



WELL - BEING

The LifeCo[®]

WELL-BEING & DETOX

www.thelifeco.com

The LifeCo

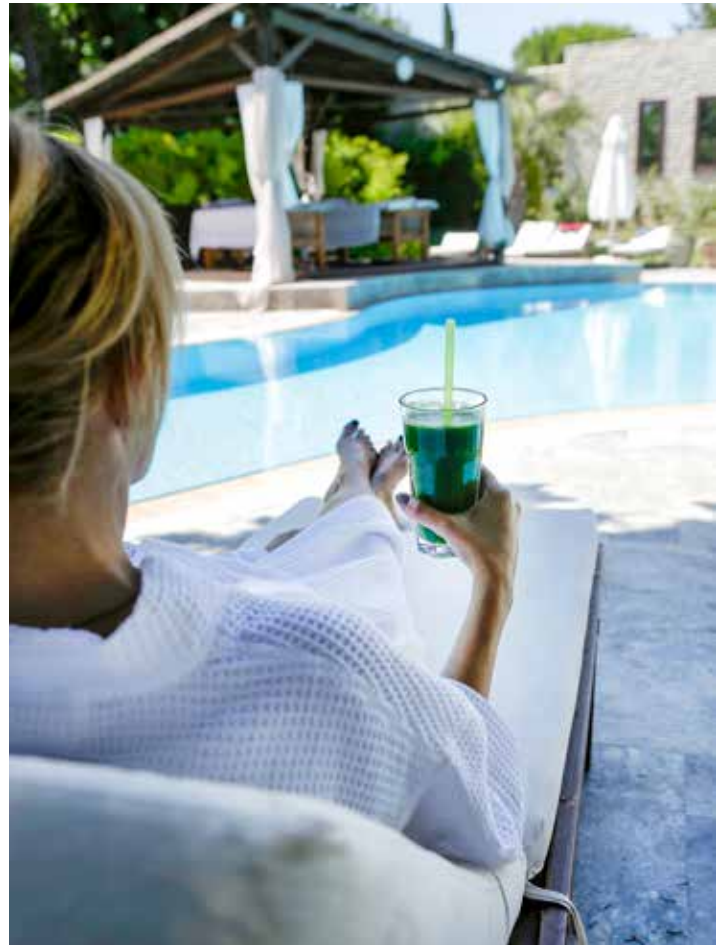
Well-Being & Detox

“A Lifetime Well-Being Partner „

The LifeCo offers people alternative solutions in order to improve their overall quality of life with it's 360° holistic wellness approach, emerging from the growing needs of people trying to prevent and cope with toxic modern lifestyle.

Within the scope of 360° holistic health approach; keeping individuals "life quality" at the upper level by providing healthy nutrition, anti-aging, well-being therapies and prevention - support for healing chronic diseases and cancer. Supporting the well-being and clinic aspects with pampering and beauty treatments alongside with spiritual therapies, all within the same complex.

The LifeCo aims to be a trusted partner of individuals and to empower each and every guest with the awareness of the body's power to self-heal and achieve optimal health - by providing people with the tools and knowledge needed to live a healthier life.



