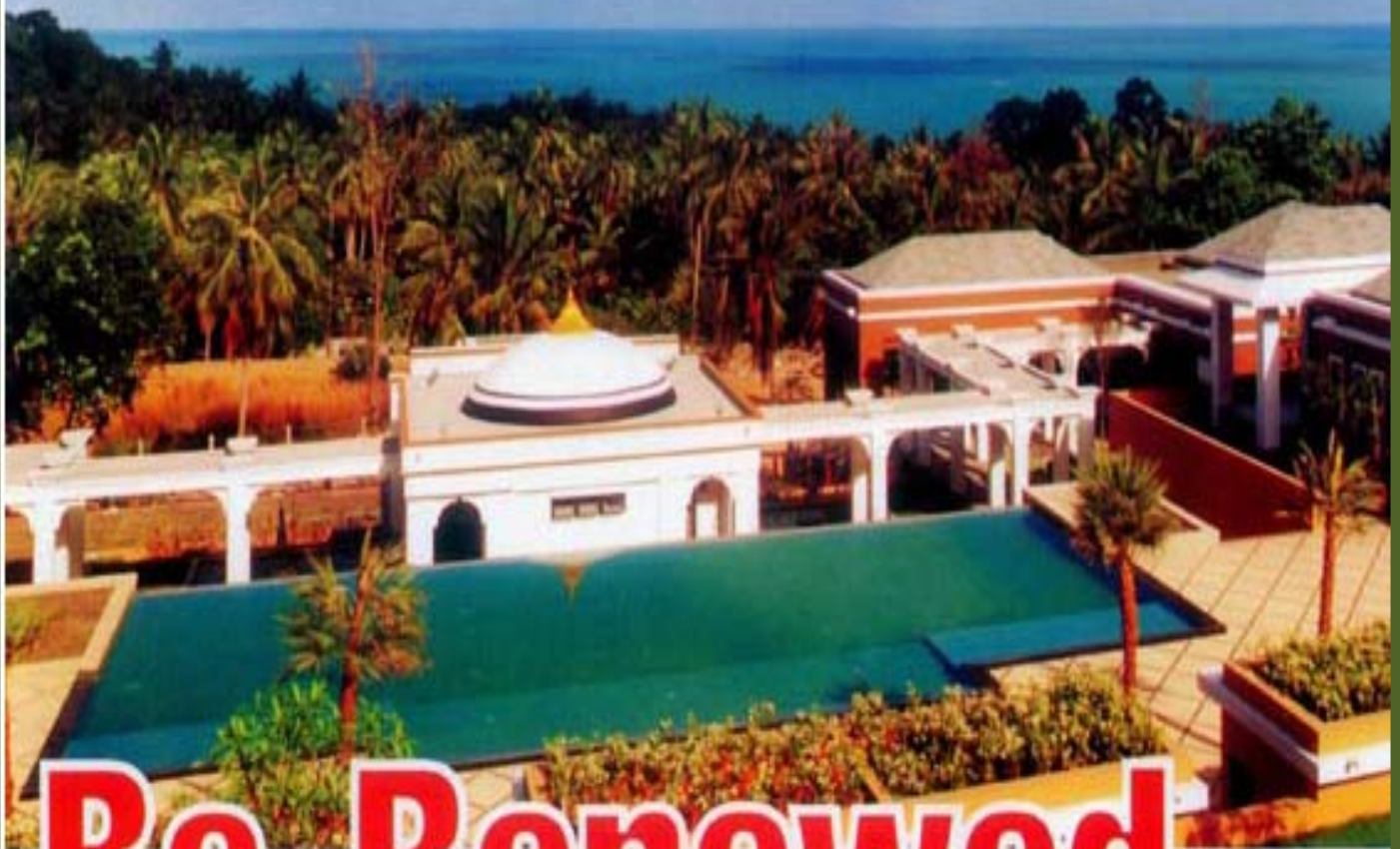


ME & MY WEDDING

Located in the Southeast of Thailand, there is a wellness sanctuary on the paradise island of Koh Samui where healing therapy helps rid you of ailments and thus allow your mind, body and spirit receive an absolute feeling of Being Renewed to revere joys of life.



Be-Renewed

By: Saifuddin Ismail, (Pictures Courtesy: Absolute Sanctuary - Samui)

Unlike spa packages offered at a number of spa resorts on the Island, Absolute Sanctuary is the place for long term health benefits through holistic medical approach

through a process of one week to a whole month. Set in Moroccan vibes, the Absolute Sanctuary although offers a breath taking view of the sea from its

rooms, each gracefully trimmed for comfort, the wellness Resort distance itself from the allure of the beach life so the guests are focused on its holistic remedy.

