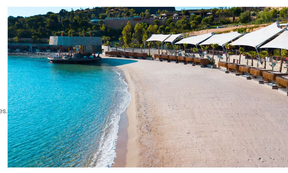
VITALICA WELLNESS – A NEW STANDARD IN HUMAN OPTIMIZATION BEGINS HERE

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



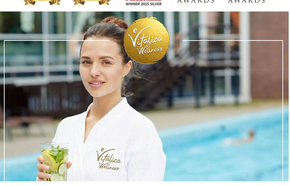
OUR AWARDS

A DESIGN AWARD WINNER 2020 SILVER

AWARDS

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 Master Detox Program

Master Detox is founded on a simple yet powerful principle: true healing begins when the digestive system rests.

In modern life, continuous eating, chronic stress, environmental toxins, and inflammatory foods overload the stomach, intestines, liver, pancreas, and lymphatic system. By intentionally suspending chewing and digestion, the body's innate intelligence is reactivated.

During digestive rest:

- Systemic inflammatory load decreases
- Hepatic detoxification capacity increases
- The gut–brain axis stabilizes
- Autophagy and cellular regeneration are activated

This elevates Master Detox beyond a "diet" into a medically guided biological reset process.

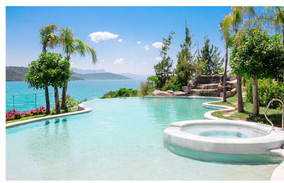
MASTER DETOX Program

A Comprehensive Cellular Reset & Metabolic Recalibration

The Master Detox Program is the most advanced and intensive cleansing protocol offered at Vitalica Wellness. It is not designed for short-term weight loss or superficial detoxification, but for a deep cellular reset, complete digestive rest, and a fundamental reduction of metabolic and toxic burden.

Rooted in medical supervision and holistic science, the program is built on a precisely controlled liquid-based, plant-derived detox protocol. By fully disengaging solid food intake, the body redirects energy normally used for digestion toward cellular repair, organ regeneration, and toxin elimination.

Within the Vitalica system, Master Detox delivers the most profound metabolic reset and biological recalibration.



NUTRITIONAL STRUCTURE Supplementation

The Master Detox Program follows a fully liquid, plant-based nutritional protocol. The objective is deep nourishment without toxic or digestive burden, not calorie deprivation.

Daily Nutritional Components

Master Detox Program lies a scientifically curated, clinically supported supplement and drinks framework designed to optimize detoxification pathways, support organ function, and enhance metabolic renewal. Each formulation is created using bioavailable, plant-derived actives, advanced extraction technologies, and synergistic nutrient complexes to ensure maximum efficacy while minimizing systemic burden.

These supplements and drinks are integrated into the program based on individual health status, metabolic needs, and detoxification phase, and are administered under medical supervision to ensure precise dosing, safety, and optimal biochemical response.

- Phytonutrient-rich detox drinks
- Healing vegetable juices and light broths
- Liver–, kidney–, and lymph-supportive herbal teas
- Metabolic activation elixirs
- Electrolyte-balanced alkaline hydration
- Botanical binders for toxin capture and safe elimination

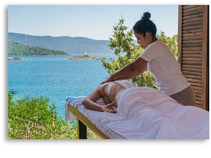
This structure ensures that toxins are mobilized from tissues, bound safely in the digestive tract, and expelled efficiently—preventing reabsorption.

Holistic | Longevity-Focused

MASTER DETOX PROGRAM

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 ?

Key Detox & Medical Therapies

- Medical assessment & daily physician supervision
- Personalized liquid 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 – Daily
- Herbal Steam Therapy
- Colon Hydrotherapy with Abdominal Massage – As clinically indicated

PROGRAM OUTCOMES OBJECTIVES

The Master Detox Program addresses physical, metabolic, mental, and emotional systems simultaneously.

Primary objectives include:

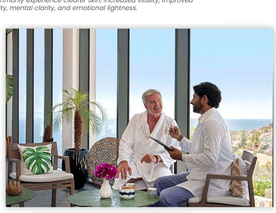
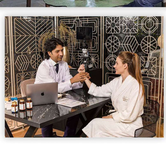
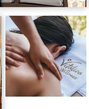
- ***Deep cellular detoxification***
- ***Digestive system reset***
- ***Reduction of systemic inflammation***
- ***Metabolic rebalancing***
- ***Enhanced immune and healing capacity***

Weight loss occurs naturally due to reduced inflammation, toxin release, and improved metabolic efficiency—not calorie restriction. Guests commonly experience clearer skin, increased vitality, improved sleep quality, mental clarity, and emotional lightness.

FOR OPTIMAL RESULTS, THE RECOMMENDED DURATION

Minimum: 3-5 days

Optimal: 7-10 days

Advanced Reset, 14 days

Master Detox is not a cleanse-it is a structured biological reset,designed to restore metabolic intelligence and initiate long-term vitality.