

TheLifeCo[®]
HOLISTIC WELLBEING

**DURING
YOUR
DETOX**

www.thelifeco.com



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Europe's Most Result-Oriented Wellbeing Centers

TheLifeCo Wellbeing Holistic Health & Wellness

We are here to inspire and equip you with the right tools and the mindset to help create the best version of YOU while facilitating a comprehensive wellbeing experience that leads to a more meaningful life with greater longevity and quality.

Benefits of Joining to a Program;

- Decreases Inflammation
- Supports Weight Loss
- Balances Blood Pressure and Sugar Levels
- Prevents Cancer
- Helps Detoxification
- Rejuvenates The Body
- Boosts Immune System
- Reverses The Signs Of Aging
- Prevents Heart Disease
- Solves Digestive Problems
- Improves Nutrient Absorption
- Supports the Gut Flora
- Lowers Cholesterol
- Cleanses the Liver
- Improves Skin Glow
- Increases Energy Level
- Improves Mental Clarity
- Provides Positive Thinking
- Provides Relaxed Mental Wellbeing
- Increases Sleep Quality
- Improves Lymphatic system



Services we offer;

1 - Detox and Healthy Nutrition Programs

Master Detox | Green Juice Detox | Green Salad Detox | Water Fasting |
Intermittent Fasting | Ketogenic Diet | Low Calorie | GetFit

2 - Enemas and Colonic Therapies

Coffee Enema | Wheatgrass & Probiotic Enema | Angel of Water | Colon Hydrotherapy |
Ozone Therapy

3 - Protocols and Intravenous Treatments

Anti-Aging Protocol | Anti-Fatigue Protocol | Anti-Stress Protocol | Brain Health Protocol
| Immune Support Protocol | Liver Support Protocol | Vitamin C | Glutathione | Mineral
Cocktail | Ozone | Biotin | Laser Light | Myer's Cocktail | Hair & Nail Cocktail

4 - Skin and Body Care Treatments

Gold Mineral | Collagen | Hyaluronic | Silicium | Vitamin C | Venus Legacy | Microplus
| Youth Vaccine | Meso GRP | Mesolift | Hydrafacial | Lymph Drainage | Seaweed Body
Wrap

5 - Saunas and Wellbeing Therapies

Alpha-Stim | Ozone Sauna | Iyashi Dome Sauna | Salt Room | Sodium Inhaler | Matrix
Rhythm | Emotional Therapy | Infrared Sauna | Steam Room

6 - Physical and Mindfulness Exercises

Yoga | Reformer Pilates | Meditation | Breathing Therapy | Fitness | Thai Boxing

7 - SPA & Pampering Massages

Turkish Bath | Peeling | Aromatherapy | Balinese | Shiatsu | Thai | Traditional 4 Hands |
Foot Trigger | Abdominal Manipulation | Head & Face | Local | Medical Manipulation |
Anti-Cellulite | Hot Stone | Physiotherapy | Lymphatic Manipulation | Deep Tissue |
Bioenergetic Meridian

8 - Diagnostic Test and Consultations

Live Blood Analysis | Educator Bioresonance Analysis | Mindfulness Consultation |
Food Intolerance | Digestive Consultation | Check-Up Consultation | Body Composition
Analysis



1. HEALING SYMPTOMS YOU MAY EXPERIENCE DURING DETOXIFICATION

Congratulations on taking this very critical step in your health and self-care. You are going to experience different stages during your detox and cleansing journey, so we want to provide you with a list of healing symptoms you may observe in your body during this process. Keep in mind that we are all built differently, so that we may experience different body symptoms. Please do not hesitate to share the symptoms you notice with our wellness program coordinators. With more than 15 years experience, we have encountered a wide range of healing symptoms, so we are ready to share our knowledge and give you more information.

Even if you don't experience any of these symptoms, do not think that you are not detoxing. You will notice a white/yellowish layer on your tongue, which is a typical sign of detox and cleansing.

We wish you a successful detox experience.

Fatigue & Weakness: This may start on the first day in the afternoon and can last for 3-5 days. The organs use a lot of energy during the cleansing process, which causes fatigue and weakness. Have a rest if you feel tired. Drink at least 5-6 big glasses of the detox soup a day.

Headache: Having a headache depends on your caffeine and sugar intake and is a usual symptom. It starts from the sinus area above the eyebrows and continues through the back of the head. Generally, it occurs in the first two days. Drinking generous amounts of water, sweating in the sauna and steam room, a head massage with mint oil, a colemma, a biophoton session, a hot shower, and a bit of positive thinking can help to alleviate the pain. It may last for a day or two, and it will subside over time.

