

MAGNOLIA HEALTH RETREAT



Take control of your health at our Exclusive Texas Health Retreat

Feeling overwhelmed with life? Don't have the energy you used to have? Let us help undo the damage from over-consumption and toxic food choices. Let us help you sift through all that crazy contradicting health information and get you energized and back to your life renewed in body, soul and spirit.

Sometimes we want and need more than just an office visit with a healthcare professional. And sometimes we need to get away and unwind and hear someone tell us what we need to do to get back on track. Magnolia Health Retreat is the answer for couples/individuals who want to take their health to the next level.

Your restorative journey at Magnolia Health Retreat includes:

- Professional medical foods and supplements
- All meals
- Nutrition education (Sifting through the nutrition nonsense, Stocking a Healthy Pantry, How to Read labels, How to healthfully navigate any restaurant)
- Hands on Cooking/Meal Prep sessions
- Near, Mid and Far Infrared Sauna
- Colon Hydrotherapy
- Fitness training
- Pool and Hot tub
- Access to Nature Trail
- Answers to your tough health questions

Additional Services by appointment:

- Bodywork- \$75
- Foot reflexology- \$75
- Grocery store tour- \$125
- Colon Hydrotherapy (First session included) \$150

The beautiful wooded country setting is a peaceful environment for healing and stress relief. We are located 22 miles north of FM1960 in the rolling hills of Magnolia.

2 Day Friday-Saturday \$850 per couple

3 Day Friday-Sunday \$ 1150 per couple

Please contact our office for details on how to attend the Magnolia Health Retreat

Contact us at www.nutritionandhealthcenter.com 281-440-0024