

# *Cleanse & Detox Retreats*

## *The Byron at Byron Resort & Spa*



### **Spring time Cleanse and Detox Retreat** **September 4<sup>th</sup>-7<sup>th</sup> 2011**

**Kick start your metabolism, mood, and mind!**

**The Byron at Byron** is an ideal getaway for a cleanse retreat run by nutritionist, Michele Chevalley Hedge. Michele is an accredited nutritionist and author who hosts **Cleanse & Nourish Retreats** that allow you to detox with whole foods and learn the benefits of food combining principles. Michele is the only nutritionist running this type of retreat in Australia. You will be educated on the types of cleansing practices that can easily be brought into your own daily life. The Cleansing Journey will begin in your home prior to departure. This Cleansing Preparation, a week before departure, is an easy, slow way to begin a cleanse. This ensures that at the Retreat you are more likely to have a nourishing experience without detox symptoms. You will never be hungry and you will be pleasantly surprised how easy it is to eat healthily whilst you are cleansing. Your stay includes luxury accommodation, all cleansing meals, juices, morning yoga, daily nutrition workshops on hormones, metabolism and ageing gracefully, a 30 minute massage and full use of all resort facilities: spa, gym, classes, bicycles, hikes and more. After departing **The Byron at Byron** you will have the opportunity for consultation for up to three weeks to ensure that you can integrate these principles into your daily life.

Cost \$1450.00 twin share and single supplement available.

Each Cleanse & Nourish Retreat is limited in numbers to ensure that each client gets personalised education to integrate into their life. Register your interest as soon as possible to secure your spot

Contact [michele@ahhealthyview.com.au](mailto:michele@ahhealthyview.com.au) for complete details on each retreat

[www.ahhealthyview.com.au](http://www.ahhealthyview.com.au) 0403 606 225

# *Cleanse & Nourish Yourself*

*Lacking energy?  
Bloating?  
Brain fogged?  
No sparkle?*

*Sugar cravings?  
Afternoon slump?  
Sleeping poorly?  
Joint pain?*

- If you are peri-menopausal or menopausal and struggling with a diet plan.
- If you are suffering with any health related condition or simply just tired.
- If you would like a post winter, pre summer cleanse programme.

Make an appointment with one of our accredited nutritionists at

## *A Healthy View...*

- Integrating nutritional advice with modern & natural medicine
- All health concerns from depression to hormone imbalances
- Weight control, blood sugar, cholesterol, metabolic syndrome
- Personalised anti-ageing remedies, peri and menopausal relief
- Cleanse programs and retreats



*A Healthy View...*