Nausea: The detoxifying process involves the stomach, large intestines, kidneys, skin, lungs, and sinuses. Toxins are acidic, and although our stomach can hold highly acidic fluids, it can become overloaded during a detox, and consequently reject the substances. If you have nausea, drink two big glasses of alkaline water to neutralize the acids. You may also opt for assisted vomiting by placing a finger down your throat. After vomiting, drink another glass of alkaline water to clean away the acidic residue in the esophagus. Always rest as much as possible, as vomiting eliminates a large amount of toxins at once, but you will feel better the next day.

Heart Palpitations: Under normal circumstances, 2 of the 6 liters of blood in our body is circulated in the system for cleansing, and 4 liters is engaged in digestion. As the digestion requirement becomes relatively low during a detox program, the total amount of blood starts to circulate in the body for cleansing, and the increased pumping can cause a higher and faster heartbeat. In this case, dissolve a teaspoon of Himalayan Salt in a small glass of alkaline water and drink it. Also, remember to rest and do not engage in strenuous physical activity.

Dizziness: This is a usual symptom that can occur in the mornings. Get up slowly from the bed, and avoid sudden moves and strenuous physical activities. Have a rest and drink detox soup with some Himalayan salt in it.

A White or Yellow Layer on the Tongue: This can occur from the second day onwards. It is a sign showing that the body is detoxifying itself. Clean this layer every morning or a couple of times during the day with the tongue scraper given to you. You should clean this layer before drinking anything in the morning; otherwise, you will put the toxins back in to your system. We recommend that you to keep on cleaning your tongue in the mornings after your detox.

Fluctuation in Sleeping Pattern: You may want to sleep more in the first few days. As you progress through your detox, your need for sleep may reduce, or you may wake up very early in the mornings. This is a usual symptom related to the reduced digestion and cleansing going on. It's also not unusual to have strange dreams and nightmares.

Aches and Pains: Pain may be experienced, especially in the lower back. This indicates that physical blockages are released, and toxins are eliminated. Massages, yoga, steam room, and beach walks will help ease the pain. Drink more water and detox soup. Also, make sure to drink a small glass of water with Himalayan salt daily, as the salt restores the electrolytes in your body.

Gas and Bloating: During your detox experience, you may have some gas in your stomach and intestines. You can also feel bloated some days. Gas occurs when old food remains, also known as intestinal plaque, starts to leave the body. Colemas, abdominal massage, and yoga can be effective in releasing the gas.

Sore Throat & Runny Nose: These indicate cleansing and will dissipate over time. Warm ginger tea and detox soup can help relieve the symptoms.

Feeling Cold & Shivering: This is a prevalent detox symptom. Dress warmly and make use of blankets available in the center. Keep on drinking the detox soup or hot ginger tea.

Bad Breath and Body Odor: These symptoms are also quite common and a sign that you are eliminating toxins. Remember to use your tongue scraper and body brush to assist in the process.

Spots on the Skin: This is a short-term symptom that may occur. The skin is the largest organ in our bodies, so it is naturally involved in the detoxification process. It may last for only 1-2 days.

Acne, Oily Skin, and Dry Hair: These are also temporary detox symptoms as the body eliminates impurities. After the detox, skin, and hair will be healthier and vibrant.

Forgetfulness: This may also be a temporary detox symptom, and memory will improve as you progress through the detox.

Emotional Symptoms: An emotional cleansing may be experienced, mainly in the 4th -6th days of the detox. The body will release any stored stress through hypersensitivity and crying, being emotional, feeling angry or sad, etc. To assist with emotional healing, it will be helpful to attend the meditation and breathing sessions as much as possible, walk in nature, read books about mental improvement, talk less, and reduce the time spent on the internet, TV, and mobile phones. You will gradually start to feel more peaceful, happy, and energetic towards the end of the detox.



2. DRY SKIN BRUSHING FOR HEALTH AND DETOX

Dry skin brushing helps eliminate dead skin cells and toxins, helping to create healthier, revitalized skin. But that's just the beginning of the benefits derived from this practice. Skin brushing isn't a new practice, as many historical texts talk of massaging the skin with various instruments including sticks, sand and rocks.

When attempting to detox through fasting or cleansing diets, opening the skin's pores helps facilitate the discharge of toxins.

The skin is a major eliminative organ; it is estimated that a third of the body's toxins and waste materials are excreted through the skin during a fast. It is the increased perspiration and elimination of wastes during fasting that can cause the unpleasant body odor associated with fasting.

The lymph system also plays a significant role in the detoxification of the body. When waste materials leave the cells, whether they're of a foreign nature or the natural byproducts of cell metabolism, they are carried off by the blood or the lymph.

