

## **Detox week-end at The Whole Health Centre from Friday to Sunday**

*Join a small group of like-minded people for three days of treatments, juices and mindfulness led by Anne-Lise Miller and main guest therapists Vera Moisa and Cathy Gravitita*

*Rejuvenate your body, relax your mind and nurture your soul with this short but highly effective programme. It will leave you feeling clearer headed, lighter body and ready to live life to the full.*



### **Mindfulness and exploring our inner processes**

The Urban-detox programme creates a safe and supportive space for self-reflection. The time is divided between individual treatments, mindfulness classes and guided meditations to align body and mind and to enhance healing and wellbeing.

The theme for the weekend is the liver. More specifically, we will be exploring its energetic, emotional and digestive functions. Physiologically the liver is the main organ of filtration and detoxification. It is sensitive to stress and emotional upset. Detoxing the liver will often free reserves of energy, improve our capacity to plan and help us let go of resentment.

### **What happens on an Urban-detox weekend?**

You will be greeted at 9am on Friday by Anne-Lise in the friendly reception area at the Whole Health Centre. You will be able to leisurely meet and introduce yourself to your fellow detoxers over a cup of herbal tea while Anne-Lise will explain the plan for the weekend and answer your questions.

Support is readily available throughout the weekend whether in a group situation or in complete confidence during your treatment times.

### **Will I be bored?**

The days are structured with regular activities, juices and treatments but not rigid. Bring a book, a notepad, some knitting or embroidery – there will be quiet moments when you will feel like doing something gently creative (such as art) or meditative (such as reading or listening to music on your earphones).

The Whole Health Centre is conveniently located near Hampstead Heath if you want to go for a walk.

The days finish around 7pm when you'll go home with instructions for your evening. You are encouraged to rest and if you feel tired in the day and you can even go home if you are local.

### **What should I wear?**

Bring comfortable clothing – leggings, t-shirt and a sweater – some soft shoes or slippers. We encourage you to be warm and comfortable. Jackets, bags and outdoor shoes can be stored safely.

Also useful is individual earphones and reading material. We also have excellent Wi-Fi connection if you need to stay connected.

### **Will I be hungry?**

You will be 'fasting' but you won't feel hungry because you will be 'feasting' on plenty of delicious freshly made juices throughout the day. In between juices you can have as much herbal tea and water as you like.

### **What treatments are included?**

- 2 x Colonic hydrotherapy treatments to cleanse the bowel and eliminate toxic waste
- 1 x 60 minute massage to relax the nervous system and improve circulation
- 2 x 60 minutes Reflexology treatments to prime lymphatic and energetic flow
- A kinesiology consultation and treatment adapted to your personal needs (physical/emotional/chemical/energy levels)
- A Liver/Gall-Bladder flush (optional) that can be done on the Saturday evening
- Juices and detox supplements to maintain optimal nourishment throughout the cleanse
- Two Meditation and three Mindfulness & Movement classes to relax and cleanse the mind

### **How will the weekend be organised?**

There is a strict timetable of treatments which are taking place in the treatment rooms located in the basement. Upstairs, in the common area, you will be free to use the space as you please. There is filtered water and herbal teas available you can chat freely or rest. You may prefer to go home or explore the surrounding area which includes Primrose hill and Hampstead Heath

### **What kind of juice are they?**



The juices are prepared fresh every day by Oscar at nearby Ginger and Lime juice bar.

Choose two juices daily from the following selection to support the process of detoxification and keep you feeling nourished throughout

