



Master Herbal Detox Retreat Program 2025

The Source Herbal Detox Center
179 Moo 4, Lamai Beach, Ko Samui Island, 84310 Thailand



Winner of the *Travelers' Choice Award* 4 years in a row.
The Source is in the top 10% of Health Spas worldwide.

The Source Master Herbal Detox Program Summary

Our Master Herbal Detox Program offers a natural, safe, yet highly effective way to detox, cleanse and rebuild your body system. During this program, you will take our Master herbal formulas and choose the daily detox diet that you would like to follow. Our Master Herbal Detox Program includes:

- Consultation & supervision with The Source Herbalist
- The set of **Master Herbal Formulas** with full instructions
- All fresh juices & whole fruits (provided to you daily)
- Specialist Acupressure massage/Chiro treatments with Master Lee
- Thai massage daily treatment sessions at Lazuli Spa
- Daily instructed yoga class • Herbal steam room • Fitness facility • Meditation instruction.
- Plus additional programs (see Page 2.)
 - The Tonic Elixir Drinks Program
 - The Colon & Body Organs Restore Program
 - The Liver & Gallbladder Deep Cleanse Program
 - Natural Oil Therapy for the colon
 - The Natural Foods Program

Everything in the program is provided to you daily.

Program Highlights & Results

- No colonics needed! – Use our superior herbal colon & intestine formula (**Flow Formula**) instead
- Advanced herbal medicine formulas which are balanced, stable, safe and pleasant tasting
- Kill off parasites, pathogens and bad bacteria in the whole body
- Easy to follow program and enjoyable to do
- Sustained good energy levels throughout your detox program and no hunger
- Long-lasting improvement to overall health, well-being & energy levels and weight loss
- Full cleanse and regeneration of all major body organ systems

Master Herbal Detox Retreat Program

Includes for each person -

- **The Master Herbal Formulas** – 6 of our very best organic handcrafted formulas:
 1. Formula P '**Extreme**' (parasite & Candida formula) - *Syrup*
 2. Liver & Gallbladder Cleanse Formula - *Syrup*
 3. The Master Herbal Formula (Aged 15 years, 300 herbs): A 3-in-1 Formula - *Syrup*
+ Kidney, Pancreas, Adrenal Formula
+ Thyroid Restore Formula
 4. Flow Formula (Intestines & Colon formula) - *Capsules*
 5. Heavy Metals Detox Formula (Yarrow herb) - *Tea*
 6. Hormone Formula (natural herbs for the hormone system) - *Capsules* -**or-** Lung Cleanse & Restore Formula - *Tincture*

**Bacteria and fungal eliminator (wild oregano oil) – is added to every formula*

PLUS:

- **The Tonic Elixir Drinks Program / The Colon & Body Organs Restore Program**

Using the Tonic Elixir Drinks Program – Three specially prepared tonic drinks provided to you each day for 3 days in a row each week that you are doing the program. They are taken at selective times of day:

- The Liver Rebuild Tonic Drink
- The Kidney & Bladder Restore Tonic Drink
- The Thyroid Restore Tonic Drink
- The Intestines & Colon Restore Tonic Drinks combination

- **The Liver & Gallbladder Deep Cleanse Program**

- **Natural Oil Therapy for the colon** (external oil application)

- **The Natural Foods Program**

The guide for foods that will keep your body organs well, and the foods to avoid. The correct times of day for meals, the correct foods for those times of day and correct food combinations.

To use after the program (or during) for ongoing health improvement and weight loss/balance month by month.

PLUS:

- Consultation & program supervision with The Source Herbalist
- All fresh juices & whole fruits (provided to you daily)
- Specialist Acupressure massage/Chiro treatments with Master Lee (2 per person per week)
- Daily Thai massage treatments at Lazuli Spa (5 per week)
- Daily instructed yoga class
- Herbal steam room daily at Lazuli Spa (men's & women's)
- Fitness facility (+ exercise & fitness routine instruction document for best results)
- Guided meditation instructions

The Source Herbal Detox Center Location & Accommodation

Our detox center is located in the heart of Lamai Beach area in Koh Samui (south east of the island).

Do our advanced Master Herbal Detox Retreat Program and stay in the newly built The Spa Resort-Beach health resort.

We are partnered with The Spa Resort-Beach which is very close to us (750m/10 min walk). The rooms are of a high standard and all the onsite health activities outlined and included in your program are available there for you to enjoy each day.

