EXAMPLE PROGRAMME

DETOX & HEALTH CLEANSING

Your NEWYOU stay with us could soon look like this.
This is an example programme, timings of individual units are subject to change.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00		Laboratory tests					haki® Flow Deluxe treatment at 6.45 am
		Breakfast 7am – 11 am					
10:00		Initial consultation with nutritionist			Ozone therapy treatment	Detox infusion	
		Dental cleaning		Chi Nei Tsang treatment		Final consultation with nutritionist	
12:00			Pressotherapy treatment	Cupping massage	Personal training session		Final consultation doctor
						Cupping massage	Farewell
		Lunch 12 noon – 2 pm					
14:00			Chi Nei Tsang treatment	Interim consultation			Late check-out until 2 pm
	Check-in from 3 pm	Detox infusion			Lymph drainage session		
	Welcome & introduction		Personal training session	Detox infusion			
16:00	Initial consultation with doctor	Lymph drainage session			Pressotherapy treatment	Infrared sauna session	
	Detox cellulite treatment		Infrared sauna session				
18:00				Ozone therapy treatment			
		Dinner from 6 pm					