## JUICE SELECTION

9. ROBUST	ginger beetroot celery carrot
10. ABC & G	ginger beetroot carrot apple
11. 3C & G	ginger cucumber celery carrot
12. DETOX ZINGER	ginger lime cucumber celery apple
13. LIQUID LUNCH	cucumber celery carrot apple
14. ABC	beetroot apple carrot
15. BEET BASIC	beetroot apple carrot orange
16. RE-BOOT	beetroot cucumber celery carrot
32. LEAN & MEAN	ginger kale spinach cucumber celery apple
34. RE-SET	ginger lime fennel kale spinach cucumber celery apple
36. RED ZING	ginger beetroot cucumber celery kale orange apple
39. PURIFY	kiwi fennel kale spinach cucumber celery apple
45. COOL START	ginger mint pineapple spinach celery cucumber orange
46. DETOX	spinach parsley kale cucumber celery
48. GREEN ZING	ginger fennel spinach broccoli cucumber celery
48. GREEN ZING	ginger fennel spinach broccoli cucumber celery
49. CLEAN E	broccoli mint parsley lime cucumber celery
50. GREEN BEET	ginger beetroot kale spinach cucumber celery
52. EXTREME	spirulina spinach kale broccoli lime celery cucumber
53. MINTY COCO	mint parsley spinach celery cucumber coconut water
55. HARD CORE	matcha spirulina ginger spinach kale cucumber celery
73. FAT BURNER	matcha spinach kale cucumber celery apple
81. HEARTY GREEN	spirulina kale spinach parsley cucumber celery apple
83. PH +	wheat grass broccoli kale cucumber celery apple
84. MEAN GREEN	wheat grass spirulina broccoli spinach kale apple



### How will I know when my treatments are?

You will be handed a timetable at the beginning of your weekend. There is flexibility within this to accommodate your personal commitments but we strongly recommend that you take as much time to yourself as is possible.

Below is an example of the timetable based on a maximum of 6 people.

It is also possible to book extra treatments if you wish. Vera is available on Sunday for additional massages and Dr Deng is available for additional acupuncture treatments on Saturday. Additional treatments are best booked in advance.

### FRIDAY

9.00 Arrival	Group introduction 1 <sup>st</sup> fibre/clay drink.
09.30 to 10.30	Movement and mindfulness class
10.30	Juice time delivered to individual requirements Choose from the list below
11.00 to 2.30pm Individual treatment time  Colonic treatments: Anne-Lise Miller Reflexology: Cathy Gravilita & Vera Moisa	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not having a treatment you are free to make use of the centres relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common area with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
2.30pm	2 <sup>nd</sup> fibre/clay drink
2.30 to 5.30 Individual treatment time	Individual treatment's time and personal time as above
5.30pm	Juice time
5.30 to 6.30pm Individual treatment time	Individual treatment's time and personal time as above
6.30pm	Meditation
7.00 onward  Going home to relax	You will be given a take-away pea protein shake; this can be adapted to your specific needs and will reduce/eliminate hunger. Depending on the time and commitments you have at home you can choose to have a detoxing hot bath or a <b>sauna at Triyoga</b> down the road. Regardless make sure to have an early night

## SATURDAY

9.00 to 09.30	Arrival - Fibre/clay drink
09.30 to 10.30	Movement and mindfulness class
10.30	Juice time delivered to individual requirements
11.00 to 2.00pm Individual treatment time  Kinesiology consultation: Anne-Lise Miller Massage: Cathy Gravitita & Vera Moisa	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not having a treatment you are free to make use of the centres relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common area with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
2.00pm <b>Prepare Epsom salts for the Gall-bladder Flush</b>	2 <sup>nd</sup> fibre/clay drink
2.30 to 5.00pm Individual treatment time	Individual treatment's time and personal time as above
5.00pm	<b>Liver flush begins 1<sup>st</sup> Epsom salt</b>
5.00 to 6.30 Individual treatment time	Individual treatment's time and personal time as above
6.30pm	Meditation
7.00pm	<b>Liver flush 2<sup>nd</sup> Epsom salt</b>
7.00pm onward	Going home to relax until 10.00pm
10.00pm	<b>Liver flush mixture</b> of olive oil and grapefruit juice at home before going to bed

## SUNDAY

10.00 to 12.00 Individual treatment time  Colonic: Anne-Lise Miller Reflexology: Cathy Gravitita & Vera Moisa	Individual treatment's time and personal time as above  Most people are happy to have a longer lie in after their flush and take their fibre/clay drink at home
12.00noon	Movement and mindfulness class
1.00pm	Juice time delivered to individual requirements
1.30 to 2.30pm Individual treatment time  Colonic: Anne-Lise Miller Reflexology: Cathy Gravitita & Vera Moisa	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not in treatment you are free to make use of the centre's relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common room with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
5:30	Juice time
5.30 to 6.30pm Individual treatment time	Individual treatment's time and personal time as above
7.00pm	ACKNOWLEDGEMENTS AND CLOSING CIRCLE
Sunday evening Going home to relax	Generally I recommend to break your fast that night if you are hungry or to wait the following day. This also depends on your commitments when you go home. This can be discussed individually ☺