CALORIE)

#### TIME Juices, Supplements & Herbs

-  08:00 Cayenne Lemonade + 2 Kelp & Nettle
-  09:30 Breakfast + 2 Digestive Enzymes
-  12:00 Lunch & 2 Digestive Enzymes
-  15:30 Snack
-  18:00 Dinner & 2 Digestive Enzyme
-  20:00 Cayenne Lemonade
-  21:30 2 Probiotics

### INTERMITTENT FASTING (800 CALORIE)

#### TIME Juices, Meal, Supplements & Herbs

-  12:00 Cayenne Lemonade & 2 Spiriluna Kelp & Nettle + Low Calorie Lunch & 2 Digestive Enzymes
-  15:30 Snack
-  18:00 Cayenne Lemonade + Low Calorie Lunch & 2 Digestive Enzyme
-  21:30 2 Probiotics

### KETOGENIC (1500 CALORIE)

#### TIME Juices, Meal, Supplements & Herbs

-  09:30 Ketogenic Breakfast & 2 Digestive Enzymes
-  12:00 Ketogenic Lunch & 2 Digestive Enzymes
-  15:30 Ketogenic Snack
-  18:00 Ketogenic Dinner & 2 Digestive Enzyme
-  21:30 2 Probiotics

# SPECIAL PROGRAMS IN THE LIFE CO PHUKET

The foundation of our special programs is supporting the body's natural healing power by providing holistic methods designed to prevent, manage or reverse many health conditions.

To achieve this, we provide a perfect synergy between detox and healthy nutrition plans and supportive therapies; all are intended to allow our guests to improve their health and discover their true wellness potential.

## CHRONIC DISEASE MANAGEMENT

### Diabetes Reversal Program

Natural and holistic approach to getting blood sugar under control, without medication.

### Liver Support Program

A support program to let your liver rest, recover and function more effectively.

### Hypertension Treatment Program

A low-calorie program to help lower your blood pressure without medication.

### Cholesterol Reduction Program

The best way to support heart health, balance & reduce your high cholesterol levels.



### Weight Loss Program

An effective and lasting way to lose weight, achieving a better functioning body and various health benefits.



### Hormone Balancing Program

Utilising bioidentical hormone replacement therapy to promote healthy aging.



### Stem Cell Therapy Program

A unique treatment that supports the body's ability to reactivate sleeping stem cells to treat afflictions and injuries.



### Post Surgery Recovery Program

Enhance the body's natural healing ability through healthy eating and cleansing.



### Microdosing Program

The best way to experience the therapeutic benefits of medical cannabis without any intense feelings or psychoactivity.



### Cancer Remission Program

Learn to keep cancer at bay through healthy detoxification and natural lifestyle modifications.



### Post-Covid Program

A quick way to regenerate your cells, boost your immune system and get back on track to your best self.



## Proven Benefits of TheLifeCo Programs:

- Toxin Elimination
- Healthy Weight loss
- Chronic Disease Control
- Mental Relaxation
- Increased Flexibility & Physical Condition
- Improved Digestion
- Improved Immune System
- Radiant Skin
- Increased Oxygen Level
- Alkalinity
- Balanced Blood Pressure
- Higher Energy Level
- Balanced Blood Pressure
- Higher Energy Level

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

### • Accommodation

You can accommodate in our “Mountain View” or “Lake View” deluxe rooms depends on your choice and availability.

### • Detoxification or Healthy Nutrition Plan

TheLifeCo offers 8 different programs that you may choose considering best option with our Doctors/Wellness Coaches in your consultation.

### • Medical Supervision

- Doctor Consultation (1 session)
- Body Composition Analysis & Detox Expert Consultation
- Daily use of “Angel of Water” Colon Cleansing (self-service colon cleansing)
- Live Blood Analysis test, interpretation, and consultation (2 sessions)

### • Detox Facilities Access

- Infrared Sauna
- Steam Sauna
- Swimming Pools
- GYM, Cross Fit, Pilates, Yoga Sala, Meditation Room
- Daily Turbosonic Vibration Therapy
- Shuttle Service to Naithon Beach
- Library

### Emotional & Physical Activities

- **Daily:** Yoga & Other Exercises, Meditation, Beach Walk or Stretching
- **Weekly:** Rebirthing Practice, Breathwork Exercises, Sound Healing, Mandala Therapy, Aqua Fit, Thai Boxing, Tai Chi, Mandala Painting, Sound Healing Therapy, Spine Healing Therapy, and Tarot Reading Workshop

### \* Knowledge Building Services

- Presentations on Healthy Lifestyle
- Raw Food Workshops
- Doctor’s Lectures
- Wellness Coaching
- TheLifeCo Gift Set: Beach Bag, Dry Body Brush for Lymphatic Drainage, Tongue Cleaner, and Information Kits.

(\*) The frequency and schedule of classes may vary due to availability of instructors.





## LAKE SIDE ROOMS



Please inform the sales representative about your room preference after making your reservation as we do have limited number of rooms regarding to optional ones.

- \* Jungle view
- \* 30 m<sup>2</sup>
- \* Semi-private pool
- \* Balcony
- \* TV
- \* Netflix
- \* Wi-Fi
- \* Hair Dryer
- \* Safe Box
- \* Kettle
- \* Air-Condition







## MOUNTAIN SIDE ROOMS



Please inform the sales representative about your room preference after making your reservation as we do have limited number of rooms regarding to optional ones.