Alternatively, you can still do our program if you wish to stay in your own private villa or another hotel resort. You will still have access to all the included daily wellness activities and facilities at The Spa Resort-Beach during your program.

The Source Herbal Detox Center



The Source Herbal Detox Center, 179 Moo 4, Lamai Beach, Koh Samui Island, 84310 Thailand.
info@sourcesamui.com TheSourceSamui.com M: 089 0679 856 / What'sApp +66 89 0679 856



Natural Organic Herbal Detox & Weight Loss

Natural ~ Effective ~ Safe

Our herbal detox program is easy and simple to do. You take the herbal formulas in the morning and some again at night. There is a formula for each organ system of the body so you can treat the whole body all at the same time.

Our herbal formulas both detox and cleanse, and also rebuild and repair the body organs which is unique - *these advanced herbal medicine formulas have the ability to do this!*

During either program, you will be on our suggested [Daily Detox Diet](#) choices if you choose to do this, while also taking the herbal formulas daily (morning and night).

Also included daily activities in your program are: yoga, Thai massage treatments, herbal steam room, fitness facility, swimming, meditation instruction and our specialist [Acupressure massage/Chiro treatment](#) (done at our detox center).

Choose your desired program duration, anywhere between 3 - 28 days. 14 Days is a very effective number of days to do.

No Colonics needed!

An important feature and great advantage of our program is that you do not need to use colonics or enemas.



Nor do you have to take psyllium husk drinks (shakes) etc.

This is because we use our advanced herbal Colon & Intestine formula called **Flow Formula** (capsules), exclusive produced by us, which will work quickly to create and restore proper normal daily bowel function (1-3 times per day ideally) as well as repair and rebuild not only the colon but also the small intestine from the stomach all the way down to the large intestine (colon) as well as restoring the proper bacteria balance in the gut. It is a very sophisticated intestinal formula and is greatly more effective, more natural and much more pleasant to use than having to put water up inside your colon (colonics/enemas).

We are the only health program that can avoid using the colonics system because if this which is a great delight and relief to many of our customers.

About our Master Herbal Formulas

Our [herbal formulas](#) are 100% natural and organic as we grow our own herbs so they contain only natural herbs and nothing else un-natural. Our **Master Herbalist** has been making our formulas for twenty years now and they are the original formulations of The Western Herbal System which originated in Germany in the 1930's which we faithfully hand produce according to the original recipe specifications. They were the acknowledged world experts in not only herbal medicine but allopathic medicine too. These original herbal formulas are very advanced and sophisticated, potent, yet completely stable never causing any harsh or adverse reactions etc. whatsoever. They are very gentle on the body system.

It is these advanced formulas that are able to achieve the results naturally and safely. Our herbal formulas both detox and also rebuild the body organs which is unique as these advanced herbal medicines have the ability to do this. They have been proven to be very effective and safe over a long period of time. Proper and correctly made herbal medicine formulas can do amazing things for the body in a short period of time. They taste remarkably good too (syrups).

The Source Master Herbal Formulas – Advanced and sophisticated herbal medicine formulas

Name:	Form:
1. Formula P (Anti-Parasite & Candida formula)	Syrup
2. Liver & Gallbladder Cleanse Formula	Syrup
3. The Master Herbal Formula (Aged 12 years, 300 herbs) A 3-in-1 Formula + Kidney, Pancreas, Adrenal Formula + Thyroid Restore Formula	Syrup
4. Hormone Balance Formula (natural herbs for the body's hormone system) - OR Lung Cleanse & Restore formula (Tincture) -	Capsules Tincture
5. Flow Formula (Intestinal & Colon formula)	Capsules
6. Heavy Metals Detox Formula (Yarrow herb)	Tea

* Bacteria and fungal eliminator (wild oregano oil) – is added in to every formula too.

Syrup Formulas and Capsules



Tincture Formulas



About the 'Detox Daily Diet' choices

On the program you choose what to eat/drink each day from our four suggestions.

Choose between:

- Juice Fast
- Whole fruits
- Combination of juices and fruits (all are included in the program)
- Raw/healthy food (available in the vegan health restaurant on-site but not included)

The juice fast is the most effective one and is what 90% of customers choose to do. We use our proprietary orange juice fast which was an old and highly successful health protocol from the 1950's (see OJ Fast pdf)

It gets the best results because it cleans the blood, and also cleans the acid waste out of the body and is 100% natural.

