

TRANSFORM YOUR HEALTH WITH OUR DOCTOR MONITORED CLEANSE PROGRAMS

FEEL LIGHTER AND MORE ENERGETIC WHILE BEING MONITORED DAILY BY MASTER PHYSICIANS DR. MICHAEL KLAPER OR DR. ANTONIO SOLER

- May 19 - 24, 2019 with Dr. Michael Klaper
- June 30 - July 5, 2019 with Dr. Antonio Soler



Join [Michael Klaper, M.D.](#) or [Antonio Soler, M.D.](#), yoga teachers, Alese Jones or Ladybeth Gonzalez and the talented healers and therapists at The Spring for a week of water and juice cleansing that will leave you more energized and balanced on a cellular level.

Attend daily lectures and Q & A with the doctor for a course in healthy eating whose benefits will continue for a lifetime.

MEDICALLY SUPERVISED WATER OR JUICE FAST

People doing a water-only fast program will be required to submit basic blood tests (CBC, CMP and HgbA1c). Dr. Klaper or Dr. Soler will review your blood work panel to ensure your health and safety. During the retreat, the doctor will meet with you each day to check your vital signs, review the status of your cleanse and address any questions or concerns you may have.

LECTURES ON HEALTHY LIVING AND PLANT-BASED EDUCATION

Learn about the detailed inner workings of the body and digestive system from experienced fasting doctors.

PLANT-BASED FOOD PREPARATION CLASS

Enjoy a food preparation class demonstrating the principles of a whole food, plant-based diet and no added sugar, oil or salt (SOS). Learn how to make basic foods like salad dressings, nut milks, cashew cheese, soups and many different ways to prepare vegetables.

DAILY GENTLE HATHA YOGA

Each day you will be guided by our trained yoga instructors through meditation sessions and gentle Hatha yoga classes designed to help detoxify your body - and your life.

PERSONAL ONE-ON-ONE MEETINGS

Explore your specific health concerns in the morning and afternoon teaching sessions. Morning sessions will focus on nutrition for better health. Afternoon sessions will delve into the answers to your specific health questions from the morning sessions. The discussions will result in a host of inspiring ideas and new confidence to aid you in your healing journey.

EVENING PROGRAM

We have planned a number of other interesting evening activities including a meditative mandala art class to expand your creative side, a sound bath in the mineral springs to awaken your body and mind, inspirational movie night and an evening of stargazing under the spectacular desert skies!

JUICE AND WATER

Daily fresh pressed juice and distilled water will be provided for the cleansing aspect of the retreat. The final day we will provide a light healthy meal prior to check out. Vegetable broth will be available to supplement water fasting as needed.



ROOMS

Behind the double French doors, king size pillow-top beds of the finest quality adorned with 100% Egyptian cotton linens await your arrival. Lavish down duvets and down pillows comfort guests during their tranquil sleep. Guests are provided with premier quality robes and slippers. Showers are equipped with deluxe rain heads and a fine selection of fragrant amenities fill the air. Most rooms are equipped with full kitchens and those that are not have mini fridges. For a peaceful and serene experience we have no televisions on the property, however there is free Wi-Fi and an iPod ready stereo for those who need to stay connected.

THE SPA

The focus of The Spring Spa is cleansing, detoxification and rejuvenation. Treatments are designed to relax the body and soul while stimulating your body's natural healing process.

- Finnish and Infrared Sauna
- Therapeutic Massage
- Detoxifying Body Treatments
- Rejuvenating Facial Treatments
- Rehydrating Colon Hydrotherapy

Note: One infrared sauna and one hydro-colon therapy session are included in the retreat package.

RATES

Retreat + Room Rates Starting at
\$2,933 Double Per Person Rate
\$3,465 Single Rate

** Room tax not included*

ABOUT THE SPRING RESORT & SPA

Located on an elevated promontory with dramatic views of Palm Springs and the snow capped mountains of San Jacinto and San Gorgonio, The Spring is its own special rejuvenating experience in an area known as Miracle Hill.

De-stress in the opulence of nature in an uncluttered environment. Our guests lounge in 3 sparkling mineral water pools, fully charged with restorative properties, absorbing the curative powers of the bubbling mineral springs water.



BOOK EARLY TO ENSURE YOUR SPOT
CALL (760) 251-6700 OR EMAIL retreat@the-spring.com

 THE SPRING
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