

Personalized Detox Taksu: 3-Day Program

1. Initial Consultation

During this consultation Dr. Liana Nenacheva will develop a personalized plan for you based on your health, personal needs, and goals. This plan will include:

- ✓ Systemic Organ Cleansing Program
- ✓ Food and Beverages
- ✓ Superfoods
- ✓ Probiotics
- ✓ Natural Herbs
- ✓ Support from specialized practitioners that will be working with you during the Systemic Organ Cleansing Program

The goal of this detailed initial consultation is to help you reach maximal detox in your body, mind and spirit without the strong effects of the released toxins. Depending on the individual, some may experience some mental, emotional, or physical discomfort due to the changes happening in the body. The effects of this natural process can be minimized by following a program that is custom designed for your unique mental, emotional, and physical state. This program has been meticulously crafted and sequenced, so when carefully followed, it will produce long lasting results well

2. Nutrition Advice and Therapy

Based on Dr. Liana's intimate knowledge of Western Nutrition, Chinese Medicine, Nutrition Therapy and Ayurveda, she will design a customized nutritional diet plan that heals and balances your body. This nutrition plan will be adapted to your body type, lifestyle, eating preferences, and long-term goals.

3. Check-in Consultations

Dr. Liana will meet with you every day to monitor your progress, promote the detox process and ensure you are receiving all the emotional, physical, and mental support you need during the detox program.

4. Spa Services: InfraRed Sauna, Detox Bath, Facials, Massages, Mineral & Essential oils hydrotherapy Jacuzzi
5. Daily Morning Yoga
6. Evening Guided Meditations
7. Enemas/ Colonics (Optional)
8. Supporting Treatments (Optional)

Depending on your needs and goals, Dr. Liana may recommend additional sessions that will work in synchronicity with the Whole Life Detox Program. These sessions will target specific areas in your life that you would like to improve, such as physical, emotional, mental, or relationship problems. Taksu's experienced practitioners work in conjunction with one another to gain a complete understanding of your unique situation, giving you a truly holistic healing experience all in one place. Sessions include:

- ✓ "Reinvent Your Life" Coach
- ✓ Somalogy
- ✓ Theta healing
- ✓ Craniosacral Therapy
- ✓ Relationship therapy

NOTE: The client chooses his/her program together with Doctor Liana Nenacheva during the first consultation. All services besides the services marked as "optional" are included in the basic price and are not subject to change.

The Detox Essentials Package includes items number 1- 6.

The Detox Full Package includes all times in the Detox Essentials package PLUS optional treatments 7-8.

The price of the basic Detox program needs to be paid in full no later than 2 weeks before the start of the program. If the client should choose to add optional treatments to enhance the detox process, the payment will be done after the first consultation.

Day 1

8.00	Detox drink: olive oil+ lemon		
8.00 - 9.30.	Yoga	Yoga teacher	90 min
9.30.- 10.30	Breakfast		
11.00- 12.30	Initial consultation	Liana	90 min
	Jamu		
1.00 -2.00	Rejuvenation organic facial		60 min
2.30- 3.30	Lunch		
3.30-4.30	Consultation of colonics	Other practitioner	Optional
	Probiotic coconut kefir		
4.00- 4.30	InfraRed sauna		30 min
5.30-6.30	Dinner		60 min
7.00-8.00	Meditation	Liana	60 min

Detox Essentials Package: Rp 2,105,000

Detox Full Package: Rp 3,005, 000

Day 2

8.00	Detox drink: olive oil+ lemon		
8.00 – 9.30.	Yoga	Yoga teacher	90 min
9.30.- 10.00	Breakfast		
10.30- 11.30	Check-in Consultation	Liana	60 min
	Jamu		
12.00 -1.30	Myofascial release massage		90 min
2.00- 2.30	Lunch		
3.00-4.30	Private Consultation	Barbara	90 min
	Probiotic kefir		
4.30- 5.00	Detox bath		30 min
5.30-6.30	Dinner		60 min
7.00-8.00	Meditation	Liana	60 min

Detox Essentials Package: Rp 2,905,000

Day 3

8.00	Detox drink: olive oil+ lemon		
8.00 – 9.30	Yoga	Yoga teacher	90 min
9.3.- 10.00	Breakfast		
10.30- 11.30	Consultation	Liana	60 min
	Jamu shot		
12.00 -1.30	Lymphatic massage		90 min
2.00- 2.30	Lunch		
3.00-4.30	Private Consultation	Other practitioner	Optional
	Probiotic kefir		
4.30- 6.00	Mineral & essential oils hydrotherapy Jacuzzi		40 min
6.30-7.00	Dinner		
7.00-8.00	Meditation		60 min

Detox Essentials Package: Rp 2,065,000

Detox Full Package: Rp 2,965,000

Total Price of 3-Day Program

Detox Essentials Package: Rp 7,075,000

Detox Full Package: Rp 8,875,000