So you are combining the power of the herbal formulas with the cleansing power of the juice fast which is a very effective combination and is very enjoyable to do too. Read more about our daily detox diet suggestions [here](#).

The Daily Program Routine Example:

You take the herbal formulas in the morning and some again at night.

Morning:

- 7 am (or when you wake up) – take all the herbal formulas one after the other
- Start your [daily detox diet](#), choose between using fruit juices or eating whole fruits
- Use all the included health facilities and treatments at The Spa Resort (Beach)

Lunchtime & Afternoon:

- Keep going with your daily diet choice
- Do Thai massage, acupuncture treatment, enjoy the swimming pool and beach

Evening:

- Keep going with your daily diet choice
- Enjoy the herbal steam room or Thai massage treatment
- 7pm-9 pm - take night-time herbal formulas

You will have a lot of free time too which can be used for other activities, or reading or computer work etc.

The two most common observations that customers have which greatly and pleasantly surprises them while on the program are:

1. They do not feel hungry at all – this is because the herbs reduce cravings for un-natural foods, and the juices/fruits are feeding the body it's natural energy fuel too.
2. They have good energy each day - this is because the body is getting very good nutrition now and also does not have to digest normal meals. Less sleep is required too.

Program Results

You will feel much better even after just a few days on our 'natural health program'. Excess weight loss is a side effect of making the body more healthy.

There will be a huge improvement in your overall health and you will have used natural methods to achieve this. Customers look so much healthier and are feeling much better even after just 3-4 days on the program.

If you do not want to lose much weight then we will modify your program to achieve this.

Some other benefits include:

- Skin condition improves, and energy levels too
- Restores correct intestinal probiotic flora in the colon
- Eliminates heavy metals & reduces bad cholesterol
- Replenishes vital vitamin & mineral levels in your body
- Reduces cravings for unhealthy foods

The average weight loss per customer is:

7 Days: 2 - 4 kgs / 4.4 - 8.8 lbs

14 Days: 4 - 8 kgs / 8.8 - 17.5 lbs

Some people lose more. We have had customers lose 10kgs/22 lbs over 14 days and who did no exercise at all.

The record weight loss to date is 6 kgs/13 lbs in just two days on the program!

Reviews

Reading our customer reviews [here](#) or online. They will give a good insight into how the program experience is for customers and the results and improvements that they achieve in a short period of time. See our website.

Read our Detox **FAQ's** [here](#) or online. It will answer many of your questions that you may have. See our website for FAQ's and Reviews too.

Pricing

Program Duration (Days)		Retreat Program (Thai Baht THB)
3		26,000
5		44,000
7		60,000
10		88,000
14		120,000
21		180,000
28		240,000

*Prices listed are for the detox program only and do not include the separate **accommodation** fee at The Spa Resorts.

** All prices include all taxes & VAT

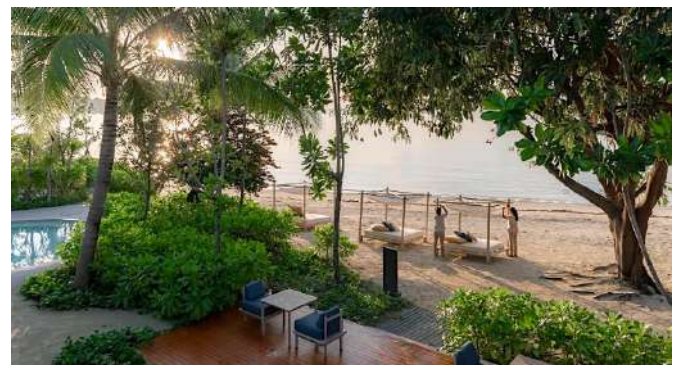
Accommodation

Do our advanced Master Herbal Detox Retreat Program and stay in The Spa Resort-Beach health resort.

We are partnered with the newly built health resort (The Spa Resort-Beach) which is very close by The Source Herbal Detox Center. The rooms are of a high standard and all their onsite wellness activities outlined and included in your program are available for you to enjoy each day. Everything in your Master Herbal Detox Program by The Source is provided to you there daily. You will still receive daily supervision by our Herbalist at The Source.

The Spa Resort is located right on the beachfront and is just 750 meters or a 10 minute walk from The Source Herbal Detox Center on the same road.

