



TheLifeCo®
HOLISTIC WELLBEING
BODRUM

Your Trusted Wellbeing Partner

**Info
Kit**



www.thelifeco.com

TheLifeCo APPROACH

TheLifeCo, since its inception in 2005 has been a prominent wellness brand focusing on a 360° holistic approach, based on the pillars of healthy nutrition, anti-aging and wellbeing therapies, preventative treatments for chronic diseases and cancer as well as pampering and beauty treatments alongside spiritual therapies, all taking place in three glorious locations worldwide.

TheLifeCo's establishment was inspired by the sole passion and intention of spreading the culture of healthy living and self-healing power to individuals who need or wish to upgrade their vitality and well-being.

Knowing that toxemia and eventually chronic inflammation are the root of all major diseases and health-threatening symptoms, the protocols and programs of TheLifeCo have been engineered to enable individuals to cope well with the toxic input from daily life and help them embrace a healthier lifestyle through the experience shared and information learned throughout the application of any program at TheLifeCo.

4 Pillars of our Approach

Nutrition: We separate nutrition from food, believing in the therapeutic and strengthening ability of the diet, through conscious selections. Every individual can uplift their overall wellbeing through nutrient dense ingredients, and our premises offer the most nutritiously balanced meals and juices at all times.

Mind: The deep cleansing and nourishment processes are effectively influencing the mind. A stress-free, toxin-free individual would no more feel burden in the mind, resulting with higher peace and awareness. Every healthy act has a direct reflection on the mind, thus explaining the holistic aspect of TheLifeCo's cleansing programs.

Flexibility: Whether an athlete or an office worker, every individual requires certain physical activities in order to stimulate the lymphatic system and hormones that contribute in happiness and mood. Through physical endurance and flexibility within one's capacity, comes clearer and sharper mental state, which leads to a vibrant life.

Environment: Premises that are designed to be calming and energizing help individuals to focus more on their healing, rather than dealing with countless amounts of signals we receive from an urban life that cause stress, anxiety, rush and hurry.

TheLifeCo's all natural approach, encompassing raw vegan cuisine, metabolic treatments and therapies, physical and spiritual exercises aims to encourage and facilitate the individual's transition to a healthier lifestyle. Within the centres and product lines, TheLifeCo always uses organic, unprocessed and unrefined ingredients, utilising whole foods and herbs in a way to enhance human health, energy and wellbeing.

ABOUT OUR PROGRAMS

A cleansing intervention is a modern need that should be gone through by everyone to effectively detoxify from pollution, processed food-like foods, toxic relationships, chemicals and many more factors that we are exposed to in our daily lives.

TheLifeCo offers; six different **Detox** and **Healthy Nutrition Plans** that are result-proven and effective in a short duration of time at its well-being & detox centers at Bodrum, Antalya & Phuket.

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

You will be guided to choose the most suitable program for yourself upon arrival. You will always be able to adapt your program during your stay.

DETOXIFICATION

MASTER DETOX



The most effective and quick solution for cleansing and weight loss.

*400-500 Calories per day

GREEN JUICE



An instant alkalization boost for your system.

*650-700 Calories per day

GREEN SALAD



Ideal for those who do not want only juice fasting.

*750-800 Calories per day

WATER FASTING



A fasting plan that activates the body's natural detox process and reduces the risk of chronic disease.

*Zero Calorie per day

HEALTHY NUTRITION

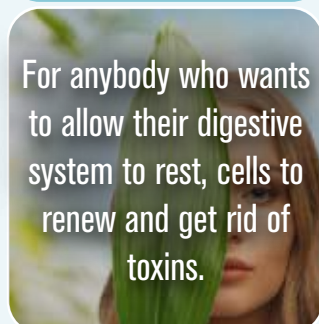
LOW CALORIE



For those who want to leave their daily dietary routine and lose weight in a healthy, long-lasting way.

