



Thank you for choosing We Care Spa and for your commitment to a healthier lifestyle. Before you arrive for your stay, we have some important information to share on how you can best prepare for your visit. We want to ensure that you have everything you need to make the most the most out of your time here.

### **FASTING PREPARATION**

Four days prior to beginning your juice fast, we strongly suggest you replace your normal diet by:

- EAT: fruit, raw and steamed vegetables, salads;
- DRINK: juices, herbal teas;
- Take 2 Tbsp. of olive oil at bedtime;
- Take 8 oz. of prune juice in the mornings and herbal laxatives or laxative teas nightly.

AVOID: all grains, nuts, pasta, meat, cheese, dairy, processed food.

ELIMINATE: all caffeine and alcohol. We recommend raw sprouts for protein.

### **SPA SERVICES**

To enhance your stay and maximize your investment of time, we have included a Spa Services Menu for selecting treatments in addition to those included in your Plan.

### **ITINERARY PLANNING**

Your Plan Treatments and other Spa Services should be booked at least 3 weeks prior to your arrival to facilitate your preferences. Please call 800.888.2523, 8am-5pm PST, to arrange your schedule.