While the blood has the heart to pump it quickly throughout the body, the lymph moves much slower, powered either by the small muscle tissue lining the lymph vessels or by the movements of the larger surrounding skeletal muscles.

Additionally, **when the lymph carries a sizeable toxic load, it contains more mucus to hold those toxins in suspension. This mucus thickens and slows the movement of the lymph through the body.** This not only happens when we're fasting but also when we're sick. One of the purposes of a fever is to thin the mucus so the lymph can flow more easily.

By stimulating the lymphatic system during fasting or cleansing, we can help the body to eliminate the toxins being disposed of.

The benefits of dry skin brushing:

- Enhancing blood flow to the skin's surface
- Stimulating the lymphatic, nervous, circulatory, and glandular systems
- Opening pores by removing dead skin cells and other impediments, allowing the skin to breathe better, perspire more freely, and more easily excrete waste
- Stimulating the oil glands of the skin, bringing more natural oil to the surface
- Increasing skin tone
- Can help to alleviate the cleansing reactions from fasting, the flu-like side effects of headaches, tiredness, achiness, etc.
- Overall provides a invigorating effect, physically and mentally

HOW TO SKIN BRUSH

Make sure your skin is dry before starting. Using a natural bristle brush, start with the soles of your feet and brush upwards towards the heart. Brush vigorously up the legs and over the thighs, remembering to brush towards the groin where the lymph glands are. Use a circular clockwise movement over the abdomen, following the line of the colon, and do this about ten minutes. Avoid the genital area and the nipples. Brush the palms and back of hands, up the arms to the shoulders but use downward strokes on the neck, throat, and over the chest.

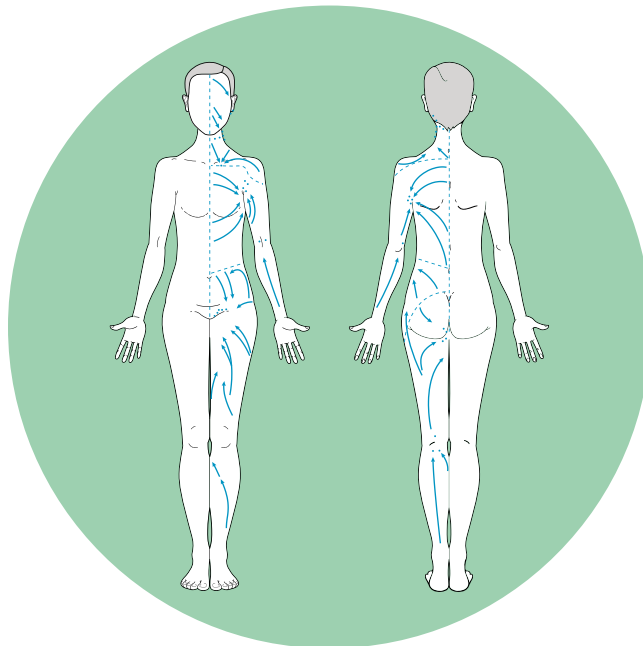
Use the brush handle to brush across the top of the shoulders and upper back, then up and over the buttocks and lower back. This should take you above five minutes daily and first thing in the morning is the best time. Should you need to brush twice a day, do not brush too close to bedtime, or you may not sleep. Brush every day for three months, then reduce it to 2-3 times weekly, changing the days each week. Never brush skin that is irritated, damaged, or infected, or over varicose veins.

The scalp can be brushed to stimulate hair growth and to free dandruff and impurities, or you may prefer to massage the scalp with fingertips.



