

# PROGRAMS

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*WE HAVE A PROGRAM THAT'S TAILORED PERFECTLY  
FOR YOU*



Árbol de la Vida  
Integrative Wellness & SPA





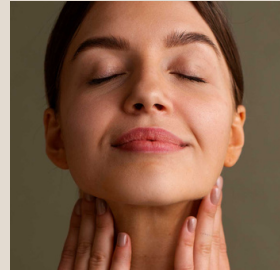
# OUR PROGRAMS

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**CELLULAR  
HEALTH AND  
BALANCE**



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**REJUVENATION  
AND ENERGY**



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SACRED  
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1.

# CELLULAR HEALTH & BALANCE



*Recover the balance and energy of the body through different natural therapies and scientific medicine treatments, promoting cellular health and longevity*

*January 11 - 19, 2025  
May 12 - 20, 2025*



*We will carry out activities and treatments supported by our team of experts and innovative technology*

This program aims to slow down the process of cellular degeneration and reactivate the health potential of each person.

The objective is to enhance a natural stimulation and reconstruction of the different metabolic processes and systems, through prevention and the strategic application of innovative medicine treatments for healthy aging.

#### Recommended to

- People who feel overwhelmed, tired, irritable, and without energy;
- Those who suffer from chronic autoimmune diseases, hypothyroidism, fibromyalgia, or early cancer;
- Those who suffer from stress, anxiety, or have blocked energy;
- People with leaky gut and other digestive imbalances;
- All people looking for a break to calm their minds, learn new healthy habits, and balance and revitalize their bodies.

#### Recommended for

Recover the balance and energy of the body through various natural therapies and scientific medicine treatments. These interventions reduce the negative effects of continuous stress, promoting cellular health and longevity.



## Methodology

Through the supervision and advice of our team of professionals, we seek an approach to new habits, through:

- Unlock the body, mind, and emotions;
- A personalized diet plan;
- Natural therapies and technological treatments;
- Lifestyle recommendations, with activities that allow learning new lifestyle habits.

