

Let's get RAW!
Join Me!

Rawlicious
Retreats

DISCOVER

🍊 YOUR RAW SIDE 🍊

DETOX - BUILD - TRANSFORM

AVAILABLE NOW!
PHUKET, THAILAND

With
Toni J

Raw Vegan Lifecoach



Why Detox is so important?...

In our fast-changing world, we are constantly faced with an **overwhelming** amount of harmful substances present in our environment, from the food we eat to the products we use.

These **toxins** can be found in meat, dairy, eggs, cooked foods and other various forms, such as mercury fillings in our teeth and medications, imbalanced gut flora due to antibiotics, lead accumulated in our bones from the era of leaded gasoline, and drugs circulating in our bloodstream that disrupt our liver's metabolic processes.

Toxins silently and invisibly **damage** our body's cells, gradually accumulating over time without us even realising it.

The results being; **digestive issues** such as constipation, diarrhoea, excess gas, bloated stomach, abdominal pain, cramping, skin breakouts, acne, body odour, fatigue, weight gain, disease, difficulty concentrating, and memory issues.

To address this issue, detoxification is a **treatment approach** that aims to cleanse the blood and eliminate toxins from our bodies. Detoxification is the body's natural method of self-healing.

WE DETOX, BUILD AND TRANSFORM

In order to attain **the highest level** of health and vitality while **minimising** the intake of harmful substances found in our food, environment, and products, it's essential for us to **embrace** a high or fully raw vegan lifestyle.

Join us at our retreat and embark on a transformative journey towards a healthier and revitalized you.



Are you ready to embark on a transformative journey to **revitalize** your body, mind, and spirit?

Don't miss the opportunity to experience the power of nature and **immerse yourself** in the world of a raw vegan lifestyle at the Rawlicious Retreat in Phuket.

By booking your retreat stay with us, You will:

RE-ENERGIZE AND REJUVENATE:

Escape from the demands of daily life and find solace in the serene paradise of Phuket.

UNLOCK YOUR FULL POTENTIAL:

Discover the incredible benefits of a raw vegan lifestyle and unlock your full potential.

CONNECT WITH LIKE-MINDED INDIVIDUALS:

Join a community of like-minded individuals who share your passion for health, wellness, and conscious living

EXPERIENCE THE JOY OF GIVING:

Not only will you embark on a personal journey of self-discovery, but you will also contribute to a greater cause of supporting street dogs that need human hearts.

Welcome!

TO OUR RAW VEGAN

Rawlicious

RETREAT



At the Rawlicious Retreat, we believe in the **power of food as medicine** and the profound impact it can have on your overall well-being.

Throughout your stay, Toni J will guide you through a carefully crafted program designed to re-energize your body and **revitalize your spirit**.



REFRESH AND RELAX IN PHUKET



Escape to the pristine shores of Phuket and embark on a transformative journey to **rejuvenate your body, mind, and spirit.**

Allow the gentle waves and warm sand to wash away your worries as you embrace the serenity of this **tropical paradise.**

Engage in soul-nourishing activities, connect with like-minded individuals, and discover a profound sense of inner peace amidst the **breathtaking beauty** of Phuket's landscapes.

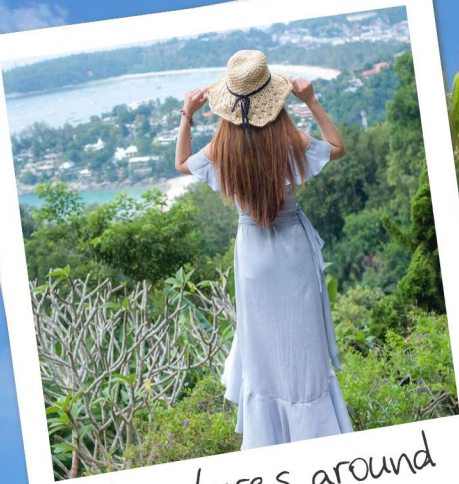
What to Expect...



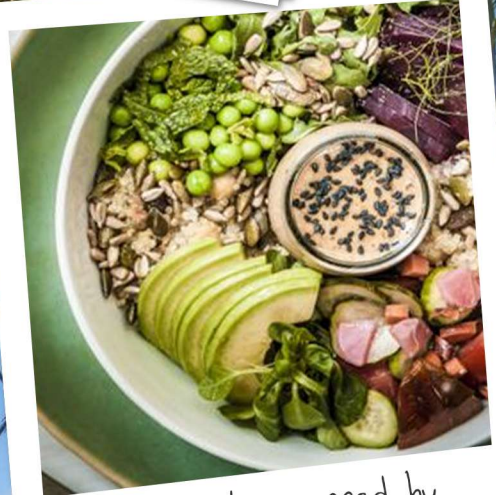
Relaxation



volunteering to help
make better lives for dogs



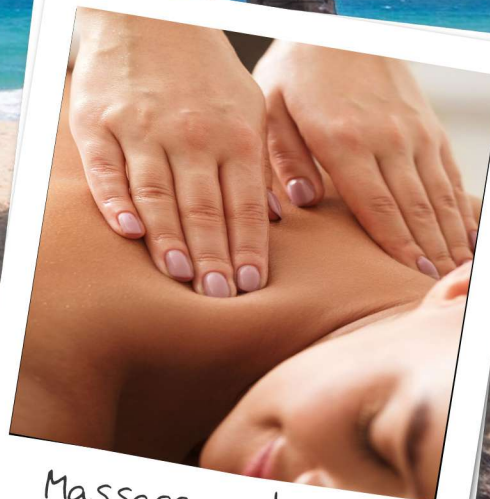
Adventures around
Phuket



All Meals prepped by
vegan chef Mango



So many beaches to explore!



