



SWEDENS #1 DETOX & FASTING DESTINATION



Awaken Your Inspiration & Vitality

www.wellnessfarm.se

Who we are

International Wellness Farm is a one-of-a-kind Fasting and Detox Retreat Centre, founded by Malcolm and Christina Slyper. The centre was born from Malcolm's extensive 25-year career as an international airline pilot, which took him across six continents and sparked a deep passion for understanding the core foundations of vibrant human health.

In early 2022, Malcolm and Christina established the International Wellness Farm on Sweden's picturesque West Coast Archipelago. Today, they welcome guests from around the globe, guiding them on transformative journeys toward renewed health and vitality through the powerful practices of fasting and detoxification.





A program like no other

At International Wellness Farm, guests are welcomed into a warm, family-like environment that fosters comfort, connection, and personal growth. The retreat is designed to gently guide participants—especially those new to detoxification—through a transformative wellness journey.

The experience begins with a thoughtfully designed pre-cleanse phase, complete with expert guidance and personalised advice. This foundational stage helps prepare the body and mind, ensuring a smooth transition into the deeper detox process.

Throughout the program, education is a core focus. Guests gain valuable knowledge about the body's natural healing systems, including parasite cleansing and lymphatic health, empowering them to take charge of their own wellbeing.

After the detox, a carefully crafted post-cleanse plan supports a gradual and balanced return to everyday eating, helping guests maintain the benefits of their retreat long after they leave. This program is ideal for first-timers seeking a safe, supportive, and educational introduction to detox and vibrant health.



Where are we located

Our stunning retreat centre is located on the West Coast of Sweden, the 24 Hectare farm dating back to 1670, is surrounded by pristine forest and low granite hills. Sitting only 3km from the Atlantic, the property is bathed in fresh ocean air. The natural beauty of our farm offers a place of tranquility and stillness as you go within. Free of EMF pollution.

Getting here

Oslo (OSL) and Gothenburg (GOT) are the easiest and closest airports to get to us from. Both require a convenient and easy bus ride to near our location.

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- 1.5 hours from Gothenburg Airport by bus. (hourly bus service)
- 2.5 hours from Oslo Airport by bus.

Malcolm

Co founder & detox specialist

Dr. Morse Certified Level II Detoxification Specialist and an experienced facilitator of fasting and detox retreats since 2011. He is also certified in Live Blood Microscopy (LBM) and is an IAKP Advanced Kambo Practitioner, with six years of expertise using Kambo as a powerful detoxification tool.

Before his journey into wellness, Malcolm served as both an Air Force and International Airline Pilot. Across decades of international travel, he witnessed a recurring theme: the growing disconnect between conventional healthcare systems and the everyday person.

Frustrated by this theme of endless tests, conflicting advice, and few real answers, he was inspired to take ownership of his own health.

Solving his own health issues led Malcolm to uncover the true drivers of wellbeing—fasting and detoxification. His personal transformation soon began to inspire others, which evolved into hosting retreats in Thailand and later founding the International Wellness Farm (IWF) in Sweden.

In 2012, he launched Art of Detox, and has since authored three books covering detoxification, liver cleansing, and parasite protocols. With Malcolm, you're tapping into a wealth of lived experience, practical insight, and deep commitment to helping others regain their vitality.



Christina

**Cofounder, Business
Development, Animal &
Nature lover**

Christina began her career as a graphic designer in London in the late 1990s. Her passion for vibrant, nutrient-rich food led her to Dubai in 2004, where she founded Zest—the city's first healthy food restaurant—which she successfully ran for 16 years.

Driven by a deep curiosity for healing and energy work, Christina later transitioned into the field of Animal Communication.

Along the way, she also experienced her own healing journey, using detoxification principles and botanical medicine to overcome personal health challenges—an inspiring story she's always happy to share.

In 2021, she moved to Sweden with her husband Malcolm to co-found the International Wellness Farm.

Christina now devotes her time to developing their retreat centre in harmony with nature, tending to their land, and enjoying quiet moments with their two beloved cats.



Who can benefit?

The retreats at International Wellness Farm are ideal for anyone seeking a reset—physically, emotionally, or energetically.

Whether you're new to detoxing or have tried various wellness paths without lasting results, this environment offers deep support.

Surrounded by nature and guided by experienced facilitators, the retreats benefit those dealing with fatigue, digestive issues, emotional stagnation, or simply a desire to reconnect with themselves.

