

NEWSLETTER

SmileHaven Dental and Wellness Spa

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Healthy For The Holidays

CHI WELLNESS DETOX SPA

Detox Program

Staying healthy can be a challenge when the body is bombarded by toxins in our food supply, medications, and environment. Our Detox Program is designed to remove metals, environmental & dietary toxins from the body in order to **promote health**. Our **Holistic dental practice removes dental metals prior to detoxing to avoid further exposure**. People who detox generally gain energy, become calmer, focused and see improvements in physical health and emotional wellbeing.



Clean Dentistry



COUPON

Show this newsletter to one of our staff and get \$25 off a 1 Month detox program package. Regular price \$595.

WHAT IS DETOXING

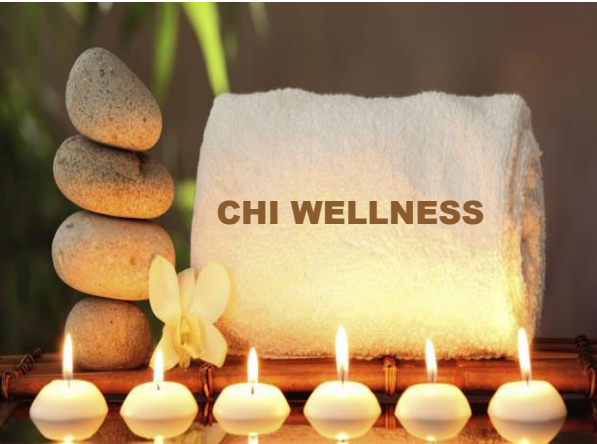
What is detoxing and how can you get through the detox process? Find out on page 2.

DETOXING PROGRAM

Find out what services and packages we offer on page 3.

What is detoxing?

Toxins and waste products are targeted through treatments that support the body's own detoxification systems. These treatments include Cleansing the Digestive system and Colon with Easy to make Medical Grade Cleansing Shakes, Oral Supplements, detoxifying spa treatments i.e. Massage, Microvascular Circulation Therapy, Full Spectrum Infra-red Sauna, Himalayan salt Therapy, Chromo light Therapy, Ozone therapy, a clean diet and exercise. The idea here is that you can help your body excrete toxins and waste in a safe way that leaves you rejuvenated and feeling better. Our program will also help you **with Psychological toxins like stress and worry** through breathing, meditative and emotional freeing techniques.



Health Caching is provided to help you through this process and beyond. Ideally, detox should not be a short-term purge, but a lifestyle. The best detox spas give you the tools to **maintain a healthier lifestyle** through better food choices, stress reduction techniques and knowledge of how to reduce your exposure to life's toxins. Our health coach is a Master's trained RN, Certified Health Coach who has been through this process herself. She conquered a life threatening health condition with the same process she will guide you through. She knows the struggles of being burdened by toxins, the challenges of detoxing and the thrill of again being healthy, enjoying life to its fullest.



Start with a FREE Holistic Dental Evaluation and Health Consultation

1 Month Detox Value package: \$595 per Single \$995 per Couple (\$1500-\$3000 value)

- Health Coaching once a week x 4 weeks
- Detox Shake for 1 month
- Supplements i.e. Vit D3, K2, Omega 3, CoQ10, Chlorella, AZN (nano zeolite) x 1 month
- Ear Ozone insufflation 3 x a week
- 3 x a week 16 min. Microvascular Circulation Session
- 20-30 min. combined Full spectrum far infra-red sauna with chromo light and Himalayan Salt therapy



Individual Detox Service Available & Pricing

- | | |
|-------------------------------------------------------------------------------|-------------------------------------------|
| • 1 month Detox Supplement pkg | \$150 (includes all above in 1 month pkg) |
| • Detox Shakes | \$60 ea |
| • Chlorella | \$20 lasts 1½ to 3 months |
| • Vit D3 5000 iu, Vit K2 90 mg | \$30 lasts 1 to 2 months |
| • Omega 3 and CoQ10 combo | \$60 lasts 1 to 2 months |
| • Nano Zeolyte AZN | \$36 lasts 1 to 2 months |
| • Ozone Insufflation therapy | \$15-\$25 per treatment |
| • MV Circulation therapy | \$35 per session, \$250 for 10 sessions |
| • Full Spectrum far infra-red sauna & chromo therapy & Himalayan Salt therapy | \$1 per minute |
| • Health Coaching | \$25 per session |



~Gift Certificates Available~



Get Healthy with Friends and Family just in time for the busy holiday season! If you just want to look your best for relatives you haven't seen in a while, or you want to create a healthier lifestyle, our program provides guidance in order to detox the right way and live a healthier life. With help from a health coach cheering you on and giving you the encouragement, you are put on the right path to achieve your goals.

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