

# Rye Rejuvenation 1 to 1 Detox Retreat

**Vitae Amor Detox Retreats** are held all year round in Rye.

We have two packages available, the Basic Package or the Pamper Package.

This Detox Retreat is held in Rye, where you have your own self-contained accommodation, with toilet, shower, kitchen, lounge and double bed.

The time frame is 3 days, 5 days, or 7 days. These days have to be booked according to availability, with December, January and April being our busiest months, so it is best to book early.

These retreats are personalised to your specific needs after an initial health review which is carried out on arrival. If you choose the Pamper Package then you will be able to receive a Complete Health Review with a Radionic Hair Analysis, which will get to the core of all your health problems, plus give you solutions and best modalities that are most suited to your constitution.



## The Basic Detox Package

The basic package includes

- Accommodation for 3, 5 or 7 nights
- Linen, bedding and towels provided
- Raw food, juicing or fasting or desired combination
- Organic foods
- Basic 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
- 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

This amazing basic package is valued at \$457 per 24 hours.

We offer this basic package for \$327 per night/day.



### **The Pamper Package**

This package includes all the benefits listed above, PLUS each day an additional treatment of

- An early morning trip to the Hot Springs
- A visit to the Salt Room
- Infra-red sauna
- A Relaxation or Thai Massage

This pamper package is valued at \$537 per 24 hours.

We offer this package for \$397 per 24 hours.

**BOOK TODAY** to reserve your space on the beautiful Mornington Peninsula.



Below is a timetable as an example of how the One to One retreat is run.

This is only an example and is adjusted according to everyone's individual needs.

**Timetable**

<b>Day</b>	<b>7am</b>	<b>Morning Session</b>	<b>Lunch</b>	<b>Afternoon Session</b>	<b>Dinner</b>	<b>Evening Activity</b>
<b>Thursday</b>					ARRIVAL	Evening Health discussion Iridology Session to ascertain Gut treatments
<b>Friday</b>	Fresh Organic Juice  Trip to Peninsula Hot Springs		Fresh Organic Juice  Down Time	Healing Session Opening for healing	Fresh Organic Juice	Educational DVD
<b>Saturday</b>	Herbs Beach Walk	Foot Spa and Education	Fresh Organic Juice	Salt Room Detox Session	Fresh Organic Juice	Massage

	Fresh Organic Juice	Session Managing food, diet and ideal health	Down Time	Creating what I want and Strategies for the future		
<b>Sunday</b>	Herbs Beach Walk Fresh Organic Juice	Education Session Foot Spa	Fresh Organic Juice Down Time	Creating your own going self-care regime	LEAVE	

This personalised detox package is a specially tailored package that allows all your health issues to be addressed and solutions created.

The package does include educational information, books to read and educational CD's or DVD's, there is no shortage of information for you to learn better ways of caring for and healing your body, mind and spirit.

You will learn how to continue to work with the new-found knowledge you will acquire at our retreats with programs tailored specifically for you, to keep you at optimum health.

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

Here is what Somikaa had to say about this retreat

Whilst I was googling to find out a 4 day detox break in between my jobs, Louise showed up and I immediately called her. She answered instantly and with a little bit of information I energetically felt like choosing this program with her.

I thought it would be a typical juice detox program & wasn't sure of what I'd get out of it.

Upon committing myself to the program and as I spent more time with her I realized how much I could learn about my body, health & being.

Her one to one healing sessions on my body, her magical herbs and the miracle water made me feel very different.

I couldn't get up before 7.30-8am each day, but with just a day's herbs, juices and her work on me I felt rejuvenated! I used to be up at 6am, go for a walk to the beach and feel so energetic.

I had some skin reactions which weren't going since a few months, and at the end of the program it was all gone!

I suffer from severe tonsillitis and during these 4 days, the detox diet and her herbs helped me heaps.

She is not commercial and this is not a typical commercial detox program, but a program if you choose to make a difference in your health life & energy.

On top of it all, she's warm and helpful. She understood who I am energetically and worked on me for being me. That for me is the biggest contribution from her.

I'm very grateful and thankful for all her contributions to me which has made me feel fantastic!

I love her and all that she offered to me, and I was in total receiving of it all.

Thank you Louise! I loved every time I spent with you xx

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



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