VITALICA WELLNESS – A NEW STANDARD IN HUMAN OPTIMIZATION BEGINS HERE

Set along the pristine Bodrum coastline, Vitalica Wellness stands as Europe's leading wellbeing destination an environment where nature, medical science, and human care converge to support true and lasting transformation.

Surrounded by Aegean sea fresh air, natural light, Vitalica Wellness is set along a 650-meter private coastline and surrounded by 84,000 m² of lush green landscape.

With over a decade of experience in the field of holistic & medical wellness, Vitalica Wellness has earned the trust of guests from more than 30 countries

OUR AWARDS

Every wellness program at our resort is delivered with precision, professionalism, and a deep commitment to ethical care values that define the Vitalica philosophy.

CORE PHILOSOPHY OF THE Intensive Detox Program

The program is based on the principle that detoxification becomes truly effective only when organ systems, lymphatic circulation, respiration, movement, and nervous system regulation are addressed together.

In modern lifestyles, toxin accumulation occurs not only in the digestive tract but also through the skin, lymphatic system, lungs, and liver. Intensive Detox therefore supports detoxification through multiple elimination pathways simultaneously rather than focusing on a single system.

This approach suppresses metainflammation, activates lymphatic circulation, enhances oxygenation, restructures digestion, and supports energy production and fat metabolism.

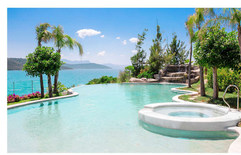
Instead of placing the body into a passive cleansing state, the program creates an environment of active metabolic recovery.

INTENSIVE
DETOX PROGRAM

The Intensive Detox Program is one of the most comprehensive metabolic cleansing and restructuring programs offered at Vitalica Wellness. Its objective goes beyond toxin elimination; it simultaneously supports the body's primary detox organs, reduces inflammation, relieves metabolic congestion, and restores balance on multiple physiological levels.

This program follows an active detox model that integrates nutrition, movement, clinical support, and mental purification.

In this way, Intensive Detox is positioned as a balanced metabolic reset that delivers both deep cleansing and physical strengthening.



NUTRITION & HERBAL SUPPORT

Nutrition within the Intensive Detox Program is carefully designed to deliver full-spectrum, micronutrient-balanced meals that meet daily physiological requirements while supporting gentle yet effective detoxification. The nutritional approach is predominantly plant-based and centered on superfoods rich in cleansing, antioxidant, and anti-inflammatory properties. Each plan is personalized according to the guest's medical assessment, metabolic profile, and individual health needs, ensuring detoxification occurs without stress, deprivation, or nutritional depletion.

Daily nourishment includes cellular-cleansing superfoods, functional vegetable soups, and antioxidant-rich beverages, complemented by therapeutic herbal teas that support liver function, lymphatic drainage, and digestive balance.

Targeted botanical supplements withtoxin-binding and metabolic-supportive properties are integrated as needed.

Throughout the program, optimal vitamin,mineral, and antioxidant balance is meticulously maintained to preserve energy levels, support cellular repair, and sustain overall vitality during the detox process.

MOVEMENT THERAPIES & METABOLIC ACTIVATION

Therapeutic movement is a core pillar of the Intensive Detox Program, with personalized activity plans designed according to age, fitness level, and physical capacity. Structured group sessions integrate functional training, cardiovascular activation, strength conditioning, and flexibility practices to support active detoxification.

MIND–BODY BALANCE & EMOTIONAL DETOXIFICATION

Beyond physical cleansing, the program supports mental and emotional detoxification through guided practices that regulate the nervous system, reduce stress hormones, and cultivate self-awareness. These sessions create emotional balance and inner clarity, transforming detox into a deeply integrative renewal experience.

FIVE – ORGAN FOCUSED
Detox Model

The Intensive Detox Program is structured around five key organ systems that play a critical role in detoxification:

Skin: Surface detoxification is accelerated through sweating and circulation support, improving vitality and elasticity.

Lymphatic System: Activated to reduce edema and strengthen immune function.

Lungs: Integrated through breathwork and oxygen optimization to support respiratory detox.

Liver: Supported with herbal formulations, detox elixirs, and anti-inflammatory nutrition to reduce metabolic burden.

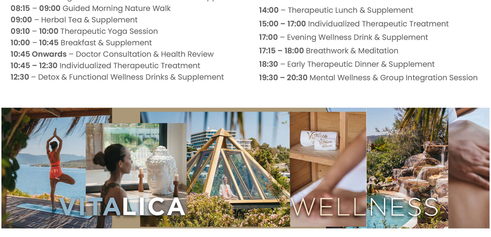
Intestines: Deep cleansing through digestive restructuring and microbiota balance. This holistic structure ensures simultaneous organ support, accelerating the body's return to its natural equilibrium.

INTENSIVE DETOX PROGRAM

Holistic | Longevity–Focused

DAILY THERAPEUTIC SCHEDULE

08:00 – Morning Detox Ritual & Oral Purification & Supplement
08:15 – 09:00 Guided Morning Nature Walk
09:00 – Herbal Tea & Supplement
09:10 – 10:00 Therapeutic Yoga Session
10:00 – 10:45 Breakfast & Supplement
10:45 Onwards – Doctor Consultation & Health Review
10:45 – 12:30 Individualized Therapeutic Treatment
12:30 – Detox & Functional Wellness Drinks & Supplement
13:00 – 13:45 Functional Fitness Session
14:00 – Therapeutic Lunch & Supplement
15:00 – 17:00 Individualized Therapeutic Treatment
17:00 – Evening Wellness Drink & Supplement
17:15 – 18:00 Breathwork & Meditation
18:30 – Early Therapeutic Dinner & Supplement
19:30 – 20:30 Mental Wellness & Group Integration Session



WHAT IS INCLUDED

- Medical assessment & daily physician supervision
- Personalized Intensive detox nutrition & supplements
- All detox beverages and herbal formulations
- Daily yoga, breathwork, meditation, and fitness sessions
- Group integration and mental wellness sessions
- Molecular Hydrogen Inhalation
- Kansa Food Detox Therapy
- Photobiomodulation (Red/NIR Light Therapy)
- Infrared Sauna
- Herbal Steam Therapy
- Colon Hydrotherapy with Abdominal Massage – As clinically indicated

WHO THIS PROGRAM IS RECOMMENDED FOR

The Intensive Detox Program is ideally suited for individuals seeking a structured metabolic reset, individuals experiencing chronic
fatigue, heaviness, bloating, or sluggish metabolism Guests with inflammatory conditions, water retention, or metabolic congestion & individuals aiming for safe and sustainable weight reduction

WHO SHOULD AVOID THIS PROGRAM

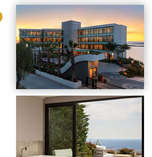
The Intensive Detox Program is not recommended for the following individuals unless medically approved and modified:

Pregnant or breastfeeding women
Individuals with severe eating disorders
Individuals with uncontrolled diabetes or severe hypoglycemia
Those undergoing active cancer treatment
Guests with acute infections, fever, or post-surgical recovery

All participants undergo a pre-program medical assessment to ensure safety, suitability, and personalization.

FOR OPTIMAL RESULTS, THE RECOMMENDED DURATION

Minimum: 3–5 days
Optimal: 7–10 days
Advanced Reset: 14 days



Vitalica Wellness
Le MERIDIEN
BODRUM BEACH RESORT & RESIDENCES