The blend of structured cleansing, personalised support, and educational guidance makes it especially valuable for first-timers & experienced detoxer's alike.



Whats Included

- 9 Nights accommodation
- 7-10 Days of Supervised Juice Fasting.
- Group educational lectures, mini workshops and discussions.
- Individual monitoring: During and Post cleanse support;
- A Unique & Powerful Herbal Approach to cleaning up the various organs of elimination;
- Focus and discussions on deep Lymphatic Cleansing using natural mechanisms.
- Basic and Advanced Parasite Cleanse Techniques.
- 30 Day Pre Cleanse Guidance prior to arrival.
- Detox workshop prior to starting the pre-cleanse phase.
- Personalised Guidance and assistance throughout the Fast.
- Daily yoga classes.
- Thai Massage
- Before and after Photo.
- Group excursions/activities.
- Nature hikes with a trusted guide.
- Free Bicycles.
- Possible Activation of that Dormant spark of pure Divine Potential Within.
- Daily delicious and nutritious meals after the Fast if applicable.
- Herbal detox tea's served throughout the day.
- Raw Food Demonstration.
- Pre and post retreat support from our team.
- Free Parking.
- Free high speed Wifi



Benefits of Juice Fasting

Detoxifies the Body

Nutrient-rich juices with greens support liver function, flushing out toxins for a refreshed you.

Aids Weight Loss

Reduces bloating and water retention, helping you feel lighter and more toned.

Boosts Energy & Clarity

Easily digestible nutrients enhance energy and sharpen mental focus.

Glowing Skin & Nails

Vitamins and minerals clear skin, reduce blemishes, and strengthen nails.

Rests the Gut

Gives digestion a break, improving nutrient absorption and reducing bloating.

Strengthens Immunity

Antioxidants and anti-inflammatory compounds bolster your body's defenses.

Curbs Cravings

Replaces processed sugars with natural sweetness, resetting your palate.

Promotes Better Sleep

Balances your body's rhythms for deeper, restorative rest.



What Issues Can A Juice Detox Address?

- Corporate Burn Out
- Fatigue and Lost Vitality
- Mental Fog
- High Blood pressure
- Low Blood Pressure
- Adrenal Fatigue
- Bowel and Digestive Issues
- Anti-Ageing/Promotes Longevity
- Fights Inflammation



The Juice

Our carefully crafted juices are the heart of your cleansing journey.

We primarily use organic orange juice, celebrated for its powerful astringent qualities that help flush toxins, reduce bloating, and energise your body with vibrant nutrients.



For those sensitive to citrus, we offer a refreshing green juice blend of cucumber, celery, and apple. This soothing, hydrating mix delivers essential vitamins and minerals while gently supporting detoxification.

Every juice is made fresh from organic ingredients, ensuring maximum potency and flavour to fuel your transformation in luxury

Detox in Luxury

Luxury Accommodations:

Relax in modern, Scandinavian-style rooms with stunning panoramic views.



Wellness Oasis: Unwind with Thai massages, a cozy FIR sauna, and invigorating ice baths.



Mindful Activities: Restore balance with daily yoga, guided nature walks, and group activities & lectures.



Community Vibes: Connect through shared experiences and wellness workshops.



Roxanne S. - 25 Aug 2024



Grateful

I am truly pleased and grateful that life afforded me the chance to visit the farm and meet so many wonderful people, including our exceptional hosts, Christina and Malcolm. This experience has been nothing short of extraordinary and has set me on an amazing transformational journey. It has helped me discover my true self, embrace healthier eating habits, and find a remedy for my mental well-being. This opportunity has been profoundly impactful, and I highly recommend it to anyone seeking a similar journey of self-discovery and transformation.

Life changing

I had the most uncomfortable yet most profound experience at the wellness farm doing the 10 days juice retreat. I believe the benefits were beyond my expectations and most importantly I have learned a tremendous amount of valuable information about my wellbeing and health. I believe these benefits are coming with me past the 10 days stay and will be part of my life style. I'm so grateful to have found this retreat online and even though it wasn't easy, yet I believe it was a much needed wake up call for me to take care of my health and wellbeing for the coming years.



Eman - 6 Sept 2023

Are You Ready Change Your Life?

Book a **FREE** 20 minute consultation with me Malcom, to see if this is right for you

Text on whatsapp or Email to make a booking. Limited Spots available

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<https://wellnessfarm.se/>