##### The LifeCo.jpg

##### **STANDART PROGRAM RATES**

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##### **Daily Detox Program Single Double**

#####  Standart Room 195 Euro 350 Euro

#####  Suite Room 285 Euro 520 Euro

#####  Without accommodation 120 Euro

##### **4 Days Detox Program Single Double**

##### Standart Room 780 Euro 1400Euro

##### Suite Room 1400 Euro 2080 Euro

##### **7 Days Detox Program Single Double**

##### Standart Room 1365 Euro 2450 Euro

##### Suite Room 1995 Euro 3640 Euro

##### **10 Days Detox Program Single Double**

##### Standart Room 1950 Euro 3500 Euro

##### Suite Room 2850 Euro 5200 Euro

##### **14 Days Detox and Weightloss Program Single Double**

##### Standart Room 2730 Euro 4900 Euro

##### Suite Room 3990 Euro 7280Euro

##### **21 Days Detox and Life Change Program Single Double**

##### Standart Room 4095 Euro 7350 Euro

##### Suite Room 5985 Euro 10920 Euro

##### **The standart package includes:**

* 1session 20 min. doctor consultation
* Daily SPA usage (Infrared sauna, steam room)
* Everyday 2 Yoga & Meditation group session
* Daily fitness usage
* Daily pool usage
* Morning nature walk .
* Daily Turbosonic vibration therapy 30 min.
* Daily Biophoton therapy 25 min.
* Daily Luminette Light Therapy 20 min.
* Daily usage of “Angel of Water” (self service colon cleansing)
* The LifeCo gift kit (book, dry brush, tongue cleaner, TLC branded water bottle)
* Life style trainings

**EXTRAS;**

Airport - The Lifeco, Bodrum, Detox Center - Airport transfers\*

Massage therapies and scrub & foam massage at the Turkish Bath

Hydro-Colonic Irrigation

Vitamin C, Ozone Therapy, Ozone Sauna, Cryo Sauna, Laser light therapy,

Special Iv Protocol ( Liver cleanse, Anti-Aging, Anti-Fatique, Anti-Stress, Brain Health, Immune )

Wheat grass + probiotic implant, Salt room (Halotherapy)

Micro Plus Electrotherapy, Matrix Ritm Therapy, Alpha Stim

Facial with Thalgo Product

Redcord Personal Training <http://www.redcord.com>

Liver Flush Juice

Private Breathing sessions, Access, Eft emotional therapies

Live Blood Analysis, Ayurvedic Consultation,

Personal Welness & Weightloss coaching

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**THERAPY PACKAGES**

You can choose among rectal ozon, ozon from the blood or ozon sauna in the packages

You can add spa packages to your natural healing programs

Cryo will not be on service in November-December – January& February due to the weather conditions

Therapy package doesn’t include Detox Program

**DETOX PROGRAMS**

As part of modern living, we may or may not be aware that we are putting on burden on our body through the air we breathe, the water we drink, the processed foods we eat, and the daily stress we experience, which create a toxic accumulation that is not easy to get rid of.

These toxins are the reason we develop conditions that we label “illnesses”.

To protect ourselves from illness and maintain our youth, energy and appearance for many years, we need to get rid of this toxic load. By achieving this, we discover a great part of the secret of youth.

**The LifeCo** aims to help you get rid of this toxic accumulation through the detox programs that we have developed, which will also let you regain your health and energy and allow your body to renew and rejuvenate.

During the cleansing program, by increasing the supporting therapies, we can achieve more effective results.

**Detox Therapy Package (365€)**

* 2 Live Blood Analyses
* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Matrix Ritm Therapy
* 1 Colon Hydro Therapy
* 1 Rectal Ozone Therapy
* 2 Sodium Inhaler Therapy
* 1 General Facial Treatment

**Detox Intense Therapy Package (995€ )**

* 2 Live Blood Analyses
* 1 Turkish Scrub & Foam Massage
* 5 Massage Therapies (50 min.)
* 1 Matrix Ritm Therapy
* 1 Colon Hydro Therapy
* 3 Rectal Ozone Therapy
* 3 Cryo Cabin (cold cabin)
* 5 Sodium Inhaler Therapy
* 1 General Facial Treatment
* 1 Body Treatment (Microplus or Body wrap 45 min.)
* 1 Vitamin C (15 gr)
* 3 day liver flush juice
* 2 salt room
* 3 Alpha Stim session