ME & MY WEDDING

Typical Rejuvenating Programs at the Absolute Sanctuary:

5-DAY REJUVENATING PROGRAM

Package includes:

Daily Programs:

- 1 x 60-min Body Oil Massage (Aromatherapy or Swedish) OR 1 x 90-min Thai Massage
- OR 1 x 90-min Reflexology per day
- 1 x Jurlique Facial Treatment OR 1 x Body Wrap per day
- Unlimited Yoga Classes at Absolute Yoga Center
- 3 A la Carte Vegetarian Meals
- Unlimited juices & smoothies
- 5 nights accommodation
- Pool, Steam Room, Mini-Theatre Access
- Airport Roundtrip Transfer
- 1 x Private Nutritional Counseling Session
- 1 x Colon Hydrotherapy Treatment
- Additional 10% discount on all Detox & Spa Treatments

Detox Program

Before you start the detox program, you need to gradually groom your body for it, rather than forcing yourself into it. If you have recently had illness, surgery or medication, clarify with your doctor if you are fit to detox / fasting.



Supplements used at Absolute Sanctuary:

The Vi-tra-tox supplements used at Absolute Sanctuary are one of the Western world's leading authorities on therapeutic detoxification for health and longevity. "Every cell in the body is served by the blood. It nourishes the cell, replaces worn out parts, and carries away the waste products." (Irons)

Detox program uses the following products to cleanse the blood and in turn all of the organs and systems in the body.

Intestinal Cleanser (Psyllium Powder)

Intestinal Cleanser is a finely ground powder of imported psyllium husk and seed. As it contains primarily fiber and no laxative or herbal stimulants, it can be used on a daily basis to assist normal bowel peristalsis. Psyllium has a hydrophilic (water-loving) action that softens hardened mucous lining the bowel wall, facilitating its elimination. Psyllium can help achieve a high fiber diet to maintain good bowel health, and is now recognized as important to help maintain a healthy cholesterol level already in the normal range.

Detoxificant (Liquid Bentonite)

Detoxificant is a natural and powerful detoxificant derived from bentonite, a mineral-rich volcanic clay that helps treat acute bacterial food poisoning and treat cholera. Through a special process the raw bentonite clay is refined to remove mica, dirt and other impurities, in order to concentrate the active detoxifying ingredient, montmorillonite ("mont-mor-ill-o-nite"). These properties allow the powerful adsorption (physical binding) of positively charged substances.

Greenlife (Cereal grass juice tablets)

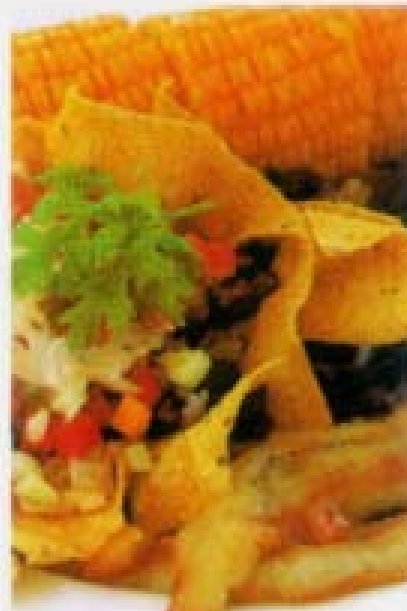
GreenLife is the original and pioneer of organic cereal grass products. It is a 100% vegetable food, containing 92% dried extracted juices of organically grown cereal grasses: barley, oats, rye and wheat and 8% papain, beets and sea kelp.

Enzymatic Supplement (Digestive Enzymes)

Enzymatic Supplement aids the digestion process by providing natural digestive



enzymes to breakdown food and promote assimilation of nutrients. Each tablet to be swallowed whole contains two layers of digestive enzymes. The outer portion contains pepsin, which digests protein into soluble amino acids, proteoses, and peptones. Pepsin is activated by the low pH of the stomach so people suspected of gastric acid deficiency would benefit from concurrently taking #56 Pro-Gest, which contains a natural source of hydrochloric acid (betaine hydrochloride).



The inner portion of the tablet becomes activated in the small intestine, and contains natural digestive agents: bovine bile salts that promote absorption of lipids and activate pancreatic lipase (a fat-

digesting enzyme), and pancreatic substances - amylase (for starch), lipase (for fats), proteases (for protein) plus trypsin, chymotrypsin and other proteolytic enzymes.

Vitamin C

Vitamin C plays an essential role in the formation of collagen, connective tissue that is required for normal maintenance, growth, repair, and healing of living tissues. Vitamin C also functions as an antioxidant, and protects other antioxidants such as selenoproteins, glutathione, and vitamin E from becoming oxidized (inactivated) in the body.

Herbal Supplements (Herbal Laxatives)

A blend of cascara sagrada, aloe powder, and licorice root that is intended for relief of occasional constipation. Intake of two Herbal Supplement tablets the night before starting a 7 Day Cleansing Program. Poor dietary choices, low fluid intake, and lack of exercise are factors that can directly contribute to constipation. Bowel regularity should be achieved and maintained through changes in lifestyle, and not through the use of laxatives.

Acidophilus

Colonics help rid the body of toxins, but in the process they remove friendly bacteria in the gut. Take two acidophilus tablets after the colonic to help rectify this situation.

