



Master Herbal Detox Retreat Program 2023

The Source Herbal Detox Center
179 Moo 4, Lamai, Maret, Koh Samui Island 84310, Thailand



3 years in a row winner of the Travelers' Choice Award
Travelers' Choice award-winners are the top 10% of Attractions 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 daily (am & pm) and then choose the daily detox diet that you would like to follow (see the Daily Diet options below – page 6).

Our Master Herbal Detox Program includes:

- Consultation & supervision with The Source Herbalist
- All Master herbal formulas with full instructions
- All fresh juices & whole fruits (provided to you daily)
- Specialist Acupressure treatment/s with Master Lee
- Thai massage treatment sessions at Lazuli Spa (five every 7 days per person)
- Daily instructed yoga class • Herbal steam room • Fitness facility • Meditation instruction guide
- Health program documents and nutrition guide (to use after the program for ongoing health improvement)

The Master Herbal Formulas

5 of our very best organic handcrafted formulas:

1. Formula P (parasite & Candida formula)
2. Flow Formula (Intestinal & Colon formula)
3. The Master Herbal Formula (Aged 15 years, 300 herbs)
A 4-in-1 Formula
 - + Liver & Gallbladder Cleanse Formula
 - + Kidney, Pancreas, Adrenal Formula
 - + Thyroid Restore Formula
4. Natural Herbal Hormone Balance Formula
5. Heavy Metals Detox Formula

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

Program Highlights & Results

- No colonics needed! – Use our superior & more effective herbal colon & intestine formula (**Flow Formula**) instead
- Advanced herbal medicine formulas which are balanced, stable and safe and pleasant tasting
- No side effects and no reactions ever as all formulas contain only 100% organic herbs, nothing else added.
- Sustained very good energy levels throughout your detox program
- Long-lasting improvement to overall health, well-being & energy levels and weight loss
- Full cleanse and regeneration of all major body organ systems
- Easy to follow program and enjoyable to do

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 just down the road from us (750m/9 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. You will still have access to all the included wellness activities and facilities at The Spa Resort (Beach) during your off-site program.

The Source Herbal Detox Center



Full details about each step of our Master Herbal Detox Retreat Program

Natural Organic Herbal Detox & Weight Loss

Natural ~ Effective ~ Safe

We offer two options to do our **Master Herbal Detox Retreat Program**:

Program A

Program B - new program!

Both our programs are 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 8 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 treatment](#) with Master Lee (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, colemas or enemas.



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

This is because we use our advanced herbal Colon & Intestine formula called **Flow Formula** (capsules), exclusively 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 then having to put water up inside your colon (colonics/enemas).

We are the only health program that can avoid using the colonics system because of this formula which is a great delight and relief to many of our customers especially when they see and feel how well it works.

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 unnatural.

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 1950'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), with the Tinctures being quite strong tasting.

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

Name:

Form:

1. Formula P (Anti- Parasite & Candida)	Syrup
2. The Master Herbal Formula (Aged 15 years, 300 herbs) - A 4-in-1 Formula + Liver & Gallbladder Cleanse Formula + Kidney, Pancreas, Adrenal Formula + Thyroid Restore Formula	Syrup
3. Hormone Balance Formula (Natural herbs for the body's hormone system)	Capsules
4. Flow Formula (Intestinal & Colon formula)	Capsules
5. Heavy Metals Detox Formula (Yarrow herb)	Tea

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

Syrup Formulas and Capsule Formulas



Tincture Formulas



Master Herbal Detox Retreat Program

We have two Master Herbal Detox Programs available to you – **Program A** and **Program B** (*New program!*)

Program A

Includes for each person -

The Master Herbal Formulas – 5 of our very best organic handcrafted formulas:

1. Formula P (parasite & Candida formula)
2. Flow Formula (Intestinal & Colon formula)
3. The Master Herbal Formula (Aged 15 years, 300 herbs)
A 4-in-1 Formula
+ Liver & Gallbladder Cleanse Formula
+ Kidney, Pancreas, Adrenal Formula
+ Thyroid Restore Formula
4. Natural Herbal Hormone Balance Formula
5. Heavy Metals Detox Formula

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

Plus:

- Consultation & program supervision with The Source Herbalist
- All fresh juices & whole fruits (provided to you daily)
- Specialist Acupressure treatment with Master Jet Lee (one treatment session every 7 days per person)
- Thai massage treatments at Lazuli Spa (five treatments every 7 days per person)
- Daily instructed yoga class (9am-10am daily)
- Herbal steam room at Lazuli Spa (men's & women's)
- Fitness facility (+ exercise & fitness routine instruction document for best results)
- Guided meditation instructions
- Health program information documents and nutrition guide (to use after the program for ongoing health improvement)

Program B *New Program!*

All of **Program A** above included **PLUS:**

• The Colon Restore Program

The 3 Days Tonic Drinks Program - Specially prepared tonic drinks at selective times of day provided to you over 3 days during every 7 day period, (twice over 14 days):

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

Natural Probiotic fruit smoothie (to restore proper gut bacteria).

