



# RESTORATION WEEKEND

## RENEW, REGENERATE AND RESTORE

Embark on a transformative journey of restoration and detoxification at our AfroVedic healing Institute. Immerse yourself in the ancient wisdom of AfroVedic practices as you cleanse your mind, body, and spirit. Let the tranquil ambiance of nature embrace you, as you experience the breathtaking power of rejuvenation. Discover inner harmony, revitalize your being, and unlock a new level of wellness. Join us for a weekend that will leave you inspired, renewed, and truly alive

Winter  
Warmer



## SERVICES : R28 560

- Gut health (Colon hydrotherapy) 3 Days
- Lung health (Ears, nose and throat detox)
- Lubricate internal and external body (oiling)
- Oxygenate body (Ozone and Hyperbaric chambers) 3 Days
- Regeneration ( Photobiomodular therapy) 3 Days
- Regenerative massage (3 days)
- Accommodation (2 nights)
- Intermittent fasting (2 days)
- Juicing (1 day)
- Consultation with AfroVedic practitioner and medical doctor



## OUR LOCATION

34 Peter place  
Road Bryanston

## CONTACT US

+27 68 560 9467  
Info@afrovedic.co.za