



SCIENTIFIC DETOX CENTRE



FOUNDER'S NOTE

REPLENISHING THE SOURCE

Our body, mind and spirit form the reservoir we draw from to sustain our daily lives. The body gives us strength, the mind stability and the spirit gives us sustenance and direction to live our optimum life. We take from it everyday. But how often do we think about replenishing the source? Giving back to our body, mind and spirit?

Welcome to Kreo Cleanse, a scientific detox and wellness center that seeks to restore your body, mind and spirit to the revered balance that is at the center of deep and lasting lifestyle change.





DETOX & REJUVENATION

It is a fact that modern living has resulted in weakening lifestyles and suboptimum nutrition, and increasingly, we can see its effects not only in ourselves but also our loved ones. Chronic and lifestyle diseases have made inroads into almost every household. And yet, there are toxins in the food we eat, the products we use and the air we breathe that we may not have any power over.

At Kreo Cleanse, our team of experts aim to reset your body at an intricate cellular level through a customized, integrated system of detox treatments, sustainable diets and holistic healing.

The importance of detoxification is undeniable in achieving a healthy lifestyle, pausing premature ageing and kick starting your body's metabolism, leaving you feeling relaxed, rejuvenated and recharged.

Detox consultation - Ksh 3,500

TREATMENTS

COLON HYDROTHERAPY

Reboot your body with this essential therapy. Clogged up toxic waste from the colon is gently but thoroughly flushed out using water with the Aquanet EC, an FDA approved closed-circuit machine.

- **75 minutes** **Ksh 8,000**
- **Series of 3** **Ksh 24,000**



TREATMENTS

BIOMAT

Relax and unwind as an amethyst crystal mat emits far infra red heat and negative ions detoxify your body at a cellular level. This combined with visualization and a foot massage give you a sense of deep and complete relaxation.

30 minutes

Ksh 2,000

TREATMENTS

FAR INFRARED SAUNA

Sweat out the toxins with our Far Infrared Sauna that uses heat and light treatment to eject toxins from your body, this, combined with a complete back scrub leaves you feeling refreshed and renewed.

60 minutes

(combined with a back scrub)

Ksh 5,000

REFLEXOLOGY

Almost everyone, young or old, can greatly benefit from the art of Reflexology. By focusing on key pressure-points on your feet, lower legs and hands, Reflexology helps re-balance and de-stress your mind and body.

60 minutes

Ksh 4,000

TREATMENTS

MANUAL LYMPHATIC DRAINAGE

A gentle and deeply relaxing massage that encourages the natural drainage of the lymph, stimulates the lymphatic system to work faster and more effectively to remove toxins that accumulates between cells.

60 minutes

Ksh 5,000

BODY WRAP

Enhance the health and appearance of your skin while you undergo this slimming treatment that tones and smoothens your skin by helping your body get rid of stored toxins.

120 minutes

Ksh 8,000

TREATMENTS

IONIC FOOT DETOX

A fast and entirely painless way to drain harmful toxins and other impurities from your feet through a gentle process of osmosis.

- **45 minutes**
- **Series of 10**

Ksh 3,500

Ksh 30,000

ENERGY DETOX

Experience a new sense of vigor and vitality with a no-touch, no-drug therapy that detoxes the liver, spleen, lungs and kidneys, removing all emotional baggage attached to these organs that hinder the optimal functioning of these organs.

45 minutes

Ksh 3,500

TREATMENTS

BREATHWORK

Detoxification

The human body is designed to discharge large amounts of toxins through breathing. If your breathing is operating at peak efficiency you are ridding yourself of toxins.

A study on the effects of diaphragmatic breathing on the lymphatic system using cameras inside the body showed that this type of breath stimulated the lymph system by creating a vacuum effect which sucked lymph through the bloodstream. This increased the rate of toxic elimination by as much as 15x the normal rate.

Emotional wellbeing

Breathing is the body's most basic communication system. Cells undergoing partial oxygen starvation send out tiny panic signals which are collectively felt in the body as a continuous vague sensation of uneasiness, dread or disaster. This low level generalised warning tends to be ignored as background or normal. People rarely suspect the vague feeling of helplessness, fatigue and uneasiness are symptoms of cellular deprivation.

