

The sweetest and safest detox ever

Fruit Retreat

From 12th to 26th February 2011

Koh Samui, Thailand

Spend 2 weeks on a beautiful tropical island, relaxing and rejuvenating yourself in a peaceful and loving atmosphere.

- detox in a natural and pleasant way - eat as much as you like
- enjoy the best fruit of the world - fresh, ripe, sweet and delicious
- learn how to improve your health - individual lifestyle coaching
- join morning yoga for body and mind enlightenment
- learn how to prepare green smoothies and other raw food recipes

Let Fruit Retreat be your first step into a healthier and happier life.

www.fruitretreat.com