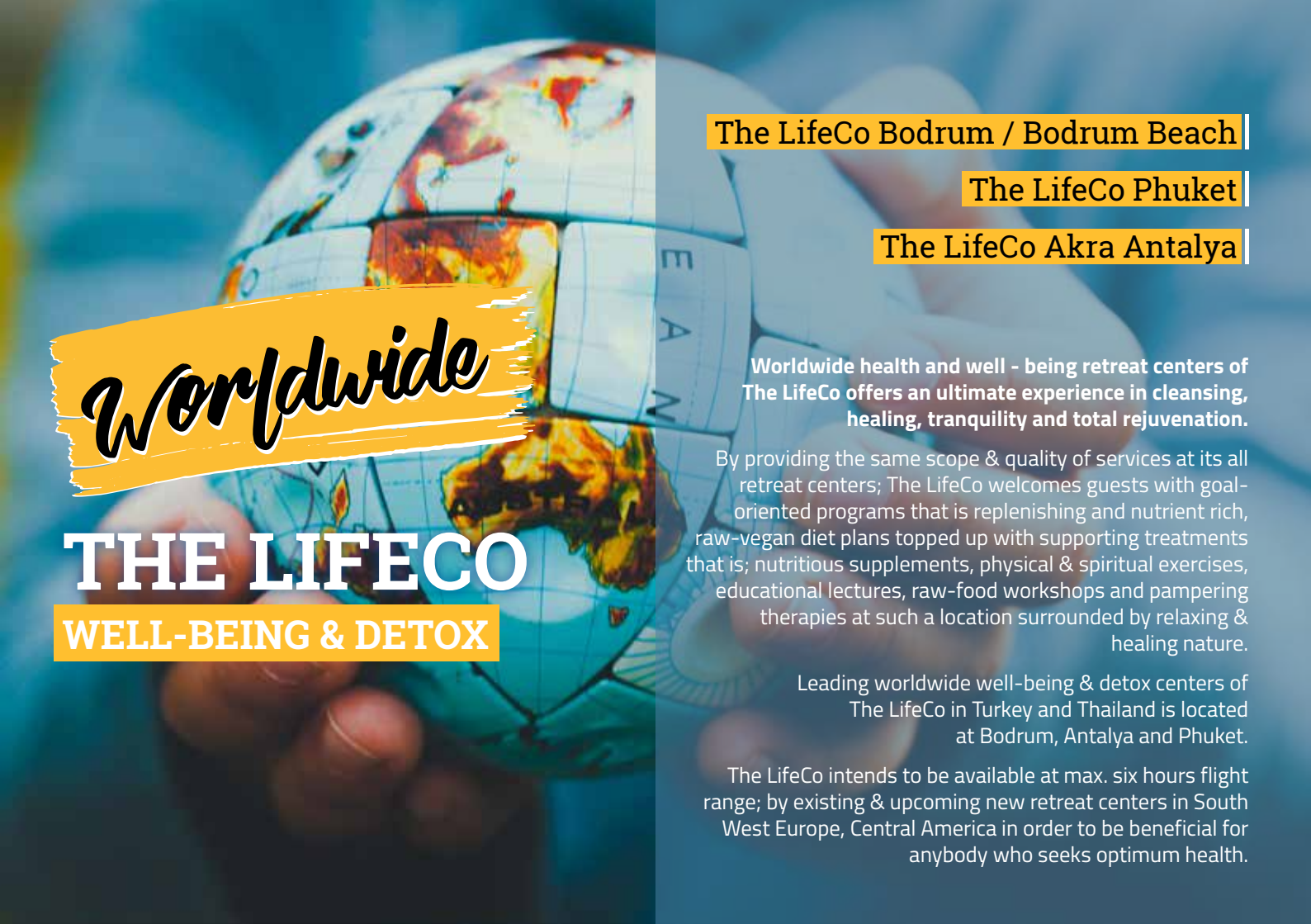
360° Holistic Approach

The LifeCo strives its visitors well-being without compromising their current lifestyle with its 360° Health Approach, provides individuals with the opportunity to be more fit, have more energy and live a higher quality of life. The LifeCo's goal is to teach them to improve their choices of the food they eat, the water they drink, the air they breathe, the way they think and exercise they do.

Services has been providing are mainly classified into three groups:

- To decrease the level of toxic accumulation through corrections in lifestyle choices.
- To teach to manage toxicity through life essentials and complimentary products in order to prevent health problems.
- To provide healing support via services if problems occur.
- To nurture the body for optimum health.
- To avoid chronic stress.





Worldwide

THE LIFE CO

WELL-BEING & DETOX

The LifeCo Bodrum / Bodrum Beach

The LifeCo Phuket

The LifeCo Akra Antalya

Worldwide health and well - being retreat centers of The LifeCo offers an ultimate experience in cleansing, healing, tranquility and total rejuvenation.

By providing the same scope & quality of services at its all retreat centers; The LifeCo welcomes guests with goal-oriented programs that is replenishing and nutrient rich, raw-vegan diet plans topped up with supporting treatments that is; nutritious supplements, physical & spiritual exercises, educational lectures, raw-food workshops and pampering therapies at such a location surrounded by relaxing & healing nature.

Leading worldwide well-being & detox centers of The LifeCo in Turkey and Thailand is located at Bodrum, Antalya and Phuket.