Diaphragmatic breathing has many psychological benefits from reducing stress, relieving tension, creating states of mind equivalent with deep meditation and increasing creativity, resourcefulness and emotional healing and intelligence.

1 session of 90 min – Ksh 9,000



BODY

True wellness is more than the absence of disease. Our bodies are a masterpiece of nature capable of interconnecting and uniting all our faculties in service of a higher living. But every now and again, our bodies get thrown out of balance and need to be realigned.

The treatments at Kreo Cleanse are designed to restore, revive and renew your body to lay the foundation of your journey to feeling energized and looking radiant.

TREATMENTS

DEEP TISSUE MASSAGE

Get back to your best self with our deep tissue massage that focuses on realigning deeper layers of muscles. This treatment is great for rehabilitating sore muscles and increasing circulation and relaxation.

60 minutes (full body)

Ksh 5,000

SWEDISH MASSAGE

A classic treatment that has become the standard of massages across the world, uses a combination of soft and strong strokes to promote overall body harmony and is ideal for those looking for deep relaxation.

60 minutes

Ksh 5,000

TREATMENTS

AROMA GLOW MASSAGE

Unwind and leave behind your stresses with this restorative treatment that uses essential oils and other aromatic compounds to improve physical health and promotes positive energy and mood.

60 minutes

Ksh 5,000

POWER PLATE

Step up to a healthier you! The Power Plate is vibrating platform with the option of various levels to tone and strengthen specific areas of the body while increasing circulation and lymphatic drainage.

- **1 session 30 minutes** **Ksh 600**
- **12 sessions** **Ksh 6,000**

TREATMENTS

CELLULITE REDUCTION TREATMENT

Get visibly smoother and toned skin with our Cellulite Reduction Treatment. This treatment helps reduce the appearance of cellulite by lymphatic stimulation and massage techniques. Detoxifying essential oils are used in this therapy followed by a machine toning session.

- **60 minutes** **Ksh 6,000**
- **Series of 6** **Ksh 30,000**

HIMALAYAN SALT GLOW

Treat your body to a luxurious experience. Our full-body exfoliation detoxifies, stimulates and invigorates your skin. This unique system of skin renewal uses Pink Himalayan salts and hydrating essential oils in an individually customized combination for maximum healing and a healthy skin.

- **60 minutes** **Ksh 5,000**

BREATHWORK

- Oxygen rich blood is the key element needed by the body to create healthy cells. Healthy cellular regeneration is essential for good health: it has proven to be the antidote for many sicknesses. People generally use only a third of their respiratory system getting at a max only 25% of the air and oxygen needed for good health.
- Breathwork increases oxygen levels and breathing capacity by two to three times over a period of treatment. Better breathing could very well be the medical panacea you have been looking for to increase your energy and vitality.

1 session of 90 min – Ksh 9,000

TREATMENTS

NUTRITION & DIET

Be the best version of yourself with expert and one-on-one guidance from our nutritional consultant.

With this program you can relook at your relationship with food, habits and cravings and embrace a holistic approach to sustainable nourishment.

Aesthetic Nutrition Support

This program undertakes an overall evaluation of an individual's characteristics such as lifestyle, habits, likes / dislikes, cravings etc. A personalised diet is then prescribed based on the evaluation chart and defined goals of the individual. Aesthetic Diets are unique and different in creating an outlook towards food rather than focusing only on training regimes or exercise patterns or synthesized supplement courses.



DIET IS BASED ON PRINCIPLE OF AIM

ACTIVATION: 30 DAYS OF FIXED PLAN THE DIET PROGRAM WORKS TO JUMPSTART RATE OF METABOLISM OF AN INDIVIDUAL AND CREATE A RESULT ORIENTED PROGRESSION IN LOSS OF KILOS, INCHES & FAT.

INTERMEDIATE: 30 DAYS OF FIXED PLAN THIS STAGE IS CHARACTERIZED BY A DIET PROGRAM REGIMENTED ON ACHIEVING OPTIMUM LEVEL OF METABOLISM

MANAGEMENT : 30 DAYS OF FIXED PLAN THIS STAGE OF PROGRAM THE DIETER HAS GRADUATED TO ACHIEVING THE AESTHETIC BODY AND IS CHARACTERIZED BY DIET PROGRAM CENTERED TO MAINTAIN .

