

➤ **Detox5+™**

Detox5+™ is a totally redesigned detoxification program at Out of the Blue Capsis Elite Resort. This program is an excellent way to rid toxins from the body, bringing you back to harmony with nature. Get ready to feel re-born and re-charge your batteries.

The program consists of a series of hi-tech treatments and a medical device with the aid of our unique iMED™ nutritional program.

iMED stands for the “Intelligent Mediterranean Detoxification” which consists of a scientific nutritional approach with organic meals based on local Cretan recipes. The fruits, vegetables and herbs are either grown and handpicked from our own greenhouse or sourced locally. These meals are recipes coming from the Mediterranean blue zones* which will lead you to a stronger and more healthy body and mind.

Using 5 core elements of detoxification + an optional sleep quality analysis withings™ AURA device it is the most sophisticated and advanced detoxification program of today.

Oligoscan™ / Wellness capsule / Body cleanse / Colon hydrotherapy / Valmont cosmetics / + Withings AURA**:

Detox5+™ is a program where simply there is second to none in detoxification

The program includes:

- General nutritional check-up at the beginning and at the end of your program.
- Body composition analysis and body measurements.
- Oligoscan spectrophotometry test / oxidative, minerals & toxic metals analysis
- Rejuvenating consultation with our dermatologist.
- Well-being suggestions according to your needs.
- 5 days iMED program on full-board basis (we recommend 7 days).
- Complimentary filling of your refrigerator with Low-sodium water 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 Valmont Micro Camera.

5 days Hydrotherapy Jets, Sauna & Hammam.

* Places in the world where people live longer and healthier than anywhere else on earth. Several of these blue zones exist, and in each of these places people living to 90 or even 100 years is common. And they aren't just living long either - these people are living healthy - without medication or disability

** Optional at a cost: advanced sleep quality tracking sensor

Day 1

- Body cleanse detoxification – 30min
- “Purity of bisses” by Valmont – 30min
- Lymphatic drainage massage – 30min

Day 2

- Colon hydrotherapy treatment – 55min

Day 3

- Wellness capsule with seaweeds body wrap – 45min
- Regenerating Collagen mask by Valmont
- DetO2X oxygenating cream application by Valmont

Day 4

- Wellness capsule – 30min
- “Peaks of Slimness” full body detox massage by Valmont – 1h

Day 5

- Wellness capsule with Vitamins & minerals affusion – 30min
- Vitality of the body massage by Valmont -1h



Out of the Blue

CAPSIS ELITE RESORT

PACKAGE RATE: € 1,815.00 + tax = € 2,250.00 per person, for a total of 5 days including all relevant meals, snacks, beverages throughout the program and the treatments as shown above.

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