*1200 Calories per day

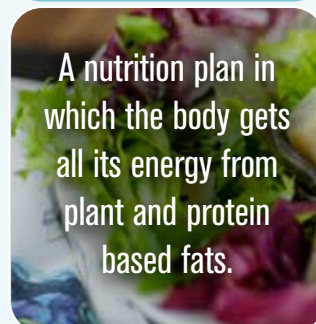
ANTI-AGING



For anybody who wants to allow their digestive system to rest, cells to renew and get rid of toxins.

*800 Calories per day

KETOGENIC



A nutrition plan in which the body gets all its energy from plant and protein based fats.

*Calorie per day vary on guest requirements

GETFIT



GetFit & Healthy Program is designed to offer an active cleansing & fitness experience offering many benefits at the same time.

*1500-1800 Calories per day

DAILY PROGRAM SCHEDULE

Detox Daily Program

Master Detox

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|----------|-----------------------------|
| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Shake and Herbs |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:30 | Herbs and Wheatgrass Juice |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:00 | Shake and Herbs |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:30 | Herbs and Himalayan Salt |
| ☁️ 14:00 | Shake and Herbs |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Herbs and Wheatgrass Juice |
| ☁️ 17:00 | Shake and Herbs |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:30 | Herbs |
| ☁️ 20:00 | Shake and Herbs |
| ☁️ 20:00 | Movie Time |
| ☁️ 21:30 | Herbs and Probiotics |

Green Juice Detox

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|----------|---|
| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Immune Boost |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:30 | Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:30 | Alkalize |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:30 | Alkalize and Probiotics (x2) |
| ☁️ 20:00 | Alkalize |
| ☁️ 20:00 | Movie Time |
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Green Salad Detox

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| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Immune Boost |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:30 | Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:30 | Green Detox Salad + Digestive Enzymes (x2) |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Alkalize + Wheatgrass Juice + Spirulina Kelp & Nettle |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:30 | Green Detox Salad + Digestive Enzymes (x2) + Probiotics (x2) |
| ☁️ 20:00 | Alkalize |
| ☁️ 20:00 | Movie Time |
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Water Fasting

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| ☀️ 07:00 | Morning Walk |
| ☀️ 07:30 | Ketone & Blood Sugar Measurement |
| ☀️ 08:00 | Water |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:30 | Water and Himalayan Salt |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:00 | Water |
| ☀️ 11:15 | Guided Meditation |
| ☁️ 12:30 | Water and Himalayan Salt |
| ☁️ 14:00 | Water |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Water and Himalayan Salt |
| ☁️ 17:00 | Water |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:30 | Water |
| ☁️ 20:00 | Water |
| ☁️ 20:00 | Movie Time |
| ☁️ 21:30 | Water |

* Program flows represents an example day, activity hours and contents may vary seasonally.

Healthy Nutrition Daily Program

Low Calorie

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| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Cayenne Lemonade + Spirulina Kelp & Nettle (x2) |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:00 | Saf-Raw Breakfast + Digestive Enzymes (x2) |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:00 | Saf-Raw Lunch + Digestive Enzymes (x2) |
| ☀️ 14:15 | Group Exercise |
| ☁️ 15:30 | Snack |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:00 | Saf-Raw Dinner & Digestive Enzymes (x2) |
| ☁️ 20:00 | Cayenne Lemonade |
| ☁️ 20:00 | Movie Time |
| ☁️ 21:00 | Probiotics (x2) |
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Anti-Aging

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| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Cayenne Lemonade + Spirulina Kelp & Nettle (x2) |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:00 | Saf-Raw Lunch + Digestive Enzymes (x2) |
| ☀️ 14:15 | Group Exercise |
| ☁️ 15:30 | Snack |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:00 | Saf-Raw Dinner + Digestive Enzymes (x2) |
| ☁️ 20:00 | Cayenne Lemonade |
| ☁️ 20:00 | Movie Time |
| ☁️ 21:00 | Probiotics (x2) |
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Ketogenic