The LifeCo intends to be available at max. six hours flight range; by existing & upcoming new retreat centers in South West Europe, Central America in order to be beneficial for anybody who seeks optimum health.

The LifeCo Programs

The LifeCo offers; six different **Detox** and **Healthy Nutrition Diet Plans** that are result-proven and effective in a short duration of time at its well-being & detox centers.

Any program you join at The LifeCo Centers will be based on one of the diet plans below and will be topped up with supporting therapies, nutritious supplements, physical & spiritual exercises, educational lectures and raw-food workshops.

DIET PLANS

Detoxing

- Master Detox Plan
- Green Juice Diet Plan
- Green Salad Diet Plan
- Water Fasting

Healthy Nutrition

- Low-Calorie Diet Plan (1200cl)
- Anti-aging Diet Plan (Intermittent Fasting)
- Ketogenic Diet Plan
- Cellular Renewal Diet Plan

PROGRAMS

Ultimate Cleanse & Detox Program

Weight Loss Program

Anti-Aging Program

Diabetes Recovery Program

Get Fit & Healthy Program

SUPPORTING THERAPIES

Diagnostic Tests

Supporting Treatments

- Health Protocols & I.V Treatments; ozone,etc.
- Colonics & Enemas
- Immune Therapies
- Exercise sessions; yoga, thai-chi, etc.
- Emotional therapies; EFT, Alpha-Stim,etc.
- Other; Salt Room, Infrared Sauna, Sonic Table, etc.
- Cancer Support Therapies

Pampering SPA & Beauty Treatments

- Massages
- Slimming Treatments
- Face & Body Care

DETOX & CLEANSING

WHY DETOX?

A detox program should be routinely applied in order to be able to purify most effectively from the toxins that accumulate in your body and to be able to get healthier with the polluted air, stress, inactivity, consumed processed foods and many other reasons you are exposed to in today's conditions.

How do we know that your body needs detox?

- Low energy, exhaustion
- Digestive problems (constipation, gas, bloating)
- Weight gain, overeating
- Malnutrition
- Immunodeficiency, frequent illness
- Unhealthy lifestyle
- Use of cigaret, alcohol and drugs

What are the short-term results of detox?

- Blood is cleaned, so organs and tissues are fed and repaired
- Weight loss (2-4 pounds for women in 7 day program, 4-6 pounds for men)
- More vibrant and shiny skin
- Energy increase
- Positive thinking, stress tolerance
- Balanced blood pressure and sugar
- Increase in sleep quality
- Improvement of intestinal motility and digestion
- Unhealthy lifestyle
- Use of cigaret, alcohol and drugs



Day at The LifeCo Well-Being centers starts with a joyous walk in the spacious and iodine-scented sea air early in the morning. Then it is followed by a yoga session that allows you to stay "in the moment" and listen to yourself.

At The LifeCo; healthy and low-calorie meals, juices and food supplements, which are covered by detox or healthy nutrition programs determined by experts after body composition analysis, are served throughout the day to the guests.

The LifeCo provides intensive relaxation and renewal of the body, mind and spirit throughout the program with extra therapies (oxygen therapy, turbosonic vibration therapy, luminette light therapy, biophoton therapy) applied to the needs of the body in conjunction with nutritional programs. Our guests' program is supported by educational sessions on healthy living.



Watch "The LifeCo Journey" video on YouTube.

The LifeCo Orientation Video | Q



Or please scan the
QR code



The LifeCo BODRUM

As a world renown well-being center and a pioneer of detox services in Europe, The LifeCo Bodrum, accommodates its guests in a holiday setting for detox programs, well-being therapies or other stress relief activities.

Located among orange and mandarine trees and only a few minutes from the blue waters of the Mediterranean sea in Göltürkbükü, Bodrum, the facility has 30 guestrooms, various therapy rooms, terraces, yoga room, a comprehensive library on health, juice bar, movie room, DVD collection, Wi-fi, pool and more.

Located on the coast of Türkbükü, a second facility; The LifeCo Bodrum Beach Well-being & Detox Center has it's own private beach, a garden under beautiful greens and 14 rooms. Cleansing and well-aging services presented in The LifeCo Bodrum center are included in the experience at The LifeCo Beach, and guests can enjoy the "Saf Restaurant" located in the chill garden of the hotel where the healthy tastes of the raw-vegan cuisine is introduced.

