

## WELCOME

The Kamala Centre is the premier Colonics, Beauty and Well-being centre based in Calpe, Spain. Unlike many therapy and beauty centres we work from a private clinic with purpose built treatment rooms meaning we can offer you the best service whatever your needs.

# thekamalacentre

COLONICS • BEAUTY • WELLBEING

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## THE ULTIMATE 3-DAY DETOX PROGRAMME



Over recent years it has become very popular to follow detox routines. These can include total abstinence from food, the taking of certain products and other methods to try and rid the body of toxins.

The aim of any kind of detox programme should be to help the body to remove toxins and allow it to rest and get itself back into balance.

At The Kamala Centre we have designed a truly amazing 3 day detox program that in trials has produced fantastic results.

- Weight loss of 4kgs (9lbs)
- More energy
- Radiant skin
- Sparkling eyes
- Improved memory and thought processes

### JUICING

You have a choice, we can provide all the recipes and you make your own or we supply you each day with all the juices you require to provide all your essential nutrients, vitamins and minerals to ensure you do not go hungry. All of the juices are really tasty and a pleasure to drink. All participants are also supplied with a week's supply of pro-biotic tablets.

## INCREASE YOUR ENERGY WHILST LOSING UPTO 4kg (9lbs) IN ONLY 3 DAYS!

The program combines colon hydrotherapy with juicing of wonderful fresh fruits and vegetables, and when combined with plenty of sleep and rest it really does produce fantastic results. You even have the option to have all the juices made for you so all you have to do is concentrate on your recovery.

### COLON HYDROTHERAPY

The ultimate way to remove toxins from the body and when combined with a juicing program means we can access toxins stored in your body for many years. You receive 3 colonics in 3 days. You will be absolutely delighted with the results.

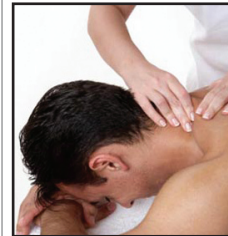
### REST

This ingredient you need to supply. To allow the program to achieve the best results you need plenty of sleep and rest. We fit it in to your schedule but most people complete the program over a weekend. Try to arrange it when you have little planned and can allow your body a good rest and recovery.

If you want to know more, please call us at The Kamala Centre. Our number is 965 875 869. Alternatively, visit our website at [www.thekamalacentre.com](http://www.thekamalacentre.com) or even pop-in, we are upstairs at the tennis club in Calpe.

We are pleased to announce the return of renowned local spiritual medium Sharon Todd. Not only will she be offering Tarot readings and past life regression but is also an expert in Reflexology.

We are also pleased to welcome to the Kamala Centre local podiatrist Philip Mann who will be holding regular clinics. Call 965 875 869 to make an appointment.



### WHAT IS SPORTS MASSAGE?

Claire Durrant

Sports massage uses some traditional massage techniques, but also targets specific muscles and common pain patterns, releasing stressed tight areas in the body and working at a much deeper level. It releases tension in the muscles allowing the body to rebalance and heal, and helps prevent injury.

Sports massage treats injury, aches, pains and soreness - flushing out toxins and reducing inflammation. Increased flow of blood and lymph to the area dramatically speeds up our body's healing processes. Sports massage is very effective in treating many conditions such as back pain, tendonitis or even frequent headaches!

Contact Claire at the Kamala Centre on 965 875 869 or visit [www.calpesportsmassage.eu](http://www.calpesportsmassage.eu). On Facebook, Calpe Sports Massage & Personal Training

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The Doorway to your Previous Lives  
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**TAROT CARD READING**  
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