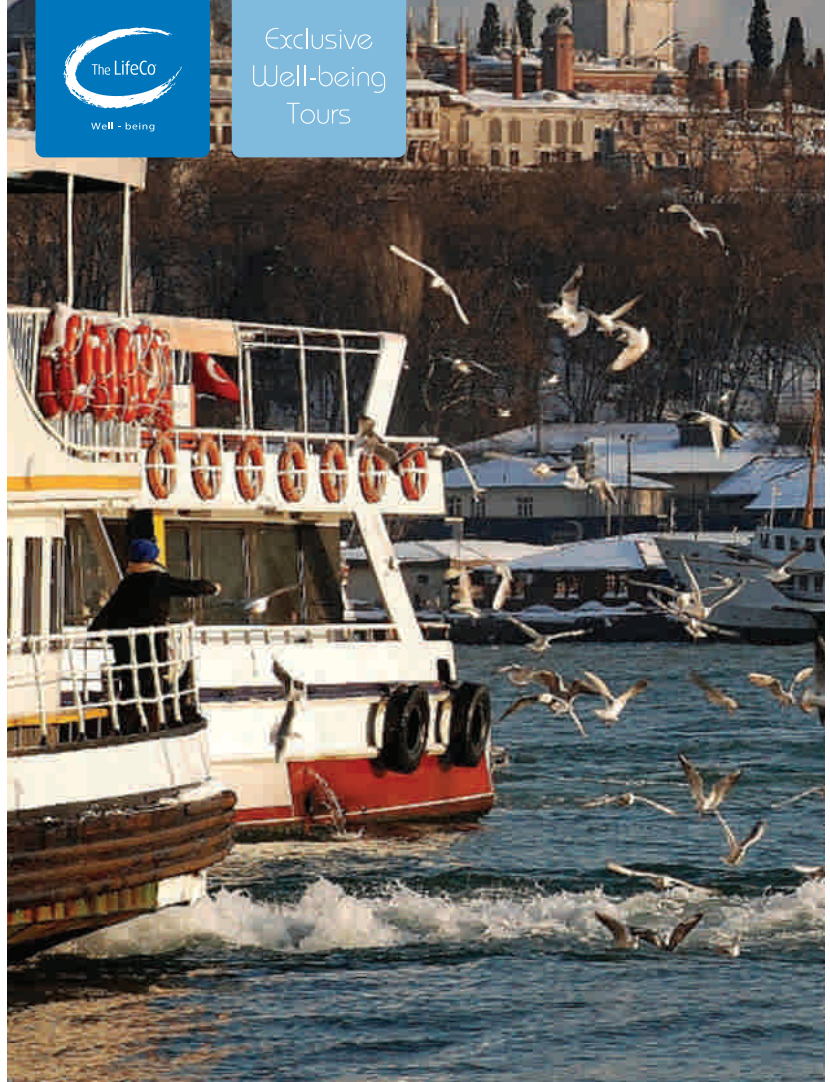




Exclusive
Well-being
Tours



ISTANBUL DETOX **(8 Day / 7 Nights Accommodation)**

Grow younger while experiencing history...

Now you can cleanse toxins from your body while discovering one of the oldest metropolises in the world.

The LifeCo offers you a unique experience at our Istanbul Well-being Center. Throughout the program you will get to know your body better than you ever have before, and doing this in one of the most historical cities in the world will make you appreciate this week you've given yourself even more.

Why Do A Detox Program?

Do you wish you had the energy of your youth and looked 10 years younger? Try detoxing! Detoxification is how our body removes stored toxins and is something it does naturally. But with the effects of modern life - poor diet, air pollution, lack of exercise and sleep, not drinking enough water - our body struggles to cleanse itself. During a detox program, we provide our body with the resources and environment to support its own cleansing efforts.

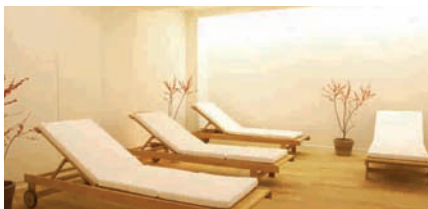
Detox Program

The program at our Detox Center is run under the guidance of our specialists. The objective of the program is to strengthen your health while helping you lose weight, break harmful habits, and give you a relaxing break from your exhaustingly busy schedule.

- Our Detox Center offers a 7-day program that includes cleansing, nutrition, exercise and meditation.

Turkish Bath: This traditional steam bath helps your body remove toxins more easily.

Massage: Using methods from around the world, our massage therapies improve energy flow, relax muscles and joints, release energy blockages and improve circulation.



The LifeCo Akatlar

Feel better by increasing your energy and youth through personalized detox programs. Take a break from stress by relaxing and pampering yourself with our spa and skin care programs. Improve your flexibility and strengthen with our yoga and body conditioning programs. Learn more about yourself and discover a healthy new lifestyle with our books, presentations, discussions and tests analyzed by our experts, all at our Akatlar Well-being Center.