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| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Measurement of Blood Sugar and Ketone |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:00 | Ketogenic Breakfast + Digestive Enzymes (x2) |
| ☀️ 09:45 | Morning Yoga |
| ☀️ 11:15 | Guided Meditation |
| ☀️ 12:00 | Ketogenic Lunch + Digestive Enzymes (x2) |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Ketogenic Snack |
| ☁️ 17:00 | Wellbeing Talks & Workshops |
| ☁️ 18:00 | Ketogenic Dinner + Digestive Enzymes (x2) |
| ☁️ 20:00 | Movie Time |
| ☁️ 21:00 | Probiotics (x2) |
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GetFit

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| ☀️ 07:00 | Morning Walk |
| ☀️ 08:00 | Alkalize + Wheatgrass Juice & Herbs +Spirulina Kelp & Nettle (x3) |
| ☀️ 08:15 | Advance Yoga |
| ☀️ 09:00 | Breakfast + Digestive Enzymes (x2) |
| ☀️ 10:00 | Workout |
| ☀️ 11:00 | Protein Smoothie |
| ☁️ 11:15 | Guided Meditation |
| ☁️ 12:00 | Lunch + Digestive Enzymes (x2) |
| ☁️ 14:15 | Group Exercise |
| ☁️ 15:30 | Protein Smoothie |
| ☁️ 16:00 | Workout |
| ☁️ 17:00 | Well-Being Talks & Workshops |
| ☁️ 18:00 | Dinner + Digestive Enzymes (x2) |
| ☁️ 20:00 | Movie Time |
| ☁️ 20:00 | Alkalize Protein Juice |
| ☁️ 21:00 | Probiotics (x2) |
| - | |

* Program flows represents an example day, activity hours and contents may vary seasonally.

Proven Benefits:

- Toxin Elimination
- Weight Loss
- Radiant Skin
- Increased Oxygen Level
- Alkalinity
- Balanced Blood Pressure
- Higher Energy Level
- Better Digestion
- Improved Immune System
- Relaxed Mental-Being
- Increased Flexibility

Standard Services & Therapies

* All services & therapies below are included in any program you join.

- Accommodation
- Detoxification Plan
- Optional Healthy Nutrition Diet Plan (additionally charged)
- Doctor Consultation
- Consultation with Detox Expert Program Coordinators.
- Body Composition Analysis (2 sessions)
- Colon Cleansing Therapy- "Angel of Water"
(* self-administered/daily)
- Daily Clinic Services; Oxygen Therapy, Luminette Light Therapy
- SPA Vicinity Available Amenities; Infrared Sauna, Steam Room, Biophoton Therapy, Turbosonic Vibration Therapy, Inversion Table
- Swimming Pool & Gym Access
- Group Exercise (daily)
- Boot Camp – Intense Exercise (thrice a week)
- Group Yoga & Meditation Classes
- Guided Meditation (daily)
- Educational Sessions on Various Topics Pertaining Healthy Lifestyle (daily)

* Assigned days, hours and frequency of the activities may vary seasonally.



• Sunny hot season:
25° - 35°
(April - October)



• Winter - cool - season:
9° - 17°
(November - March)

STANDARD ROOM



- * 20 m²
- * Garden View

- * Balcony
- * TV

- * DVD Player
- * Wi-Fi

- * Hair Dryer
- * Safe Box

- * Kettle
- * Air Condition

SUITE ROOM



- * 40 m²
- * Garden View

- * Balcony
- * TV

- * DVD Player
- * Wi-Fi

- * Hair Dryer
- * Safe Box

- * Kettle
- * Air Condition

Daily Rates: The following are the base program rates, that include accommodation and the standard services & therapies.

| ROOM TYPES | SINGLE | DOUBLE |
|------------|--------|--------|
| Standard | 310 € | 490 € |
| Suite | 420 € | 620 € |

* For healthy nutrition meal plans, an additional charge of 25 € will be applied to the daily price.

