

An exemplary THE KINGS WAY programme

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
07:00	Alkaline foot bath (hotel room)								
08:00	Medical consultation	Lifestyle Walk							
09:00	Breakfast								
10:00	Nutrition counselling & Individualisation of programme	Alkaline bath	Detox massage	Alkaline bath	Detox massage	Alkaline bath	Detox massage	Alkaline bath	Detox massage
11:00	Physiotherapy consultation	Detox massage							
12:00	Lunch								
12:30	Nordic Walking								
13:00 14:00	Liver cleanse & Hydrocolon therapy	Liver cleanse & Detox infusion 1 Ozone therapy	Liver cleanse & Hydrocolon therapy	Liver cleanse & Detox infusion 2 Ozone therapy	Liver cleanse & Hydrocolon therapy	Liver cleanse & Detox infusion 3 Ozone therapy	Liver cleanse & Hydrocolon therapy	Liver cleanse & Detox infusion 4 Ozone therapy	Liver cleanse & Hydrocolon therapy
15:00	Optional Medical/Spa appointment								
16:00	Algae pack	Personal Training							
17:00	Detox massage	Mindfulness experience	Medical talk	Lymphatic drainage	Cupping session	Luxury Facial	Medical talk	Lymphatic drainage	Cupping session
18:00	Sauna session								
19:00	Dinner								
19:30	Liver cleanse & Rest								