

Only Sync | Diabetes & Insulin Resistance Menu / Green Salad Detox / Liquid Green Detox

The quietest imbalance of modern life: insulin resistance.

The OnlySync program is a holistic wellness protocol designed to restore your body's balance both internally and externally, with a special focus on blood sugar regulation.

Who is it for?

- Those with insulin resistance, pre-diabetes, or at risk of type 2 diabetes
- Those experiencing stress, sugar cravings, fatigue, and weight fluctuations
- Anyone seeking to naturally regulate blood sugar



AHĀMA

Only Sync | 3-Day Program

2 Dietitian consultations
2 Doctor consultations
2 Live blood & body composition analyses
1 Algae body wrap
2 Endospheres therapy
1 Cryo Wave therapy
1 Aromatherapy massage
1 Jetpeel facial
2 Cellgym sessions
1 Hue Light therapy
1 NeuroVizr session
1 Ozone sauna
1 MLX-i Dome
1 Red Light therapy
2 Normatec sessions
1 Carol Bike & EWOT

In addition to your personalized therapies, your daily program includes:

- Guided yoga therapy
- Group sound therapy
- Sunset rituals at the beach or in nature

Also available:

- Classic sauna
- Steam room
- Cold plunge

Total: 1300 €

Only Sync | 5-Day Program

2 Dietitian consultations
2 Doctor consultations
2 Live blood & body composition analyses
1 Algae body wrap
3 Endospheres therapy
2 Cryo Wave therapies
1 Aromatherapy massage
1 Jetpeel facial
1 Medical facial treatment
3 Cellgym sessions
2 Hue Light therapies
2 NeuroVizr sessions
2 Ozone sauna sessions
2 MLX-i Dome
3 Red Light therapies
3 Normatec sessions
2 Carol Bike & EWOT

In addition to your personalized therapies, your daily program includes:

- Guided yoga therapy
- Group sound therapy
- Sunset rituals at the beach or in nature

Also available:

- Classic sauna
- Steam room
- Cold plunge

Total: 2015 €

Only Sync | 7-Day Program

3 Dietitian consultations
2 Doctor consultations
2 Live blood & body composition analyses
2 Algae body wraps
4 Endospheres therapy sessions
1 Cryo Wave therapy
2 Massages
1 Jetpeel facial
1 Medical facial treatment
3 Cell Couch sessions
2 Hue Light therapies
3 NeuroVizr sessions
3 Ozone sauna sessions
2 MLX-i Dome
3 Red Light therapies
4 Normatec sessions
3 Carol Bike & EWOT

In addition to your personalized therapies, your daily program includes:

- Guided yoga therapy
- Group sound therapy
- Sunset rituals at the beach or in nature

Also available:

- Classic sauna
- Steam room
- Cold plunge

Total: 2705 €