



BEE SUITE RETREATS WITH PATH OF LIFE HEALING CENTER



LIFESTYLE RETREAT HOW TO PREPARE

In preparing for your visit to our home natural health retreat, the following list of items will help you in deciding what you should and should not bring.

WHAT TO BRING

- We do not offer international calling. You must provide your own method.
- Personal toiletries, such as shampoo, toothpaste, soap, etc. (nothing highly scented)
- Sleepwear (include sleepwear you don't mind getting stained with castor oil or charcoal or chlorophyll), long robe, slippers, and shower shoes (or flip flops)
- Natural bristle brush with long handle (highly recommended) or loofah sponge or African net.
- Bathing suit for hydrotherapy, if desired.
- Modest, casual, clothes suitable to the climate and NO halter tops, tank tops, daisy duke shorts, or tight-fitting body part revealing clothing.
- Walking shoes, a hat to protect from the sun, if necessary rain gear, boots, or waterproof shoes, especially in colder weather.
- A Journal and folder to take notes and organize any handouts if provided.
- A Bible (preferably the King James Version) if you own one.
- A positive attitude.
- Prescriptive medications from your physician that is not hallucinogenic.
- Noise-suppressing headphones to use when necessary.

WHAT NOT TO BRING

- Food. We'll provide everything you need during your stay.
- Herbal supplements. We'll provide the items we suggest for the program.
- Scented products such as body sprays, perfumes, or colognes. Many guests arrive at the retreat suffering from allergies, chemical sensitivities, and reactivity to strong scents.
- Pets of all kinds
- Products for sale from a home-based business
- Televisions, radios, secular, or gospel rock music cassettes
- Secular readings, such as magazines, novels, etc.
- Food, snacks, tobacco, alcohol, weed of any kind, hard drugs.
- Your own health program or agenda (everything is organized).