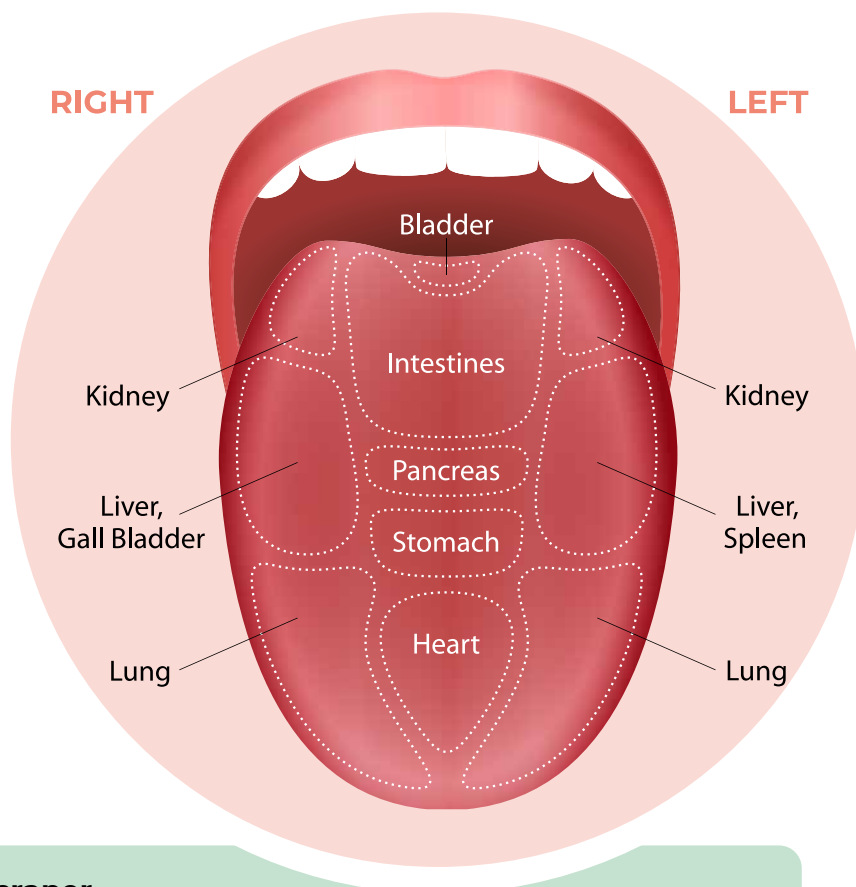
SHOWERING

After your 3-5 minutes brushing, it is time to remove dead skin cells by showering. Take a hot shower for about 2-3 minutes, followed by a cold shower for 20 seconds, and repeat. Moving the showerhead from the feet upwards, and then finish by holding it over the medulla oblongata at the back of the skull, letting the cold water run down your spine. This method of hydrotherapy will alkalize the blood, clean the head, and give a special boost to the glandular system and vital functions of the body.



3. BENEFITS OF A TONGUE SCRAPER

The tongue scraper (or tongue cleaner) dates back to ancient times in India, but its benefits – especially the promotion of fresh breath and oral hygiene – have recently gained a lot of attention in the West. Using a tongue scraper stands to reward anyone willing to give it a try, and it is worth understanding the advantages a tongue scraper has to offer your overall health and wellbeing.



Benefits of Using a Tongue Scraper

- Clears toxins & bacteria from the tongue
- Helps remove the coating on the tongue that leads to bad breath
- Helps eliminate undigested food particles from the tongue
- Enhances the sense of taste
- Promotes overall oral & digestive health
- Gently stimulates the internal organs
- Increases your awareness of your state of health

How Do I Know If I Have Toxins?

Our bodies are constantly exposed to toxins from our food, beverages, and the environment; even unresolved emotions can lead to toxicity. When toxins are not properly digested and eliminated, they stop flowing in the body and begin to compromise our wellbeing. Signs that toxins have begun to accumulate in the body are:

- A coating of film on the tongue
- Foul-smelling breath or body odor
- Mental fog or confusion
- Overall sense of stagnation or weakness
- Generalized body aches
- Diminished appetite
- Constipation
- Diarrhea
- Bloating
- Fatigue or lethargy

If you identify with one or more of the above, the chances are that there is some level of toxic residue in your system. The good news is that Ayurveda offers a myriad of tools for cleansing your system of these toxins. A tongue scraper is a fabulous way to start.

4. BENEFITS OF INFRARED SAUNA DURING DETOX

Warm up for a better health! Infrared saunas enhance our wellbeing on many levels by using the same gentle rays as natural sunlight. They also provide the therapeutic benefits of traditional saunas without the intense heat. A great way to relax and get healthy!

Traditional Saunas

Traditional saunas work by heating the air within the sauna. They need scorching temperatures to operate efficiently. This can be uncomfortable for many people because the sauna is warming mainly the external parts of the body. These hot temperatures also dry the mucous membranes of our nose and mouth, which is minimized by pouring water on hot coals to produce steam.

Infrared Saunas

Infrared saunas heat the body directly instead of the air by duplicating the healthy warming rays of the sun. Infrared heat rays are transmitted deep into the body while maintaining a comfortable temperature that does not overheat the skin and respiratory system like traditional saunas. This means you can enjoy the benefits longer.



Supports Detox

Heat causes our cells to release toxins into our lymphatic system. The sweating induced by this deep warming removes them from the body as our sweat and is manufactured mainly from our lymphatic fluids. As toxins pass through the skin the workload on our liver and kidneys for detoxification is reduced.

Clears and Cleans Skin

Increased circulation and sweating stimulated by the heat pushes imbedded toxins out through previously blocked body pores. Old and dead skin cells are released leaving the skin clean and refreshed. The sweating out of acid wastes also alleviates acne, eczema, and psoriasis while improving skin tone and elasticity, and provides a healthy glow.

