

Healing Streams Wellness Retreat & Spa Cave Mountain Resort Westmoreland, Jamaica.

A retreat for detoxification; rest, relaxation and rejuvenation of mind, body and spirit in a pampering Atmosphere!

HEALING STREAMS

A retreat for whole body cleansing and detoxification; rest, relaxation and rejuvenation of mind, body and spirit.

Healing Streams provides medically guided healing sessions that support better health, recovery and total pampering. The services are provided by highly gifted Holistic Healers, Naturopathic doctors, Medical doctors and Spiritual leaders who believe in using the best of medical science, the best of ancient wisdom and gifted intuition to overcome disease states.

The Purpose of HEALING STREAMS

is to provide ***a safe and therapeutic haven in the Island of Jamaica for detoxification, rest, relaxation, and wholesome rejuvenation of mind, body and spirit.*** Healing Stream retreats are a safe place for people to experience the phenomena of natural and supernatural healing.

The Philosophy of HEALING STREAMS

Healing Streams was founded by Dr. Senior and Dr. Lewis-Senior

to ensure rest, relaxation, cleansing of the mind and detoxification of the body. Often, the best results are seen when someone takes time out and away from the routine and mundane everyday stressors, whether that is work, family responsibilities, or social duties.

Description of Retreat Package

Your retreat experience begins on your first full day of arrival. A medically trained healthcare professional will conduct an in depth interview and determine a treatment plan that is right for you. The plan may include the service of a naturopathic and a medical doctor working alone or in conjunction of your treatment plan. Other professionals include; an acupuncturist, aroma therapist, massage therapist, fitness coach, life coach or spiritual leader.

What to Expect

A pampering atmosphere with magnificent views of Mountains, valleys and coastline. Delicious organic and flavorful ethnic dishes. Fresh fruits and

Who May Benefit:

Business Executives, Spiritual leaders, healthcare workers, lawyers and political leaders, entertainers, teachers and home makers.

Conditions Helped:

Cancer
Infertility: male and female
Substance abuse and addictions
Depression and Mental Fatigue
Obesity
Eating Disorders
Digestive Problems

And more.....



Retreat Sessions:

Jan –FebWinter
Apr-MaySpring
Jul-Aug.....Summer
Oct-Nov.....Fall

Jamaica boasts a tropical climate year round. The theme of each retreat session will be different and is designed to make a refreshing appeal to all first time

who are Both Naturopathic physicians who believe that wholesome renewal of any human being requires a conscious effort to take time out for oneself in such form so as beverage daily.

The retreat center is a non-smoking environment and allows limited access to cell phones, emails, and virtually any major communicative device you may be inclined to use. All efforts are made for total pampering, rest, recovery and rejuvenation.



or repeat guest. The ideal length of the retreat is 10 days. The package includes all meals on site, room accommodation, and ground transportation to and from retreat center including airport transportation. **Group discounts available for 5 or more people.** Children under the age of 18 not recommended unless ill and accompanied by a parent.

The Physicians:

Dr. Dorette Lewis-Senior

was a registered nurse for several years and has been working extensively in the field of Holistic Health & Wellness in various healthcare settings. She is an excellent speaker and is highly sought after for wellness events, women's retreats and various other conferences and workshops. She is the founder of Healing Streams Support Group for Women and The Superb Physicians Network. She has had multiple media appearances and radio interviews. Her practice focuses on women's health.

Dr. Derek Senior has a strong background in Nuclear Radiology. He has worked extensively with many cardiologists and Nuclear physicists and is well sought after for his skills in nuclear cardiac imaging. He focuses on cardiac

disorders and men's health.

They both completed their internship at the University of Bridgeport College of Naturopathic Medicine, where they pursued a medical degree in Naturopathic Medicine.

They have a strong background in integrative medicine and have successfully completed rotations at the Yale-Griffin Integrative Center in Derby, Connecticut, Greenwich Hospital, Connecticut, and Waterbury Hospital.

HHCC is proud to introduce them to you. They are knowledgeable in their field and have been successful in helping many patients find significant relief for many diseases. Dr. senior and Dr. Lewis-Senior are both from Jamaica.

For more information about the retreat or to make a reservation please visit our website at www.doctorstohealth.com

Email us at:
retreat@doctorstohealth.com

To mail your registration, please complete Registration section and return brochure with payment to:

Healing Stream Retreat and Spa
239 Plattsville Rd
Trumbull, CT 06611