



CLEANSE & DETOX

with Eva

New Way of Nourishing
Inside Out
Tailored to You

DIETARY PROGRAM

3 days minimum, 7 days OR 21 days

1-2 days preparation for cleanse with choice of ONE of the following cleanses or a combination of:

- * 3-5 days pipa cleanse (coconut water)
- * 3-7 days juice cleanse
- * 5 days water cleanse
- * 3-7 days gallbladder liver cleanse
- * 1-2 days coming back slowly to regular food

ACTIVITIES

Daily tailored body-mind-spirit practices with Fabrice and Eva:

- * Spiritual counselling and meditation
- * Bodywork and yoga
- * Water and sun bathing, sauna and raw cacao
- * Strategic coaching

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In our Cleanse & Detox
program we support you
in developing your own
nurturing self-care
practice adapted to your
daily life.