- \* Partial lake view / Jungle side room options
- \* 35 m<sup>2</sup> or 60 m<sup>2</sup> room options  
(\*with extra living room or with 2 bedrooms)
- \* Semi-private pool
- \* Hair Dryer
- \* Balcony
- \* Safe Box
- \* TV
- \* Kettle
- \* Netflix
- \* Air-Condition
- \* Wi-Fi







**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



THELIFECO PHUKET



JUICE BAR & RESTAURANT



YOGA SALA



SPA & MASSAGE

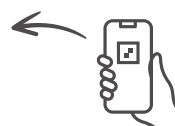


STEAM & INFRARED SAUNA  
/ TURBOSONIC VIBRATION



BEACH

360°  
FACILITY TOUR





## TheLifeCo Phuket Wellbeing and Detox Center

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# FAQ

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## FREQUENTLY ASKED QUESTIONS:

### Which airport should I arrive at in Thailand?

You will arrive at the Phuket International Airport (HKT), the only airport on Phuket Island.

### How do I get from the airport to TheLifeCo?

We can organize airport transfers from and to Phuket International Airport upon your request. VIP Minibus 800 THB / 25 USD per way for max 4 people.

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

If you have an international flight, please 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 Phuket?

Phuket has a tropical climate and is warm all year long, with temperatures ranging between 25 – 34°C (77 – 93°F). Phuket's weather is typically divided into two distinct seasons, dry and rainy, with transitional periods in between. The dry season begins in November and usually lasts until May.

### How far are the beaches from the center?

In only 2 minutes driving distance, there is Naithon beach, should we mention this? Nai Yang beach is another close beach 10 minutes from the facility. Within 15-20 minutes driving distance there are also many other options like Layan Beach, Banana Beach, and BangTao beach.

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

Yes, we offer laundry service. Please refer to the price list in your room for details.

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

Your program includes plenty of free time to have a tour. We can adjust your daily schedule to give you free time if you plan any special excursions. There are various activities from which you can get more information from our front desk.

### Can I bring my pet?

Always thinking about our guest's comfort and wellbeing, this is not recommended.

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

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

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

On arrival, you will receive a detailed presentation by our wellness coaches regarding the programs and the therapies. Together by analyzing your health forms, the most suitable program will be chosen for you during this presentation. 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 adapt your program during your stay.

### Can I smoke in the premises? Is it forbidden to smoke in the detox period?

TheLifeCo centers are smoke-free environments. We provide a designated smoking area outside the building to accommodate the needs of guests who smoke.



## **I have a certain illness/a certain medication that I use regularly.**

### **Can I do a detox?**

In order for you to give the decision we would like you to consult our doctor. You may call/send a detailed e-mail regarding your health condition and our doctors will be in touch with 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 medical doctor will help to guide you to guide the best decisions regarding your health, and holistic and dietary recommendations will be made.

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

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

### **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 to fast specifically to help with these issues. Every morning you will have your blood pressure checked by one of our medical team. Although fasting usually will drastically reduce high blood pressure, we never recommend that anybody should 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 individualized 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 do a cleanse if I'm taking anti-depressants?**

Yes, of course. We would never recommend that you stop taking any prescribed medication whilst doing a cleanse, especially anti-depressants.

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

It is no problem to participate in a cleansing program 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 do a 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 that would help you to eat clean and nutritional food. When you arrive at our center, the wellness coach will direct you in picking the suitable program and schedule.

## BEFORE ARRIVAL: PRE-DETOX

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

For best results, before joining our detox program, follow the Pre-Detox Program for two weeks that will be sent to you after you confirm your booking. This will both alkalize and prepare your body for a deeper cleansing. If you do not have enough time, you should start a minimum of 3 days before the detox program. For optimum results in the pre-cleansing phase, do not eat meat, dairy products, salt, sugar or foods with added sugar.

Stop the intake of coffee, tea, alcohol and all other drinks with 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). Cut off caffeine and alcohol, eat as many raw fruits and vegetables as your body can handle.

### 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'll 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 result in some discomfort including headaches, fatigue, vomiting, diarrhea 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 the detox such as headaches, dizziness, feeling nauseous, having strange dreams, etc. If you arrive at the center without doing the pre-detox, we can apply the green salad 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.

Some sports shoes (trainers) for walking, sun cream, bikini, sandals/slippers and a good book for when you are chilling out on the beach. Sportswear and swimsuit would be sufficient to wear during your program. (For the daily walks, yoga classes, use of the fitness room, daily pool/sea/infrared sauna/steam room usages etc.) For the wet season it is suggested to bring a raincoat. You can bring your prescription medicine if you are currently taking any.



ANTI-AGING • BEAUTY & SPA • DETOX • NATURE HEALING • THERAPY •  
ANTALYA • BODRUM • PHUKET • BODRUM • ANTALYA • PHUKET •  
ORGANIC PRODUCT • HEALTHY NUTRITION • RAW-VEGAN KITCHEN •  
Your Trusted  
Wellbeing  
Partner  
WEIGHT LOSS • ANTALYA • BODRUM • PHUKET • BODRUM • ANTALYA • PHUKET •  
RAW-VEGAN KITCHEN • HEALTHY NUTRITION • HEALTHY HOLIDAY •

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