ME & MY WEDDING



every 5 – 10 minutes. Approximately 24 liters will be slowly introduced into your colon via a small tube that is gently inserted into the rectum. The water runs at the speed of gravity only, so as you imagine, it is a very gentle process. This is done in 4 lots of 6 liter "fills" and "releases". The second and third "fills" will contain an infusion of organic coffee and apple cider vinegar. The coffee detoxifies the liver, as well as cleaning the colon. Coffee stimulates the liver to make more bile. Bile, from the gallbladder draws out environmental and metabolic toxins, as well as the very irritating toxins from Candida albicans and other parasite-like organisms. The colon is the organ responsible for carrying away these toxins. In addition, coffee enemas

stimulate the liver to produce enzymes that clean the blood. Coffee infusions also assist the colon to develop better peristaltic actions, allowing regularity in bowel function.

In these ways, coffee colonics hold great benefits to a colon cleansing program. However, coffee taken orally goes through the stomach, causes digestive problems and affects the liver by shutting off the bile ducts. It is absorbed in the intestines and carried throughout the body by the bloodstream, where the caffeine acts as a stimulant. It raises blood pressure and tends to cause capillary spasms in the extremities. In contrast, caffeine in colon

hydrotherapy is absorbed in the colon, then most is removed from the bloodstream via the portal venous system to the liver where it does its work of detoxification. Apple Cider vinegar stimulates the lymphatic system. It also helps to alkalinize the colonic environment. Gentle abdominal massage will be applied once your colon has had a chance to fill with water. This aids in encouraging compacted fecal matter to dislodge from the colon walls. However, in case you experience cramping, you could tell the therapist not to have massage.

Colon Hydrotherapy

The Colon Hydrotherapy program includes one session daily.

Each of the air-conditioned rooms with toilet facilities are equipped with beds using only gravity fed filtered pure water also infusions of a diluted coffee solution. The system used here guarantees your privacy and comfort.

You will be fully covered, ensuring your privacy at all times. A colon hydro therapist will be with you during the treatment (unless you prefer otherwise). A hot water bottle is placed on your stomach to enhance comfort. The therapist will return

Typical Yoga Packages at Absolute Sanctuary:

7-Day Yoga Holidays

Package includes:

Daily Programs:

- Unlimited Yoga Class at Absolute Yoga Center
- 3 A la Carte Vegetarian Meals
- 1 x 90-min Thai Massage or 60-min Aromatherapy per day
- 2 x Fresh juices or smoothies per day
- 7 nights accommodation
- Pool, Steam Room, Mini-Theatre Access
- Airport Roundtrip Transfer

Free Bonus:

- Br 2,000 Voucher at Absolute Detox & Spa Center
- 1 Colon Hydrotherapy treatment
- Additional 10% discount on all Detox & Spa A la Carte Treatments

ME & MY WEDDING

Typical Detox Packages at the Absolute Sanctuary:

7-Day Detox Package (Ultimate, Living Food, Vegetarian)

Daily Programs:

- 1 x Colon Hydrotherapy per day
- 2-4 x Detox Drinks per day
- 2-4 X Nutritional Supplements per day
- Modified diets ranging from full fasting to light vegetarian meals (depending on programs)
- 1 x Liver Flush Drink before & after program
- 1 x Coconut juice per day
- 2 x Broth Soups per day
- 8 nights accommodation
- Initial in-depth Detox Consultation
- Final Detox Consultation with take-home guidelines
- Pool, Steam Room, Mini-Theatre Access
- Airport Roundtrip Transfer
- 1 x Yoga Class per day



Benefits of Detox

- Treat body to a fresh start
- Renewed energy
- Increased concentration
- Cleanse blood and in turn other systems
- Elimination of toxins and parasites
- Improvement in skin
- Alleviate bloating, gas and flatulence
- Overall feeling of well being
- Weight loss
- Prevent disease
- Longevity

Free Bonus:

1 x 60-min Detox massage and 2 x Thai massage

Additional 10% discount on all Spa, Detox Ala Carte Treatments & Yoga Classes

A typical Detox Day – Living Foods:

07.00am	1st Detox drink at Pool Juice Bar
07.40am	Meditation or pranayama session at Absolute Yoga Center (optional) Tuesdays, Thursdays & Saturdays
09.00am	Nutritional Supplements
10.00am	Colonic Hydrotherapy Session at Detox Centre*
11.00am	2nd Detox drink at Pool Juice Bar
01.00pm	Light raw foods meal in Restaurant
03.00pm	Nutritional Supplements
03.30pm	Massage, Yoga class or other healing therapy* (optional)
05.00pm	3rd Detox drink at Pool Juice Bar
07.30pm	Light raw foods meal in Restaurant
09.00pm	Nutritional Supplements before bed

Reasons to Detox:

- Intake toxins daily (in food, personal products, water, pollution)
- Eliminate toxic waste that may have been there for decades
- Exposure to heavy metals, environmental chemicals
- Low energy
- Constant illness
- Digestion problems
- Blocked Lymphatic System
- Overweight
- Alleviate allergies
- Constantly tired
- Eliminate excess waste
- Restore vitality

