

## WELCOME TO THE JUICE FAST RETREAT



We're glad you've chosen to experience the natural and peaceful setting at the Lodge Inn Retreat for your cleansing detox juice fast. Our goal is to provide to you, our extraordinary guests, and a safe, relaxed and extraordinary environment for self-nurturing and an opportunity for enhanced well-being. Your escape from our toxic world.

### **What is the purpose of conducting a juice fast?**

Over time, our bodies tend to develop a harmful build-up of toxins. This accumulated waste can be attributed to lifestyle factors such as poor eating habits, sedentariness and stress as well as external factors like environmental pollutants. The body should be cleansed regularly as an overload of toxins can interfere with our optimal health and vitality. Juice fasting has long been recognized as an effective, natural, simple, thorough and beneficial health routine to cleanse and detoxify the body.

### **Some benefits of this inner renewal include:**

- Rediscovery of vibrant health
- Promotion of long-term wellness free of disease
- Increased energy & sense of well-being
- Reduced lifestyle stress
- A much clearer mental focus
- The lessening or elimination of addictive habits
- Opportunity for personal growth & development

### **How does juice fasting work?**

By periodically consuming only fresh, organic, raw fruits, vegetables and/or their juices, much of the energy normally used for the digestive process is freed and redirected towards the cleansing of your inner body. A cleaner body is a more efficient body!

### **What does a program cost?**

\$75.00 per day for all your juice that is personally formulated for the outcome you desire. This includes your own private room—your personally sanctuary.

## **How long a program should I take?**

Each person's outcomes are different however; we suggest a minimum of three days.



## **Our Wellness Centre features:**

- Private accommodation
- Sauna
- Cozy corners to read, write, meditate, etc.
- Extensive reading & audio libraries



The natural beauty and serenity which surrounds our healing lodge make it the ideal environment to re-establish balance in the body and to replenish vitality. We are located 45 minutes east of Vernon off highway 6 in the famous Monashee Mountains.

## **Some of the features we are sure you will enjoy:**

- Abundant birds and wildlife
- Secluded outdoor areas
- Creek with natural swimming hole
- Hiking trails
- Cross-country skiing & cycling (bikes can be provided)



## **Fasting Program:**

Your typical day may include the following activities:

- Morning walk
- Evening stretch and relaxation session followed by a health & wellness discussion
- Evening sauna
- Evening movie
- Personal space & time to yourself

We welcome you to relax, pamper, and enjoy yourself!

## **Additional services available:**

- Lifestyle and/or weight management consultation
- Massage/bodywork
- Reflexology
- Homeopathy consultation
- Herbal body wraps
- Hydrotherapy available
- Holographic Repatterning
- Talk Therapy (Narrative & Brief Therapy)
- Addiction Counselling