

30-day Detox Program

Have you been battling with digestive issues, insomnia, skin problems, headaches, bloating, acidity, bad breath, body odour, brain fog, or memory issues?

If the answer is yes, you need to DETOX!

WHY DO WE NEED TO DETOX?

We take in a lot of toxins in our day-to-day lives with inorganic chemical compounds in food, air, water, and products we use. Stressful or sedentary lifestyles further increase the number of toxins that stagnate in the body.

The good news, however, is that the body naturally wants us to live and eat well, to follow circadian rhythms, absorb the sun's rays, fresh air, and clean water, and be in harmony with our own body and mind. Because of this natural drive to keep us well, you can read the behaviours and functions of your body to help you accurately assess your health.

Some examples of these indicators include:

- The feeling of wellbeing
- A cheerful, balanced mind
- A well-functioning digestive system
- A fit and active body
- Deep sleep every night
- Timely elimination of body waste and toxins

During the period of this pandemic, it is all the more important to maintain (or consciously work to restore) a healthy, strong, and cleansed body and a calm mind.

HOW CAN YOU ACHIEVE ALL THIS?

Our Gisborne health Essentials 30-Day Detox will guide and support you to improve each of these aspects of your life.

WHAT WILL YOU RECEIVE?

- A detox plan as per your dietary habits and health history
- Consultation on diet and lifestyle
- Weekly naturopath consultations (in person or online) to keep you on track to achieving your goals
- PLUS two bonus treatments:
 - a 60-minute detoxify face and body treatment; AND
 - a 30-minute dry brushing and massage treatment.

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WHAT DOES THE PROGRAM LOOK LIKE?

Duration: four weeks

WEEK ONE

• DAY ONE

Initial Consultation with naturopath Leisa

- Duration: 45 min
 - Understand your health priorities
 - Action points to align your routine (food & non-food) to support detoxification
- #### • Follow up e-mail
- Your personalised plan
 - Guide to the detox
 - Links to available resources
- #### • END OF WEEK ONE
- First follow-up consultation with naturopath Leisa
- Duration: 15 minutes
 - Progress check-in
 - Addressing your queries

WEEK TWO

- Second follow-up consultation with naturopath Leisa
 - **BONUS:** Dry Brushing and Massage Treatment with Cassie
- Duration: 30 relaxing minutes

WEEK THREE

- Third follow-up consultation with naturopath Leisa
 - **BONUS:** Detoxify face and body treatment with Cassie
- Duration: 60 minutes of indulgence
- Enjoy this hour of bliss, using all-natural, organic products as well as herbs known to support detoxification

WEEK FOUR

- Final follow-up with naturopath Leisa
- Duration: 30 minutes
- End of program status check-in
- Addressing your queries
- Suggesting and planning way forward

WHAT CAN YOU EXPECT TO ACHIEVE AT THE END OF THE PROGRAM?

By the end of the program, you should expect to feel benefits throughout your entire body, physically and mentally.

Some of the specific benefits you may notice include:

- Feeling detoxified
- Improved digestion
- Increased energy
- Glowing skin
- Better sleep
- Enhanced focus and a calmer mind
- An overall feeling of wellness and lightness

We can't wait to support you on this journey to optimum health and wellbeing.

*Price excludes any recommended supplements or herbs