

If you would like to book your Lifehouse Detox stay, please call **01255 860050**

Are you looking for a different Wellness Break? If so, we have lots to choose from – just have a look at our website **www.lifehouse.co.uk/wellnessbreaks**. Or we can create a bespoke package to suit your exact requirements. To find out more, just give us a ring on **01255 860050**

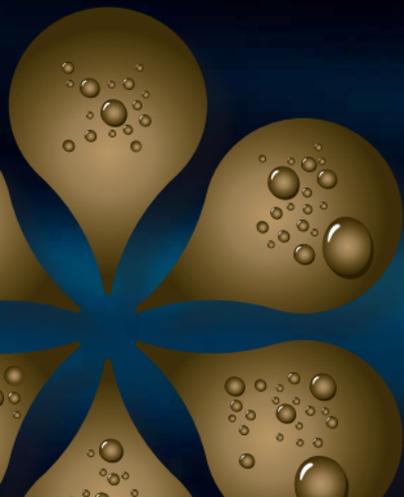
For all other enquiries including membership call on **01255 863400**



Gift Vouchers

An ideal Lifehouse Spa & Hotel gift for someone special. Please contact the reservations team for details. You can also purchase vouchers online at www.lifehouse.co.uk

Lifehouse Spa & Hotel can arrange a meet and greet service from Thorpe-le-Soken train station. Please book in advance. A small charge will apply. To book, please call **01255 863400**

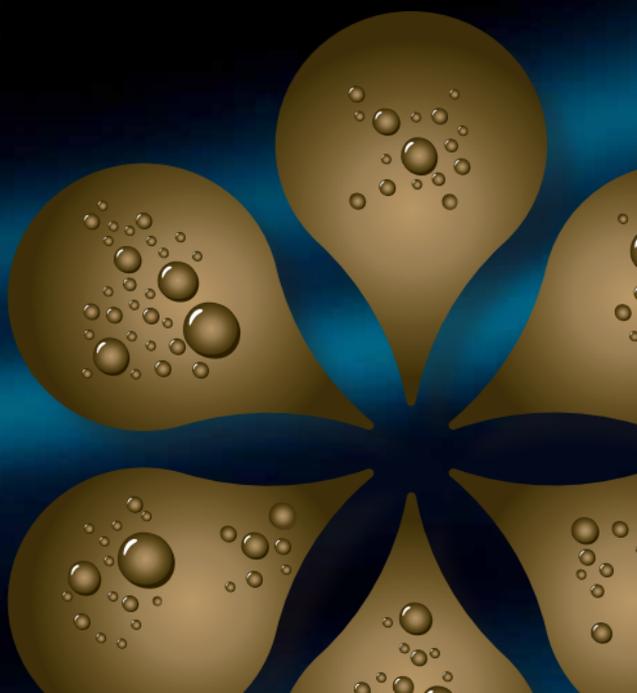


Lifehouse Spa & Hotel
Frinton Road
Thorpe-le-Soken
Essex
CO16 0JD

stay from
3-10 nights

lifehouse 
spa & hotel

Lifehouse Detox





The body has an amazing ability to detoxify itself and this is a process which occurs quite happily on a day to day basis.

However, with modern day living a little extra help is sometimes needed. Even the healthiest among us will have toxins residing in our systems taken in from our food, drink and the environment. These can all serve to compromise our body's ability to function at optimal levels. Stress plays a part too, creating a toxic build-up when we allow good eating habits and exercise to slip.

A period of dietary cleansing is an excellent way to support the body's detoxification processes and replace potentially harmful substances with more desirable alternatives. When you remove the normal workload from the digestive system then you allow your detoxifying organs to eliminate stored waste and toxins. While this is happening you may experience some symptoms as the toxins move through and out of your body. Afterwards you feel great. Simple!



recharge





If you answer yes to three or more of these questions then perhaps a detox is the answer.

1. Do you feel tired all of the time?
2. Do you feel nauseous at the thought of breakfast?
3. Do you have dark under-eye circles?
4. Are you often bloated or constipated?
5. Do you have trouble losing weight?
6. Do you regularly wake up between 1am and 3am?
7. Do you have food intolerances?
8. Do you experience regular eczema and psoriasis flare-ups?
9. Do you binge drink or have alcohol on a daily basis?
10. Are you a big coffee drinker?
11. Do you crave sweets, chocolate, bread, cakes and biscuits?
12. Are you constantly stressed?

A proper cleanse can take time and is best started under the supervision of a health professional. Our Lifehouse Detox residential programme removes all of the hard work and distractions associated with trying to do this at home. Every detail has been taken care of so that you can just focus on yourself, relax and unwind.





- Pre-arrival and post-cleansing advice
- 3 nights' accommodation with paraben-free toiletries.
- Professionally structured full board regime of delicious healthy meals including wholesome superfood salads, fresh homemade soups, fruit, vegetables and light protein based meals on the final day (menu is free from wheat and dairy)
- Five juices &/or smoothies daily
- Fresh lemon and water delivered to your room on rising
- Nourishing healthy nightcap delivered to your room
- Detox Kit including dry skin brush, cleansing clay, supergreens, herbal digestive teas, supportive detox flower remedies and comprehensive detox booklet
- Welcome, follow up and farewell consultations with our resident naturopath
- Ishga Detoxifying Seaweed Body Wrap (50mins)
- Personalised Massage (55 mins)
- Reflexology (50 mins)
- Unlimited use of the thermal spa area, gym, daily activities programme and gardens
- Preferential rates for spa and lifestyle consultations to enrich your stay (see below)
- Preferential rates for single occupancy
- Leave after lunch on day of departure

We recommend the following treatments to support your Detox (and we have preferential rates for you!)

