



Program Dates



DEEP CLEANSE & DETOX RETREAT

Healing & Rejuvenating

Our Deep Cleanse & Detox is a unique fasting and detoxification program that focuses on colon hydrotherapy therapy, a gentle procedure that dissolves and cleanses the thick mucus waste that clings to the outer wall of the colon.

The benefits of removing toxins via colonics are many and include the following:

- Glowing skin
- Improved digestion
- Boosted metabolism
- Increased cognitive functioning
- Weight loss
- Cleansed organs
- Less stress

To further enhance the detoxification process, and your journey toward recovery and well-being, we include guidance for making necessary lifestyle changes after your program ends. This includes learning how to add fresh, natural raw fiber-rich foods and deep tissue-cleansing herbs to your diet. This will help you to keep drawing out the stagnant lymph that resides deep within the tissues and continue to improve your health.

About Us

The Bendigo Wellness Centre was established in 2017. Since opening we have been educating, facilitating, and assisting the community to live healthier happier lives.

Contact Us



37 Langston Street,
Bendigo, VIC, 3550,
Australia



+61 0408 953 156



info@bendigowellnesscentre.com.au
www.bendigowellnesscentre.com.au



Unveiling the New You!

Book your Package

Please note that program numbers are limited. If you wish to know more about our Deep Cleanse & Detox Retreat please call or email the centre.



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Treatments Included:

- 7 Floatation Therapy Sessions
- 7 Colon Hydrotherapy Sessions
- 6 Far Infrared Sauna Sessions
- 1 Hugo & Hocatt Treatment
- 1 Body Wrap with Express facial & Celluma Treatment
- 2 Foot Detox Treatments

Floatation Therapy

Floatation R.E.S.T. (Restricted Environmental Stimulation Therapy) or Floating, is a powerful means to experiencing deep rest and rejuvenation.

Colon Hydrotherapy

Detoxify your body and allow healing to occur naturally by eliminating harmful and unwanted toxins. By using a high-tech closed system, our colon hydrotherapy treatments ensure there is no odour, mess or noise during your treatment.

HUGO High Intensity PEMF

A powerful therapy that re-energises, rejuvenates and restores your body's natural healing system.

Hocatt Ozone Sauna

A unique combination of natural technologies that come together into one unique experience to help overall wellness and vitality at a cellular level.



Program Includes:

- 8 nights (5 full days, 2 x 1/2 days) of Colon Cleanse & Detox Program
- 8 nights Accommodation in a Deluxe Room - Single Occupancy
- Introductory talk & guidance for self-administered enemas
- 35 Detox Drinks
- 7x Daily charcoal, herbs, nutrition & Probiotics
- 7x Daily gentle exercise class
- 2 x Probiotic Drinks
- 1 x Probiotic Implant
- 8 x Coconut Oil Pulling
- Cleansing the Body & Colon Booklet
- 1 x Coffee Enema Kit
- 1 x Personal Tongue Scraper
- 1 x Filtered Water Jug
- Fresh Fruit to Break the Fast
- Daily Health Advisor Support
- Listed Treatments & more.....

* Enemas are self-administered.

** Package prices are compulsory. Refunds are not offered for parts of the program that participants do not complete.

***50% Non-refundable Deposit upon booking

Cleanse the Colon, Cleanse the Body

To help support the colon cleansing process, we include colon-cleansing herbs and nutritional herbal support.

