



New Vitality Cleanse

Need to make a healthy start to the New Year? This is the perfect time to let go of poor lifestyle habits and work towards a healthier you.

The doctors at the Centre for Natural Medicine recommend a 10-day detox and cleanse that can be easily adapted to any lifestyle.

The New Vitality Cleanse includes:

- 2-45 minute appointments with our lifestyle educator and personal trainer Leyla Hassan
- Body composition testing (% of body fat)
- Instructions, meal planning and recipes
- Detox tea

In addition, we will include 2 infrared sauna sessions in the 10-day period free of charge!

Special price \$89 (program valued at \$150)

To book your appointment call the **Centre for Natural Medicine** at 488-6528.