- Soothing Environment
- Pleasant Weather
- Escape from City Life
- 13 Years of Experience

- Wide Spectrum of Activities
- Private Beach
- Disease Management
- Easy Transportation



Amenities

- SPA
- Gym
- Outdoor Pool
- Beach
- Free Wi-Fi
- Library: Book and DVD Collection
- Outdoor Massage Area
- Yoga Sala

Activities in The LifeCo Bodrum

- Biking
- Private Yoga Sessions
- Meditation Sessions
- Breathing Therapy
- Functional Food Workshops
- Daily Movie Screenings
- Healthy Lifestyle Lectures & Talk
- Morning Beach Walk
- Personal Fitness Workout



OUR FACILITY



THE LIFECO BODRUM



JUICE BAR



FITNESS



SAF RESTAURANT



SPA & MASSAGE



GARDEN

The LifeCo AKRA ANTALYA

The LifeCo Akra Antalya offers its guest the ultimate cleansing experience all year around. Located at the Turkish Riviera, The LifeCo Antalya is located inside the prestigious 5-star Akra Hotel. Since it's opening in 2014 it has hosted thousands of guests from all around Europe.

The weather in Antalya is pleasant even in the harsh European winter and due to direct flight options from a lot of destinations, it is very easy for health lovers to travel to. The service level of the 5-star hotel and the comfort of rooms with great view of the Mediterranean Sea The LifeCo Antalya is especially suitable for frequent travellers.

The LifeCo Akra Antalya performs in an isolated 2500 square meter facility within the Akra Hotel with its spa, yoga and massage areas. The Gym facilities of The LifeCo Antalya are equipped with the most modern equipment and the skilled trainers guides guests through their exercise routine to compliment the detox process.

You may not always travel alone. The LifeCo Akra Antalya makes it possible for families to attend programs individually while the children and spouse enjoy the facilities of the hotel. The center is also very suitable for people needing a reset from the business environment without fully giving up on work. The meeting rooms and comfortable offices provided with high speed internet access make it easy to stay in control of your business while giving your body the rest it deserves.

- Direct Flight Options
- Pleasant Weather
- Beachfront
- Outstanding View

- Private Beach
- Professional Gym Facilities
- Indoor & Outdoor Pool Options
- Ideal for a Family Vacation

Amenities

- SPA
- Gym
- Outdoor Pool
- Beach
- Free Wi-Fi
- Library: Book and DVD Collection
- Outdoor Massage Area
- Yoga Sala

Activities in The LifeCo Akra Antalya

- Biking
- Private Yoga Sessions
- Meditation Sessions
- Breathing Therapy
- Functional Food Workshops
- Daily Movie Screenings
- Healthy Lifestyle Lectures & Talk
- Personal Fitness Workout





OUR FACILITY



THE LIFECO AKRA ANTALYA



JUICE BAR



FITNESS



SAF RESTAURANT



SPA & MASSAGE



GARDEN

The LifeCo PHUKET

Nestled in the rain-forested and mountainous island of Phuket, The LifeCo Well-being & Detox center in Phuket is truly alluring. The touristy destination, Phuket, is home to world's best beaches that invite tourists from all over the world. Located in a popular a popular touristic destination; The LifeCo Phuket offers a wellbeing service at its seemingly isolated center which individuals find serenity, peace and solace

The LifeCo's center offers everything that is needed to refresh mind & body – from exotic Thai massages to green juices, from mediation and yoga to magneto-therapy, from colon cleansing to salt therapy and ozone treatment, from mental wellness programs to nourishing food and a lot more. Guests can enjoy pure nature at one of the 40 rooms that overlook a tranquil lake and garden.

The LifeCo Clinic

At this center; which is dedicated especially to the specific medical services, its provided clinic integrated healing programs which are suited for those recovering from cancer, chronic diseases and other serious health conditions such as; At The LifeCo clinic; under the supervision of Dr. Lodi and licensed medical team; stemcell programs, heavy metal cleansing and hormone therapies and many more clinic treatment is applied.

