

# THE MILESTONE DETOX TREATMENTS

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## HOLISTIC MASSAGE TREATMENTS

### **Full Body Holistic Massage** 90 mins

A wonderful top-to-toe massage melting away stress, improving circulation and body mobility.

### **Stress Therapy Massage** 30 mins / 45 mins / 60 mins

A releasing, deep tissue massage of the back, neck, shoulders & head promoting detoxification and the easing of knots and tight muscles.

### **Thermal Stone Massage** 60 mins / 90 mins

Hot stone massage is a specialty massage where the therapist uses smooth, heated basalt stones as an extension of their own hands. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply and quickly which eases muscle stiffness, increasing muscle circulation and metabolism.

### **Manual Lymphatic Drainage (MLD)** 60 mins

Deeply relaxing and supportive of the detoxification process, this treatment encourages natural drainage of the lymph through gentle rhythmic touch on the skin's surface. Waste products are carried away from the tissues back toward the heart as lymph blockages and water retention are gently eased.

### **Indian Head Massage** 30 mins / 45 mins

An Ancient Ayurvedic treatment of the head that improves circulation, increases nutrients to hair follicles, lymphatic drainage and induces well-being.

### **Foot Massage** 30 mins

A deeply relaxing and therapeutic massage that melts away the mileage from under your feet.

### **Aromatherapy Massage** 75 mins

Aromatherapy combines the use of essential oils & therapeutic massage. The oils, precious plant essences, are very powerful, possessing natural healing properties. The licensed aromatherapist will tailor-make an oil blend to meet the physical & emotional needs of the client. It is a wonderful & soothing treatment & can be energising or relaxing depending on your requirements.



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## HOLISTIC MASSAGE TREATMENTS

### Pregnancy Massage 60 mins

Pregnancy is a wonderful time for a woman but changes to the mother's body puts pressure on joints, ligaments & organs often causing discomfort or pain as well as other ailments such as oedema, constipation & sleeping problems. Pregnancy massage can help to alleviate these common health problems and reduce stress levels. Research also shows that the baby can greatly benefit from massage as "feel good" endorphins released by the mother during the massage are passed on to the baby. NB. Pregnancy massage can only be carried out from the second trimester.

### Foot Reflexology 60 mins

Beyond the relaxing effects of a foot reflexology treatment, the practice and purpose goes deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body. Kneading the soft fleshy ball of the foot, pulling on the toes, tracing around the heel and pressing deep into the arch are just a few of the many small, intense movements you'll experience during a reflexology treatment.

Addressing anything from headaches to sinus problems to stomach issues, if sensitivity or tenderness is experienced when certain areas of the foot are stimulated, it may indicate bodily weaknesses or imbalances within the corresponding organ. With repeated application of pressure and manipulating nerve endings (traditionally in the foot), reflexology can help to clear blocked energy through moving the flow of blood, nutrients and nerve impulses to ultimately improve overall health and balance.

#### The Benefits:

- ❖ Cleanses the body of toxins
- ❖ Boosts the immune system
- ❖ Increases circulation
- ❖ Promotes healing
- ❖ Balances energy



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## NATURAL ANTI-AGEING FACIALS

### Luxury Facial 45 mins

Containing vital oil of peach and essential oils of lavender, geranium and patchouli. This oil gives an extra boost to dry skin. Studies show that vital oils with high levels of Vitamin E are able to block ageing UVA light. This luxurious oil also aids a relaxing night's sleep.

### Balancing Facial 45 mins

A re-balancing facial oil containing peach, grape seed, grapefruit, lavender and tea tree for skin prone to hormonal spots, perfect for when your pH levels are out of balance and your skin is behaving erratically.

### Holistic Facial 45 mins

This deeply nourishing facial treatment uses products which are excellent for balancing mature and combination skin. De-stressing, tension releasing and anti-fatigue, this sweet almond oil, wheat germ oil, orange, grapefruit and patchouli oil blend detoxifies and tones the skin, nourishing open pores.

### Revital Facial 45 mins

Containing the world's most expensive oils; peach, jojoba, neroli, sandalwood and rose. The Revital oil reverses surface damage from the sun and also benefits smokers with dehydrated skin as well as reducing skin pigmentation complaints. Ideal for skin in need of intense repair.

