

# Welcome to Your Detox Retreat!

Dear Participants,

We are thrilled to welcome you to our upcoming detox retreat! To ensure you have a wonderful experience, please review the following information carefully:

## Retreat Details:

- **Date:** [Insert Date]
- **Location:** [Insert Location]
- **Check-in Time:** [Insert Check-in Time]
- **Duration:** [Insert Duration]

## What to Bring:

- Comfortable clothing
- Personal hygiene items
- A reusable water bottle
- Notepad and pen for journaling
- Any personal medications

## Preparation Tips:

In the days leading up to the retreat, we recommend:

- Hydrating well
- Avoiding processed foods
- Minimizing caffeine and sugar intake

## Contact Information:

If you have any questions or need assistance, please feel free to contact us at:

**Email:** [Insert Email]

**Phone:** [Insert Phone Number]

We look forward to sharing this transformative experience with you!

Warm regards,

[Your Name]

[Your Title]

[Organization Name]