- Tropical & Soothing Environment
- Beach Bar
- Medical Clinic
- All Year Warm Weather

- Extensive Lab-Testing
- Disease Management
- Integrative Oncology
- Abundant Fresh Air

Amenities

- SPA
- Gym
- Outdoor Pool
- Private Pools
- Beach Shuttle: ring service to beach bar
(1 min from the centre)
- Free Wi-Fi
- Library: Book and DVD Collection
- Outdoor Massage Area
- Yoga Sala

Activities in The LifeCo Phuket

- Biking
- Jungle Hiking
- Private Yoga Sessions
- Meditation Sessions
- Breathing Therapy
- Sound Healing Therapy
- Functional Food Workshops
- Daily Movie Screenings
- Weekend Excursions
- Healthy Lifestyle Lectures & Talk
- Mandala Painting
- Spine Healing Session
- Thai Box & Tai Chi
- Morning Beach Walk
- Personal Fitness Workout





OUR FACILITY



THE LIFECO PHUKET



JUICE BAR



YOGA SALA



RESTAURANT



SPA & MASSAGE



GARDEN

Differentiating Features of **The LifeCo Centers**



The LifeCo Bodrum

First of its kind in Europe with
13 years of experience

- Surrounded with mandarin trees
- 40 min. from the airport
- 5 min. to beach by walking
- Outdoor pool
- Children under the age of 16 is not allowed
- 31 rooms

- Sunny hot season: 25° - 35°
(Apr-Oct)
- Winter - cool - season: 9° - 17°
(Nov-March)



The LifeCo Akra Antalya

Ideal for family vacation &
businessmen

- Outstanding mountain & sea view
- Direct Flight Options / 30 min. from the airport
- Beach front
- Indoor-outdoor (heated) pool
- Children accepted
- Very well equipped GYM
- 200 rooms (Akra Hotels)

- Sunny hot season: 25° - 35°
(Apr-Oct)
- Winter - cool - season: 9° - 17°
(Nov-March)



The LifeCo Bodrum Beach

Open only in summer season with
it's private beach

- Beach front / Private beach
- 40 min. from the airport
- Beach front
- Sea & beach option
- Children under the age of 16 is not allowed
- 14 rooms

- Sunny hot season: 25° - 35°
(Apr-Oct)
- Winter - cool - season: 9° - 17°
(Nov-March)



The LifeCo Phuket

All year warm weather with tropical
& soothing environment. Worldfamous
Oncologist & medical staff with very
well-equipped clinic

- Lake Front
- 10 min. from airport
- 5 min. to beach by shuttle
- Sea & Naithon beach option
- Children accepted
- 42 rooms

- Peak Season: 30° - 35°
(Nov - May)
- Off-Peak Season: 27° - 30°
(June-October)

The LifeCo **Health Living Products:**

The LifeCo Online Shop & SAF Healthy Living Food

Emerging from the growing needs of people trying to prevent and cope with modern and toxic lifestyle; The LifeCo offers healthy living products that are distributed across Turkey

The LifeCo Online Shop

Products play an important role in maintaining a low level of toxicity throughout life; provides protection towards the toxins in the environment, improves the quality of air and water, provides nutrition support, suggest healthy alternatives of frequently used toxic ingredients, enables detox at home, suggests non-toxic cosmetics.

SAF Healthy Food line; Snacks and Juices

Product kitchen in Istanbul that prepares and distributes SAF products, and also supports the development of dietary programs at the Well-Being & Detox Centers, healthy living products that are imported and distributed across Turkey, and The LifeCo-branded Food Supplements produced at the DUAG center in Izmir.



The LifeCo®
WELL - BEING | SHOP



safoX
HEALTHY LIVING FOOD

Healthy, low-calorie, high-nutrition snacks

- Our products are produced without flour, sugar, refined salt and animal products. They contain no chemicals, additives or preservatives.
- SAF products are raw and suitable for vegans.



The Life Coach in your pocket

My LifeCo APP

*Set New Goals,
Learn more about Healthy Lifestyle
Track your progress about nutrition,
exercise and meditation*



Download on the
App Store



Also get a chance to get information and make reservation easily.



Maslak Mah. Nazmi Akbaa İş Merkezi D Blok No:245 PK:34398 Sarıyer / İstanbul / Türkiye

+90 212 346 16 57

www.thelifeco.com