### Uplifting Facial 45 mins

An excellent anti-ageing oil containing vital oils of peach and avocado which protects the skin from the worst free radicals, the cause of premature ageing. A truly uplifting blend of orange and jasmine essential oils infuses the formulation into a refreshing tonic, aiding the protective film on the surface, keeping the skin supple and youthful. Suitable for all skin types, especially effective for dry skin.

### Natural Face Lift and Rejuvenation 45 mins

A new, non-surgical face lifting treatment called Maxi Technique Face Lift that lifts muscles in the face, eye and neck areas while facial oils and accompanying creams penetrate deep into the dermis. Immediate results from hydrating parched skin, smoothing fine lines and reducing the appearance of premature ageing.

### Express Facials 30 mins

Express facials as above with just a little less time.



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## CELLULITE BUSTING & NOURISHING BODY TREATMENTS

### **Nourishing Body Wrap** 60 mins

Soothes and nourishes dry irritated skins, leaving your skin repaired & rejuvenated. Perfect for dry skin.

### **Detox Body Wrap** 60 mins

Detoxifying the body's pores leaving you feeling energised, cleansed & the skin feeling silky smooth. Cellulite will disperse noticeably within a course of treatments, especially when fasting. Bottoms, hips, thighs and tummy appear smoother & toned. Perfect for getting your bikini body ready for summer.

### **Hip & Thigh Treatment** 60 mins

Concentrating on the key problem areas related to cellulite, weight gain, loss of tone & circulation. This treatment is like boot camp for bottoms, hips, thighs and tummies. Cellulite will noticeably disperse & hips and thighs appear slimmer, smoothed and toned within a course of treatments. Perfect for getting into that little black dress.

### **Hydrating Body Polish** 30 mins

An intensive full body exfoliation that effectively polishes off dead skin cells. Strengthens the surface resistance to cellulite & stimulates reduction of cellulite.

### **Cupping Treatment & DIY Cellulite Wrap** 30 mins

Cupping is an ancient therapy where the therapist places cups on your skin creating suction on the surface of your skin. Cupping may cause bruising and is similar to a deep tissue massage. It can be uncomfortable for the first few sessions, especially along the outer thigh.

Cupping is used to help with joint pain, inflammation, blood flow, relaxation, deep tissue massage & helps tackle cellulite! It improves blood flow and boosts lymphatic drainage visibly improving skin tone, increasing circulation, reducing the appearance of cellulite and leaving you with radiant, healthy looking skin.

At TMD, we recommend that you have a series of treatments for best results. We also recommend that you do this treatment in conjunction with an infrared sauna & using the Essentially Yours Cellulite Wrap kit.

For your convenience, the cellulite wrap kit and silicone cups are available to buy at the beginning of your stay so that you can take them home with you to carry on the Cellulite Busting Protocol. Your therapist will be using the Essentially Yours cellulite busting oil in this treatment.



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## BEAUTY TREATMENTS

### Waxing (Ladies)

- ½ Leg
- ¾ Leg
- Full Leg
- Bikini
- Brazilian (strip)
- Hollywood (all off)
- Underarm
- Eyebrow
- Lip
- Chin
- Lip & Chin
- Forearm
- Full Arm
- Full Leg & Bikini
- Full Leg, Bikini & Underarm

### Eyebrow Treatments

- Eyebrow Shape & Tidy (15 mins)
- Eyebrow Tint & Wax (25 mins)
- Eyebrow Tint (15 mins)
- Eyelash Tint (20 mins)
- Eyelash & Eyebrow Tint (30 mins)
- Eyebrow Shape, Eyelash & Eyebrow Tint (45 mins)

### Sports Waxing (Men)

- Full Arm
- Full Leg
- Full Leg & Chest
- Full leg, Chest & Back
- Whole Body

### Nails

- Manicure
- File and polish
- Express manicure
- Luxury Manicure (60 mins)
- Gel Manicure

### Pedicure

- File and polish
- Express pedicure
- Luxury Pedicure (60 mins)
- Gel/Minx Pedicure

### Hair

TJK Pre-wash Hair Masque - single use bottle  
Cut, wash, blow dry/style are all available upon request  
either in the TJK salon in Stow-on-the-Wold or at TMD.