Enhances Weight Loss

As our body increases sweat production to cool itself, our heart rate rises to pump blood and increase circulation. This burns calories in addition to water loss as sweat. While the water can be replaced by drinking plenty of fluids, the calories will not, helping us lose weight. The increase in heat also helps break down pockets of cellulite.

A Cardiovascular Boost

Our diastolic blood pressure drops when our blood vessels dilate, and the increase in the heart rate helps regulate the rhythm of our heart. Nasa has determined that infrared saunas may help maintaining astronauts' fitness during extended periods in space, when other forms of exercise are difficult to perform.

Pain Relief

Dilation and relaxation of blood vessels, detoxification, and muscular relaxation also reduce the pain response. One element of our feeling discomfort is how our body responds to any given stimulus.

Infrared saunas assist in relaxing and dampening any reaction to these stimuli, reducing pain.

Boost Immunity

Infrared saunas have been shown to improve our immune response by stimulating an increase in the number of white blood cells. The rise in body temperature also mimics fever which supports our body's attack on foreign bacteria and viruses

Boost Athletic Performance

Infrared saunas heat warm and promotes the relaxation of muscles. Using an infrared sauna before and after any event, improves warm-ups, prevents injury, and helps to decrease and remove lactic acid, a product of intense exercise. Using the sauna at any time enhances training results and recovery. Enjoying an infrared sauna until you sweat as frequently as possible will enhance detox, while improving weight loss, clearing the complexion, and strengthening immunity. Spend some time warming yourself up to glowing inner and outer health.

5. BENEFITS OF OZONE THERAPY

What is Ozone Therapy?

Ozone (O₃) is an inorganic molecule that is made up of oxygen (O₂). The therapeutic use of ozone has recently become popular because of the various health benefits it can offer.

It has anti-aging properties, increases oxygen levels in the blood, and increases the permeability of oxygen on the tissues. Along with having a positive effect on the appearance of the skin, it supports the healing processes of the body. It enables the detoxification of the blood and the liver. It strengthens the immune system.

What are different types of Ozone Therapy?

There are three main types of ozone therapy that are available in TheLifeCo; intravenous (IV), rectal, and ozone sauna.

Intravenous Line (IV)

100ml of blood, is taken from the patient. Later, this blood is mixed with oxygen and ozone and the blood is transferred back to the patient with the help of an IV drip.

What are the benefits of Ozone Therapy?

- Strengthens the immune system.
- Supports the detoxification of the liver.
- Provides support against cancer and cardiovascular diseases.
- Cures circulatory problems. Improves circulation.
- Supports diabetes therapies.
- Supports infection prevention.
- Has anti-aging properties. Delays aging.
- Helps with stress management and provides support against chronic fatigue.
- Proves useful against viral diseases, such as Hepatitis B and C and flu.
- Helps to tackle skin problems such as zoster, herpes, scars, acne and psora.
- Relieve rheumatic diseases and allergies.
- Proves helpful in tackling eburnation.

6. BENEFITS OF WHEATGRASS JUICE

- Nutrients in a mini shot of wheatgrass includes is equivalent to nutrients you can acquire from 1.5 kg of green vegetables and leaves.
- It is made up of %70 chlorophyll.
- It is rich in A, B, C, E vitamins. It also is rich in B17, which fights against cancer cells.
- It has 92 elements out of 102 that are carried from soil to the plants.
- It is a source of calcium, iron, phosphorus, and magnesium.
- It relieves the body by ridding the body of problems such as bloating.
- It helps with digestion.
- It helps with weight management.
- It provides energy, and as a result, you can expect to need less sleep.
- It strengthens the immune system.
- It detoxifies the blood and the cells.
- Its alkaline properties help to balance the pH levels of the blood.
- It increases the oxygen-carrying capacity of the blood.
- It balances the blood sugar.
- It increases the number of red blood cells and reduces the number of harmful bacteria in the blood.
- It has anti-oxidant and anti-aging properties.

Preparing The Wheatgrass Juice

- Let the wheatgrass seeds soak in water over the night (for 8-12 hours).
- Transfer the seeds to a jar In the next 16-24 hours. It is vital that this jar can be covered with a cover that has an opening so that the sprouting process can begin.
- Rinse and dry the seeds three times a day.
- Plant the seed into the soil once you observe a small piece growing from it.
- Plant the seeds close to each other and try to cover half of your wheatgrass sprouter.
- Water your seeds and cover them with soil so that they do not dry in the first three days.
- Water the soil once in the mornings and spray water on the soil in the evening for the first three days. This is critical as the first three days are essential for the growth stage of the wheatgrass.
- Fourth day onwards, you can water your growing wheatgrass once a day. It is crucial to keep the sun away and keep them in the shade.
- You can arrange the temperature (21-26 degrees are recommended for the best results) with the help of a fan. This will also help to avoid mold and rotting.
- When a second extension grows from the grass, you can cut it to keep the grass healthy.
- The wheatgrass usually grows in 7-12 days; however, this can depend on the weather conditions and other factors.
- You can only harvest once.
- The already cut wheatgrass can be kept in the refrigerator for up to 7 days.

