

Therapies & Treatments

Info & Price List

- I.V Infusion Therapies
- Colon Cleansing & Enemas
- Cabins, Saunas & Inhalers
- Electromagnetic Wave & Frequency Stimulation Therapies
- Light & Sound Stimulation Therapies
- Diagnostic Tests
- Massage Therapies
- Beauty Treatments
- Body Care & Body Reshaping
- Exercises
- One-to-One Sessions
- Raw Vegan Food & Juice Bar

TheLifeCo Wellbeing & Detox Center

Welcome...

We are delighted to welcome you to our center.



Boost your physical and mental wellbeing with our supporting therapies.

We know that you expect the best outcome from cleansing and rejuvenation journey during your stay. Therefore, we do our best for you to benefit from our supporting therapies as well.

You may start with a Traditional Turkish Hammam, which will gently cleanse your body and help you rest, and then add a massage or another spa treatment to get a deep sensation of relaxation. With beauty treatments like Energy Face Massage, facials, and mesotherapy, you may restore your skin's brightness and tone your body. I.V infusions and enemas are two wellbeing treatments that might help you feel revitalized.

If you have any questions, our wellness coaches will assist you in choosing them according to your needs. Your cleansing period is our most important concern, and we wish you a pleasant journey....

WELL-AGING THERAPIES

THERAPY	CONTENT
I.V (Intravenous) & I.M (Intramuscular) & Oral Therapies	
Anti-Fatigue Protocol	Designed for those feeling tired and unmotivated despite adequate rest. This protocol helps combat morning fatigue, low motivation, restlessness, and poor sleep quality, breaking the cycle of exhaustion and restoring energy and vitality.
Anti-Stress Protocol	Ideal for those with stressful lifestyles, mood swings, or unbalanced nutrition. This protocol nourishes and protects brain cells, regulates cellular communication, and provides a refreshing jumpstart to enhance overall well-being.
Biotin I.V Therapy	Biotin, a B-complex vitamin, supports energy conversion and metabolism. As it's water-soluble and not stored in the body, I.V. therapy delivers higher efficacy than oral supplements. It promotes healthy hair, skin, nails, aids weight loss, and improves digestive health.
Immune Support Protocol	A potent mix of vitamins and minerals that strengthens the immune system, combating germs, toxins, and foreign substances. It boosts defense mechanisms, prevents illness, and builds long-lasting resilience, counteracting poor nutrition, stress, and unhealthy lifestyle habits.
Liver Support Protocol	Supports liver detoxification, enhances enzyme production, and promotes cell regeneration. By reducing liver stress caused by toxins, free radicals, and poor habits, it ensures efficient cleansing, revitalizes energy levels, and aids the proper functioning of all body systems.
Sugar Balance Protocol	This protocol, designed to improve metabolic health, benefits individuals with diabetes, prediabetes, fatty liver disease, and metabolic syndrome. It contains Alpha Lipoic Acid, Curcumin, Resveratrol, and Selenium to support overall health and balance blood sugar levels.
Vitamin C I.V Therapy	A powerful antioxidant therapy that boosts immunity and accelerates recovery from illnesses. High doses (7.5-25g) of Vitamin C are administered intravenously, enhancing anti-aging effects. Recommended 2-3 times a week for optimal results, though daily use is possible in exceptional cases.
Glutathione I.V Therapy	The strongest antioxidant, effective in treating liver issues, including liver steatosis caused by alcohol, cigarettes, and medication. Administered in doses of 600/1200/1800mg intravenously, it is most effective when used as part of a series of three to six treatments.
Mineral Cocktail I.V	Essential minerals like calcium, potassium, and magnesium are delivered directly into the bloodstream to correct deficiencies, hydrate, and aid in detoxification. This therapy promotes faster recovery from jet lag and supports overall cellular function.
Selenium I.V	Selenium is a vital mineral supporting antioxidant defense, immune function, thyroid health, and reproduction, particularly male fertility. It aids in glutathione production and regulates cytokine production, enhancing the ability of immune cells to respond to infections.
NAD I.V Therapy	NAD plays a vital role in energy production, stress protection, and longevity. As levels decline with age, NAD IV therapy (200 mg / 300 mg / 500 mg) slows the aging process, enhancing overall life quality, physical activity, cognitive function, and cellular repair and regeneration.
Curcumin I.V Therapy	Curcumin IV (50 mg / 100 mg) is effective for neurodegenerative diseases like Alzheimer's and multiple sclerosis. Its strong antioxidant and anti-inflammatory properties reduce pain in arthritis and protect the brain, heart, kidneys, liver, and gastrointestinal system.
Resveratrol I.V Therapy	Resveratrol (25 mg / 50 mg / 100 mg) is a plant-derived antioxidant that helps lower blood pressure, reduce inflammation, and prevent LDL oxidation (bad cholesterol).
Vitamin B Complex	Vitamin B Complex (B1, B6, B12) I.V Therapy is used in cases of fatigue, weakness, and insomnia. It is supportive for strengthening brain functions, immunity, musculoskeletal, and nervous systems.
Alpha Lipoic Acid	ALA is a powerful antioxidant, known for its positive effects on weight loss, insulin resistance, energy metabolism, oxidative stress, and the prevention of neurodegenerative diseases.
Myer's Cocktail	The Myers' Cocktail, formulated by Dr. John Myers, combines Vitamin C, Calcium, Magnesium, and B vitamins. Offered globally in wellness centers, it's shown benefits for asthma, migraines, chronic fatigue, fibromyalgia, muscle spasms, respiratory infections, allergies, sinusitis, and cardiovascular health.
Memory Vital (Citicholine)	Citicholine is a cognitive enhancer and neuroprotective agent. It improves memory, attention, and mental clarity while supporting brain health in healthy individuals, aiding stroke recovery, and assisting those with neurodegenerative diseases.