## HYDROCOLONIC THERAPY

### Hydrocolonic Session 60 mins

Hydrocolonic therapy or colonic irrigation is a gentle internal bath using gravity-fed warmed, purified and energised water that can help to eliminate stored faecal matter, gas, mucus and toxic substances from the colon.

### Probiotic Implant 20 mins

A probiotic treatment implants the gut with billions of live beneficial probiotic bacteria. Often employed after a course of antibiotics which can destroy the beneficial bacteria of the gut at the same time, leaving the patient vulnerable to other ailments such as *Candida Albicans*, conjunctivitis or urinary tract infections.

### Linseed Oil Implant Held for 60 minutes

A linseed oil treatment implants the gut with organic linseed oil whose natural chemicals are known to reduce inflammation. This treatment seems to have a calming effect, benefiting the whole nervous system. Linseed oil implants/enemas promote a great deal of photon and electron activity within the body. Championed by Dr Johanna Budwig, this technique can be useful at the start of a healing programme to bring more light and electrons into the body. Some report feeling an incredible sense of calmness and connectedness as a result. It is very powerful and only to be performed occasionally.

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## AFTER HYDROCOLONIC

### Retained Enemas 20 mins each

A retained enema allows specially prepared liquids to be retained in the bowel after administration to allow the enema contents to be absorbed through the bowel wall. After 20 minutes the patient is allowed to release any leftover enema solution.

You may choose from any of the following:

### Aloe Vera Enema

Aloe vera is moisturising and soothing with an anti-inflammatory effect upon the mucosa of the colon. This makes it ideally suited to aiding inflammatory conditions within the digestive system. An aloe vera enema can also have a very positive, softening effect upon the skin.

### Coffee Enema

A coffee enema works in a unique way and is extremely useful as an accelerating and powerful detox tool for the liver. The pharmacologically active part of the coffee is absorbed into the haemorrhoidal vein within the colon and is transported through the portal system directly to the liver. When the coffee arrives, it causes the liver to contract and squeeze its bile out through the common bile duct into the duodenum and then out through the rest of the digestive tract. This contraction has a clearing effect upon the liver and leaves it in a much better state to continue with its detoxification role. Coffee enemas do cause some loss of electrolytes (calcium, magnesium, sodium and potassium) so are to be avoided in cases of acute dehydration, and best accompanied by increased electrolyte intake as found in organic vegetable juices.

### Fresh Wheatgrass Juice Enema

Wheatgrass juice is brimming with nutrients and oxygen that the body easily uses. It is a detoxifying enema with cleansing agents for the colon. This enema is a refreshing and energising treatment as its nutrients enter the bloodstream directly.

### Chamomile Enema

Chamomile tea is a gentle sedative and when taken as an enema is absorbed via the haemorrhoidal vein within the colon and is transported through the portal system directly to the liver. The chamomile enema has a calming effect upon the liver and the rest of the body, so it is used to aid restful sleep, bring calmness to the digestive system, liver, body and mind.

### Magnesium Enema

Magnesium is a muscle relaxant and has a generally soothing effect upon the entire body and mind. A magnesium citrate enema is useful for when there is muscle spasm and pain, at the onset of a migraine and to relieve cramping at the onset of menstruation.

### Flaxseed Tea Enema

Flaxseed tea makes an incredibly soothing enema that is useful for any kind of inflammatory bowel illness. It helps to bring hydration to the colon and stabilise blood sugar resulting in a calming effect on the overall system.



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## PROTOCOL BOOSTS

### Increasing Hydration

By increasing the number of Omega 3 oil gelcaps, we have noted significant increases in hydration percentages. We strongly recommend all clients with 50% hydration levels and below take between 4-8 gelcaps per day with their juices.

### Nature's Living Superfoods Cocktail 500ml to be sipped throughout the day

This chlorophyll-rich drink will not only rehydrate your body but it will draw poisons from your body, build up your blood, rebalance your pH alkalinity and repair your white blood cells.

### Chlorella Boost 6 tablets twice per day before a green juice (9am and 3pm)

Chlorella is an algae which is very rich in chlorophyll. Chlorella cleanses the gastrointestinal (GI) tract and strengthens the peristaltic muscles of the colon, which propel digesting material through your system. It is a powerful tool for healing digestive issues and it helps the body remove heavy metals and environmental toxins.