**WEIGHTLOSS PROGRAMS**

**Weightloss Therapy Package (525€)**

* 2 Live Blood Analyses
* 2 Alpha Stim
* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Matrix Ritm Therapy
* 1 Ozon Sauna Therapy
* 2 Cryo Cabin
* 2 Personal Fitness Training
* 1 Personal Weight Management Consultation

**Intense Weightloss Therapy Package (1335€)**

* 2 Live Blood Analyses
* 4 Alpha Stim
* 1 Turkish Scrub & Foam Massage
* 4 Massage Therapies (50 min.)
* 2 Matrix Ritm Therapy
* 3 Ozon Sauna
* 3 CryO Cabin (cold cabin)
* 5 Sodium Inhaler Therapy
* 1 General Facial Treatment
* 3 Body Treatment (Microplus or Body wrap 45 min.)
* 5 Personal Fitness Training
* 2 Personal Weight Management Consultation

**ANTI AGING PROGRAMS**

 **Well Aging Therapy Package (695€)**

* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Laser Therapy
* 1 Matrix Ritm
* 1 Ozone Therapy
* 1 Anti-aging Health Protocol
* 3 Sodium Inhaler Therapy
* 1 Ozone Sauna
* 1 General Facial Therapy
* 1 Body Treatment – 1 hour Micro Plus
* 1 Lifting Skin Treatment – Thalgo
* 1 Anti-aging Eye Treatment

 **Intense Well Aging Therapy Package ( 1350€)**

* 2 Live Blood Analyses
* 1 Turkish Scrub & Foam Massage
* 4 Massage Therapies (50 min.)
* 3 Laser Therapy
* 3 Matrix Ritm
* 2 Ozone Therapy
* 3 Anti-aging Health Protocol
* **5 Sodium Inhaler Therapy**
* **5 Oxygen Airnergy**
* 3 Ozone Sauna
* 1 Clasic Facial Therapy
* 1 Body Treatment –60 min.Micro Plus
* 1 Lifting Skin Treatment – Thalgo
* 1 Anti-aging Eye Treatment
* 1 body Wrap/peeling

**BEAUTY PROGRAMS**

**Beauty Therapy Package ( 565€ )**

* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Immune Cocktail 7,5 gr
* 1 Glutathione Therapy 1200mg
* 2 CryO Cabin (cold cabin)
* 1 Ozone Sauna
* 1 Salt room
* 1 General Facial Treatment
* 1 Facial Therapy –Thalgo
* Body Treatment Micro Plus

 **Intense Beauty Therapy Package (995€)**

* 1 Turkish Scrub & Foam Massage
* 6 Massage Therapies (50 min.)
* 1 Immune Cocktail 25 gr
* 3 Glutathione Therapy 1200mg
* 4 CryO Cabin (cold cabin)
* 2 Ozone Sauna
* 2 Salt Room
* 2 Facial Treatment
* 3 Micro Plus session, each 1 hour
* 1 Peeling&Bodywrap Treatment

**YOGA PROGRAMS**

 **Yoga Therapy Package (440€)**

* 1 Turkish Scrub & Foam Massage
* 1 Massage Therapies (50 min.)
* 1 Salt room
* 3 Private yoga
* 3 Meditation Therapy
* 2 Matrix Ritm Therapy
* 3 Sodyum Inhaler Therapy
* 3 Oxygen Airnergy

**Intense Yoga Therapy Package (655€)**

* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Salt room
* 5 private yoga
* 5 Meditation Therapy
* 2 Matrix Ritm Therapy
* 2 Sodyum Inhaler
* 3 Oxygen airenergy
* 2 Alpha Stim

**SPA&PAMPER PROGRAMS**

**Weekend Spa Pamper Package (245€)**

* 1 Turkish Scrub & Foam Massage
* 2 Massage Therapies (50 min.)
* 1 Salt Room Therapy
* 1 General Facial Treatment
* 1 Anti-aging Eye Treatment (30 min)
* 1 Body Treatment (Body wrap or Microplus 60 min)

**Spa Pamper Package (350€)**

* 1 Turkish Scrub & Foam Massage
* 3 Massage Therapies (75 min)
* 1 Salt Room
* 1 Ozone Sauna
* 1 General Facial Treatment
* 1 Anti-aging Eye Treatment
* 1 Body Treatment (Body wrap or Microplus 60min.)

