



# RESTORATION WEEKEND

## RENEW, REGENERATE AND RESTORE

Mother's Day is a celebration of the selflessness, love, and dedication of the amazing women who gave us life. This year, let's return the favor by ensuring that our moms' health is restored. Let's take care of the ones who always took care of us, and show them how much we cherish and appreciate their unwavering love. Happy Mother's Day to all the incredible mothers out there, may your health and happiness always be a top priority.

**Mother's  
Day**



## SERVICES : R28 560

- Gut health (Colon hydrotherapy) 3 Days
- Lung health (Ears, nose and throat detox)
- Lubricate internal and external body (oiling)
- Oxygenate body (Ozone and Hyperbaric chambers) 3 Days
- Regeneration (Photobiomodular therapy) 3 Days
- Regenerative massage (3 days)
- Accommodation (2 nights)
- Intermittent fasting (2 days)
- Juicing (1 day)
- Consultation with AfroVedic practitioner and medical doctor



## OUR LOCATION

34 Peter place  
Road Bryanston

## CONTACT US

+27 68 560 9467  
Info@afrovedic.co.za

PELONNGWE  
WELLNESS RETREAT & SPA

14 - 31 MAY 2023