### Digestive Enzymes Take 2 capsules with each juice 4 times per day, or 1 bottle (90 caps)

Digestive Enzymes break down food so that nutrients quickly pass through the intestinal walls, circulate through the bloodstream and nourish the body's cells. Excellent for weight loss and used as part of a daily weight control regime.

### Oil of Oregano Take 1 capsule twice per day 12pm and 6pm

Oil of Oregano is excellent for de-stressing due to its immediate calming effect. Naturally antibiotic, it fights colds and flus, headaches, infections, stomach aches, funguses, parasites, viruses and yeasts. Oil of oregano is a natural antimicrobial, combatting yeasts such as candida albicans. It is also an anti-inflammatory helpful for healing digestive and skin disorders.

### Castor Oil Packing for Detoxification Support 1 pint jar (2 packs) of organic castor oil, flannel for packing

Castor oil has been known since ancient times for its healing properties. Used during WWI and WWII as a first aid poultice out on the field to relieve pain and inflammation, it remains a soothing healer today. This treatment involves a poultice of castor oil applied to the liver and left on with a hot water bottle on top for one hour. You can read, relax and listen or watch something whilst the castor oil pack is on and remain sitting or have it lying in bed. Barbara Wren, in her book, *Cellular Awakening*, states, "castor oil packing is probably the ultimate technique for bringing energy to an area of the body that is struggling to shift stagnation...it benefits all situations, with the following exceptions: high blood pressure, during pregnancy or menstruation, or if there is a risk of haemorrhaging."

### Epsom Salts for constipation 500mls of water and salt taken at 9pm

Magnesium sulfate was first called Epsom salts because it was extracted from mineral springs near the town of Epsom, Surrey in the late 1600s. A naturally occurring mineral, the salts behave as an osmotic laxative, drawing water into the colon, which creates water pressure that then flushes out fecal matter. There is evidence to suggest that Epsom salts also work by stimulating the release of certain digestive hormones and neurotransmitters.



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## CRANWATER PROTOCOL

### Cranberry Water

Cranberry water is a powerful diuretic, with the active ingredient arbutin, that pulls water out to be eliminated through your kidneys, reducing water retention. It works on cellulite because the flavonoids in the fruit improve the strength and integrity of connective tissue and help keep your lymphatic system working smoothly.

Drinking 64 ounces of cranberry water during your detox will ensure that your kidneys and lymphatic system have the fluid they need to work properly to remove wastes and fat. Water helps rid the body of waste, keeps tissues moist and lubricated, and may even help burn calories. To compliment your healthy lifestyle, it is recommended that you drink 8oz cranberry water daily.

Cranberry water is a potent source of phytonutrients such as anthocyanins, catechins, luteins, and quercetin. These powerful phytonutrients act as antioxidants, providing nutritional support and cofactors in your liver, diluting and expelling the increased body wastes from the two-phase detoxification process. These nutrients also seem to help digest fatty globules in the lymph thereby reducing cellulite deposits. Water helps empty stubborn fat stores because your liver is more efficient at using stored fat for energy when your body is well hydrated.

Cranberry water contains four unique acids that help with the digestion of wastes and are strongly antiparasitic. Cranberries were consumed by Native Americans, for this purpose, as well as other nutritional and medicinal purposes.

This information comes from the book, the New Fat Flush Plan, by Ann Louise Gittleman, PhD, CNS

### The Recipe

#### DETOX:

8 fl oz/250 ml fresh/frozen unsweetened cranberry juice with 56 fl oz water OR  
3 tablespoons unsweetened cranberry concentrate with 64 fl oz water

#### DAILY:

3 teaspoons unsweetened cranberry concentrate with 8 fl oz/250 ml water



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## NATUROPATHIC CONSULTATION

### Naturopathic Consultation and Quantum Magnetic Bio-Resonance Scan

Gold Package 3 hrs

Full consultation with all equipment (3 devices), full report and nutritional plan

Silver Package 60 mins

Basic consultation with just one report and simple recommendations

Bronze Package 30 mins

Scan appointment only with vitamins, minerals and coenzymes reports (max 3 pages)

## SPIRIT & SOUL

### Liebusting Session 1 hr

Liebusting is a unique, simple and effective freedom tool developed by Jonathan and Helena Cavan to help get you free from the effect of past trauma and limiting beliefs. This is a spiritual process independent of religious affiliations and if you are truly hungry to see breakthrough in your life, this is for you!



