



Your Trusted Wellbeing Partner

Info Kit

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 30,000 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 OF 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
- ✓ Green Views Modern
- ✓ Spaces Serene
- ✓ Interiors Vitality from Nature
- ✓ Peaceful Environment
- ✓ Restorative Nature



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, and physical, emotional, and mindfulness activities.

Our detox programs are developed by specialists to rid the body and mind of toxins. Among these is our acclaimed Master Detox program, which was honored as the Best Detox Programme 2018 at the World Spa Awards.

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!

You can find eight Detox and Healthy Nutrition Program options that are result-proven and effective at TheLifeCo centers in Bodrum, Antalya and Phuket. Upon arrival, we will guide you in choosing the most suitable program for your needs with our experts.

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.



*Less than 17 grams of carbohydrates per day

GET FIT & HEALTHY

Designed for an active cleansing & effective fitness experience.



*Calorie per day vary on guest requirements

SPECIALLY DESIGNED PROGRAMS

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

- 8:00 Alkalize
- 09:30 Alkalize + Wheatgrass Shot & 2 Kelp & Nettle
- 12:00 Green Detox Salad + 2 Digestive Enzyme
- 15:30 Alkalize + Wheatgrass Shot & 2 Kelp & Nettle
- 18:00 Green Detox Salad + 2 Digestive Enzyme + 2 Probiotics
- 20:00 Alkalize

DIABETIC GREEN JUICE PLAN

TIME

- 8:00 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.

MENTAL WELLNESS DAILY MENU

TIME

- 🌅 08:00 Green Bliss + 2 Spiriluna Kelp & Nettle.
- 🌅 09:30 Vegan Breakfast, 2 Digestive Enzymes
- ☀️ 11:30 Smoothie
- ☀️ 12:00 Vegan Lunch, 2 Digestive Enzymes
- ☀️ 15:30 Snack
- ☁️ 18:00 Vegan Dinner, 2 Digestive Enzymes
- 🛌 20:00 Alkalize + 2 Probiotics
- 🛌 21:30 2 Melatonin Supplements



EMOTIONAL WELLNESS PROGRAM

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 PROGRAM

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 PROGRAM

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.



DETOX

DAILY PROGRAM SCHEDULES

MASTER DETOX (400-450 CALORIES)

- 07:00 Morning Walk
- 08:00 Shake & Herbs
- 09:30 Yoga Dynamic / Mid Level
- 09:30 Herbs & Wheatgrass Juice
- 11:00 Shake & Herbs
- 12:30 Herbs & Himalayan Salt
- 14:00 Shake & Herbs
- 14:00 Gentle Yoga / Beginner Level
- 15:00 Meditation
- 15:30 Herbs & Wheatgrass
- 16:00 Juice
- 17:00 Shake
- 17:00 Wellness Talks & Workshops
- 18:30 Herbs
- 20:00 Shake
- 21:30 Herbs & Probiotic

GREEN JUICE (600-700 CALORIES)

- 07:00 Morning Walk
- 08:00 Immune Boost
- 09:30 Yoga Dynamic / Mid Level
- 09:30 Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
- 12:30 Alkalize
- 14:00 Gentle Yoga / Beginner Level
- 15:00 Meditation
- 15:30 Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
- 16:00 Leisure
- 17:00 Shake
- 17:00 Wellness Talks & Workshops
- 18:30 Alkalize + Probiotic
- 20:00 Alkalize

GREEN SALAD (700-800 CALORIES)

- 07:00 Morning Walk
- 08:00 Immune Boost
- 09:30 Yoga Dynamic / Mid Level
- 09:30 Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
- 12:30 Green Detox Salad & Digestive Enzymes
- 14:00 Gentle Yoga / Beginner Level
- 15:00 Meditation
- 15:30 Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle
- 16:00 Leisure
- 17:00 Wellness Talks & Workshops
- 18:30 Green Detox Salad & Digestive Enzymes & Probiotics
- 20:00 Alkalize

WATER FASTING

- 07:00 Morning Walk
- 07:30 Ketone & Blood Sugar Measurement
- 08:00 Water (pH 7.4)
- 09:30 Yoga Dynamic / Mid Level
- 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 Gentle Yoga / Beginner Level
- 15:00 Meditation
- 15:30 Water (pH 7.4) & Himalayan Salt
- 16:00 Leisure
- 17:00 Water (pH 7.4)
- 17:00 Wellness Talks & Workshops
- 18:30 Water (pH 7.4)
- 20:00 Water (pH 7.4)
- 21:00 Water (pH 7.4)