WELL-AGING THERAPIES

THERAPY	CONTENT
Colon Cleansing & Enemas	
Coffee Enema	Recommended for headache relief during detox and liver cleansing, a coffee enema boosts glutathione production in the liver. With nurse assistance, organic coffee is administered through the rectum, held for 15 minutes, and released, aiding in detoxification and supporting liver health.
Wheatgrass & Probiotic Enema	This enema combines alkaline wheatgrass juice and beneficial probiotics to quickly strengthen gut flora. Administered by a nurse, it's ideal at the end of a detox program, especially after a colemo. For conditions like candida, multiple sessions are recommended.
Vaginal Ozone	Vaginal Ozone Therapy is a therapeutic treatment that uses medical-grade ozone gas to support vaginal and reproductive health. It works by enhancing oxygenation, balancing the microbiome, and providing antimicrobial and anti-inflammatory effects supporting detoxification, tissue healing, hormonal balance, and overall intimate wellness.
Rectal ozone	Rectal Ozone Therapy is a therapeutic treatment that administers medical-grade ozone gas rectally to support systemic oxygenation and detoxification. It works by enhancing circulation, modulating the immune system, and providing antimicrobial and anti-inflammatory effects supporting gut health, energy levels, and overall wellness.
Cabins, Saunas & Inhalers	
Cold Plunge Therapy + Breathing Session	Cold plunge boosts immunity, enhances blood circulation, improves mood, and reduces stress by increasing endorphins. It promotes regeneration, reduces inflammation and muscle pain, and strengthens willpower. Our experienced team will guide you throughout the process.
Electromagnetic Wave & Frequency Stimulation Therapies	
Sensate	Sensate uses infrasonic waves to stimulate the vagus nerve, balancing the parasympathetic and sympathetic systems. It calms the nervous system, offering instant relief from stress and anxiety, while improving sleep quality.
Bioenergetic Meridian Massage Therapy	It is a treatment that uses low electric currents passed through the skin to produce several therapeutic effects in the body. It helps improve the condition of the spine, decrease physical pain, strengthen muscles and bones, accelerate metabolism and weight loss, eliminate toxins and cleanse the blood, improve blood circulation, and strengthen the immune system. It can also be used to increase cellular activity and improve the body's ability to self-repair. Slow down the aging process.
Light & Sound Stimulation Therapies	
BrainTap	The BrainTap headset combines sound, music, and spoken word to optimize brainwave training and relaxation. Its neuro-algorithm promotes emotional stability, mental harmony, and higher states of consciousness, enhancing thinking, sleep, and performance.
FlexBeam	FlexBeam is the world's first targeted, wearable red light therapy device. It accelerates recovery and optimizes health by using red and near-infrared light to shorten recovery time and help your body get back on track faster.
Pulsetto	The Pulsetto vagus nerve stimulation device is a wearable device that uses gentle electrical stimulation of the vagus nerve to regulate the nervous system and promote relaxation. It activates the parasympathetic ("rest and digest") response, supporting stress reduction, improved sleep, emotional balance, and lower cortisol key factors for longevity and psychological well-being.
Clinic Diagnostics	
Ketone Test	This quick test involves a finger prick. We apply a blood drop to a testing strip that's read by a meter. Ketones in your blood or urine indicate that your body is burning fats instead of glucose for energy. Therefore depending on your detox program (especially for ketogenic and water fasting) we can observe whether your body started to burn fats as an energy source.

