

# Detox Solutions<sup>©</sup>

# TURKEY



**Energise your body, mind and spirit with a weeks retreat in Turkey.**

**Take yourself away to a haven where you can have some serious 'me' time.**

**Set in a stunning Turkish village, amongst mandarin groves, this state-of-the-art retreat is a sanctuary for those wanting a holiday with a difference.**

## Why Detox?

Detoxs can leave you feeling refreshed, rested, energized and bursting with vitality. In today's environment you're affected by pollutants, toxins, heavy metals; this toxic load can have an adverse influence on your health, performance and well-being. Detoxifying this internal waste has helped many; it can help you too, enabling you to break your cycles of sugar cravings, headaches, tiredness, digestive problems, hormonal imbalances, infertility and skin complaints.



## What's special about this detox retreat?

A detox tailored to your needs...

You'll receive Sarah's one to one support and guidance throughout your detox experience and have aspects made specific to you; all helping you towards finding the 'root-cause' of your concern. You'll gain from Sarah's knowledge and first-hand experience in managing numerous Detox retreats; taking away invaluable tools with which to further enhance your health and lifestyle.

*"Sarah... a mine of information, from a different dimension" Deborah Archibald*

*"... I would like to give you my most heart felt thanks for all your care and advice during my time at the Spain Detox. I have had miraculous results from the experience." Petrea Matthews*

Sarah features on the TV series "The Spa of Embarrassing Illnesses"

## Book now - current price just £1295\*

Includes accommodation, detox regime, materials, detox consultation with Sarah, yoga, meditation and talks. Excludes Massage therapies, flights and transfers.

**Contact: [enquiry@thebodywhispers.co.uk](mailto:enquiry@thebodywhispers.co.uk)  
[www.thebodywhispers.co.uk](http://www.thebodywhispers.co.uk)**

\* See website for details