NUTRITION DAILY PROGRAM SCHEDULES

LOW CALORIE (1200 CALORIES)

- 🕒 07:00 Morning Walk
- 🕒 08:00 Cayenne Lemonade + Spirulina Kelp & Nettle
- 🕒 09:00 Raw Breakfast + Digestive Enyzmes
- 🕒 09:30 Yoga Dynamic / Mid Level
- 🕒 12:00 Raw Lunch + Digestive Enyzmes
- 🕒 14:00 Gentle Yoga / Beginner Level
- 🕒 15:00 Meditation
- 🕒 15:30 Snack
- 🕒 16:00
- 🕒 17:00 Wellness Talks & Workshops
- 🕒 18:00 Raw Dinner + Digestive Enyzmes
- 🕒 20:00 Cayenne Lemonade
- 🕒 21:00 Probiotics

INTERMITTENT FASTING (800 CALORIES)

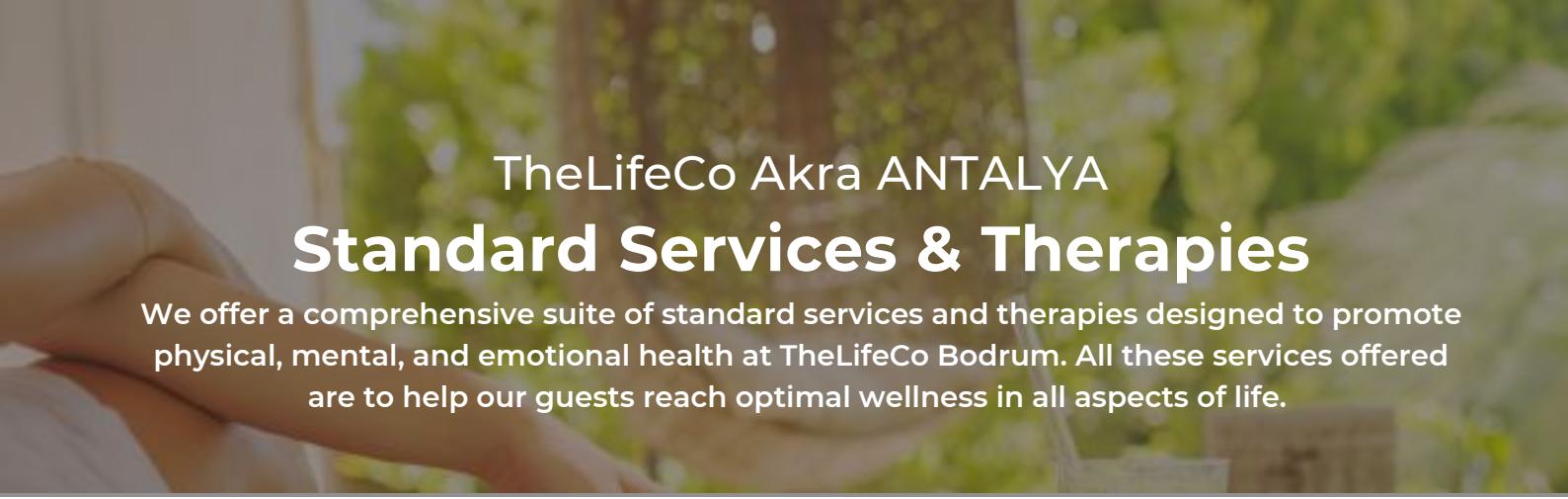
- 🕒 07:00 Morning Walk
- 🕒 08:00 Cayenne Lemonade + Spirulina Kelp & Nettle
- 🕒 09:30 Yoga Dynamic / Mid Level
- 🕒 12:00 Raw Lunch + Digestive Enyzmes
- 🕒 14:00 Gentle Yoga / Beginner Level
- 🕒 15:00 Meditation
- 🕒 15:30 Snack
- 🕒 16:00 Leisure
- 🕒 17:00 Wellness Talks & Workshops
- 🕒 18:00 Raw Dinner + Digestive Enyzmes
- 🕒 20:00 Cayenne Lemonade
- 🕒 21:00 Probiotics

KETOGENIC (1500 CALORIES)

