

# Vitae Amor Detox Retreat

## Would You Like a Cleaner and Healthier Body?

It can be confusing knowing what type of Detox retreat will empower and educate you. How do you make healthier life choices?

It is all very well Detoxing and cleaning out your system but would you like to know why this is important and find out the easiest ways to achieve this?

Vitae Amor Detox Seminars will Detox, cleanse and relax you within the space of 5 days.

### Are you;

- Fed up of feeling drab, tired and weary?
- Want to lose those extra kilos?
- Is your 'wild' past catching up on you?
- Are you finding you can't do now, what you used to be able to do?
- Have you had enough of the aches and pains?
- Sick of the same gut problems that will not just go away?

Life can be vital and it is this vitality that comes not only from what we eat, it also comes from how we think, feel and behave. At Vitae Amor Detox Retreats we are passionate about re-igniting that spark in you, the question is are you ready to shine?

### How would it feel if you

- Woke every morning full of energy!
- You understood what your body wanted and needed!
- You understood your underlying imbalances and how to align them!
- If you had a programme tailored uniquely for you
- You have the quick and easy secrets to amazing health

These Detox Retreats are held in the Mornington Peninsula.

They are run in a group retreat style setting.

This personalised detox program is especially tailored to your specific needs and allows all your health issues to be addressed and solutions created.

Vitae Amor Detox's include;

- Accommodation
- Raw food, juicing or fasting or desired combination
- Organic foods
- Health Assessment
- Iridology Assessment
- Digestive System Analysis
- 1 Healing session daily of either Naturopathy, Spiritual Healing, Psych K, Reiki, Reflexology, NLP
- 1 daily education session about wellbeing, physical health, emotional, mental and/or spiritual health
- Daily beach walks
- A library of educational books on a wide range of topics
- A library of educational DVDs, to inspire and educate you
- Education about bowel healing and the 5 steps to great health
- Fermented foods and education on their preparation and benefits
- A wobble machine to work out that cellulite for your personal use.
- A foot detox spa for your personal use
- Herbal and detox supplements
- Bowel cleanse and purge preparations
- Herbal teas and detox support
- A massage session
- Ionised, alkalized and minerals fresh alive drinking water
- Personalised support on a daily basis
- Empowerment support for when you leave
- Ongoing health recommendations and support
- Ongoing meal planning

## **5 Day Timetable**

Each day incorporates

- Meditation – plus how to teach meditation as opposed to GIH
- Exercise – walking, yoga and or Qi Gong
- Herbal Remedies to rectify current health states
- Educational Talks and demonstrations as to how to prepare and make healthy food choices, plus raw food demonstrations
- Wellbeing talks and life changing strategies
- Therapy Sessions
- Educational DVD's and CD's Available to listen to as required

- Organic Juices freshly made each day
- Foot Spa detox bath
- Vibration machine body shaper



### After 5 Days You Will Have

- Learnt about healthy food choices
- Know how to prepare live raw foods
- Know how to prepare live cultured foods
- Learnt what foods are good for your soul
- Feel cleaner and clearer in your body
- Found healthy natural solutions to what has been ailing you
- Understood why your body has the symptoms it does
- Released some emotional burdens
- Experienced a shift of your limiting beliefs
- Have ignited your spiritual growth
- Feel reconnected and will be part of a growing community



Organic Raw Foods, rather than juicing will come at an additional cost of \$100 per day. Fruit bowl, kefir, nuts and seeds are available at all times.

This package includes two therapy sessions and the initial health, bowel and gut analysis.

Additional treatments can be purchased for \$90 each. **Additional Therapies includes, Reflexology, Relaxation massage, Counselling, Relationship Counselling, Indian Head Massage, Lomi Lomi Massage, 7<sup>th</sup> Dimensional Spiritual Healing, Neurolinguistic Programming (NLP), NLP Hypnosis, Timeline therapy**



The herbs you take whilst here is part of the package, additional herbs can be purchased to take home with you.

We are able to change the time table around to suit your needs, so we can be flexible with sessions and timing.

The package also includes educational information, books to read and education CD's or DVD's, there is no shortage of information to get the most of this program.

Vitae Amor Detox Retreats are MORE than just detoxing, they are a spiritual awakening.

Total Value of \$1,875

Offered for \$1,175

You can check out my website for more information about me at [www.louiseplant.com.au](http://www.louiseplant.com.au) or our detox programs at [www.vtiaedetoxretreats.com.au](http://www.vtiaedetoxretreats.com.au)

My paypal details are my email address, [planter@wn.com.au](mailto:planter@wn.com.au)



Banoffee cake

## Here is what others have had to say

### Paulette

#### Testimonial

I found the retreat experience to be invigorating and inspirational.

At a point when I was really looking for something to make a change. I needed to be nurtured and cured for while at the same time find answers or learn ways to find the answers I was looking for.

Louise challenged me and supported me through the emotional roller coaster ride I experienced at the retreat.

He raw food was amazing and I learnt new skills to take home from an emotional perspective and a practical perspective.

I highly recommend you take the time with Louise to love yourself and let the world pass by "it'll" still be there when you get back.

### Jade

#### Testimonial

The most valuable thing I learned was working within the mindset and working with sitting and feeling what comes up and how those feelings can affect the gut and the mind. I am more aware of my body when I "leave" (feel ungrounded) which will help with grounding and identifying and working safely with emotional issues before it hits (triggers) anxiety and stress. This is discipline.

## **What did you enjoy most about this seminar?**

I enjoyed getting in touch with and enjoying the task of food and feeling the healing goodness within.

I absolutely enjoyed the workshop. Louise is so knowledgeable and gets straight to the point, from feeling so lost, I now have direction, alignment and strength and motivation to change for the positive.

Thank You

## **Daniel**

### **Testimonial**

If you ever need to release and let go. Well. Louise Plant's system is truly amazing and original. The detox program helps you physically release toxins, stools and gut scum accumulation.

Feel great, hopefully I am on a new path to optimum raw organic health and lifestyle.

Thanks Louise, definitely recommend to your friends and associates.

## **Kathleen**

I have finished Louise's 4 day detox retreat and it was inspirational to be there.

I have been reminded of the importance of gut health and the simple strategies we can use to improve this.

The raw food diet has been absolutely wonderful, as have the teachings. We have been educated in how to create a raw food meal and the different types of fermented foods.

Louise has a down to earth style, so the weekend has been relaxed and enjoyable. Her teachings on emotions, levels of consciousness and ways to align ourselves to our heart, gut and intellect centres has been life-changing for me.



Green Smoothie with kefir

If you would like a Complete Health Review without attending a Vitae Amor Detox retreat, then follow this link

<http://louiseplant.com.au/liftoff/louise-plants-hair-radionics-complete-health-analysis/>

to find out more information.

I look forward to working with you



Louise Plant (***ND, RT, HonDipBM, BcSC, PGd***)