• The Liver Flush Cleanse & Restore Program (see the Liver Flush schedule document)

The liver flush is a separate program to do within/during your detox program.

It cleans out the liver and gallbladder of toxic waste, bad cholesterol, old drug residues, parasites/worms and gallstones out of the gallbladder, and also vaccine toxins too. It has positive knock on effects on the other body organs too as it allows those organ systems to start cleansing more and processing everything through the liver whose job it is to do this. So a cleaner liver allows it to perform and function better in all the jobs that it has to do. You will lose some extra weight by doing it also, 1kg per each flush is normal.

• Additional

- Formula P '**Extreme**' (extra strength Parasite & Candida formula).
- Herbal Bitters Formula syrup drink (over 3 days, every 7 days) to boost and support the liver function.
- Specialist Acupressure treatment with Master Jet Lee (two treatment sessions every 7 days per person)
- Colon restore therapy machine (a gentle exercise machine designed to stimulate proper colon function and restore the peristaltic function of the colon and intestines)
- Natural oil therapy for the colon (external application)
- The Colon Diet info eBook (the foods that will keep your colon well, and the foods to avoid).

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 Program A & B)
• Raw/healthy food (available in the health restaurant 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.

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

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 (Program A or B):

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, acupressure 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 that you can expect 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 who did no exercise at all.

Reviews

Reading our customer reviews [here](#) 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.

Read our Detox **FAQ's** [here](#), it will answer many of your questions that you may have.

Pricing

Program Duration (Days)	Program A (Thai Baht THB)	Program B - New Program (Thai Baht THB)
3	18,000	26,000
5	30,000	44,000
7	42,000	60,000
10	60,000	88,000
14	84,000	120,000
21	120,000	180,000
28	155,000	240,000

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

*** All prices include all taxes & VAT*

Accommodation

Do our advanced Master Herbal Detox Retreat Program and stay in the newly built The Spa Resort (Beach) health resort beachfront. We are partnered with The Spa Resort (Beach) which is just a 9 min walk from our 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 receive daily supervision by The Source Herbalist at The Spa Resort (Beach) too.

The Spa Resort (Beach) is located right on the beachfront and is just 750 meters or a 9-minute walk from The Source Detox Center on the same road.

To Book your detox program + the accommodation:

Book your detox program with The Source (choose Program A or Program B), and the duration (7, 14 days etc.), or you can decide which program you want to do when you arrive on Koh Samui. You can pay for your detox program with The Source when you arrive on Koh Samui.

Then book and pay for your accommodation separately at The Spa Resort (Beach). We have a partner agreement with them. Book just a 'room only' as you will not need their detox program added on, you will be doing The Source Detox Program whilst staying in The Spa Resort (Beach).

You can use these booking sites to book your accommodation in The Spa Resort (Beach) -

<https://www.thesparesorts.com/thebeach>

https://www.google.com/maps/place/The+Spa+Resorts/@9.4719471,100.0577614,15z/data=!4m9!3m8!1s0x3054f23e1abca247:0x9f10901fde33b639!5m2!4m1!1i2!8m2!3d9.4719471!4d100.0577614!16s%2Fg%2F1vf_30d5

[Booking.com](#) The Spa Resort (Beach)

The Spa Resort (Beach) is located right on the beachfront and is just 750 meters or a 9-minute walk from The Source Detox Center on the same road.

Distance between The Source and The Spa Resort (Beach)

You do not need to come to The Source Detox Center every day as everything in your program is provided to you on site at The Spa Resort (Beach). You only need to come to our detox center for your treatment session with Master Jet Lee (once or twice per week).

Alternatively, you can stay in any other hotel resort or private villa etc. and still do our full program as normal with everything included and have full use of The Spa Resort health facilities daily too.

Please contact us if you need any more information or have any questions.

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



Harvard Medical School
Massachusetts, USA
Foundations of Anatomy (2014)
Graduate



DOANE
UNIVERSITY
Nebraska, USA
Lifestyle Medicine Treatments
of Chronic Disease
Graduate