- 🕒 07:00 Morning Walk
- 🕒 09:30 Ketogenic Breakfast + Digestive Enyzmes
- 🕒 09:30 Yoga Dynamic / Mid Level
- 🕒 12:00 Ketogenic Breakfast + Digestive Enyzmes
- 🕒 14:00 Gentle Yoga / Beginner Level
- 🕒 15:00 Meditation
- 🕒 15:30 Ketogenic Snack
- 🕒 16:00 Leisure
- 🕒 17:00 Wellness Talks & Workshops
- 🕒 18:00 Ketogenic Dinner + Digestive Enyzmes
- 🕒 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 Enyzmes
- 🕒 09:30 Yoga Dynamic / Mid Level
- 🕒 11:00 Full Body Workout
- 🕒 11:00 Protein Smoothie
- 🕒 12:00 Lunch + Digestive Enyzmes
- 🕒 14:00 Gentle Yoga / Beginner Level
- 🕒 15:00 Meditation
- 🕒 15:30 Protein Smoothie
- 🕒 16:00 Juice
- 🕒 16:30 Full Body Workout
- 🕒 17:00 Wellness Talks & Workshops
- 🕒 18:00 Dinner + Digestive Enyzmes
- 🕒 20:00 Green Protein Juice
- 🕒 21:00 Probiotics



TheLifeCo Akra ANTALYA

Standard Services & Therapies

We offer a comprehensive suite of standard services and therapies designed to promote physical, mental, and emotional health at TheLifeCo Bodrum. 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

• Medical 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, Inversion Table

- 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 (outdoor pool)

• Group Yoga & Meditation Classes

• Group Exercise (daily)

• Educational Sessions on Various Topics on Healthy Lifestyle (daily)

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

For electrolyte support and neutralizing the acid in your bloodstream.

• Biohacking Therapies; (Service hours: 10:00 - 18:30)

Including BioCharger Therapy, Bio-Light Therapy

- Optimizes your physical, mental and emotional wellbeing and performance.

* 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.

DELUXE ROOM WITH CITY VIEW



* 30 m²
* Balcony

* TV
* Wi-Fi

* Hair Dryer
* Safe Box

* Kettle
* Mini Bar

* Air-Condition

DELUXE ROOM WITH SEA VIEW



* 30 m²²
* Balcony

* TV
* Sea View

* Hair Dryer
* Wi-Fi

* Kettle
* Safe Box

* Air-Condition
* Mini Bar

MEDITERRANEAN SUITE



SKYLINE SUITE



PENTHOUSE SUITE



OCEAN

INFINITY

PANAROMA





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 AKRA ANTALYA



JUICE BAR



FITNESS



RESTAURANT



SPA & MASSAGE



BEACH

THELIFECO Akra ANTALYA

- Direct Flight Options
- Pleasant Weather
- Beachfront
- Outstanding View

- Private Beach
- Professional Gym Facilities
- Indoor & Outdoor Pool Options
- Ideal for a Family Vacation

TheLifeCo Akra Antalya offers its guest the ultimate cleansing experience all year around. Located at the Turkish Riviera, TheLifeCo Akra Antalya is located inside the prestigious 5-star Akra Hotel. Since it's opening in 2014 it has hosted thousands of guests from all around Europe.

The weather in Antalya is pleasant even in the harsh European winter and due to direct flight options from a lot of destinations, it is very easy for health lovers to travel to. The service level of the 5-star hotel and the comfort of rooms with great view of the Mediterranean Sea TheLifeCo Akra Antalya is especially suitable for frequent travellers.

During your program, one needs privacy and TheLifeCo provides this with its isolated 2500 square meter facilities, spa, yoga and massage areas. The Gym facilities of TheLifeCo Akra Antalya are equipped with the most modern equipment and the skilled trainers will guide you through your exercise routine to compliment your detox process.

You may not always travel alone. TheLifeCo Akra Antalya makes it possible for families to attend programs individually while the children and spouse enjoy the facilities of the hotel. The center is also very suitable for people needing a reset from the business environment without fully giving up on work. The meeting rooms and comfortable offices provided with high speed internet access make it easy to stay in control of your business while giving your body the rest it deserves.

Amenities

- SPA
- Gym
- Outdoor Pool
- Free Wi-Fi
- Library: Book and DVD Collection
- Outdoor Massage Area
- Yoga Sala

Activities

- Bicycle
- Private Yoga Sessions
- Meditation Sessions
- Breathing Therapy
- Functional Food Workshops
- Healthy Lifestyle Lectures & Talk
- Personal Fitness Workout

F A Q

FREQUENTLY ASKED QUESTIONS:

- **ABOUT THELIFECO ANTALYA**
 - LOCATION & GETTING THERE
 - ACCOMMODATION

- **DETOXIFICATION**
- **BEFORE YOU ARRIVE: PRE-DETOX**
- **PAYMENT & CANCELLATION POLICY**

ABOUT THELIFECO ANTALYA

Which airport should I arrive at?

You may land to Antalya (AYT) International Airport which is 16 km, 26 minutes away from TheLifeCo center by car.