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Treatment		Price	Quantity	
<b>Holistic Massage Treatments</b>      	Full Body Holistic Massage	90 mins	£110	
	Stress Therapy Massage <i>Back, Neck and Shoulders</i>	30 mins	£40	
		45 mins	£60	
		60 mins	£75	
	Thermal Stone Massage	60 mins	£75	
		90 mins	£110	
	Manual Lymphatic Drainage (MLD)	60 mins	£75	
	Indian Head Massage	30 mins	£40	
		45 mins	£60	
	Foot Massage	30 mins	£40	
	Aromatherapy Massage	75 mins	£95	
	Pregnancy Massage	60 mins	£75	
Foot Reflexology	60 mins	£75		
<b>Natural Anti-Ageing Facials</b>  	Luxury Balancing Holistic Revital Uplifting	30 mins	£40	
	Natural Face Lift and Rejuvenation (Circle one or more)	45 mins	£60	

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Treatment		Price	Quantity
<b>Cellulite Busting &amp; Nourishing Body Treatments</b> 	Nourishing Body Wrap	60 mins	£75
	Detox Body Wrap	60 mins	£75
	Hip & Thigh Treatment	60 mins	£75
	Hydrating Body Polish	25 mins	£35
	Cupping Treatment & DIY Cellulite Wrap	30 mins	1x = £40 3x = £80 5x = £130
<b>Waxing (Ladies)</b>   	½ Leg		£20
	¾ Leg		£22
	Full Leg		£25
	Bikini		£15
	Brazilian (strip)		£30
	Hollywood (all off)		£40
	Underarm		£15
	Eyebrow		£12
	Lip		£10
	Chin		£10
	Lip & Chin		£18
	Forearm		£20
	Full Arm		£22
	Full Leg & Bikini		£35
Full Leg, Bikini & Underarm		£45	

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Treatment		Price	Quantity
<b>Eyebrow Treatments</b>  	Eyebrow Shape & Tidy	15 mins	£14
	Eyebrow Tint & Wax	25 mins	£21
	Eyebrow Tint	15 mins	£14
	Eyelash Tint	20 mins	£21
	Eyelash & Eyebrow Tint	30 mins	£25
	Eyebrow Shape, Eyelash & Eyebrow Tint	45 mins	£35
<b>Sports Waxing (Men)</b>  	Full Arm		£25
	Full Leg		£30
	Full Leg & Chest		£55
	Full Leg, Chest & Back		£80
	Whole Body		£100
<b>Nails (Manicure)</b>  	File & Polish		£15
	Express Manicure		£20
	Luxury Manicure	60 mins	£40
	Gel Manicure		£40
<b>Nails (Pedicure)</b>  	File & Polish		£15
	Express Pedicure		£20
	Luxury Pedicure	60 mins	£40
	Gel Pedicure		£40

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Treatment		Price	Quantity
Hair	TJK Pre-wash Hair Masque - single use	£5	
Hydrocolonic Therapy 	Hydrocolonic Session	60 mins	£95
	Probiotic Implant	20 mins	£55
	Linseed Oil Implant	60 mins	£85
	Retained Enemas (Circle one or more) <i>Aloe Vera, Coffee, Fresh Wheatgrass Juice, Chamomile, Magnesium, Flaxseed Tea</i>	20 mins	£35
Protocol Boosts 	Increasing Hydration with Omega 3	Per pot	£18
	Nature's Living Superfoods Cocktail	Daily	£3.50
	Chlorella Boost	Daily	£3.50
	Digestive Enzymes	Daily	£5
90 caps		£28.99	
Protocol Boosts 	Oil of Oregano	Daily	£3.50
	Castor Oil Packing	Per jar	£20
	Epsom Salt Therapy	Daily	£2.50
	Cranberry Water	Daily	£5
Naturopathic Consultation & Bio-Resonance Scan	Gold Package - Full Consultation	3 hours	£295
	Silver Package - Basic Consultation	60 mins	£195
	Bronze Package - Scan Appointment	30 mins	£95
Liebusting	Liebust Session	60 mins	£60