

Daily programme of detoxifying and rejuvenating treatments

"Swiss/Phytotherapy®- Mességué®- Phytoline®"



1 INTRODUCTION

This programme is designed to last one week but can be extended indefinitely, except the liver and kidney cleansing on the first day, which does not need to be repeated.

The programme, which comprises nine to ten treatments per day, can be tailored to suit the patient.

A comprehensive package of fortifying dietary supplements, plant extracts, vitamins and minerals to be taken during the day are included in the programme.



2 PROGRAMME

Day 1 (afternoon arrival)

- When clients arrive, they meet with the secretary of the treatment centre
- Consultation with the naturopath (various products are provided for use on each day of the programme, including three 250-ml bottles of Epsom salts — magnesium sulphate — to be taken that same evening)
- Consultation with the treatment centre's doctor (urine sample for analysis)
- Clients may also request a consultation with a dietician
- In their room that same evening, clients drink the three bottles of Epsom salts to cleanse the liver and intestines thoroughly, which is essential at the start of treatment
- The order of treatments may vary or treatments may be moved to the following day depending on the availability of the facilities and staff

Day 2

Breakfast in bed (*with garlic clove and apple purée*)

1	<u>Foot</u> bathing in the specific treatment room (<i>plant maceration</i>)	(10'')
2	<u>Full</u> body bathing with concentrated plant extracts	(30'')
3	Full body, kidney and back massage (<i>special cream</i>)	(30'')
4	Colon cleansing	(60'')
5	Full body exfoliation	(60'')
6	Stomach massage, as practised by Tibetan Monks	(30'')
7	Reflexology lymph drainage	(30'')
8	<u>Hand</u> bathing in the specific treatment room (<i>plant maceration</i>)	(10'')
9	Liver poultice	(120'')
10	Oxygen therapy	(30'')

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (*herbal teas*)

Day 3

Breakfast in bed (*with garlic clove and apple purée*)

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| 1 | <u>Foot</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 2 | <u>Full</u> body bathing with concentrated plant extracts | (30'') |
| 3 | Full body, kidney and back massage (<i>special cream</i>) | (30'') |
| 4 | Aqua gym | (30'') |
| 5 | Facial beauty treatments (<i>peeling and dermabrasion</i>) | (60'') |
| 6 | Stomach massage, as practised by Tibetan Monks | (30'') |
| 7 | Reflexology lymph drainage | (30'') |
| 8 | <u>Hand</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 9 | Liver poultice | (120'') |

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (herbal teas)

Day 4

Breakfast in bed (*with garlic clove and apple purée*)

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| 1 | <u>Foot</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 2 | <u>Full</u> body bathing with concentrated plant extracts (<i>or steam bath</i>) | (30'') |
| 3 | Full body, kidney and back massage (<i>special cream</i>) | (30'') |
| 4 | Aqua gym (<i>or shower with music therapy or relaxation</i>) | (30'') |
| 5 | Shower with music therapy (light therapy) | (60'') |
| 6 | Stomach massage, as practised by Tibetan Monks | (30'') |
| 7 | Reflexology lymph drainage | (30'') |
| 8 | <u>Hand</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 9 | Liver poultice | (120'') |
| 10 | Oxygen therapy | (30'') |

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (herbal teas)

Day 5

Breakfast in bed (*with garlic clove and apple purée*)

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| 1 | <u>Foot</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 2 | <u>Full</u> body bathing with concentrated plant extracts (<i>or steam bath</i>) | (30'') |
| 3 | Full body, kidney and back massage (<i>special cream</i>) | (30'') |
| 4 | Aqua gym (<i>or shower with music therapy</i>) | (30'') |
| 5 | Facial beauty treatments (<i>peeling and dermabrasion</i>) | (60'') |
| 6 | Stomach massage, as practised by Tibetan Monks | (30'') |
| 7 | Reflexology lymph drainage | (30'') |
| 8 | <u>Hand</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 9 | Liver poultice | (120'') |

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (*herbal teas*)

Day 6

Breakfast in bed (*with garlic clove and apple purée*)

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| 1 | <u>Foot</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 2 | <u>Full</u> body bathing with concentrated plant extracts | (30'') |
| 3 | Full body, kidney and back massage (<i>special cream</i>) | (30'') |
| 4 | Aqua gym | (30'') |
| 5 | Lymphatic drainage (pressure therapy) | (60'') |
| 6 | Stomach massage, as practised by Tibetan Monks | (30'') |
| 7 | Reflexology lymph drainage | (30'') |
| 8 | <u>Hand</u> bathing in the specific treatment room (<i>plant maceration</i>) | (10'') |
| 9 | Oxygen therapy | (30'') |

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (*herbal teas*)

Day 7

Breakfast in bed (*with garlic clove and apple purée*)

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| 1 | <u>Foot</u> bathing in the specific treatment room | (10'') |
| 2 | <u>Full</u> body bathing with concentrated plant extracts | (30'') |
| 3 | Full body, kidney and back massage (<i>special cream</i>) | (30'') |
| 4 | Stomach massage – as practised by Tibetan Monks | (30'') |

Sauna – Turkish bath – swimming pool – gym, unlimited access to the relaxation room (*herbal teas*)

Treatments in the morning only on the day of departure

On the last day of treatment, clients leave after lunch