



Grow a New Body *One week of healing, renewal and wisdom*

August 24 to 31, 2019 and September 2 to 9, 2019

Lay the foundation for your health span to equal your lifespan.

Discover how to repair your brain, heal your body and transform your life in as little as one week.

Experience shamanic practices alongside cutting-edge neuroscience and biology, detox strategies and power-plant foods that can switch-on every cell's ability to regenerate and repair.

Turn on the production of the bliss-creating molecules, while shedding the years of old programming.

All you need to do is to take the first step.

Whether you are suffering from stress, dealing with health crisis, going through hormonal changes, trying to turn back your biological clock, wanting to become a master of prevention or rid yourself of toxins whether they are physical, emotional or mental, the Grow a New Body You program gives you the gift of a healthier and more joyful life. A team of experts including a medical doctor, a nurse, a shaman and in-house holistic wellness practitioners will guide you along the way.

What's included:

- Seven nights' accommodation
- Full board including all neuro-nutrients and supplements
- Wellness Screening
- Four shaman/energy medicine sessions
- Four oxygen altitude-training sessions
- Four LED sessions for mitochondrial stimulation and repair
- Seven sessions of body work e.g. massage, scrubs and wraps, specialist treatments
- Six pre-recorded lectures with the master shaman, Dr. Alberto Villoldo
- Entry and exit energy-medicine evaluation with a world-class medical doctor
- Daily lecture and prevention education with the team doctor
- Daily group morning yoga, hike or walk and evening meditation

Seven nights from USD 11,210 per person in a Hideaway Pool Villa Suite

From USD 18,710 per couple sharing a Hideaway Pool Villa Suite

Prices include all taxes and return boat transfers.

Six Senses Spa Krabey Island

T +855 96 899 7485 E reservations-krabey-spa@sixsenses.com www.sixsenses.com
Koh Krabey Islands, Ream Commune, Preah Sihanouk Province, 1800 P.O Box 9553, Cambodia