



Grow a New Body *One week of healing, renewal and wisdom*

June 24 to July 1, 2019 and October 14 to 21, 2019

Lay the foundation for your health span to equal your lifespan.

Discover how to repair your brain, heal your body and transform your life in as little as one week.

Experience shamanic practices alongside cutting-edge neuroscience and biology, detox strategies and power-plant foods that can switch-on every cell's ability to regenerate and repair.

Turn on the production of the bliss-creating molecules, while shedding the years of old programming.

All you need to do is to take the first step.

Whether you are suffering from stress, dealing with health crisis, going through hormonal changes, trying to turn back your biological clock, wanting to become a master of prevention or rid yourself of toxins whether they are physical, emotional or mental, the Grow a New Body You program gives you the gift of a healthier and more joyful life. A team of experts including a medical doctor, a nurse, a shaman and in-house holistic wellness practitioners will guide you along the way.

What's included:

- Seven nights' accommodation
- Full board including all neuro-nutrients and supplements
- Wellness Screening
- Four shaman/energy medicine sessions
- Four oxygen altitude-training sessions
- Four LED sessions for mitochondrial stimulation and repair
- Four vitamin/mineral IV infusions
- Three Glutathione
- Seven sessions of body work e.g. massage, scrubs and wraps, specialist treatments
- Six pre-recorded lectures with the master shaman, Dr. Alberto Villoldo
- Entry and exit energy-medicine evaluation with a world-class medical doctor
- Daily lecture and prevention education with the team doctor
- Daily group morning yoga, hike or walk and evening meditation

June 24 to July 1, 2019

Seven nights from EUR 8,710 per person in a Seaview Superior Room / EUR 15,660 per couple sharing a Seaview Superior Room, incl. all taxes

October 14 to 21, 2019

Seven nights from EUR 8,360 per person in a Seaview Superior Room / EUR 15,310 per couple sharing a Seaview Superior Room, incl. all taxes

Six Senses Spa Kaplankaya

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