



ANNE-LISE MILLER

CLEANSING FOR LIFE

7 DAYS RESIDENTIAL RETREAT IN FRANCE

THE RETREAT COMPRISES:

- A consultation prior to starting the cleanse to establish your needs and personal requirement
- 7 nights individual accommodation
- Group transfer on the first and last day(Carcassonne airport or station)
- Juice fasting for 5 1/2 days
- Optional liver and gall bladder flushing
- Delicious raw food meals on the first and last days
- 3 colonic hydrotherapy treatments
- 2 full-body massages
- 2 castor oil packs
- 1 Hopi ear candling session
- 3 yoga classes
- 3 sauna sessions
- Unlimited access to the hot thermal water plunge-pool
- A guided walk and the options of more
- On-going support before during and after the cleanse
- Unlimited access to the wild and beautiful surroundings

All-inclusive retreat £1550 (€1900)

En-suite supplement £100 (€120)

ADDITIONAL TREATMENTS

Colonic Hydrotherapy £65 (€80)

Course of 3 treatments **£150 (€190)**

Deep Tissue/Aromatherapy Massage (1 hour) **£65 (€80)**

Course of 3 treatments **£150 (€190)**

Cranio-sacral balancing (1 hour) **£55 (€70)**

Course of 3 treatments **£120 (€160)**

Dead-sea Body wrap £70 (€85)

Course of 3 body-wraps **£150 (€190)**

Kinesiology and Emotional Balancing £65 (€80)



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URBAN RETREATS IN LONDON

DETOX DAY

The day includes:

- 1 x Colonic
- 1 x Massage
- 1 x Bowen therapy
- 1 x guided meditation
- 2 x juices and detox supplements for the day

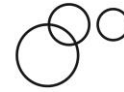
Complete programme £275

URBAN DETOX WEEK-END

Weekend comprises:

- 2x Colonic hydrotherapy
- 1x Massage
- 1x Bowen Therapy
- 1x Kinesiology session
- 3x Meditation and 3x mindfulness classes
- 6x Juices and detox supplements for the weekend

Complete programme £499



THE WHOLE HEALTH CENTRE

ANNE-LISE MILLER

Nurturing mind, body and soul with the correct information and an integrative approach

DETOX PROGRAMMES IN LONDON

➤ EXPRESS DETOX

The programme lasts 10 days and comprises:

- Three Colonic Hydrotherapy Treatments
- Nutritional recommendations and educational material with easy to follow instructions
- UltraClear PLUS Ph® metabolic clearing and detox booster
- A complimentary skin brush

Complete programme £325

➤ ASSISTED JUICE FAST AND TISSUE CLEANSING

The programme lasts 8 days and comprises:

- Six Colonic Hydrotherapy Treatments with herbs and coffee
- A strong probiotic implant on the last treatment
- Nutritional recommendations and educational material with easy to follow instructions
- A Psyllium and clay bowel cleanser
- A complimentary skin brush

Complete programme £580

➤ BEAT CANDIDA PROGRAMME

The complete programme lasts 6 to 12 weeks and comprises:

- Six Colonic Hydrotherapy Treatments using herbs
- A strong probiotic implant on the last treatment
- Specific laboratory testing for Candida and yeast
- Nutritional recommendations and educational material with easy to follow instructions
- A specific nutritional supplement programme

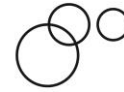
Complete programme £670

➤ PARASITE CLEANSE

The complete programme lasts three weeks and comprises:

- Three Colonic Hydrotherapy Treatments with specific parasite busting herbs
- An intense herbal supplement programme with proven efficacy against a wide range of parasites
- An optional laboratory test before and after (additional cost)

Complete programme £330



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DETOX PROGRAMMES IN LONDON

➤ LIVER AND GALL BLADDER CLEANSE

The complete programme lasts one month* and comprises:

- Three Colonic Hydrotherapy Treatments with coffee implant
- Nutritional recommendations and educational material with easy to follow instructions
- A complete herbal programme
- A complimentary skin brush

Complete programme £365

➤ GALL BLADDER FLUSH

The Programme includes:

- Two Colonic Hydrotherapy Treatments plus an additional treatment within a month of completing the flush with coffee implant
- Nutritional recommendations and educational material with easy to follow step by step instructions

Complete programme £270

➤ TARGETTED WEIGHTLOSS

Each week comprises:

- A Colonic Hydrotherapy Treatment
- A motivational session incorporating EFT and addressing possible underlying issues
- A tub of UltraClear PLUS Ph® metabolic clearing and detox booster

Complete programme per week £140

➤ ALKALISING CLEANSE

The cleanse lasts 21 days and comprises:

- Three Colonic Hydrotherapy Treatments
- Nutritional recommendations and educational material with easy to follow instructions
- A Ph balance supplement
- Ph measurement strips to monitor progress

Complete programme £330

