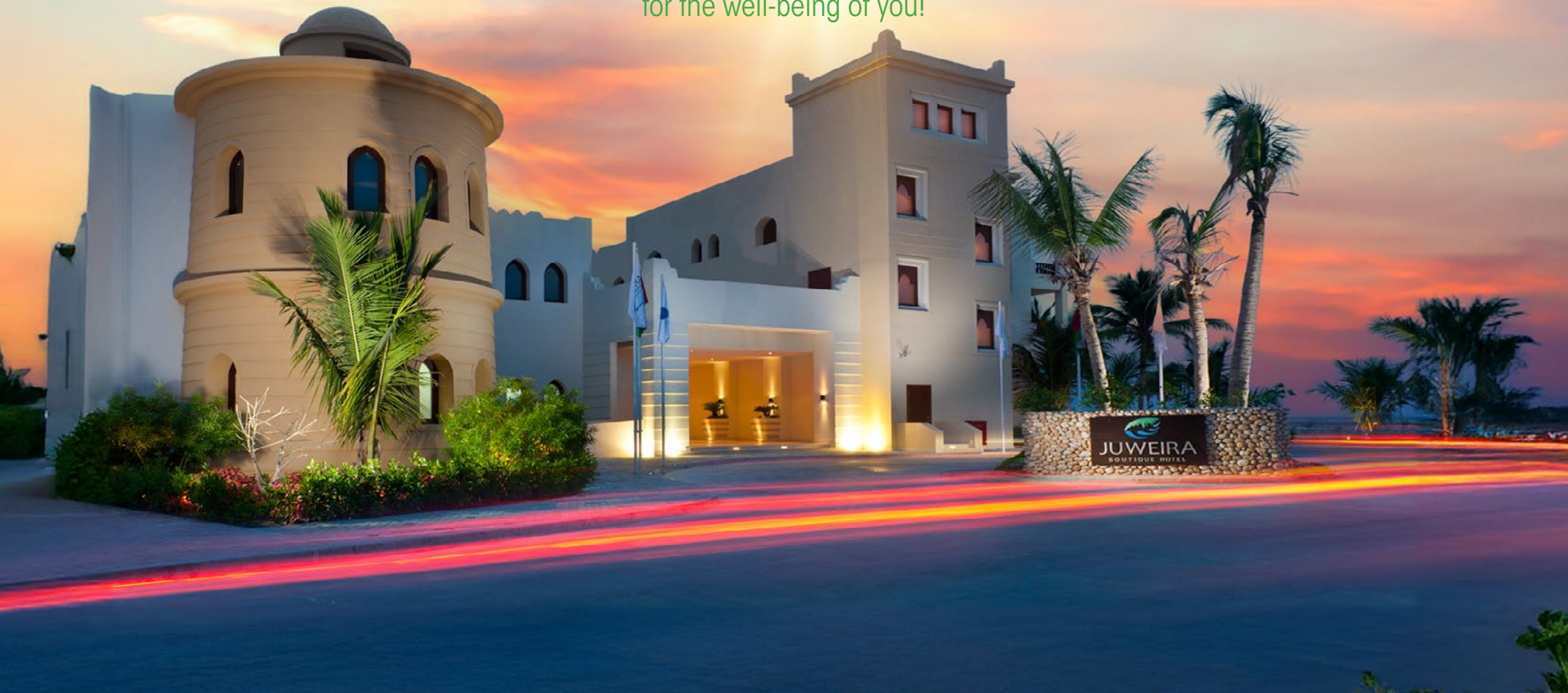




Refresh. Re-energize. Regenerate

A Vegan Detox Program
for the well-being of you!



Refresh.
Re-energize.
Regenerate



What Happens to you at the Alkaline Detox Retreat?



You'll begin to wake up incredibly earlier and feel energetic in the mornings.



You'll finally get rid of that stubborn extra 3 to 4 kg you have so much tried to lose in vain and will be aware of how younger you suddenly feel.



You'll learn new information about eating and will take up new habits such as consuming more clay and Oolong tea.



You'll be surprised to see your craving for sweets, chocolate and bread attacks disappear in just 3 days.



You'll get used to people complimenting you on the beauty of your skin.



You'll make new friends and pledge together to continue eating healthy after the retreat.



You'll finally find the motivation to take daily walks.



You'll take up drinking freshly squeezed vegetables and fruit juices as a new habit in life.



You'll say "I should do that 1 to 2 times a year and you should try this too!" and thus will begin to make such recommendations to your friends.



