

## **First step to Detoxification program; a 3-day detoxification program**

This program can be followed by people who want a quick detoxification with smoothies and cleansing of the body in a long weekend. This program can be adjusted to the second part of our detoxification program which lasts 5 days.

### **3-day detoxification program including the following:**

- 3 days Detoxification program which includes all relevant meals
- Medical examination with our Pathologist
- (You must bring your present blood analysis with you or we can do blood analysis on the spot upon extra cost)
- Nutritional consultation, body measurements and body composition analysis
- Proposals according to your needs for health improvement and weight loss
- Rejuvenating Consultation with our Dermatologist
- Complimentary filling of your refrigerator with low-sodium water that you must consume during your stay and with a pot with lemon tea with mastic & cayenne that you must consume during the day.
- Daily Activities in Out of the Blue Capsis Elite Resort

Walking Tour in the Resort – 20min

Yoga

Pilates

Stretching

- Meditation & relaxation sessions
- 1 Facial skin analysis with Micro-Camera
- 3 days Hydrotherapy Jets, Sauna, Turkish Hamam

**Package Rate: € 468.00 + 24% tax= € 580.00 per person for 3 days.**



# *Out of the Blue*

CAPSIS ELITE RESORT

**The package does not include:**

- Accommodation - make your choice from our Classic, Lifestyle or Exclusive Collection
- Airport transfers - we are happy to arrange your transfer upon request at an extra charge