How do I get from the airport to The LifeCo?

Upon your request we can organize airport transfers from and to Antalya (AYT) International 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 written TheLifeCo and your name/flight details.

How is the weather in Antalya?

Antalya has a mild climate and is warm all year long. Through May to September it has a nice weather with a good average temperature. Antalya has dry periods in June, July, August and September. On average, the warmest month is August while the coolest month is January.

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

You can swim in the (pool/sea), go for a boat trip, do water sports, go for hiking, do yoga / meditation / pilates / breathing / healthy lifestyle lectures / city tours and use the fitness room and the infrared sauna / steam room / spa area.

Can I rent a car, motorbike or bicycle?

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

How far are the beaches from the center?

TheLifeCo Akra Antalya is located at a cliff by the sea and there is a concrete platform facing the sea.

How many different room types do you have?

TheLifeCo Akra Antalya is located in five-star Akra Hotel welcomes its guests with 6 room types. Standard rooms with city or sea view (30m²), Mediterranean Suite (65m²), Infinity Suite (90m²), Ocean Suite (135m²) and Panorama Suite (210m²).

Do you have Wi-Fi available?

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

What are the features of the rooms?

In all of our wellbeing and detox centers rooms include a TV, DVD player, safe box, hair-dryer, air-condition and free wi-fi internet connection.

Do you have a swimming Pool and will I have time to relax?

Yes, we have indoor and outdoor swimming pools. Indoor pools include 1 Olympic pool and 1 children's pool (6m²), outdoor pools include 2 swimming pools (392m² and 84m²), 1 infinity pool (331m²) and 1 children's pool (38m²). Our outdoor pools are open and heated during the winter. 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. 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 have any special excursions planned. There's a variety of activities which you can get more information from our front desk..

Can I come with my family, even only I will attend the detox program?

TheLifeCo Antalya's suite rooms are ideal for families. Your company or other members of the family is not obliged to attend a detox program.

Can I bring my pet?

Pets are allowed only in Akra V Hotel.

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 slow- er & 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 is included in the program? Any therapies included in the program? What are extras I can purchase additionally?

In Standard Detox & Healthy Nutrition Program; your accommodation, daily meals & nutrition, daily activities such as morning walks, yoga & meditation sessions (two times a day), doctor consultation, oxygen, turbosonic, luminette therapies such as, daily use of "Angel of Water" (colon cleansing – self service), daily use of facilities (pool, steam room, infrared sauna, Turkish hamam and gym) is included.

Some other supporting therapies such as beauty therapies; skin care, slimming therapies, massage therapies, i.e. or well-aging therapies, health protocols are not included in the standard program. All 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 and on top of this you can purchase extra paid therapies or protocols that would 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 our availability. Our centers are open all year round. We do recommend for you to do a pre-detox at least for 3-4 days before coming to our facilities. All programs start at 8:00 am in the morning. 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 your remaining services (e.g., juices, meals or included treatments) on the day of your departure

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

While you are on the detox program, the habit of smoking decreases by itself. We recommend you to not to smoke within this period. It is only not allowed to smoke in the common areas.

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

Detox & cleansing programs at TheLifeCo considerably reduces the consumption of alcohol and smoking. The detox programs that we offer with the assistance our program managers and other extra therapies that you might have is very effective to get 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. Colema is also very effective and safe for your detoxification process.

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 on a short notice.

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 & Well-being consultants will help to guide you with the best decisions regarding your health and holistic and dietary recommendations will be made.

Can I cleanse if I have Diabetes?

Yes you can. Type-2 diabetes emerges as a direct consequence of poor diet and unhealthy life-style habits, it can be reversed by modifying the diet and other lifestyle components. The duration (between 7-21 days) depends upon the person's willingness, 7 days is good for balancing 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 Detox & Wellbeing consultants & doctors will help to guide you with the best dietary recommendations will be made. In TheLifeCo we do have 3 different programs for Diabetes Type-2, Pre-Diabetes and Diabetes (Type-1) Please check our website for more information. We also recommend you to 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 first arrive at our center, you will have a consultation by our holistic doctor/practitioner and receive a detailed presentation by our detox & well-being consultant regarding the therapies & programs. They'll be ready to answer your questions & help you at anytime you need.

Both our practitioner & wellbeing consultant will look through your pre-screening information and advise you accordingly about which program is the most suitable to meet your needs as well as making 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, certainly, 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 CANCELLATION 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.



Late Check-Out Policy

Our reception is open 24 hours a day. The time of the check-in is after 12:00 pm and check-out is before 12:00 (however we will do our best to provide flexibility depending on the availability of the rooms on that day.) 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 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.