ISTANBUL DETOX (8 Days 7 Nights)

Standard: 850 Euro

Detox program without accommodation

Full Package : 2675 Euro

Detox program with accommodation
Return ticket from London/Munich, transfers and tours
(For prices from other European cities contact us.)

Day 1 - Saturday

14:30 : Arrive at Istanbul and transfer to hotel
16:00 : Bosphorus Tour
19:00 : Dinner at Saf Akatlar
20:30 : Transfer: Saf Akatlar - hotel

Day 2 - Sunday

07:30 : Transfer: Hotel - The LifeCo
08:00] Program introduction
09:30]
08:00] Detox program and
21:30] scrub massage in hamam
22:00 : Transfer: The LifeCo - hotel

Day 3 - Monday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program and massage
21:30]
22:00 : Transfer: The LifeCo - hotel

Day 4 - Tuesday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program
21:30]
22:00 : Transfer: The LifeCo - hotel

Day 5 - Wednesday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program
21:30]
22:00 : Transfer: The LifeCo - hotel

Day 6 - Thursday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program
21:30]
22:00 : Transfer: The LifeCo - hotel

Day 7 - Friday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program
21:30]
10:00] Half day Istanbul city tour
15:00] Tour-Hagia Sophia, Topkapi Palace
Blue Mosque, Hippodrome
22:00 : Transfer: The LifeCo - hotel

Day 8 - Saturday

07:30 : Transfer: Hotel - The LifeCo
08:00] Detox program
12:00]
12:00 : Transfer: The LifeCo - Hotel - Airport

On your last day in the program you will given herbs and shakes for take-away and a travel enema kit for your last colema.

Detox Program

Our program follows a consistent schedule every day. On your first day, at 08:00 a.m. you will listen to the program presentation by our experts and create your personal activity calendar.

Morning

08:00] Colema
10:00]
08:00 Shake
08:00] Yoga &
09:30] Breathing
11:00 Shake
12:30 Herbs

Afternoon

14:00 Shake
14:00] Yoga &
16:00] Breathing
15:30 Herbs &
Wheatgrass juice
17:00 Shake
17:00] Detox talks
18:00]

Evening

18:30 Herbs
20:00 Shake
21:30 Herbs & Probiotics

Services included in Full Package

- 7 days detox program at The LifeCo Well-being center
- Accommodation in a 4 or 5 stars hotel
- 50 minutes massage
- Scrub massage in hamam
- Portable colema kit
- 1 dinner at Saf Restaurant
- Return economy ticket on Turkish Airlines (member of Star Alliance)
- All transfers
- Istanbul city tour and boat trip

* The schedule may be subject to change.

Additional Tours

- **Shopping from the Past to the Future:**

Shopping tour to The Grand Bazaar and Kanyon Shopping Center. You'll experience history in the Grand Bazaar and see the modern face of Istanbul at Kanyon Shopping Center.



100 Euros per Person

- **Bosphorus Shores Tour:**

A tour of the most exciting places along the Bosphorus such as Dolmabahce Palace, Ortakoy and Bebek.



100 Euros per Person

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www.thelifeco.com

ISTANBUL

The 19th century French poet and philosopher Alphonse de Lamartine wrote 'If one had but a single glance to give the world, one should gaze on Constantinople'.

Considered the capital of capitals after Rome, Constantinople was the head of the Eastern Roman (Byzantine) Empire which ruled over three continents and brought peace to a large geographical area. The Ottomans also made Istanbul their capital and protected its glorious past with pride while paving the way for a modern future. Istanbul is a city that captures many of its visitors under its spell

Istanbul offers an inexhaustible array of museums, churches, palaces, mosques, bazaars and natural areas that can't possibly all be visited in one trip. With such a backdrop as the shores of the Bosphorus, it's understandable why people chose this extraordinary place centuries ago, and you will feel why Istanbul is the crossroads of the world.

Some of the most spectacular sites of the city are on the peninsula between the Golden Horn, Marmara Sea and ancient city walls. From the city's hilltops you have a 360-degree view where you can see the silhouette of over 500 mosques. A definite must-see is the Blue Mosque, a symbol of Istanbul named for the spectacular blue colored tiles that decorate the interior.

Across from it lies the Hagia Sophia, the largest church in Christendom for almost 1000 years, built in the 6th century during the reign of Emperor Justinian. An example of great architectural accomplishment, the church was decorated with mosaics and frescos of Jesus, the Virgin Mary, various saints and Byzantine Emperors. These two magnificent monuments are overlooked on another hill by the Suleymaniye Mosque, the finest example of Ottoman architecture. It was completed in 1557 and built by renowned Ottoman architect Sinan on the order of Sultan Suleyman I (Suleyman the Magnificent).