WELL-AGING THERAPIES

THERAPY	DURATION	FEE
I.V (Intravenous) & I.M (Intramuscular) & Oral Therapies		
Anti-Fatigue Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Anti-Stress Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Anti Aging Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Brain Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Biotin I.V Therapy	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Immune Support Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Liver Support Protocol	(45 min.) 1 / 3 / 6 Session	\$200/ \$550 / \$1,000
Sugar Balance Protocol	60 min.	\$380
Vitamin C (7,5 gr / 15 gr / 25 gr)	30 min./45 min./60 min	\$70/ \$125/ \$160
Glutathione IV Therapy (600 mg / 1200 mg / 1800 mg)	30 min.	\$70/ \$125/ \$160
Mineral Cocktail	60 min.	\$70
Selenium	20 min.	\$45
NAD (200 mg / 300 mg / 500 mg)	60 min /90 min /120 min	\$250/\$330/\$500
Curcumin I.V Therapy (50 mg / 100 mg)	30 min. / 45 min.	\$320
Curcumin 100 mg + Resveratrol 50 mg I.V Therapy	60 min.	\$540
Resveratrol I.V Therapy (25 mg / 50 mg / 100 mg)	30 min / 45 min.	\$210/ \$265 / \$480
Vitamin B Complex (B1,B6,B12) I.V Therapy	45 min.	\$90
Alpha Lipoic Acid	30 min.	\$50
Myers Cocktail	30 min.	\$140
Memory Vital	30 min.	\$50
Zinc	20 min.	\$45
Blood Ozone	20 min.	\$75
Colon Cleansing & Enemas		
Coffee Enema	20 min.	\$50
Wheatgrass & Probiotic Enema	20 min.	\$50
Rectal Ozone	30 min.	\$70
Vaginal Ozone	30 min.	\$70
Cabins, Saunas & Inhalers		
Cold Plunge Therapy + Breathing Session	30 min.	\$50
Electromagnetic Wave & Frequency Stimualtion Therapies		
Sensate	20 min.	
Bioenergetic Meridian Massage Therapy	50 min.	\$100
Light & Sound Stimulation Therapies		
BrainTap	20 min.	
Flexbeam	20 min.	
Pulsetto	20 min.	
Diagnostics		
Ketone Test	5 min.	\$5

