

A Day at An Oasis of Healing

8:00AM: Class: Food Prep/Nutrition & Lifestyle

Organic plant based breakfast served

~ Organic Fresh Pressed Green Vegetable Juices

~ Ginger & Green Tea available daily ~

8-9:30 AM: IV Therapies start

9:30-4:30 PM: Enhancement therapies such as Local Hyperthermia, Lymphatic Drainage Therapy, Colon Hydrotherapy, Acupuncture, and Counseling

12:30 PM: Organic Plant Based Lunch

Enhancement Therapies including PEMF, Far-infrared Sauna, BEMER, and EWOT.

2:00 PM: Class: Nutrition Education or Movement & Breathing Class

Fresh Organic Wheat Grass Juice & Organic Plant Based Dinner to take home.