TheLifeCo BODRUM

- First of its kind in Europe
- 15+ Years of Experience
- Pleasant Weather
- Private Beach
- Surrounded with Mandarin Trees
- Escape from City Life
- Disease Management
- 40 min. from the Airport

Since its opening in 2005 TheLifeCo Bodrum has been a favourite destination for health enthusiasts and celebrities. Each year TheLifeCo improved its service level and facilities and now it is considered one of the best wellbeing centers in Europe. TheLifeCo Bodrum's guests who value their privacy will see that it is provided in this center. The staff have significant experience and they are all trained to help guests with their requests.

At TheLifeCo Bodrum, you will be greeted by the doctor and detox experts to pick the most suitable program for your needs. During your stay you will be guided by your designated detox consultant and our experienced team will be there for you to answer any of your questions so that you can just focus on yourself and take your time to relax rather than having to think about other things.

TheLifeCo Bodrum is located by the Aegean Sea in Bodrum just a few minutes away from the beach. TheLifeCo Bodrum is a professionally designed center located between the mandarin trees with its tranquil ambiance and 31 bungalows-rooms at the main center and 14 rooms at the beach side.

Disease Management at TheLifeCo Bodrum

Most of the chronic diseases are caused by lifestyle choices, with that knowledge in hand, TheLifeCo helps you take control of your health through its disease-focused natural healing techniques and methodology, implemented on top of our detox expertise. With the application of custom prepared IV therapies on top of your nutrition plan, you will be in the safest hands to battle your disease. Your wellbeing will be followed up and you'll be consulted by the medical team in your post-retreat period.

Amenities

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

Activities in TheLifeCo 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



TheLifeCo
Bodrum

Daily Mail

TheLifeCo makes detoxing as comfortable as possible. They take it very seriously. You can tell that from the professionalism of the staff and of course from the positive result you get.

NATIONAL GEOGRAPHIC

Being surrounded by the unique natural wonders will make your journey to health all the more palatable. TheLifeCo overhauls your mind and body, especially if you are willing to get your life and your nutrition in check.

OUR FACILITY



SWIMMING POOL



JUICE BAR



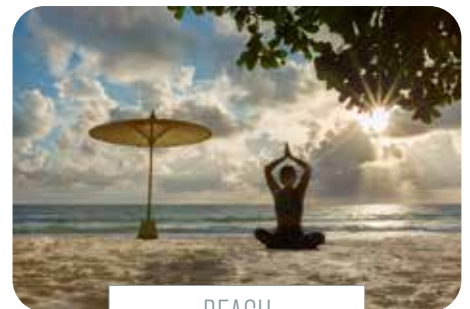
YOGA SALA



RESTAURANT



SPA & MASSAGE



BEACH



FAQ

FREQUENTLY ASKED QUESTIONS:

- ABOUT THELIFECO BODRUM
 - LOCATION & GETTING THERE
 - ACCOMMODATION
- DETOXIFICATION
 - BEFORE YOU ARRIVE: PRE-DETOX
 - PAYMENT & CANCELLATION POLICY

ABOUT THELIFECO BODRUM

Which airport should I arrive?

You can land at Bodrum-Milas Airport which is 45 minutes away from our center by car.

Are there any alternative airports within the area?

You may arrive at Dalaman Airport or İzmir Adnan Menderes Airport. Both airports are approx. 3 hours away from Bodrum by car. Upon your request we can organize airport transfers to and from Bodrum Milas Airport, İzmir Adnan Menderes Airport and Dalaman Airport.

How do I get from airport to TheLifeCo?

Upon your request we can organize airport transfers to and from Bodrum Milas Airport, İzmir Adnan Menderes Airport and Dalaman Airport.

How can we meet you at the airport?

If you have an international flight, please make sure you exit the airport from the international gate. Do not exit from the domestic gate unless your flight is domestic. When you are at the right gate, please look for our representative holding a sign with TheLifeCo and your name/flight details on it.

