

### Guest Itinerary: 4-Day Detox Programme

Day	Time	Venue	Details
Day 1	Check in	Garden Wing Reception	
	3.00pm – 4.00pm	Health Centre	Health & Wellness Advisor Consultation
	4.00pm – 5.00pm	Wellness Centre	Private Dietitian Consultation
	5.00pm – 6.00pm	Thanyapura	Thanyapura Tour
	6.00pm – 7.00pm	DiVine Restaurant	Detox Dinner Programme
Day 2	7.00am – 8.00am	DiVine Restaurant	Breakfast
	8.00am – 9.00am	Health Centre	Detox Lab Test Profile
	9.00am – 10.00am	Health Centre	Heavy Metal Check
	10.00am – 12.00pm	Health Centre	Body Composition Analysis
	12.00pm – 1.00pm	DiVine Restaurant	Detox Lunch Programme
	1.00pm – 2.00pm	Health Centre	TBM Treatment
	2.00pm – 3.00pm	Wellness Centre	Mind Training Group Class Joining
	3.00pm – 4.00pm		At your leisure
	4.00pm – 5.00pm	Health Centre	Myer's Cocktail IV + Gluta 600mg + NAC 600mg + ALA 600mg Treatment
	5.00pm – 6.00pm	Wellness Centre	Abdominal Detoxification Massage
	6.00pm – 7.00pm	DiVine Restaurant	Detox Dinner Programme
Day 3	8.00am – 9.00am	Wellness Centre	Yoga Group Class Joining
	9.00am – 10.00am	DiVine Restaurant	Breakfast
	10.00am – 11.00am		At Leisure
	11.00am – 12.00pm	Health Centre	Colon Hydrotherapy Treatment
	12.00pm – 1.00pm	DiVine Restaurant	Detox Lunch Programme
	1.00pm – 2.00pm		At Leisure
	2.00pm – 3.00pm	Wellness Centre	Lymphatic Drainage Massage Treatment
	3.00pm – 4.00pm	Fitness Centre	Fitness Group Class Joining
	4.00pm – 4.30pm	Fitness Centre	Stretching Group Class Joining
	5.00pm – 6.00pm		At Leisure
	6.00pm – 7.00pm	DiVine Restaurant	Detox Dinner Programme
Day 4	8.00am – 9.00am	DiVine Restaurant	Breakfast
	9.00am – 10.00am	Health Centre	Medical Doctor Consultation
	Check out	Garden Wing Reception	