Aesthetic Nutrition Support (3 months) - Ksh 20,000



TREATMENTS

NUTRITION SUPPORT PROGRAMMES

Nutritional Support Program for Clinical Conditions:

Nutritional Support integrated with medical assistance can not only prevent the illness but can also reverse and reduce the symptoms resulting in a better life.

We excel in providing Nutritional Support for Clinical conditions such as:

- Cardiac Diseases
- Blood Pressure
- Diabetes
- Obesity
- Cancer
- Renal disorder
- Digestive Conditions
- Food Allergies & Intolerance
- Pregnancy & Lactation
- Depression & Stress

Diabetic Nutritional Support Program (DNSP)

Our Diabetic Nutritional Support Program is designed to help you to make best choices to recover from the disease. A customised diet plan is prepared specifically for your body and for the goals you need to achieve.

CONSULTATION – KSH 3,500 FOR 1 HOUR





MIND

They say the ultimate measure of success is true peace of mind. Our mind is the vessel of our body and spirit and therefore it is the cornerstone of our overall wellbeing. A sojourn into transformational lifestyle changes must first begin with the mind.

Kreo Cleanse offers specialized therapies that help you harmonize with your body, mind and spirit, so you can unblock the path to lasting improvements in your life.

TREATMENTS

PSYCHOTHERAPY

Heal and alleviate emotional and mental imbalances. Pranic psychotherapy has the ability to quickly and safely release crippling energetic patterns and helps in compulsive behaviors, phobias, food and habit addiction, stress, anxiety, depression and grief.

- **45 - 60 minutes** **Ksh 3,500**
- **Series of 10** **Ksh 30,000**

STRESS EVALUATION & MANAGEMENT BY HEALING

Managing your stresses starts with knowing where they reside. With this treatment we will scan your auras, chakras and organs to assess the intensity and causality of stress and manage it by energy healing.

- **90 minutes** **Ksh 5,000**
- **Series of 10 sessions** **Ksh 40,000**

FORGIVENESS

It is a little known fact that repressed guilt can lead to physiological blocks too. This guided forgiveness session helps release conflict, anger, guilt and resentment towards others and yourself to aid physical and emotional release of blockages.

- **45 - 60 minutes** **Ksh 3,500**
- **Series of 10** **Ksh 30,000**





CONSCIOUS CONNECTED BREATHWORK FOR A HEALTHIER MIND:

When Albert Einstein's brain was analysed it was found to contain more cells known as glial cells compared to others who had not achieved quite the same results with their brains. Glial cells are seen as an indicator that his brain was more vascular, had more blood flow there for more oxygenation. The greater the flow of blood to the brain the greater the oxygenation, the greater the neural networks the higher the intelligence. We can all increase our brains vascularity.

- Breathwork opens up and frees the breathing system of the body to increase oxygenation of the blood. Working through the physical and emotional body allows us to relax and free the brain so we can form new neural pathways and tell new stories about and to ourselves by witnessing and releasing stored up memories, mental think loops, fears, grief and worry.

1 session of 90 min - Ksh9,000



SPIRIT

It is not often that we think of our spirit, but it is an unseen force that propels us to not simply exist but to be our best selves, journeying towards our fullest potential.

We, at Kreo Cleanse curate programs with highly qualified and experienced trainers that guide you to a process of spiritual wellness that puts you on the path to feel one with the universe and your inner self.

TREATMENTS

CHAKRA AND AURA BALANCING

Immerse yourself in a revered balance. This treatment scans the aura and chakra for congestion or depletion and heals them to bring about balance.

- **45 - 60 minutes** **Ksh 3,500**
- **Series of 10** **Ksh 30,000**

PRIVATE MEDITATION

Guided meditation is used for gaining deep relaxation, eliminating stress, promoting health, increasing creativity and intelligence and attaining inner happiness and fulfillment.

- **30 minutes** **Ksh 2,000**

PRANIC BREATHING

Master the essential art of rhythmic deep breathing to boost energy levels, improve functioning of detox pathways and optimizing cardio vascular and lung function.