How is the weather in Bodrum?

Bodrum has a Mediterranean climate and warm all year round. A winter average high of 15 degrees Celsius (59° Fahrenheit) and in the summer 34 degrees Celsius (93° Fahrenheit), with very sunny spells. Summers are hot and humid and winters are mild and mostly sunny. On average, the warmest month is August while the coolest month is January.

What are the activities that I can do considering the weather conditions?

You can swim in the pool/sea, go for a boat trip, do water sports, go for hiking, do yoga, piloxing, zumba, use the fitness room and the spa area.

Can I rent a car, motorbike or bicycle?

There are many car/bike rental shops in the local area, please bring your international driving license with you if you intend to rent a car or motorbike.

What is the difference between TheLifeCo Bodrum main center and TheLifeCo Beach?

TheLifeCo Bodrum Beach is only a 5 minute walk away from the main building and is located by the sea. It has a private beach and 14 boutique rooms. You can stay and have your nutrients/juices/meals and massages in the Beach building, while the activities such as yoga classes, infrared sauna, steam room, therapies etc. will take place at the main center. In addition, TheLifeCo Bodrum Beach also offers half-board vegan nutrition service.

How far is the beach from the center?

TheLifeCo Bodrum Beach is located by the sea with its own private beach while TheLifeCo Bodrum main center is a 5 minute walk away.

How many different room types do you have?

TheLifeCo Bodrum welcomes its guests with 31 rooms at the main center and 14 rooms at TheLifeCo Beach center with 2 different room types; standard rooms and suite rooms.

At the main center, both Standard rooms (20m²) and Suite Rooms (40m²) have a balcony and garden view while some of the rooms at TheLifeCo Bodrum Beach have a sea view.

What are the features of the rooms?

All of our rooms include a TV, DVD player, safe box, hair dryer and free wi-fi internet connection.

Do you have Wi-Fi available?

Yes, complimentary high speed WiFi is available in every room and throughout the retreat.

Do you have a swimming Pool and will I have time to relax?

Yes, we have a swimming pool and there will be adequate free time allocated each day to go to the beach, relax by the pool or chill out in your room. All activities, talks and demonstrations are optional so you can manage your pool time accordingly.

Can I get my laundry done on the premises?

Yes, we offer a laundry service. Please refer to the price list in your room for details.

Will I have free time to go sightseeing around?

Your program includes plenty of free time for sightseeing. We can adjust your daily schedule to give you free time if you have any special excursions planned. There is a variety of activities and places of interest about which you can get more information from our front desk.

I would like to come with my family, however only I will attend the detox program?

At our Bodrum center, your loved ones can share accommodation with you without attending any programs. In that case an accommodation and facility cost will apply. Unfortunately children under 16 are not allowed in the center. If your child is older than 16, he/she will be considered as an additional guest.

Can I bring my pet?

Always mindful of our guests' comfort and well-being, this is not recommended.

DETOXIFICATION

Why should I detox/cleanse?

In this modern life we are exposed to polluted air, stress and sedentary life, consuming processed foods, additives and many other factors leading to an accumulation of toxins in our bodies. Therefore we need to detox at least twice a year in order to get rid of those toxins. We detoxify in order to; age slower & healthier, lose weight, increase energy levels, improve our skin quality, improve our quality of life, enhance immune system functionality, prevent chronic diseases and of course for our mental & emotional clarity.

How many days should I do the Program?

You can do certain types of detox programs for any period of time that you wish; however to have effective results we recommend you to do a minimum of 3-4 days and for sustainable results up to 10 days recommend for you to do minimum of 3-4 to 10 days.

What is included in the program? Any therapies included in the program?

What are extras I can purchase additionally?

