



FUNCTIONAL MEDICINE INSTITUTE
AND HEALTH SPA

WWW.SANOVIV.COM

HEALTH RETREAT

BAJA CALIFORNIA, MEXICO

SATURDAY - THURSDAY, MARCH 10-15, 2018

\$1997 per person - Includes everything and a private oceanside suite

Price does not include VAT tax. Tipping is not permitted at Sanoviv.

Whether you are looking for treatment for a serious disease, a Detox & Rejuvenation Program, a comprehensive Integrative Physical, or just a Healthy Get-Away, Sanoviv Medical Institute is the place to come. Our beautiful, spotless facility is suited for all kinds of guests. Our striking ocean views, beautifully appointed buildings, manicured gardens and sparkling pools, as well as our caring staff, offer an environment for peaceful, restful enjoyment as well as mind/body healing.

Program arrivals are on Saturday morning and departure is on Thursday afternoon. Includes luxury ocean-view suite, organic gluten-free, dairy-free meals, and transportation to and from the San Diego airport. Price is per-person. Space is limited. First come, first served.

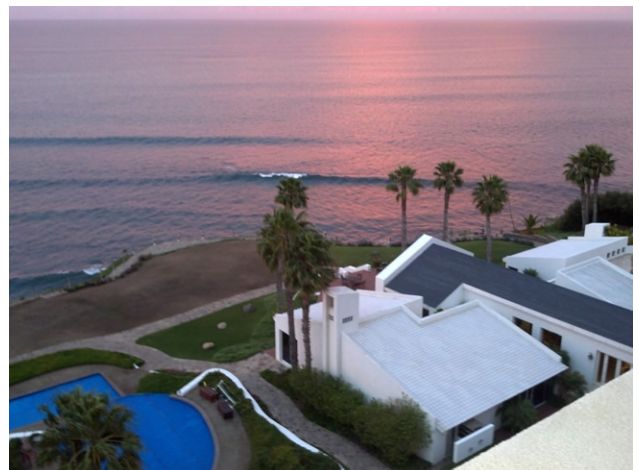
TO REGISTER

Contact Barbara Badolati at

PHONE : 616 . 638 . 5625

EMAIL: bb@LiveBlissful.com

A \$500 deposit to reserve
your reservation is required.



www.LiveBlissful.com

HEALTH ASSESSMENTS

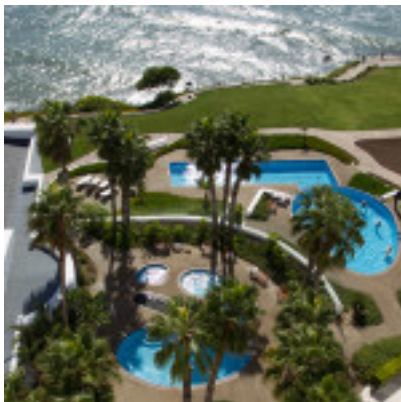
- Bioimpedance Analysis and Review
- Stress and Relaxation Measurement
- Microscopic Blood Analysis

INDIVIDUAL SPA & THERAPIES

- Reflexology
- Swedish Massage
- Sensé Facial
- Bioenergy Therapy

GROUP CLASSES

- Meditation
- Uncook Your Lunch - Food Prep
- Evening Presentations and Lectures
- Energy Medicine
- Rebounding Fitness and Stretching
- Gentle Yoga
- Water Fitness
- Laughter Yoga
- Swiss Ball Fitness
- Dental Lecture
- Breathing and Relaxation Lecture
- Product training
- Group Fitness Assessment



- Medical and Dental consultations available at additional cost.
- Participants must be healthy enough to participate in a detox and fitness program.
- Classes are subject to change.
- Guests may extend into medical, dental or supplemental services program.



THE SANOVIV EXPERIENCE

- Free shuttle to/from San Diego
- Natural-fiber clothing provided
- Sensé shampoo, conditioner, shower gel and toothpaste in your room
- Organic wheatgrass 2x daily
- Organic green juice 2x daily
- Rebounder in every room
- Chi machine in every room
- Organic, gluten-free, dairy-free meals
- Personalized Sanoviv water bottle
- Sanoviv tote bag
- Organic cotton sheets and towels
- Unlimited use of infrared sauna
- Unlimited use Thalasso pools
- Seaside jogging/walking track
- Access to our organic garden
- Library stocked with reading material
- Guest computers/internet lounge
- Sanoviv Recipe Book
- An unforgettable experience with a lifetime of memories.

