



Inner Spa

Martha's Vineyard 21-Day Detox Service Protocols

Inner Spa is pleased to offer a collection of top-quality beneficial detoxifying and therapeutic services aligned with the protocols called for in the Martha's Vineyard 21-Day Detox Program. These components fit together like pieces of a puzzle working synergistically to propel you towards greater detoxification and well-being. We are happy to provide the below listed tools of success to enable your ultimate realization of the goals of the program. Our staff is happy to help schedule your appointments in conjunction with the recommended timeline and your personal schedule. We look forward to having the opportunity to work with you as you embark on this wonderful wellness endeavor. Call us today at 215-968-9000 to schedule your appointments.

Colonics:

As an overall guideline for the colonic segment of the protocol, we recommend a series of 5 to 10 colonics for a general detox. The Martha's Vineyard program calls for a weekly colonic throughout the duration of the program. We suggest each individual begin with a series of colonics prior to starting the program based upon what is recommended for you personally by our staff of professional and Certified Colon Hydrotherapists. Following your initial colonics series, you may go on a weekly maintenance colonic in conjunction with the other protocols of the program. **Weekly Maintenance Colonics:** Series of 3 during the program = \$285.00

Series of 3 Detoxifying Inch Loss Mineral Wraps Tighten your skin, reduce cellulite, detoxify your body and lose those stubborn inches! The recommended series of three Mineral Wraps is available at \$130.00 each = 3 @ \$390.00 (Individual Mineral Wrap Sessions are available at \$145.00 each)

Lymphatic Massage

The lymphatic system is a crucial component of your body's elimination and detoxification channels. Massage can help to stimulate the lymphatic and circulatory systems and help further aid you in your detoxification efforts. It is also very therapeutic and may be used as a reward to further encourage yourself as you move through the program. A series of three recommended Lymphatic Massages is available at \$75.00 each. = 3 @ \$225.00 (Individual Lymphatic Massages are available at \$85.00 each)

Cellulite Body Treatments & Custom Skin Exfoliation & Rejuvenation

Here at Inner Spa, we have assembled a wonderful team of professional skin care and body work therapists. We use one of the absolute finest all-organic skin care lines available. Made from fresh fruits, flowers, herbs and organic garden assemblages, this is true food for your skin! The custom combination of nutrient infused organic products, massage and exfoliation will have your senses soaring and your skin glowing. Your custom-tailored body treatment will initiate with an exfoliation while your professional therapist provides you with informative tips on effective skin-brushing techniques for you to follow in your home care regimen. This will be followed by a series of layering treatments. This is a relaxing 80 minute treatment. A series of three Body Masks as recommended in the MV protocol at \$140.00 each = 3 @ \$420.00. (Individual Body Masks are available at \$150.00 each)

MV Supplements are available

High Orac Berry Green Drink \$36.95

Digestive Enzymes \$31.99

Forge Your Path to Greater Well-Being Today – Call us at 215-968-9000. Be Well!



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