The Spa Resort-Beach

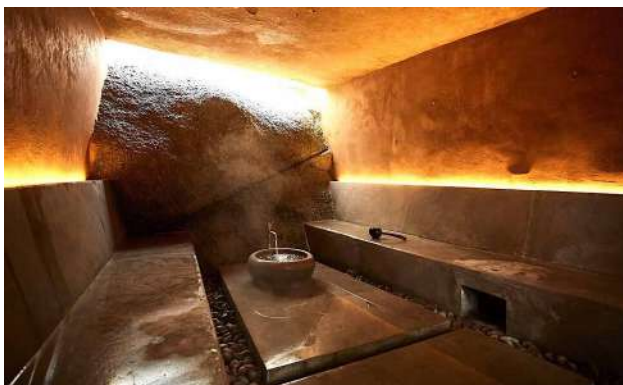


Accommodations

The newly built accommodations in The Spa Resort-Beach are stylish, modern living spaces and the rooms are beautifully furnished.



Enjoy daily Wellness Treatments at Lazuli Spa - Thai massage treatments, yoga class, herbal steam room (Men's & Women's) and fitness room are all available here and included for your daily use.



Book Your Accommodation

Book and pay for your accommodation separately at The Spa Resort-Beach. The price ranges from THB 2,500 per night upwards depending upon the type of room that you choose. You just need to book a **'room only'** as you will be doing The Source advanced Master Herbal Detox Program while you are staying there.

You only need to come to The Source Detox Center on the day you arrive for the initial consultation and to receive the herbal formulas set, and then again for the specialist Acupressure massage/Chiro treatments with Master Lee (2 per person every 7 days). Then during your stay at The Spa Resort-Beach The Source will provide everything included in your program to you daily there on-site.

The Spa Resort-Beach

Address: 171/2 Moo 4, Tambon Maret, Koh Samui, Suratthani 84310, Thailand

Tel: +66 (0) 62 831 8888 Email: thespa@thesparesorts.com Website – <https://www.thesparesorts.com/>

Distance between The Source Herbal Detox Center and The Spa Resort – [Google Maps](#)

To book the 'accommodation only' separately at The Spa Resort-Beach: Go to The Spa Resort-Beach website <https://www.thesparesorts.com/>

Or you can book with them here too: Hotels.com / Booking.com / Agoda.com

*The Spa Resort also has a second location (The Spa Resort-Village). It is further inland and up on a hill.

Alternatively, if you wanted to stay in your own private villa or another hotel that would be possible to still do our full program with everything included as normal. Please ask us for a list of other local accommodation places.

Around the Lamai Beach area

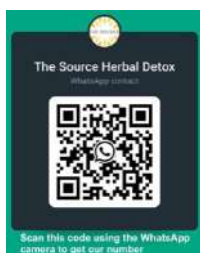
This is Crystal Bay Beach. It is one of the best beaches on Koh Samui and is just 1.5 km/20 min walk from The Spa Resort-Beach. It is an excellent beach for swimming there.



The Source | Herbal Detox Center

179 Moo 4, Lamai Beach, Koh Samui Island, 84310 Thailand. Location on [Google Maps](#)

info@sourcesamui.com TheSourceSamui.com M: 089 0679 856 / What'sApp +66 89 0679 856



Connect with us on WhatsApp (scan the code on your phone). Scan the QR code below.

Open the camera on your phone, capture the QR code on your phone screen, a small link will appear, click on it and it will open to our WhatsApp account or to a page inviting you to join WhatsApp.

About Us

Family Herbalist – Mr Ivor Fitzpatrick

Mr Ivor Fitzpatrick is the founder of The Source and a qualified and licensed Herbalist.

He comes from a family background of medical doctors and nurses. His mother was a nurse while his father worked at the UN (United Nations) in New York. His uncle was a veterinary doctor in the UK, and both his grandfathers were a medical doctor in India (British Army) and a surgeon in Australia. Two aunts were nurses, one owned and ran a nursing home in England.

He chose a natural healing path using 'natures medicines' as opposed to using allopathic medicine and drugs. The Source Herbal Detox Retreat, Koh Samui was opened in November 2012 to give the opportunity to those who desire good health to take advantage of advanced herbal formulas and established health programs for the betterment of their health.

The overall program plan was three years in the making with the herbal formulas having been created and perfected over the last twenty years.