- **30 minutes** **Ksh 2,000**





CONSCIOUS CONNECTED BREATHWORK FOR YOUR SPIRIT:

Breathwork effectively works to remove traumas and negativity from the subconscious mind. This includes old tapes, past memories, negative beliefs, unexpressed emotions and repressions which are stored on a cellular level. By breathing into closed places in a held and supported environment, letting go where we hold onto breath we bring up process and integrate emotions, thoughts, memories and experiences that clear the way to make a deeper clearer connection with our spirit.

1 session of 90 min – Ksh 90,000



PACKAGES

KREO SIGNATURE 28 DAYS DETOX

Renew, rejuvenate and recharge your body with our complete 28 day science based detox program. With this program you can thoroughly purify and detoxify your body for long lasting impact on optimizing health and wellness.

Includes screening, assessment of toxicity levels and a customized detox program to encompass nutrition, energy detox and comprehensive cleansing treatments -

- A series of colonic hydrotherapy treatments
- Manual Lymphatic drainage massages
- Far infra red sauna sessions
- Ionic foot detox sessions
- Exfoliations and anti cellulite massages
- Energy detox and healing sessions
- Complete nutritional plan for 4 weeks of detox

Ksh 120,000

PACKAGES

90 DAY COMPLETE WEIGHT LOSS, SLIMMING & TONING

WEIGHT LOSS PACKAGE

This program undertakes an overall evaluation of an individual's characteristics such as lifestyle, habits, likes / dislikes, cravings etc. A personalised diet is then prescribed based on the evaluation chart and defined goals of the individual combined with craving control sessions & body treatments to enhance the internal wellbeing as well as external aesthetics of the body resulting in a much slimmer, toned and healthier body.



WEIGHT LOSS PACKAGE

This program targets all age groups with weight management issues. Individuals who have a BMI greater than 25 must enroll for this program.

Benefits of weight loss program:

- Attainment of ideal body weight
- Improved Digestion
- Lower cholesterol levels
- Lower blood pressure
- Improved physical appearance
- Lower risk of Diabetes
- Increased vitality & energy
- Elevated mind body and soul
- Low risk of hormonal imbalances



ACTIVATION: 30 DAYS OF FIXED PLAN THE DIET PROGRAM WORKS TO JUMPSTART RATE OF METABOLISM OF AN INDIVIDUAL AND CREATE A RESULT ORIENTED PROGRESSION IN LOSS OF KILOS, INCHES & FAT.

INCLUDES 3 COLONICS AND 6 CRAVING CONTROL HEALING SESSIONS

INTERMEDIATE: 30 DAYS OF FIXED PLAN THIS STAGE IS CHARACTERIZED BY A DIET PROGRAM REGIMENTED ON ACHIEVING OPTIMUM LEVEL OF METABOLISM .

INCLUDES 3 BODY WRAP TREATMENTS.

MANAGEMENT: 30 DAYS OF FIXED PLAN THIS STAGE OF PROGRAM THE DIETER HAS GRADUATED TO ACHIEVING THE AESTHETIC BODY AND IS CHARACTERIZED BY DIET PROGRAM CENTERED TO MAINTAIN .

INCLUDES 12 SESSIONS OF BODY TONING COMBINED WITH ANTI CELLULITE MASSAGE.

WEIGHT LOSS PACKAGE (3 months) - Ksh 120,000

PACKAGES

7 DAY CLEANSE

Pressed for time? Give yourself a quick reboot with our intensive week long detox program to thoroughly cleanse your body and remove impurities.

- This treatment includes
- 3 gentle colon hydrotherapy sessions
- 1 relaxing reflex massage
- 1 ionic foot detox

Ksh 35,000



PRANIC FACELIFT

Give your face a divine glow and lift with no products at all! Our no-touch, no-drug guided crystal healing session provides facial cleansing, softening, moisturizing, toning and regeneration to achieve a younger, refreshed and revitalized facial appearance while reducing the appearance of wrinkles and fine lines.

- **60 minutes** **Ksh 5,000**
(recommended minimum 6 sessions)
- **Series of 10 sessions** **Ksh 40,000**
- **Follow up sessions** **Ksh 4,000 per session**



W: www.kreocleanse.com

M: 0723894579 | 0720328480

E: info@kreocleanse.com

B3 Spring Valley Business Park, 3rd Floor