

5 Day Cleanse

5 Day Cleanse*

£795

If you don't have the time or inclination to commit to the 12 day cleanse, this 5 day version could be the answer. It is very similar in structure, with the same treatment, food and supplement protocols—the only difference is the length of time you will be on the cleanse.

Treatment Protocol:

Nutritional Consultation; Manual Lymphatic Drainage; Colonic Hydrotherapy; Lymphatic Detox Wrap

Supplements:

Colon Cleanse; Alkabathe Salts ; Liver Gallbladder Support Tonic; Lymphatic Drainage Tonic; Dry Body Brush; Cleansing Essential Bath Oil; Detox Tea

Food:

Complete 5 day (Mon-Fri) supply of specially prepared organic raw food delivered each morning to your door.

Personal Training:

Two, one hour personal training sessions at your home or outside.

At the End of the Cleanse

It is important that you do not shock your body by going straight from the final day of the cleanse to eating steak and kidney pie! Rather you should introduce cooked food slowly, beginning with plant foods and choosing organic wherever possible. You don't want to stress your liver and digestive system by putting toxins straight back into your newly detoxed body. Our hope is that you will be inspired to adopt healthier eating habits in the future to maintain the benefits you have received.

* Monday-Friday for Food Delivery

Sample 5 day Menu*

Monday

Green smoothie with spirulina; almond avocado burgers with fruit chutney; sprouted salad with basil tomato dressing ; romaine lettuce, avocado and tomato salad with red pepper macadamia cheese

Tuesday

Brazil nut and date milk shake; courgette & mushroom quiche on hazelnut crust ; Thai cabbage; garden salad with citrus avocado dressing

Wednesday

Super berry smoothie with goji berries and MSM powder; Sicilian burgers in red onion seed bread with nut mayo; courgette spaghetti with red pepper marinara sauce; waldorf salad with lemon tahini dressing

Thursday

Green smoothie with chlorella; Greek flaxseed pizza with sunflower seed cheese; red cabbage medley with tamarind dressing ; rocket, fennel and grapefruit salad with avocado dressing

Friday

Buckwheat cinnamon cereal with berries and almond milk; falafel with sprouted hummus; seaweed; cucumber and beetroot salad with sweet miso dressing; rainbow salad with sprouted quinoa and herbs

*for guideline purposes only and subject to change

Disclaimer: These cleanses may not be suitable for everyone and should not be undertaken by pregnant women. If you have any concern, you are taking specific medication or have a medical condition such as Type I Diabetes, check with your doctor first.

Urban Cleansing

5 & 12 day Programmes complete with delicious home delivered food



balance the clinic, The Courtyard, 250 Kings Rd, London SW3 5UE,
P: 0207-565-0333; enquiries@balancetheclinic.com; www.balancetheclinic.com

Urban Cleanse

balance the clinic has joined forces with Raw Fairies to create two unique urban cleanses for busy people looking for safe, easy to follow and highly effective detox programmes. These 5 and 12 day cleanses combine highly prescriptive treatment and supplement protocols with delicious, nutritionally balanced raw food meals, salads and juices delivered to your door fresh every day.

Key Benefits

- Entire cleansing programme supervised by a qualified nutritionist.
- Highly effective treatment and supplement protocols to boost detoxification process.
- Gourmet botanical cuisine delivered to your door each day.
- Personal Trainer supervises physical activity to support cleansing protocols.
- Unique combination offers a holistic approach to cleansing process.
- Safe, easy to follow and highly effective.

Raw Fairies



Raw Fairies is a gourmet botanical cuisine delivery service offering organic salads, prepared raw food meals and highly nutritional juices within Central London.

All the food and juice included in your cleanses will be prepared for you with great care and attention. It will be organic, locally sourced and seasonal where possible, and of the highest quality. We use environmentally friendly packaging wherever we can and encourage you to recycle. These complete food and juice plans offer a much higher level of nutrition than DIY detoxes or commercial juice bars and include a variety of luxurious and powerful super foods.



Raw Fairies

12 Day Cleanse

12 Day Cleanse*

£1,295

A complete twelve day cleansing programme starts with a 60 minute nutritional consultation to explain the benefits of the recommended treatments/supplement protocols and the daily menus and juices that will be provided. Any special dietary requirements will be detailed at this time. Our nutritionist will remain available throughout the programme to offer any advice and guidance that may be required. We recommend you kick start the cleanse with a Manual Lymphatic Drainage massage to stimulate the removal of toxins from your body, followed by a colonic to cleanse the bowel in preparation for the detoxification process. A second colonic is suggested midway through the 12 day cleanse with a Lymphatic Detox wrap (a combination of specially formulated cleansing minerals applied to your whole body, wrapped in bandages, whilst lying on a Vibrotone Massage bed) towards the end. The combination of treatments, supported by the specially selected supplements and food work together to cleanse your body from within and without to provide a unique, highly effective, but gentle cleanse.

Treatment Protocol:

Nutritional Consultation; Manual Lymphatic Drainage Colonic Hydrotherapy x 2; Lymphatic Detox Wrap.

Supplements:

Colon Cleanse; Alkabathe Salts; Liver Gallbladder Support Tonic; Lymphatic Drainage Tonic; Dry Body Brush; Cleansing Essential Bath Oil; Detox Tea.

Food:

Complete 12 day supply of specially prepared organic raw food, delivered each morning to your door.

Personal Training:

Three, one hour personal training sessions at your home or outside in the fresh air.

* 12 day cleanses currently start 1st day of each month