In Standard Detox & Healthy Nutrition Program; your accommodation, daily meals & nutrition, daily activities such as morning walks, yoga & meditation sessions (twice daily), doctor consultation, oxygen, turbosonic, luminette therapies such as, daily use of "Angel of Water" (colon cleansing – self service), daily use of facilities (pool, steam room, infrared sauna, Turkish hamam and gym) are included.

Some other supporting therapies such as beauty therapies; skin care, slimming therapies, massage therapies, i.e. well-aging therapies, health protocols are not included in the standard program. All can be purchased on top of any program you join.

First, you can also purchase a Standard Package which includes only accommodation, meals & nutrition and some daily activities and on top of this you can purchase extra paid therapies or protocols that will support your detox experience.

How will I decide which detox/healthy nutrition program to do?

On arrival at our center, you will receive a detailed presentation by our Detox Program Managers regarding the programs and the therapies. After analysing your health form, the most suitable program will be chosen for you at this time. In addition, after the presentation you will be given your hourly schedule until the day of your check-out. You will always be able to change your program during your stay.

When should I come and what is the right time to plan my program at TheLifeCo centers?

There is no specific time or season recommended to start the programs. So it all depends on your availability. Our centers are open all year round. We do recommend that you to do a pre-detox at least for 3-4 days before coming to our facilities. All programs starts at 8.00 am. We suggest you arrive the night before you start the program in order to start the morning rested and refreshed. If you arrive the night before you start your detox, we do not charge anything extra for the accommodation. The bill will be settled depending on the days of the program you do.

Can I smoke in the premises? Is it forbidden to smoke in the detox period?

While you are on the detox program, your smoking habit naturally decreases by itself. We recommend no smoking during this period. Smoking is not allowed throughout the center but, you may smoke in our designated smoking area" olarak düzeltilecek.

Will I be able to quit my bad habits (smoking, alcohol, eating snacks etc.)?

Detox & cleansing programs at TheLifeCo considerably reduces the consumption of alcohol and smoking. The detox programs that we offer with the assistance our program managers and other extra therapies that you might have is very effective to get rid of your unhealthy habits.

I want to give a detox program to a friend as a gift. Is it possible?

Of course; after making the payment, we can send your friend a gift certificate.

Are there any contraindications for fasting and colema?

Fasting is suitable for everyone with the consent of detox experts and after the doctor consultation at our centers. Colema is also very effective and safe for your detoxification process.

I have a certain illness/a certain medication that I use regularly. Can I do a detox?

In order for you to make this decision we would like you to consult our doctor. You may call/send a detailed e-mail regarding your health condition and our doctors will be in touch with you shortly.

Do I continue taking my medication during the cleanse?

We never recommend that you stop taking medication during a cleanse as it can be dangerous. Our highly experienced Detox & Well-being consultants will help to guide you with the best choices regarding your health and holistic and dietary considerations.

Can I cleanse if I have Diabetes?

Yes you can. Type-2 diabetes emerges as a direct consequence of poor diet and unhealthy life-style habits, it can be reversed by modifying the diet and other lifestyle components. The duration (between 7-21 days) depends upon the person's willingness, 7 days is good for balancing hormones and blood sugar values, however at least 14 days is needed for a complete impact. Full fasting or juice fasts can be a wonderful remedy for type-2 diabetes.

Our highly experienced Detox & Well-being consultants & doctors will help to guide you with the best dietary recommendations. Please check our website for more information.

We so also recommend you to watch the wonderful documentary on diabetes; "Simply Raw: Reversing Diabetes in 30 days".

Will cleansing help with my skin problems?

In holistic health we recommend treating all skin conditions initially by cleaning the digestive tract and liver, during your stay you will meet with our holistic health practitioner who can make recommendations for you to continue with once you leave the retreat.

Do you have a Doctor on-site?

Yes we do. When you first arrive at our center, you will have a consultation with our holistic doctor/practitioner and receive a detailed presentation from our detox & well-being consultant regarding the therapies & programs. They'll be ready to answer your questions & help you at anytime you need.