Nature provides remedies in the form of herbal plants (*herbal medicines*) and the combination of their uses is long established by those who were knowledgeable in this area, being tried and tested over many many years.

Our body recognizes this plant information and uses it to repair, restore and rebuild as it needs.

The plant mineral compounds are transformed into natural healing substances by the body and the bloodstream then uses these to do the work of cleansing, repairing and rebuilding the body and it's organ systems to restore good health and vitality.

Health is simple, and working with nature is safe. You can trust nature and it's intelligence.

Old conditions can be undone and a new foundation established upon which to continue to build better and better levels of good health and vitality,

leaving *dis-ease* behind.

We can go to *the source* when we need to revitalize and rejuvenate.

Come and enjoy the power and the magic of the Master Herbal Formulas.

Founder

Mr Ivor Fitzpatrick

Herbalist and Founder of The Source



The College of Herbal Medicine, USA
Family Herbalist Graduate 2014
Master Herbalist Graduate 2010



Harvard Medical School
Massachusetts, USA
Anatomy & Cell Biology
Graduate 2014



DOANE
UNIVERSITY
Nebraska, USA
Medicine of Chronic
Disease - Graduate 2016



tripadvisor®
Best of the Best
THE SOURCE HERBAL DETOX



BEST DETOX PROGRAM 2024
THE SOURCE HERBAL DETOX



Best Destination Detox
THE SOURCE
LUXURY LIVING



The Source is licensed by The Thailand Government
Ministry Of Public Health (No. 840200165-62)

BHMA (The British Herbal Medicine Association) - member

ESCOP - European Scientific Cooperative on Phytotherapy - member

The Source | Herbal Detox Center

179 Moo 4, Lamai Beach, Koh Samui Island, 84310 Thailand. Location on [Google Maps](#)
info@sourcesamui.com TheSourceSamui.com M: 089 0679 856 / What'sApp +66 89 0679 856

Specialist Treatments With Master Lee

Specialist Acupressure/Chiropractic Treatments (a unique combination of chiropractic adjustments and massage therapy)
This is not acupuncture (which uses needles)

Master Lee is from Hong Kong, and is an acupressure specialist (using his hands) and is a recognized master of his craft. He studied ancient Chinese Acupressure 'Nerve Art Massage', Wushu (Chinese martial arts), and Tai Chi in a monastery in China for over 4 years whilst in his late teens with a Chinese elder monk who was an acknowledged master of his practice. He then studied in Tibet for 2 years meditation with Tibetan Monks while studying Vipassana Meditation and Indian Head Massage eating only fruit and drinking water. Later, his interest in Meditation brought him to India, where he, Indian Head Massage. He then travelled to Nepal for 6 months to learn Samatha Meditation. After that, he went to Burma for 2 years where he lived and practiced as a Buddhist Monk.

His Acupressure 'full body treatment' is similar to Chiropractic treatment as he adjusts all the bones and body anatomy from head to toe and he also uniquely incorporates massage into his treatment too which makes the body adjustments hold better and to be more comfortable afterwards.

He is highly skilled in his practice of body/bone adjustment treatment as well as Chinese Cupping too and is regarded to be a master of his craft.

He is highly experienced having practiced here in Thailand for the last 15 years with customers experiencing remarkable results in even just one visit!

He is registered and certified with the Thai Traditional Medicine Association.

For those with any bone or joint problems there is just no substitute for a proper anatomical adjustment of the physical bone structure. It can work wonders. After any bone injury or accident the bones/joints need to be checked that everything is in place properly, this is an important issue so that the injured area heals properly going forward and restores to full use/condition the same as before the injury.



The Source | Herbal Detox Center

179 Moo 4, Lamai Beach, Koh Samui Island, 84310 Thailand. Location on [Google Maps](#)
info@sourcesamui.com TheSourceSamui.com M: 089 0679 856 / What'sApp +66 89 0679 856



Connect with us on WhatsApp (scan the code on your phone). Scan the QR code below. Open the camera on your phone, capture the QR code on your phone screen, a small link will appear, click on it and it will open to our WhatsApp account or to a page inviting you to join WhatsApp.

Disclaimer-This is not medical advice and is intended for information purposes only. Always seek advice from a medical professional regarding any health issues you may have. Pregnant women should not do the program or those with a serious medical condition or recent surgery. This document is copyrighted and may not be printed, reproduced or copied without written permission from The Source Co. Ltd. © 2025