Refund Policy

Cancellations received within 14 days before arrival will be eligible to receive a refund after all taxes and other charges deducted. Cancellations received after 14 days of arrival would lead to the charge of the one day's cost and deduction of taxes and other charges from the pre-payment



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 have responsibility for ensuring that this ban is also observed in their room by third parties. 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 read these conditions for your stay at TheLifeCo carefully. By sending you a confirmation of reservation, we assume that you accept these terms. We ask you to sign a corresponding agreement upon your arrival.

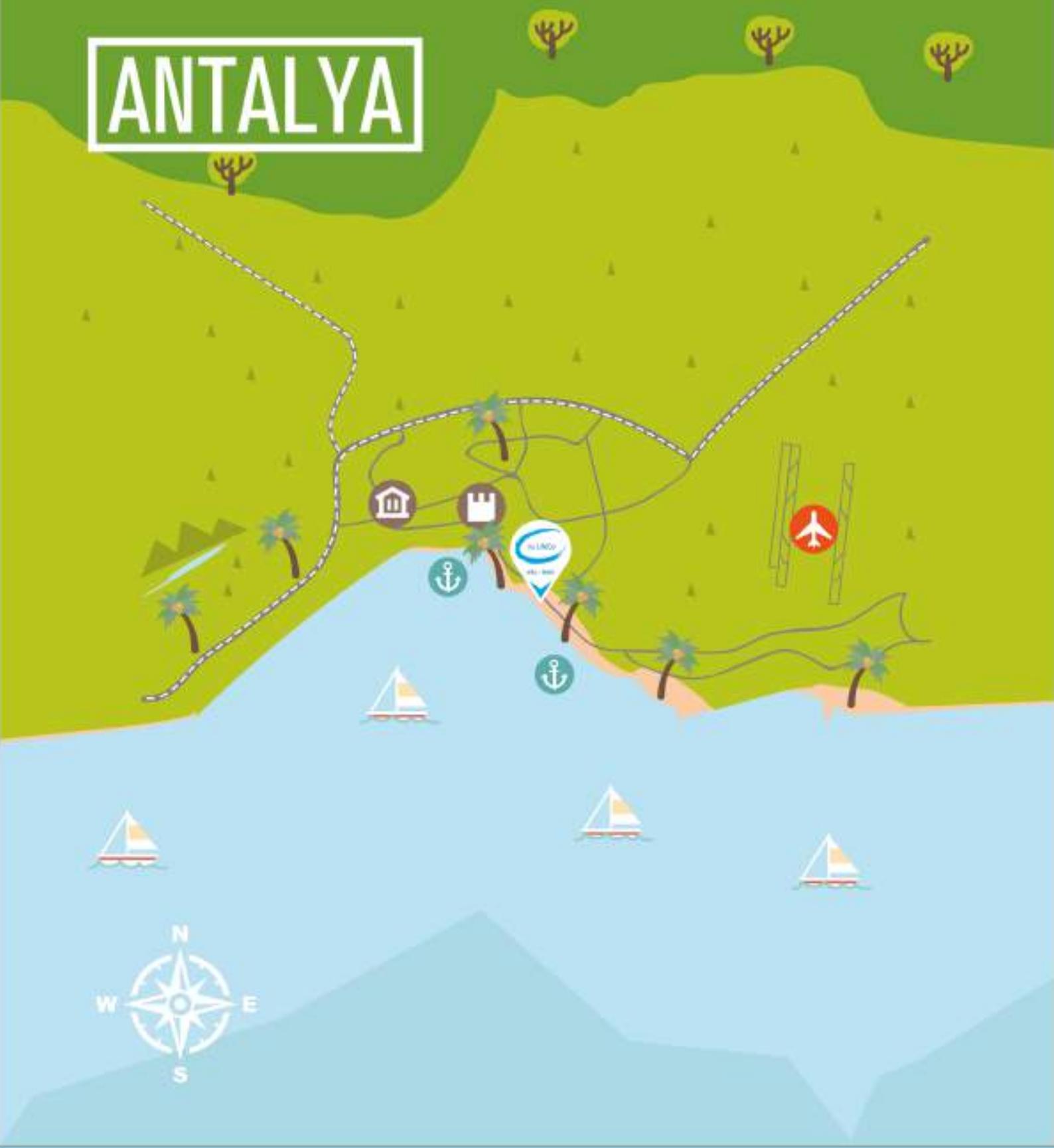


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ANTALYA



TheLifeCo Akra Antalya Wellbeing and Detox Center

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Your Trusted
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Info Kit