SPA THERAPIES

TREATMENT	CONTENT
Massage Therapies	
Aroma Therapy Massage	A soothing full-body treatment using rejuvenating aromatic oils. This massage promotes relaxation and well-being, helping you unwind, especially on the first day of detox, with its calming and rejuvenating effects.
Shiatsu Massage	An oil-free massage that applies pressure to acupuncture points, focusing on rotating and stretching limbs, joints, and pressure points. It helps open the body's energetic pathways and promotes balance.
Thai Massage	A type of lazy yoga that stretches the body, ideal for relieving pain and stiffness. Recommended 2-3 times a week for improved flexibility and relaxation.
Classic Swedish Massage	Swedish massage frees you from daily stress and exhaustion by stimulating the nervous system and skin with classical massage techniques. It helps increase blood circulation, reduce muscle tension, and increase flexibility.
Foot Massage	This treatment focuses on stimulating reflex points on the feet that correspond to internal organs. It promotes relaxation and wellness and can be taken daily or combined with other massages, such as abdominal massages.
Foot Reflexology Massage	Reflexology involves applying pressure to specific points on the feet to improve circulation and release blocked energy. Using special techniques, this massage promotes the body's natural healing process, helping restore balance and overall wellness.
Head & Face Massage	This massage targets the head and neck to relieve stress, tension, and headaches. It promotes relaxation and a sense of lightness, making it ideal for the second or third day of detox to alleviate potential side effects.
Local Massage	Tailored to your individual needs, this massage targets a specific area of the body. Consult with your therapist to address your particular concerns and receive a personalized treatment.
Hot Stone Massage	A variation of the Balinese Massage, this treatment uses hot stones to deeply penetrate tissues, helping to release stiffness and tension, promoting relaxation throughout the body.
Deep Tissue Massage	This full-body massage uses intense pressure to release muscle spasms, knots, and tension. It helps remove toxins from muscles and stimulates lymphatic circulation for improved recovery and relaxation.
Sports Massage	This connective tissue massage uses rhythmic pressure to relax muscles, reduce spasms, and increase flexibility. Ideal post-workout, it helps eliminate lactic acid buildup, promoting faster recovery and muscle relaxation.
Medical Massage	Targeted to specific problem areas, this massage helps alleviate muscular aches, pains, and joint tension. It effectively addresses issues like calcification and muscle cramps, providing relief and promoting relaxation.
Anti-Cellulite Massage	Focused on the abdomen and legs, this massage helps break down cellulite and improve circulation. For optimal results, consult our wellness coaches about frequency and available packages.
Lymphatic Massage	This full-body massage focuses on stimulating the lymphatic system by applying gentle pressure to lymph nodes. It aids in eliminating toxins and excess fluid, promoting overall detoxification and wellness.
Herbal Pouch Massage	This massage is performed with warm pouches containing dry herbs giving the muscle relaxation, renovation and removing stress.
Indian Head Massage	This massage is a therapeutic massage from ancient ayurvedic tradition that involves massaging head, neck, face and shoulder.

SPA THERAPIES

THERAPY	DURATION	FEE
Massage Therapies		
Aromatherapy Massage	50 min. / 75 min.	\$85 / \$115
Shiatsu Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Thai Massage	50 min. / 75 min. / 90 min.	\$115 / \$135
Classic Swedish Massage	50 min. / 75 min. / 90 min.	\$85 / \$115 / \$135
Foot Massage	50 min.	\$70
Foot Reflexology	50 min.	\$85
Head & Face Massage	30 min.	\$50
Local Massage	30 min. / 50 min.	\$45 / \$80
Hot Stone Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Deep Tissue Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Sports Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Medical Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Anti-Cellulite Massage	50 min.	\$110
Lymphatic Massage	50 min.	\$110
Herbal Pouch Massage	50 min. / 75 min. / 90 min.	\$90 / \$125 / \$140
Indian Head Massage	50 min.	\$85
Chi Nei Tsang Massage	30min/50min.	\$60/100\$

Special packages		FEE
Classic Massage - 10 Pack	50min/75 min/90min.	750\$-1000\$-1150\$
Classic Massage - 5 pack	50min/75 min/90min.	380\$-515\$610\$

You can cancel your therapies 3 hours in advance.