Natural Colonic Lava Shell Abdominal Massage (55mins)

1-2-1 Personal Training (55mins)

Ishga Detox Facial (50 mins)

Food Intolerance Testing (90 mins)

Reiki (50 mins)

Personal Meditation Session* (1 hr)

*subject to availability

Just let us know if you want to add one or more of these to your Lifehouse Detox when you make your booking.





Prior to arrival you will be sent pre-cleansing advice with your booking confirmation. Ideally, these tips should be followed for at least three days prior to your stay.

Day of arrival check-in at 3pm followed by your welcome consultation. Dinner will consist of a juice and your first detox meal followed by a healthy nourishing night cap delivered to the room at around 9.30pm.

Day 1 begins with delivery of fresh lemon and warm water drink to your room. The first day is transitional to allow your digestive system to become used to a lighter, cleaner, alkalising diet including fruit, soup, superfood salads, vegetables, juices and smoothies as well as the exclusion of stimulants such as caffeine and alcohol. The ishga Detoxifying Seaweed Body Wrap is scheduled on day one to help eliminate toxins, boost energy and improve skin tone.

Day 2 takes you deeper into the regime and is the true cleansing period with vegetable based juices, smoothies, soups and consommés. This day can be repeated for up to 8 days for those requiring a longer cleanse. Altered energy patterns and the desire to sleep more is normal. This is the day to be kind to yourself with permission to just read, enjoy a DVD, sleep and be pampered. Lifehouse purposely schedules a Personalised Massage on this day as a wonderful relaxing indulgence.

The final day of the programme transits you back to a normal diet with easy to digest foods, light proteins, soups, juices and smoothies. Your reflexology session will help restore equilibrium. In your farewell consultation you will be given some helpful tips and advice on how to continue at home. Guests check out of their bedroom at 12 midday and are free to use the spa facilities until 3pm.





How will I feel ?

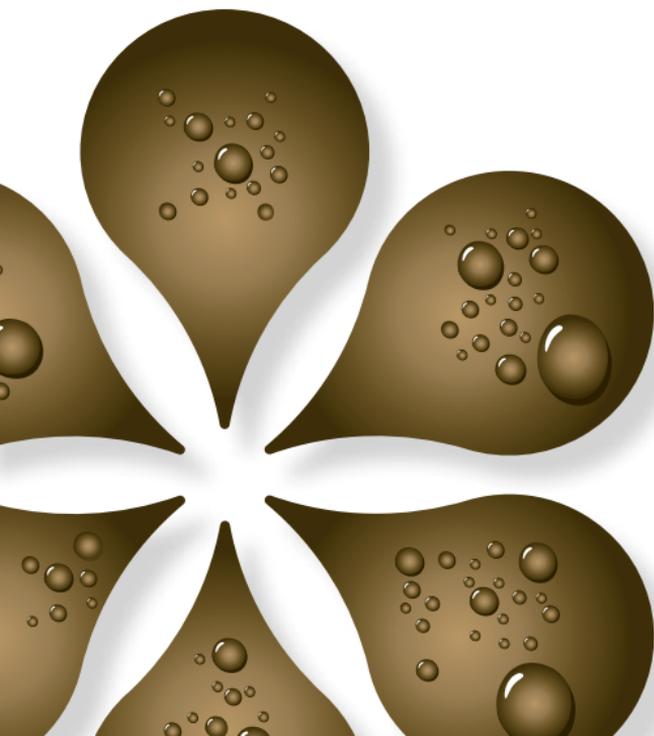
Everyone reacts differently which is why we monitor our guests throughout their stay. Some people immediately feel the effects. These can take the form of mild to severe headaches especially from caffeine withdrawal, a drop in appetite, low energy levels or a change in mood. Cravings can also arise. This is normal and a good sign that the body has the capability and vitality to clear itself of accumulated toxins. Many people who have undertaken a period of cleansing remark at their increased energy and vitality. They also report feeling less stressed and anxious with increased mental focus as well as enhanced sleeping patterns. In addition there is the physical bonus of weight-loss, glowing skin, shiny hair and bright eyes!

Will I be hungry?

Most guests are surprised at how much food is included in the programme. Even on the deeper cleansing days you will enjoy five juices or smoothies throughout the day as well as soups and consommés.

Is it ok to exercise?

We positively encourage exercise as this helps accelerate the body's ability to remove accumulated debris. Swimming, walking, yoga and gentle exercise classes are all recommended.





**What should I bring?**

Guests are welcome to relax in their bathrobes during the day. We just request that normal clothing is worn for the evening meal. Plenty of exercise and swimwear are advisable as well as suitable attire for outdoor walks.

How often should I do a cleanse?

Ideally, we recommend a cleanse with each change of season but certainly Spring is considered the best time of year to embark on a cleanse.

Can I have my own tailored programme?

Indeed you can. Just let us know in advance of your personal requirements. For guests accustomed to cleansing we can also offer a daily regime of juices and liver flushes for those seeking a deeper experience.





Lifehouse Detox

3 nights, single occupancy **from £647**

3 nights, two guests sharing twin/double room
from £590 per person

If you want to extend your detox please talk to our friendly Reservations team for prices.

What benefits can I expect?

- New found levels of energy and vitality
- A healthier, lighter and leaner you
- Glowing skin, shiny hair and sparkling eyes
- Clearer thought processes
- Better sleep patterns
- Motivation to continue eating well
- An understanding that healthy eating does not mean bland and boring

Who is it for?

- Anyone interested in dietary cleansing or a kick start to a healthier lifestyle
- A motivator for long term weight loss
- Someone looking to recharge and restore balance