How much is wheatgrass juice recommended to be consumed on a day?

You can consume two shot glasses of wheatgrass per day. We recommend you to drink one glass in the morning and the second glass in the afternoon.

As the body cannot absorb large amounts of wheatgrass, it is essential not to consume more than the suggested amount.

Two ounces of wheatgrass a day provide a lift you cannot ignore. Its health-restoring and enhancing properties are second to none. Get started today on this gift from nature and start down the road to better health.



Have you had your **Liver Flush Juice** yet?

Improve your liver's activities naturally,
and enjoy the deep detox effect.

If you have a fatty liver and excess alcohol or medication consumption, your liver might need special care. The liver is a critical organ that moves toxins through your body, purifies the blood and needs to be supported with a cleanse.

- Can be consumed from the first day of your detox program.
- Recommended to be consumed minimum 3 days.
- Served twice a day. **Service time: 12.30 - 18.30**
Ingredients: Grapefruit, Lemon, Ginger, Garlic, Cayenne Pepper

Contact the juice bar staff.

€10

Includes 2 Juices



Did You Order Your Take Away “Healthy Meal” Package?

First day after detox is critical in the transition to eating. What you eat on this day is very important, especially if you are on the road. So we have prepared a delicious raw vegan “Healthy Meal” Package for you which will allow you to eat healthy until you equip your kitchen with good products to cook real food after your detox program.

You'll easily continue your daily routine with this package that includes breakfast, lunch, snacks and dinner.

* 800cal / 1200cal options are available

Please contact kitchen for menu selection of your package.

€ 35

7. SUPPLEMENTS INCLUDED IN YOUR PROGRAM TO BOOST YOUR CLEANSING PROCESS

➤ SHAKE

Fruit juice to give a bit taste, pH 10 antioxidant alkalize ionized water, Bentonite clay which sucks the toxins like a sponge and put it into your colons, Psyllium husk powder is the fiber to brush out the colons and to keep you full, so you don't feel hungry.

Program: Master Detox Program

➤ SINCO

Bentonite, psyllium, garlic, cloves, burberry, raspberry, oregano, fennel, ginger, and cayenne pepper to support the colons to release the toxic waste and the colon plaques.

Program: Master Detox Program

➤ SPIRULINA & KELP & NETTLE

To speed up the metabolism to clean and to loose weight faster. Spirulina is %50-60 percent protein coming from blue, green alga, together with B12, and iron.

Program: Master Detox Program, Green Juice Program, Low-Calorie Program, Intermittent Fasting Program, Get Fit & Healthy Program, Ketogenic Program

➤ VITMINCO

Multi-Vitamin and minerals: Vitamin A, E, Zinc, Selenium, Niacin, Thiamin, B6, B2, Q10, Folic Acid, B12 Nutrition for the cells not to be hungry.

Program: Master Detox Program

➤ PROBIOTICS

Good bacteria; to strengthens the immune system, to prevent gas bloating, constipation problems, and allergy.

Program: Master Detox Program, Green Juice Program, Low Calorie Program, Intermittent Fasting Program, Get Fit & Healthy Program, Ketogenic Program

➤ ENZYME

Supports the digestive system and eliminates digestion problems-reflux, flatulence, and gas.

Program: Green Salad Detox, Low-Calorie Program, Intermittent Fasting Program, Get Fit & Healthy Program, Ketogenic Program

➤ MINERAL I.V

Mineral I.V is necessary for your cells to function correctly. Administering this mixture of calcium, magnesium, a complex of vitamin B directly into the bloodstream, providing an immediate therapeutic response by correcting any existing deficiencies, hydrating your system, and also helping throughout your detoxification period.

Program: Water Fasting Program

➤ WHEATGRASS & PROBIOTIC ENEMA

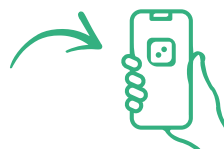
In order to strengthen the gut flora quickly and easily, this highly alkaline wheatgrass juice and probiotics (beneficial bacteria) mixture are applied as an enema from the rectum the by a nurse. It is highly recommended by the end of the detox program, once after your last colem.