BEAUTY TREATMENTS

TREATMENT	CONTENT
Facial Care	
Energy Face Massage	Deep relaxing massage for the face, opening the Lymph and related chakras.
Classic Facial Care	It is a cleansing treatment in which the therapist applies steam to the face before cleaning any blocked pores. A face mask is applied and followed by a soothing massage with facial cream.
OxyGeneo Facial	The OxyGeneo Facial is an advanced, non-invasive facial that combines exfoliation, oxygenation, and infusion of active nutrients to rejuvenate the skin from within.
Collagen Treatment	A treatment designed to stimulate or support collagen production in the skin. Main Goal is improving skin firmness & elasticity, reduce fine lines & wrinkles, enhance skin glow and texture
Anti-Aging Care	A complete facial performing cleansing, peeling, special anti-aging massage and mask. This treatment is to decrease lines and preventing aging.
Hydrafacial Deep Cleansing	HydraFacial is a popular American hardware technique that combines vacuum hydro-peeling, deep cleansing, gentle exfoliation, and intensive hydration with serums. It uses Vortex-Fusion technology, which simultaneously removes dead skin cells, cleanses pores of impurities, and nourishes the skin with nutrients without pain or downtime.
Reactive treatment Dermabrasion	Reactivating treatment Dermabrasion is a mechanical skin resurfacing technique (deep peeling) that uses a special device with rotating cutters to remove the upper layers of the epidermis. The procedure stimulates regeneration, effectively removing scars, acne marks, and wrinkles. It is performed under local anesthesia and requires a lengthy recovery period.
Skin Analysis	skin analysis accurate computer diagnostic tool (Antera 3D, Janus Pro, FotoFinder) that allows you to assess the condition of the epidermis and dermis in 5-10 minutes, identifying hidden issues (pigmentation, blood vessels, wrinkle depth, moisture levels, and sebum). This method helps you choose a personalized skincare routine and evaluate its effectiveness treatment
Carboxy	Carboxytherapy is a therapeutic and rejuvenating procedure based on the introduction of carbon dioxide into tissues (invasively through injections or non-invasively through masks) to improve microcirculation, oxygenate cells, stimulate collagen, and accelerate metabolism. This method effectively combats swelling, age-related changes, stretch marks.

* Mesotherapy cannot be applied to those who have had a heart failure, diabetes, kidney disorders, cancer patients and blood coagulation problems or people with a history of stroke.

One-to-One Sessions

TREATMENT	CONTENT
Physiotherapy Session	Uses guided exercises, manual techniques, and targeted therapies to restore movement, reduce pain, and support the body's healing and rehabilitation-Session will be provided based on the guest's individual needs techniques like, Electrotherapy, Manual therapy, Dry needling.
Meditation (private session)	Being a method of inner-focus it helps improve mental, emotional and physical state. The popularity of meditation as an "anti-stress" practise is increasing, as it is backed with scientifically proven data. It improves sleep quality, helps with digestion, helps with concentration, regulates blood pressure and supports well aging. It can be practiced in private and as group session of 3-4 persons.
Yoga (private session)	Yoga incorporates breathing exercises and meditation, so it comes with many benefits for mental and physical health. It increases flexibility, and muscle mass helps with relaxation relieving stress and anxiety. Hence it strengthens the immune system. The poses in our yoga classes at TheLifeCo (two sessions every day) aim to support the detoxification process (suitable for all levels) and are included in all packages. We offer private yoga sessions for our guests who wish to practice advanced yoga.
Hormonal Balance Yoga	This Hormonal Yoga Flow moves gradually from the ground upward, guiding energy through each chakra to stimulate the related glands (knowing that each chakra or posture is directly linked to a hormonal gland).
Mat Pilates	Pilates is a great way to improve your flexibility and posture. Mat Pilates is a good workout method to cover all of the fundamentals of Pilates. It helps you strengthen your spine, abdominals, muscles, and many more while giving you relaxation and stress relief at the same time. Once you know its basics, you can always practice mat exercises and routines on your own.
Reformer Pilates	Reformer Pilates is a low-impact exercise performed on a special machine using springs for resistance. It helps improve strength, flexibility, and posture while supporting controlled and safe movement. During detox, it is especially beneficial as it supports circulation, lymphatic flow, and gentle activation of the body.
Fitness (private session)	When detoxing, movement is an essential part of helping your body flush out toxins. If you are looking for a good workout and would like to get in shape with a professional, Private Fitness sessions would be perfect for you. With an expert personal trainer, the fitness program aims to improve body condition, increase oxygen intake and capacity, decreases stress levels and teaches you about healthy exercising.
Recovery Exercise	Recovery Exercises are gentle, low-impact movements designed to help the body heal, reduce muscle tension, and restore mobility after workouts or injury. They focus on stretching, light strengthening, and improving circulation to speed up recovery and prevent future strain.
Posture Correction	Posture Correction exercises focus on strengthening weak muscles, stretching tight areas, and increasing body awareness to improve alignment. They help reduce pain, prevent injuries, and promote a balanced, confident stance in daily life.
Face Yoga	Facial exercises that tone muscles, fascia and lymphatic system, boost circulation, and enhance natural radiance.
Breathwork Session	Guided breathing techniques to reduce stress, increase oxygen flow, and restore inner balance.
Aquagym	Low-impact water exercises that strengthen the body, improve cardio, and protect the joints.
Pregnancy Exercise	Safe, moderate physical activity like walking, swimming, prenatal yoga, and light strength training to maintain fitness, ease discomforts (back pain, constipation), manage weight, and prepare the body for labor
Dry & Wet Cupping Session	Cupping is an ancient form of alternative medicine involving the application of special cups to the skin to create suction.

