

DETOX RETREATS

WITH PATH OF LIFE HEALING CENTER



HOW TO PREPARE FOR A COMFORTABLE STAY

In preparing for your visit to our detox health retreat, the following list of items will help you in deciding what you should and should not bring.

WHAT TO BRING

- Bring your personal toiletries, such as shampoo, toothpaste, soap, etc. (nothing highly scented). Liquid body soap is available, but you may not like what is provided. Thus, be prepared with your own.
- Bring your own sleepwear (including sleepwear you don't mind getting stained with castor oil or charcoal or chlorophyll if you have compresses and poultices), long robe, slippers, and shower shoes (or flip flops).
- Shoes are not worn in the house, thus bring socks with grips on the bottom or house slippers.
- Natural bristle brush with long handle (highly recommended) or loofah sponge or African net to exfoliate your skin.
- Bathing suit for hydrotherapy, if desired. You will have therapy daily. Thus, have several changes.
- Modest, casual, clothes suitable to the climate and NO halter tops, tank tops, daisy duke shorts, or tight-fitting body part revealing clothing.
- Comfortable walking shoes, a hat to protect from the sun, if necessary, rain gear, boots, or waterproof shoes, especially in colder weather.
- A journal and folder to take notes and organize any handouts if provided.
- A Bible (preferably the King James Version) if you own one.
- A positive attitude.
- Please bring your prescriptive medications from your physician that is not hallucinogenic.
- Noise-suppressing headphones to use when necessary and especially at night.
- Bring enough clothing for your stay. i.e., for example, 10 days = 10 changes of clothing.
- Bring shorts and T-shirts to wear in the sauna or during your therapy session. You will get a sauna or some therapy treatment daily.

WHAT NOT TO BRING

- Food/snacks. We'll provide everything you need during your stay.
- Herbal supplements. You can bring your own. However, we will provide the teas we suggest for the program.

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- Scented products such as body sprays, perfumes, or colognes. Many guests arrive at the retreat suffering from allergies, chemical sensitivities, and reactivity to strong scents.
- Pets of all kinds
- Products for sale from a home-based business
- Televisions, radios, secular, or gospel rock music cassettes
- Secular readings, such as magazines, novels, etc.
- Tobacco, alcohol, CBD, THC products, or weed of any kind, or hard drugs.
- Your own health program or agenda (everything is organized).