You'll be aware of how your immune system has improved and **WILL FEEL HAPPY.**

What is included in the program?

Our detox programs with Gül Kaynak consist of three different options;

Option 1

Raw Detox Program

Option 2

Alkali Vegan Gluten-Free Detox Program

Option 3

Juice Detox Program

Our programs consist of four different detox drinks, alkali water, clay supplements, and electrolyte shots, as well as yoga, aerobics, stretching, walking, and aqua-gym sports activities.



1- Raw Detox Program

2- Alkali Vegan Gluten-Free Detox Program

3- Juice Detox Program

Wake up; 2 big glasses of alkali water

08:00	Bentonite Clay Shot & 500 ml Alkaline Water
08:00	Good Morning Lemonade (Gratitude) 500 ml
08:10	Himalayan Salt & Lemon Cure
08:15	Morning Walk (45–60 minutes)
09:15	Wheatgrass Juice Shot & Carrot Juice Shot
09:30	RAW, Vegan & Gluten-Free BREAKFAST
10:15	Yoga (50 mins)
12:30	Almond Milk (Love) 200 ml
13:00 to 15:00	RAW, Vegan & Gluten-Free LUNCH
15:15	Himalayan Salt & Lemon Cure
15:30	Aqua Gym (30 mins) / Barefoot Meditation (Earthing)
16:15	Green Juice Miracle 1 (Happiness) 500 ml
16:30 to 18:30	SPA Time
18:30	Green Juice Miracle 2 (Health) 200 ml
19:30	RAW, Vegan & Gluten-Free DINNER
20:30	Movie Time
22:00	Bentonite Clay Shot & 500 ml Alkaline Water

Wake up; 2 big glasses of alkali water

08:00	Bentonite Clay Shot & 500 ml Alkaline Water
08:00	Good Morning Lemonade - (Gratitude) 500 ml
08:10	Himalayan Salt & Lemon Cure
08:15	Morning Walk (45 - 60 minutes)
09:30	Alkaline & Vegan & Gluten free BREAKFAST
10:15	Yoga (50 mins)
12:30	Almond Milk (Love) 200 ml
13:00 - 15:00	Alkaline & Vegan & Gluten free LUNCH
15:15	Himalayan Salt & Lemon Cure
15:30	Aqua Gym (30 mins) / Barefoot Meditation (Earthing)
16:15	Green Juice Miracle 1 (Happiness) 500 ml
16:30 to 18:30	SPA Time
18:30	Green Juice Miracle 2 (Health) 200 ml
19:30	Evening SOUP
20:30	Movie Time
22:00	Bentonite Clay Shot & 500 ml Alkaline Water



Wake up; 2 big glasses of alkali water



08:00	Bentonite Clay Shot & 500 ml Alkaline Water
08:00	Good Morning Lemonade (Gratitude) 500 ml
08:10	Himalayan Salt & Lemon Cure
08:15	Morning Walk (60–45 minutes)
09:15	Wheatgrass Juice Shot & Carrot Juice Shot
09:30	Smoothie (Joy) - BREAKFAST
10:15	Yoga (50 mins)
12:30	Almond Milk (Love) 200 ml
13:00 to 15:00	Soup - LUNCH
15:15	Himalayan Salt & Lemon Cure
15:30	Aqua Gym (30 mins) / Barefoot Meditation (Earthing)
16:15	Green Juice Miracle 1 (Happiness) 500 ml
16:30 to 18:30	SPA Time
18:30	Green Juice Miracle 2 (Health) 200 ml
19:30	Soup - DINNER
20:30	Movie Time
22:00	Bentonite Clay Shot & 500 ml Alkaline Water

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For more information, please contact:

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Gül Kaynak, Detox and Alkaline Life Counselor Motivational Speaker

After experiencing her first detox in Thailand in 2003, Gul embraced a transformative lifestyle change that inspired a new career path. She began her professional journey as the Founding Manager and Detox Specialist at The LifeCo in 2005 (Bodrum and Istanbul), where Gul worked for seven years, followed by two years at D-Life. During this time, Gul gained extensive expertise through hands-on experience and specialized training at wellness centers worldwide.

Gul shares her knowledge and passion for healthy living through motivational speeches and workshops, collaborating with renowned brands and companies. To date, she has been featured in over 80 live TV programs, sharing her expertise, and has contributed with articles to various magazines.

Since 2013, her team has operated a production kitchen in Istanbul, delivering Detox, Alkaline, and Vegan Nutrition Packages directly to homes.

Additionally, Gul provides consultancy services to both domestic and international hotels, creating tailored healthy living programs.