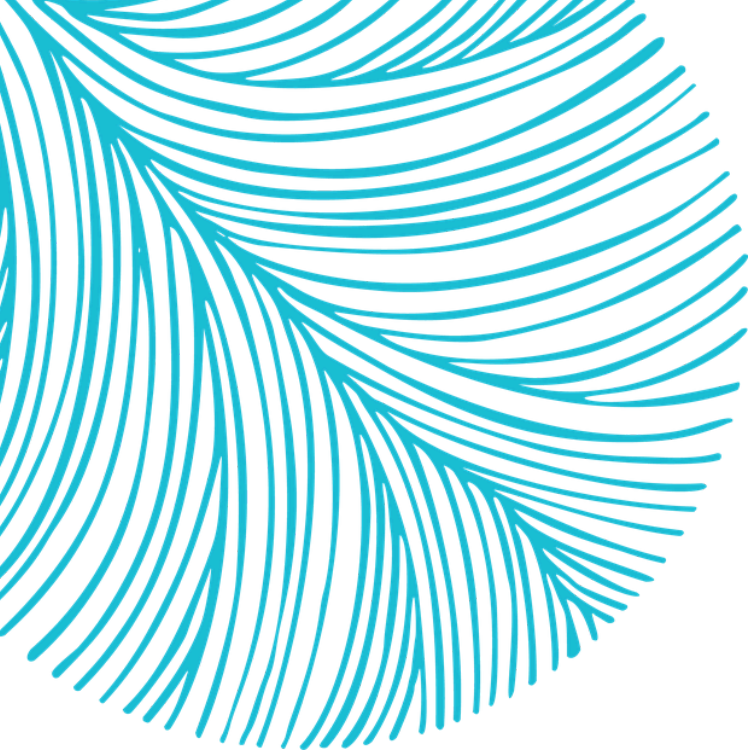
One-to-One Sessions

THERAPY	DURATION	FEE
Physiotherapy Session	45-60 min	\$140
Meditation (private session)	30 min. / 60 min.	\$30 / \$60
Yoga (private session)	60 min.	\$60
Reformer Pilates	60 min.	\$75
Hormonal Balance Yoga	60 min.	\$60
Mat Pilates	60 min.	\$60
Fitness (private session)	60 min.	\$60
Recovery Exercise	60 min.	\$60
Posture Correction	60 min.	\$60
Face Yoga	30 min. / 60 min.	\$30 / \$60
Breathwork Session	30 min.	\$30
Aquagym	60 min.	\$75
Pregnancy Exercise	60 min.	\$80
Dry Cupping Session	40 min.	70\$
Wet Cupping Session	40 min.	110\$

Physiotherapy sessions Packages	FEE
3 sessions	10% discount
6 sessions	20% discount
9 sessions	30% discount
12 sessions	40% discount

One to One Sessions	FEE
3 sessions	10% discount
6 sessions	20% discount
9 sessions	30% discount
12 sessions	40% discount

You can cancel your therapies 3 hours in advance.



TheLifeCo[®]
HOLISTIC WELLBEING

Your trusted wellbeing partner