Program: Water Fasting Program



8. GETTING PREPARED FOR ANGEL OF WATER AND INSTRUCTIONS

We have an introductory video for Angel of Water for first-time users, so please take a few minutes to watch it by scanning the QR code.



- If you are having the colema for the first time, and if you still need help after watching the video, please ask for help from our Detox Team.
- Remove your clothing from the waist down.
- Lay down on the bed with your back against the pillow and place your legs comfortably on each side.
- Apply coconut oil to the end of the colema tube in.
- Gently insert the colema tube inside the rectum 3-4 cm (1.18 – 1.57 inches).
- Hemorrhoids are not contra-indicated for Angel of Water usage, but you may feel some pain during tube insertion. Try to relax, breathe and slowly insert the colema tube.
- During your colema experience, the pressure which is felt from the colema tube may make you feel uncomfortable. This is common and may decrease over time.
- Place the towel over your abdomen and knees to prevent the water from splashing.

- After turning on the switch on the wall to position #1, the water coming in through the colema tube will start to fill your large intestine. If the colema tube has not been appropriately placed, the water will be flowing from the tube but not into your rectum. You can see from the observation mirror if the water is not flowing effectively. In this situation, without getting up, make small up and down movements, and try to place the colema tube properly.
- The pressure which you are going to feel will increase according to the amount of water that fills into your intestine, and you need to hold the water by contracting your rectal muscles. The water will induce peristalsis, which is the natural movement of muscles in your colon to eliminate waste.
- When the pressure becomes too much to hold, breathe deeply and while exhaling, relax your muscles and push to expel the water inside you. **DO NOT SWITCH OFF THE MACHINE. ALLOW THE WATER TO KEEP FLOWING.**
- While the water fills your colon, use circular movements with your hands to massage your abdomen as this will increase the effectiveness of your colema.
- Each line break on the water tank shows 4 liters of water. It is recommended to use 20-24 lt. of water every day during your detox, which is 5 – 6 line breaks.
- In both the mirror and the tank, you can watch the water drain, and you can also use the switch to the right to wash the pipe.
- Because your intestines are full in your first few days of doing the colema, you may be able to hold 1-3 lt. of water, but the following days it may increase to 4-6 lt.
- When the colema process is finished, turn off the switch on the wall to position #0. For the last time, breathe deeply and while exhaling, relax your muscles and push to expel the water.
- Pull yourself up and remove the tube from your rectum.
- You may wash yourself by using the tap which is on the left side of the bed. The dial on the tap adjusts the force of water.
- **AFTER RISING FROM THE BED, SIT ON THE TOILET FOR A WHILE, BECAUSE THERE MAY BE SOME RESIDUE WATER INSIDE OF YOU.**
- During your detox program a new colema tube will be given to you every session.





9. PREPARATION FOR OZONE SAUNA THERAPY

✓ How safe is it?

Taking an ozone steam bath is as safe as taking a sauna. Since ozone shouldn't be inhaled, your head protrudes from the top of the steam cabinet to protect your lungs. A towel will be placed around your neck to avoid ozone inhalation. To ensure your comfort and safety, the room is well-ventilated, heat controls are within reach, and you can stop the procedure anytime. Someone from our team will be present to be able to assist you throughout the session. They can provide you with water to quench your thirst, and to make you feel comfortable throughout the procedure.

✓ How to prepare for Ozone Sauna Therapy?

To prepare your body before entering the Ozone Sauna Cabin, please take a shower before arriving and do not apply any lotion or cream to your skin. Make sure you are hydrated, and you have drunk enough water, herbal tea and detox soup.

✓ What do I wear?

The therapeutic benefits of ozone are maximized by how much skin is exposed while steaming. Undress to your comfort level and get in and out of the cabinet in privacy. You can wear a bathing suit, a bikini, or the disposable underwear provided by our team.

✓ How long will the Ozone Sauna Therapy take?

It takes about 45 minutes in total. To achieve the therapeutic effects of an ozone steam bath, the optimal duration is thought to be 30 minutes (spent in the cabin). You have the option of ending the steam bath whenever you want. Note that you will need 15 minutes for undressing and dressing.

✓ What do I do after the treatment?

You can take a shower.

Drink sufficient amount of liquids.

Avoid other hot therapies such as; steam, IR sauna, hot blanket for at least 30 minutes.

We wish you to enjoy your therapy!

****Please feel free to contact our team for more information ****

10. THELIFECO BODRUM WELLBEING SITE TOUR

MAIN BUILDING ENTRANCE FLOOR

Therapy desk: Please visit this lobby desk for your spa-related therapies (massages, well-aging therapies, Turkish scrub & foam massage, etc.) Our colleagues will guide you accordingly.