Both our practitioner & well-being consultant will look through your pre-screening information and advise you accordingly about which program is most suitable to meet your needs as well as making holistic recommendations for the future that can assist with any issues that may need addressing.

What if I have High Blood pressure or High Cholesterol?

We have many guests who come to our retreat with high cholesterol and hypertension; in fact, many of them come to fast specifically to help with these issues. Every morning you will have your blood pressure checked by one of our specialized consultants.

Although fasting usually will drastically reduce high blood pressure, we never recommend that anybody stop taking their medication for this condition.

Cleansing has also been known to indirectly help with issues regarding high cholesterol as the whole process helps to clean the blood and liver, thereby improving the body's ability to digest and break down fats and lipids.

We have experienced and trained staff on hand to help with any questions or concerns you may have regarding these issues as well as extra services to help you plan an individual exercise and dietary routine to bring about greater balance, health and vitality to your life, should you feel a more in-depth analysis is necessary.

Can I cleanse if I'm taking anti-depressants?

Yes sure you can.

Can I join the program if I'm menstruating?

It is no problem to participate in a cleansing program if you are menstruating. And any extreme change in your diet can affect your menstrual cycle so don't worry if your period is irregular or slightly heavier than usual.

Can I detox if I am slim?

You can still cleanse if you are slim as long as you are not currently suffering with an eating disorder or are suffering with malnutrition or certain deficiencies. The main goal of cleansing is detoxification and removal of impacted waste within the colon. We have many slim, non-overweight people visiting us for fasting and generally they fair just as well as other people.

If you are drastically underweight, then you may choose to participate in one of our healthy nutrition programs.

Can I cleanse if I am pregnant, will I be able to do a detox program?

The programs that we offer are suitable for pregnant guests as well. You may apply Healthy Nutritional Programs that would help you to eat clean and nutritional food. When you arrive at our center, the program manager will assist you in choosing the most suitable program and schedule.

Do you do anything special for the guests' special days (wedding anniversary, birthdays etc.)?

We offer 1 massage as a gift.

BEFORE ARRIVAL: PRE-DETOX

What are the do's and don'ts before coming? What should I eat & drink?

For best results, before joining our For best results, two weeks before joining our detox program begin to follow the Pre-Detox Program that will be sent after you confirm your booking. This will both alkalise and prepare your body for a deeper cleansing. If you do not have enough time, you should start a minimum of 3 days before the detox program. For optimum results in the pre-cleansing phase, eat no meat, dairy products, salt, sugar or foods with added sugar.

Reduce and eventually stop the intake of coffee, tea, alcohol and all other drinks with caffeine. You can drink all sorts of herbal teas instead. Drink water as often as possible, but not with a meal. Water is a critical addition to the cleansing process. It is best to drink at least 6% of your body weight (i.e. 70 kg body weight, drink 4.2 liters of water). Cut off caffeine and alcohol, eat as much raw fruit and vegetables as your body can handle.

Why do I need to Pre-Cleanse?

Pre-cleansing prepares your body for the deep cleansing you will experience on the full fast. On a pre-fast, your body will move from an acidic state towards the alkalinity needed for cleansing. You will also increase your storage of electrolytes, giving your body the strength needed for cleansing. Fasting without properly preparing your body can result in rapid toxin elimination which, in turn, can lead to some discomfort including headaches, fatigue, vomiting, diarrhoea and dizziness.

I did not do a pre-detox. Can I still start my detox?

The pre-detox is significant in terms of easing the transition to a detox program. If you start your detox without doing the pre-detox beforehand, you might feel the "detox symptoms" stronger. These symptoms are also known as the "healing symptoms" which are general reactions that the body can experience in the first couple of days of the detox such as headaches, dizziness, feeling nauseous, having strange dreams etc. If you arrive at the center without doing the pre-detox, we can apply the green detox programs to help you to do your pre-detox here.

What should I bring with me?