## Program Activities: Activity – 9 days / 8 nights

Welcome Ceremony

Biological Terrain evaluation

Stress and electromagnetic field evaluation

Sound Healing

Ceremony of the Elements\*

1-Hour Massages

Integrative Health School

Photon Therapy

Scalar Waves

Osteopathy

Neural Therapy

Ozone Therapy

Vitamin Infusions

Spa

Pilates and Yoga Classes

Body Wraps

Lymphatic Drainage with Indiba

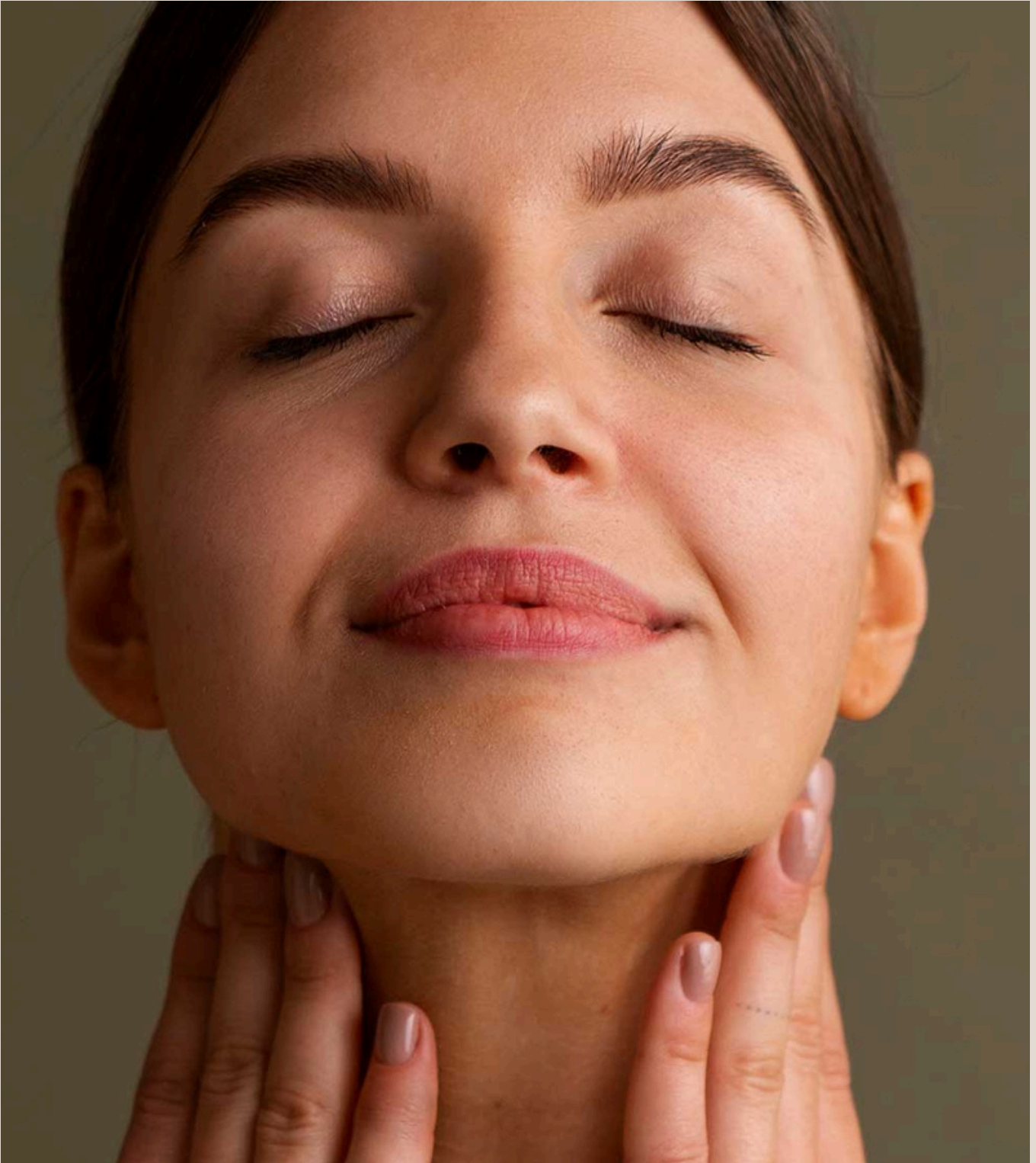
Special Nutrition

Liver Detox

Accommodation

2.

# REJUVENATION & ENERGY



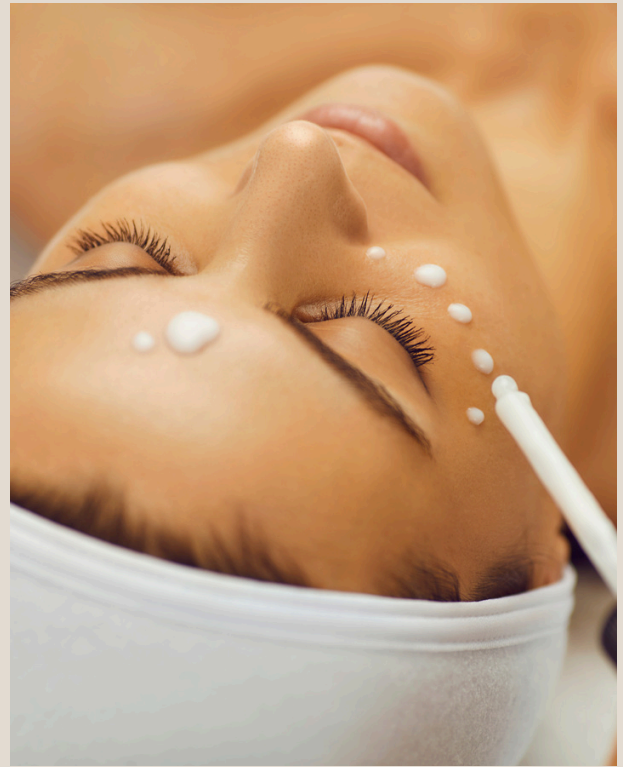
*The program aims to proactively strengthen your body and improve its resistance to lifestyle challenges, rather than focusing on the old "disease and repair" approach.*

*March 19 - 26, 2025*



## Recommended for

- People who are aware that they live under the pressure of stress or lack of rest, subjected to multiple external factors, bad habits, or pathological processes, and who notice that their appearance, physical or mental abilities are inferior to what they would like.
- People who perceive that they are beginning to suffer health problems caused by the natural aging process and want to incorporate knowledge, techniques, eating habits, and supplements to stop this process.



- People who want to increase their energy, streamline the functioning of their organs, and promote cellular, physical, and energetic rejuvenation.
- Women who are going through menopause and want to improve their estrogen levels and balance their hormones, as well as improve libido.
- Those interested in knowing the numerous possibilities to slow down their biological clock from a global approach, enabling biological rejuvenation.

## Methodology

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits through:

- Determination of biological age, level of oxidative stress, and other indicators obtained through various clinical analyses and diagnostic tests;

- Improvement of physical appearance and vitality, slowing down the biological clock from a global and integrative approach, thanks to the combination of natural therapies, oriental medicine, nutrition, and the latest advances in wellness medicine;
- Physical, mental, and emotional unlocking;
- Healthy Diet;
- Pilates or Yoga;
- Physical exercises;
- Natural and technological therapies;
- Lifestyle recommendations and activities that allow the learning of new habits.