Juice-bar: You can take your alkaline water, herbal tea, and vegetable broth soup from our juice bar. We suggest you to drink at least 4-5 glasses of vegetable broth soup a day, giving you the necessary minerals and electrolyte support. Please inform the juice-bar before leaving the facility so that they can prepare your juices and meals to go. You can reach the juice-bar by dialing 600 on your room phone.

Restaurant: There's a separate restaurant section for our guests who follow chewing nutrition programs other than liquid based ones. Some of our healthy nutrition workshops and presentations made by experts are also held in this section. You will find the necessary announcements on the whiteboards located next to the juice bar area.

Turbosonic: It fastens the metabolism rate, supports weight loss, and tightens the body. It has a pre-set 10 min. program that you can direct to different parts of your body. We recommend you use this machine three times a day. Especially before the colema so it helps remove more colon plaques. If you happen to have a hernia, platinum, or feel any discomfort on your joints, please DISCONTINUE using the machine.

Salt Room: The salt room was developed after a series of research on why the salt mine workers don't have any respiratory system-related health issues. It helps with sinusitis, asthma, allergies, bronchitis, coughing due to smoking, etc. Negative salt ions neutralize the positively charged toxins. It is suggested to apply as a course of treatment, for example, 3-5 sessions.

Infrared Sauna: It reaches up to a maximum of 50 degrees. It increases your body temperature and makes you burn 600 calories in half an hour. It cleanses the lymphatic system, fastens weight loss, and shines your skin. We suggest you use it every day and drink a full glass of water beforehand to increase the sweating. It is NOT recommended for guests who have high blood pressure, MS, or varicosity. Also, please DO NOT take electronic devices in with you.

Steam Room: We suggest using the steam room for 5-10 minutes every day after the infrared sauna. It clears your respiratory system with mint and opens up all your pores. It is NOT recommended for guests who have high blood pressure, MS or varicosity.

Biophoton Machine: It regulates the hormones with light therapy. It helps with the weight loss, and anti-aging. It is used in pain therapy. Also, it helps to break the harmful habits you might have. Please put the machine inside your wrists, ears, and forehead for 5 minutes each. You can also apply it to other parts of your body if you have pain. Use it every day regularly to have an effective result.

Outdoor Pool: The pool is cleaned with ozone. You may also sunbathe as you wish at the pool area.

Massage Areas: The massage areas are located at the kabanais in the back garden, downstairs, and upper-level terraces. When you meet with your therapist in the front lobby area, you can choose your preferred massage location.

MAIN BUILDING DOWNSTAIRS

SPA: We have another infrared sauna, steam room right downstairs level that is only for ladies between the hours of 08:00 - 17:00.

Yoga & Meditation Areas: We have three different locations for yoga: Meditation room downstairs level, The Yoga Circle, and the area outside in the garden, adjacent to the lobby area. Depending on the weather conditions, we'll be announcing the location ahead of time.

Fitness: Our fitness area is open 24 hours. We have a professional trainer on-site, to assist you with the equipments between 11.00 am and 1.00 pm every day (except for Sundays).

Inversion Table: It aligns the spine and reverses the blood circulation. If you have a hernia, back pain, etc. , please DO NOT use the equipment.

Trampoline: Jump every day for 5-15 minutes. It speeds up the metabolism rate and weightloss. It also strengthens the bones and joints.

Products: Please inspect the blue catalog and the white folder in your room. They include all the necessary information about our TLC products (details, prices, etc.) that can be used after and during detox.

CLINIC BUILDING

Wellbeing Building: Doctor's Office is on the ground floor, and beauty treatments are being held on the upper floor. The nurses' room is located downstairs level. You can have your oxygen and luminette therapies (for sleeping) here. If you have a sleeping problem, you can also ask for melatonin pills from the nurses.

We check your in-body, blood pressure, and blood sugar once at the beginning of your program and the end for comparison reasons. (If you have health conditions, we follow you up daily.) Before drinking your first juice for the best results, please visit the nurses' room the day of departure, early in the morning. The room is open between 7:30 am and 7:30 pm every day.

Angel of Water: When you have your colema appointment, please go to the clinic building downstairs level. The nurse will meet you on your first day to explain the therapy application. It is a self-administered lower intestine cleansing.

If you don't feel alright you can reach the nurses by dialing 614 by phone; for hour/appointment availability, please get in touch with reception by dialing 0.

TheLifeCo Beach: The beach facility is only 5 minutes walking distance. You may spend your day at the seaside on our private beach. Please inform the juice-bar before leaving the main building.





TheLifeCo[®]
HOLISTIC WELLBEING

Your Trusted Wellbeing Partner



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