Massage and spa
options



Experience Unconditional Love

At our Raw Vegan Retreat, we believe in fostering a **deep connection** with nature and all its inhabitants.

As part of our commitment to animal welfare and creating a **compassionate environment**, we are delighted to inform you that we have rescue dogs on site who will be part of your retreat experience.

By interacting with our furry friends, you not only create beautiful memories but also contribute to our ongoing efforts to **support and care** for these animals.

Feel at Home

Accommodation amenities include:

- Private bungalow with en suite shower
- Air conditioning in bedroom
 - Towels
 - Pool
- Access to kitchen
 - Use of fridge
 - Dining area
- Laundry facilities
 - Common area
- Cleaning Services
 - Free WIFI
- Welcome gift basket

Excursions...

At the Rawlicious Retreat, we believe in creating a holistic experience that allows you to not only nourish your body but also **explore the captivating beauty of Phuket.**

Alongside our carefully curated retreat program, we offer you the opportunity to discover some of the island's most popular tourist attractions and hidden nature spots.

We will provide you with detailed information about the options available during your chosen retreat dates.



Rawlicious Rejuvenate Package includes:

- 🥝 Fully Raw vegan based
- 🥝 2 Raw Vegan Meals per day, 2 x Detox drinks per day along with Raw Snacks
- 🥝 1-on-1 Coaching with Toni
- 🥝 Holistic health consultation
- 🥝 Nutritional assessment
- 🥝 Private bungalow ensuite in the Rawlicious pool villa, located in Phuket
- 🥝 3 tailored activities arranged upon arrival, based on your preferences
- 🥝 Personal Training
- 🥝 Flexible Daily Structure with lots of personal reflection time
- 🥝 Exceptional Bespoke service
- 🥝 Carefully hand-picked destinations
- 🥝 2 local thai massages
- 🥝 Daily dog walking and hikes in tropical nature
- 🥝 Educational talks on sustainable living and mindfulness practices

Couples get a discount.
2 ensuite bungalows available.

Price Does NOT Include:
Transportation to and from the retreat.
Flight tickets to Phuket.



1 WEEK STAY
per adult
49,000 THB
\$1,420 USD
£1,120 GBP

Rawlicious Rejuice Package includes:

- 🍌 7 days Guided Juice Cleanse with the Toni J protocol
 - 🍌 1 on 1 coaching
 - 🍌 Holistic Health Consultation
 - 🍌 Nutritional Assessment
 - 🍌 Private bungalow ensuite in the Rawlicious pool villa, located in the heart of Phuket
 - 🍌 Activities - tailored to your desires (to be arranged upon arrival)
 - 🍌 3 litres of juice per day. (Organic greens where possible)
 - 🍌 Flexible daily structure. You'll have lots of free time too
 - 🍌 Exceptional bespoke service
 - 🍌 Carefully hand-picked destinations
 - 🍌 Daily dog walking/hikes
 - 🍌 *juice package can be flexible on the amount of days you would like cleanse
- *Optional 1 to 3 or 40 days juice cleanse

Couples get a discount.
2 ensuite bungalows available.

Price Does NOT Include:
Transportation to and from the retreat.
Flight tickets to Phuket.



1 WEEK STAY
per adult

55,000 THB
\$1,600 USD
£1,240 GBP

Rawlicious Day Package includes:

- 🍓 1 night stay (check in 2pm - check out 12pm next day)
- 🍓 2 Raw Vegan Meals per day, along with Raw Snacks
- 🍓 1-on-1 Coaching with Toni
- 🍓 Holistic health consultation
- 🍓 Nutritional assessment
- 🍓 Private bungalow ensuite in the Rawlicious pool villa, located in Phuket, Thailand
- 🍓 Tailored Activities arranged upon arrival, based on your preferences
- 🍓 Personal Training
- 🍓 Flexible daily structure with lots of personal reflection time
- 🍓 Dog walking and hikes in tropical nature
- 🍓 Educational talks on sustainable living and mindfulness practices
- 🍓 Exceptional bespoke service
- 🍓 Optional home massage (+1500THB)

Couples get a discount.
2 ensuite bungalows available.

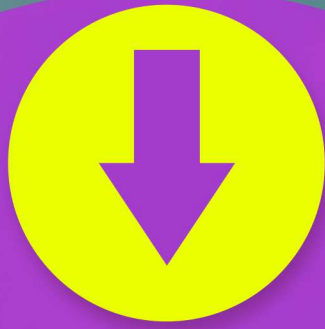
Price Does NOT Include:
Transportation to and from the retreat.
Flight tickets to Phuket.



1 NIGHT STAY
per adult
7,000 THB
\$210 USD
£160 GBP

Reserve Your Experience Today!

Escape the ordinary and embrace a RAW life-changing adventure. Book your Raw Vegan Retreat in Phuket today and take the first step towards a healthier, happier, and more vibrant you.



BOOK NOW!

Contact us:

Phone: +66 0988687893

Email: toni@rawliciousyou.com

Website: www.rawliciousyou.com

Spaces for our retreats are limited, and they fill up quickly. Don't miss out on this extraordinary opportunity, Reserve your spot today to **secure your place.**

Love
Toni J
XXX





LIVE, LAUGH, EAT REPEAT

The information provided in this brochure is subject to change. Please refer to our website or contact us for the most up-to-date details about our retreat program, accommodations, and amenities.

Contact us:

Phone: +66 0988687893

Email: toni@rawliciousyou.com

Website: www.rawliciousyou.com

Remember to check our website for upcoming retreat dates, special offers, and testimonials from past participants.

We look forward to welcoming you to our Rawlicious Retreat in Phuket, where you can embark on a transformative journey towards vibrant health, inner peace, and a deeper connection with nature.

Toni J
Raw Vegan Lifecoach