## Program Activities: Activity - 9 days / 8 nights

Welcome Ceremony

Biological terrain evaluation

Stress and electromagnetic field evaluation

Ceremony of the Elements\*

Detox - Liver Cleansing

Sound Healing

Osteopathy

Vitamine Infusions

Body Wraps

1-Hour Relaxing Massage

Acupuncture

Pilates Classes

Photon Therapy

Lymphatic Drainage with Indiba

Ozone Therapy

Spa

Scalar Waves

Integrative Health School

Neural Therapy

Nutrition

Accommodation



3.

# SACRED PLANTS RETREAT



*Confront and process repressed or blocked emotions to relieve discomforts such as stress, anxiety, and other emotional problems.*

*December 15 - 21, 2024  
April 8 - 14, 2025*



*Sacred plants can be tools of inexplicable value to transform our lives. Through a responsible experience, true portals open towards a healthier life, in contact with our Higher Self*

We deeply believe in the transformative power of sacred plants when used in an environment that respects ancient traditions while studying the medical and scientific advances of modernity



At *Árbol de La Vida*, we provide a safe environment and work with recognized Maestros and professionals who will help you on the path to experiencing more peace of mind, more fulfilling relationships, and a life where you share your gifts and make your greatest contribution to the world.

To make the most of the benefits that Sacred Plants provide, it is necessary to contemplate a cycle of integrative activities that will help you gradually and systematically implement the entire experience.

Our services have been designed so that your experience is authentic and exceptional. We offer a personalized program, adjusted to your needs.

You will be fully supervised by our highly trained professionals throughout our expertise.





## Objectives

They allow a person to release and process repressed or blocked emotions that may be causing distress, stress, anxiety, or other emotional problems.

Improve the quality of life and relationships, reconnect with your true self, and obtain the best version of yourself.

Learn to channel our energy and focus coherently with ourselves and everything around us.

Dedicate time to self-development and well-being, nourishing the mind and the body.

Disconnect from the city and be in a place of peace, which will allow us to reconnect with our inner being.

## Recommended for

- People who spend a lot of time connected to technology to distract their minds and escape from internal chaos, and want to decide whether to continue avoiding it or face it and resolve it;
- Those who seek to work on their inner-self to achieve greater awareness and learn to organize their internal disorder;
- Those who feel their daily habits, patterns, and escape mechanisms are no longer enough to provide relief;
- People whose daily routine has surpassed their inner peace.

## Methodology

Through the supervision and advice of our team of professionals, we will guide you in an encounter with yourself that will help you free yourself from those emotions that have been a burden, empowering your body and mind through:

- Yoga classes;
- Energy therapies;
- Healing ceremonies;
- Lifestyle recommendations, with activities that allow the learning of new habits;
- Personalized meals for each person's needs.

Program Activities: Activity - 7 days / 6 nights

Welcome Ceremony

Stress and electromagnetic field evaluation

Pre and post-ceremony preparation

Temazcal

Sound Healing

Spa

Scalar Waves

Ayahuasca Ceremony

Special Diet

Detox

Accommodation



4<sub>to</sub>

# INTENSIVE DETOX: WEIGHT LOSS



Price per Person:

Matrimonial Private Room - US\$ 1580  
Shared Room for two people - US\$ 1500  
Shared Room for Four People - US\$ 1340

*November 21 - 25, 2024*

*Improve functionality and performance,  
both mental and physical at any age*



The natural detoxification process restores the regular balance of your body, regulates balance, and removes blockages. Our program aims to detoxify your body comprehensively under medical supervision and specialized care. Our treatments promote the gentle elimination of toxins while stimulating your metabolism and immune system. Relaxation and healthy eating are essential in this process.

Transform your relationship with your body. Replace unhealthy habits with ones that nourish and strengthen you, revealing your ideal weight and lifestyle.

The Detox and Health Cleanse program is designed to restore body balance, regulate balance, and remove blockages. Under medical supervision, it offers deep purification and stimulates the metabolism and immune system. It includes wellness rituals and a complete detox diet, focusing on obtaining effective and long-lasting results to improve your health

Transform your relationship with your body. Replace unhealthy habits with ones that nourish and strengthen you, revealing your ideal weight and lifestyle.

## Objectives

Improve the body's detoxification process by merging two vital approaches: achieving a healthy ideal weight and at the same time performing a cleansing and detoxification procedure for an optimal state of health.

Analyze various indicators of metabolism and detoxification, as well as implement measures to counteract possible metabolic imbalances.

Promote physical activity as an essential component to achieve an ideal weight and enhance the body's natural detoxification capacity.

*Improves the body's detoxification process through deep purification and revitalization of the metabolism.*



## Methodology

### PERSONALIZED NUTRITION AND HEALTH PLAN

- Development of a nutritional plan adapted to individual needs.
- Inclusion of foods that promote detoxification and revitalization of the body.