There is nothing specific you need to bring, just comfortable clothing for yoga, meditation and exercise classes etc. Some sports shoes (trainers) for walking, sun cream, bikini and a good book for when your chilling out on the beach. Sportswear and swimsuit would be sufficient to wear during your program. (For the daily walks, yoga classes, use of the fitness room, daily pool/sea/infrared sauna/steam room usages etc.) For the wet season it is suggested to bring a rain coat or an umbrella.

PAYMENT AND CANCELATION POLICY

How to Confirm Your Reservation

We kindly ask you to fill the reservation and guest health forms and re-send them to us. After receiving pre-payment (the amount of %50) your reservation will be confirmed via e-mail.

How to Make Payment

You can pay with online payment link and/or credit card, you may also make a bank transfer to our bank account"

Check-in and Check-Out Policy

The time of the check-in is after 14.00 pm and check-out is before 11.00 (however we will do our best to provide flexibility depending on the availability of the rooms on that specific day.)

We suggest you to arrive our center as early as possible to participating fully in your program.

If you are not able to arrive in the morning on the day of your arrival because of your travel plan, we'll compensate your remaining services (eg: juices, meals or included treatments) on the day of your departure.

If I don't join the activities that are included within the standard package, can I have therapies instead?

Unfortunately, we cannot replace the extra therapies with the activities that are already included within the package.

Cancellation and Date Change Regulations

Cancellations or date changes requested 14 days, before the commencement of the program incur no charge.

Cancellations or date changes between 7 and 13 days, before the commencement of the program incur a penalty of %50 of the total deposited amount.

Cancellations or date changes less than 7 days, before the commencement of program incur a penalty of full charge of the total deposited amount.

In the case of a no show, a penalty of the full charge of the total deposited amount will be applied.

In case of Early Check out, full charge of the total program price will be collected.

Financial Support Policy

The guest/patient will be billed directly according to the rates specified on the price list even if the invoice is presented to an organisation providing financial support or to a private insurance company for refund.

OTHER TERMS AND CONDITIONS TO BE CONSIDERED

In a place like TheLifeCo centers where the focus is on rest and relaxation, consideration of others and a certain degree of order are essential for the good of the community and the success of your treatment.

These following general terms and conditions apply to contracts for treatment in TheLifeCo centers and to all other services rendered to guests/patients by TheLifeCo centers.

- Guests/patients admitted to the clinic for the first time are requested to present a valid passport/ID as well as a valid credit card on arrival.
- The minimum age for treatment at TheLifeCo is 18 years. In exceptional cases, young people aged 16 years or over can be treated if they are accompanied by a parent or legal guardian and if this has been discussed with our management and doctors in advance.
- If a guest/patient is absent from TheLifeCo centers overnight or wishes to stay away from the clinic for a number of days, permission from the TheLifeCo's attending doctor or detox expert is required.
- TheLifeCo Management cannot accept any liability for lost valuables, in particular jewellery, documents or cash. The clinic recommends that patients/guests use the built-in safe in their room.
- Guests/patients use the parking garage and parking spaces at their own risk.
- A strict ban on smoking and on the consumption of alcohol is enforced at TheLifeCo both throughout the clinic premises as well as on walking tours and in guests/patients' rooms. Guests/patients have responsibility for ensuring that this ban is also observed in their room by third parties. There is a smokers' corner on the parking deck.
- Your sense of smell is extremely sensitive during fasting: artificial perfumes (all of which nowadays comprise synthetic fragrance molecules) can be extremely disturbing when fasting, even those we normally like. For this reason, we ask you to avoid using perfume if possible during group activities in the recreation rooms or gyms as well as on walks.
- Pets are not allowed.

Please read these conditions for your stay at TheLifeCo carefully. By sending you a confirmation of reservation, we assume that you accept these terms. We ask you to sign a corresponding agreement upon your arrival.

BODRUM



TheLifeCo Bodrum Wellbeing and Detox Center

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