**Intense Spa Pamper Package (785€)**

* 2 Turkish Scrub & Foam Massage
* 5 Massage Therapies 75 min.
* 1 Salt Room
* 2 Ozone Sauna
* 2 Facial Treatment Clasic & Thalgo
* 1 Anti-aging Eye Treatment
* 2 Body Treatment – Wrap
* 2 Hour Micro Plus

**RELAX - STRESS FREE PROGRAMS**

**Relaxation Therapy Package (665€)**

* 4 Alpha Stim
* 1 Turkish Scrub & Foam Massage
* 3 Massage Therapies (50 min.)
* 1 Matrix Ritm
* 1 Anti Stress Health Protocol
* 1 Anti Fatigue Health Protocol
* 1 Ozone Sauna
* 1 General Facial Treatment
* 1 Laser Therapy
* 2 Oxygen Airenergy
* 2 Sodyum Inhaler

**Intense Relaxation Therapy Package (890€)**

* 7 Alpha Stim
* 1 Turkish Scrub & Foam Massage
* 5 Massage Therapies (50 min.)
* 1 Matrix Ritm
* 2 Anti Stress Health Protocol
* 1 Anti Fatigue Health Protocol
* 2 Ozone Sauna
* 1 General Facial Treatment
* 1 Energy Therapy
* 1 Laser Therapy
* 1 Salt Room

**NATURAL HEALING PROGRAMS**

**Digestive Welness (Candida Free) Program (1080€)**

* 2 Live Blood Analyses
* Enriched probiotic supplement
* 7 Alpha Stim
* 3 Massage Therapies (50 min.)
* 2 Colon Hydro Therapy
* 5 Rectal Ozone Therapy
* 2 Immune Health Protocol
* 3 Wheatgrass Implant
* 3 day Liver flush juice
* 2 Scio session
* 1 Laser Therapy
* 3 Sodyum Inhaler
* 3 Oxygen airenergy
* 1 Personal Wellness Consultation

**Liver Detox Program (800€)**

* 2 Live Blood Analyses
* 2 Glutathione Therapy 1200mg
* 2 Liver Support Health Protocol
* 7 Liver Flush Juice
* 1 Coffe Enema
* 5 Ozon Therapy
* 3 Alpha Stim
* 2 Scio Session

**Pre-Pregnancy Programs (1150€)**

* Floic Acid support
* 4 Massage 50 min.
* 1 Matrix Ritm
* 1 Vitamin C 25 gr
* 2 Alpha Stim
* 2 Laser Therapy
* 5 Sodyum Inhaler
* 2 Scio Session
* 2 Energy Therapy (Access or Breathing)
* 1 Body Treatment (Microplus or Body wrap)
* 3 Ozone Sauna
* 3 Oxygen airenergy
* 2 Immune Protocol

**Mind Detox Program (1490€)**

* 2 Scio Biorezonans Therapy
* 2 Breathing Therapies
* 5 Alpha Stim Therapies
* 3 EFT Sessions
* 2 Fitness Sessions with Personal Trainer
* 1 Anti-stress Health Protocol
* 1 Brain Health Protocol
* 1 Immune Support Protocol
* 1 Matrix Rhythm Therapy

**Diabetes Management Programs (700€ )**

* 2 Live Blood Analyses
* 2 Dr Consultation 30 min.
* 1 Matrix Ritm
* 2 Scio Session
* 3 Alpha Stim
* 3 Sodyum Inhaler
* 3 Oxygen Airenergy
* 1 Liver Protocol
* 3 Personal Fitness Training
* 1 Personal Wellness Consultation

**Anti-Inflammatory Program (1030€)**

* Daily Turmeric (1-3 gr a day)
* Omega Oil Support
* 5 Sodyum Inhaler
* 5 Oxygen airenergy
* 5 Ozone session
* 2 Immune Protocol
* 2 Scio session
* 3 Matrix Ritm Therapy
* 2 Dr. Consultation
* 2 Personal Fitness Training
* 1 Personal Wellness Consultation

##### **10 Massage Packet 1000 TL’’**

##### Includes 50 min. 10 massages. Applied massages are: Bali, Refleksoloji, Shiatsu, Chi-Nei tsang, Sport massage, Thai massage.

##### **‘’5 Massage Package 550 TL’’**

##### Includes 50 min. 5 massages Applied massages are: Aroma Therapy, Bali, Refleksoloji, Shiatsu, Chi- Nei tsang Sport massage, Thai massage.