### NATURAL THERAPIES AND TECHNOLOGICAL TREATMENTS

- Use of natural therapies and advanced technologies to unlock the body.
- Elimination of body toxins and reinforcement of natural purification functions.

### CONTROL AND MONITORING

- Constant monitoring of body weight and body composition
- Regular adjustments to the health plan based on observed progress.

### LIFESTYLE RECOMMENDATIONS

- Activities designed to encourage learning new healthy habits
- Strategies to incorporate sustainable habits that improve long-term health and learning new healthy habits

Program Activities: Activity – 5 days / 4 nights\*

Welcome Ceremony

Stress and electromagnetic field evaluation

Biological terrain evaluation

Detoxifying Nutrition

Integrative Health School

Sound Healing

Lymphatic Drainage

Yoga Classes

Colon Cleansing

Ceremony of the Elements\*

Scalar Waves

Temazcal

Spa

1 Hour Relaxing Massage

Accommodation

\*Option to extend for 4 more days

# 5. COMPREHENSIVE AESTHETIC AND BEAUTY



*Revitalize and enhance your health and biological balance to improve your skin and overall well-being..*

*February 15 - 19, 2025  
May 1 - 5, 2025*



*If you want to enhance your health at a cellular level, leave bad habits aside and recover your physical abilities*



*Through this program, we seek to enhance your inner beauty so that it is reflected in your appearance using effective therapies under the supervision of professionals of the field.*

*The human body has the innate ability to regenerate its cells, but this function is often hindered by bad habits that generate excess toxins, affecting their optimal functioning.*

## Objectives

Recover the health of your body naturally, enhancing its functionality through the combination of natural therapies and nutrition. Our goal is to optimize health by restoring the proper functioning of our body systems, reflected in our skin and general well-being.

## Recommended for

If you want to enhance your health at a cellular level, leave bad habits aside and recover your physical abilities.



## Methodology

Through the supervision and advice of our team of professionals, we seek an approach to new healthy habits, through:

- A personalized nutrition and health plan.
- Natural and technological therapies focused on aesthetics.
- Lifestyle recommendations, with activities that allow learning new healthy habits.

Program Activities: Activity – 5 days / 4 nights\*

Welcome Ceremony

Stress and electromagnetic field evaluation

Colon Cleansing

Yoga and Pilate Classes

Ceremony of the Elements\*

Sound Healing

Spa

Lymphatic Drainage with Indiba

Facial

Body Wraps

Relaxing Massages

Photon Therapy

Detox Nutrition

Accommodation

\*Option to extend for 4 more days.

6.

# SPIRITUAL NUTRITION RETREAT



*Revitalize your body through cellular renewal, reduce oxidative stress,  
and prevent deterioration and aging.*

*December 1 - 11, 2024  
June 14 - 24, 2025*

*For more than 13 years, we have been working on various types of Fasts, we have the experience of guiding you in a gratifying, safe and happy way, which will lead you towards gratitude and the most incredible effects with your integral essence, recognizing the symbiosis that we have with mother Earth.*

## Objective

Resetting your entire body is essentially a cellular renewal, reducing oxidative stress (damage to cells caused by unstable molecules known as free radicals), avoiding the deterioration and premature aging of cells, improving the conversion of nutrients into energy, improving waste removal, eliminating pathogens and other foreign materials inside cells.

## Recommended for

People who want to deepen their knowledge of self-healing, self-repair, empowering their being, increasing energy to live better, accelerating the renewal of cellular structures, and delaying aging. Protect you against: various diseases; aging; Fatigue. Provides Lifestyle change; Awaken your creative power; Empower you.

## Methodology

- A personalized juice and healthy eating plan.
- Natural and technological therapies focus on supporting the body to repair.
- Lifestyle recommendations, with activities that allow learning new healthy habits.
- Deep encounters with yourself.

Program Activities: Activity 11 days / 10 nights

Biological terrain evaluation

Juices and foods

Water Ceremony

Yoga / Pilates

Sound Healing

Spa

Lymphatic Drainage

Neural Therapy

Liver Cleanse

Accommodation



7.

# FULL DAY



*Escape your daily routine in a stunning setting and rejuvenate your energy.*

*Available everyday*

Experience a calm and connection with nature while enjoying our facilities for rest and revitalization.

This program is designed to give you quality time. Disconnect from your daily activities in a beautiful place and recharge your energies.

### Objective

Give yourself time for well-being, let yourself flow, and fill yourself with energy.

### Recommended for

If you want to have a space of tranquility and revitalize your energy.

### Program Activities: 1 Day

Spa

Relaxing Massages

Nutrition

Yoga or Pilates Classes