

# OLIVE TREE THERAPY DIARY

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WELLNESS CURE SON BRULL FROM MARCH 23 TO APRIL 5, 2009

BY ANGELIKA HECKL

## MARCH 23, 2009, MONDAY - ARRIVAL

9.00 a.m. Doctor's appointment with Peter Fleischhauer, M.D., at the medical center in Palma; Blood draw, blood pressure, ECG and lung function checks. Our current weight is chronicled so that weight loss can be documented at the conclusion of the treatment. The examination or health check at Dr. Peter Fleischhauer's proves how reputable OLIVEDA is, because they take our health and well-being very seriously. I feel reassured and can start enjoying my "grand prize", this free stay.

My joyful anticipation of the last few days is dampened by some anxious questions: What will I expect here at Son Brull? How will this therapy work for me? How will my body react and will this be the right treatment for me? Will I be able to relax and let my soul wind down? How successful will it all be? All of these questions run through my head while I drive to Son Brull - the journey to MYSELF. I am ready for the physical adventure and to let my soul unwind.

After a heartfelt welcome by Mr. Lommel and our OLIVEDA-supervisor Christine Seeger, we make our first acquaintance with the olive tree elixir. We were served a delicious aperitif/cocktail: sparkling wine with pomegranate and olive leaf extract.

A photographer for the Mallorca newspaper takes photos of us on the grounds of the beautiful hotel „Son Brull“. After our luggage is moved to our beautifully furnished room, I have my initial health consultation with Christine and learn that I am about to enjoy my first relaxation massage in order to acclimate and settle in. Afterwards, a very soothing OLIVEDA tea is served in the relaxation room of the indoor pool area. At 8 p.m., we have our first low-calorie dinner at the hotel restaurant. It is a vegetable soup followed by fish with vegetables. It was delicious and we are well nourished.

### SUMMARY OF THE DAY:

*From the first minute, I feel warmly welcomed here in this wonderful ambience and by the OLIVEDA team and I am happy to be invited for two weeks of relaxation and wellbeing. Impressed by today's sample of the "relaxation full-body massage" with olive oil, I now have an appetite for „more“.*

## MARCH 24, 2009, TUESDAY - THE FIRST MORNING

For the first time, we try the oral pulling oil. The taste of the mouth-pulling oil is not unpleasant to me. On the contrary, after 10 minutes of swishing oil in my mouth, I feel like my teeth have been cleaned and I even forget to brush my teeth as I later realize. Then, we mix our morning cocktail according to instructions: olive oil, olive leaf extract with Camu Camu and a good squeeze of lemon. It tastes disgusting! I am certain that this will always be a ritual that I want to get over with quickly.

9:00 am. At last, a delicious breakfast is served on the terrace: freshly squeezed orange juice, OLIVEDA tea, fruit salad and some kind of porridge. It all tastes wonderful.

Freshly strengthened by breakfast, we proceed to enjoy the herbal steam bath, followed by an extensive massage session. A dark paste is applied to my body. It awakens my olfactory senses as it infuses the room with a delicious scent of almonds. I am impressed by the intensity, mannerism, and endurance of the massage therapist. I feel tenseness where I would never have suspected it. Tired, fragrant and somehow exhausted from the treatment, I rest in the wonderful relaxation room at the indoor pool area. Reading and other activities are too strenuous for me - I keep falling asleep.

Lunch is served at 2 p.m. We get a delicious salad with avocado followed by a wonderful vegetable platter. I am surprised by the opulence of the lunch that is offered to us here. We have lunch on the terrace as the weather is fantastic.

After the meal, we embark on a hike. Full of energy, power and the urge to move. I am impatient with Sabine who does not keep up and just strolls. She just cannot get off her cell phone. There are still important phone calls to be made.

In the evening, the chef surprises us with a delicious pumpkin soup and a Mallorcan pizza. We can hardly believe to be on a reduced diet: 1500 kilocalories at their finest! This is how eating less is really fun and becomes a pleasurable experience.

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## SUMMARY OF THE DAY:

*Over and over again, my thoughts wander back to everyday-life. In retrospect, I regret that I was not able to consciously enjoy the massage more. For the first time, I feel the suppleness of my skin, exuding a hint of the almond scent.*

### MARCH 25, 2009, WEDNESDAY

After our morning ritual with oral oil-pulling and that morning cocktail (I want to get it over with quickly), I skip my porridge and only have a fruit salad for breakfast. At 10 p.m., we head straight to the herbal steam bath to prepare for our upcoming treatment. This massage goes deep into the shoulder area. I feel every single point, every tension. Sometimes, the pain seems unbearable to me. Taking deep breaths eases the discomfort until it finally subsides. Yet, Christine finds another spot. The pressure is followed by subsiding pain. Relaxation is achieved by intense breathing or groaning. However, I have to be told all the time as I keep forgetting to inhale and exhale deeply.

The warmth of the herbal steam bath lets me slide into absolute relaxation. Today, we get our first oil enema. So back on the massage table. First, a moisturizer is applied and then I get my first „gentle“ enema. On the lounger, I fall into a relaxed sleep. My skin feels like baby skin.

Time for lunch. I have the feeling that everything is “shifted to a lower gear” in me: my circulation and my urge to move. The stairs to the 3rd floor to my room seem like an insurmountable obstacle. Taking off my bathrobe, I change for lunch. I deliberately go without lipstick and make-up. Purity not only from the inside but also on the outside, I find it inappropriate to put on make-up. And again the kitchen displays a lot of ingenuity: I look forward to the fresh salad as a starter and the couscous dish as the main course. A feeling of satiety sets in quickly. Although I am strengthened from lunch, I suddenly lose energy. During a walk, I have trouble keeping up with Sabine, and I am glad when we get back to the hotel. This is completely atypical for me. I have pain in the neck area, feel even less energetic and exhausted. I don't feel like reading, I'm just tired. Effects of the gentle enema are not felt. Almost a little hungry, I am awaiting dinner, feeling shaky and exhausted. The hot vegetable soup strengthens me quickly and while I am eating my chicken with buckwheat, I feel that I have had enough and that the energy is slowly coming back. Since I continually seem to be cold, I enjoy drinking the very soothing OLIVEDA tea for dinner. Like every evening, I look forward to my bed. I fall asleep right away but keep waking up briefly during the night without any noise.

## SUMMARY OF THE DAY:

*Lack of energy and weakness despite resting.*

### MARCH 26, 2009, THURSDAY

My energy is coming back. Like the previous day, I am tired after the massages but feel more fit, physically.

I also manage to relax more during the treatments and can let go a little more. Over and over, I register when it is time to take a deep breath and how hard I clench my teeth. Far from being at ease, I really have a hard time relaxing. I guess I'm really dogged? Unconsciously, I always seem to return my posture to its habitually stiff position. When will I be able to let go completely? After a scrub and the Black Olive Wrap full body massage, my skin feels velvety soft. It is a graceful feeling of wellbeing. The herbal bath afterwards is again very soothing and greatly relaxes me. The order of the day is to drink plenty. Like every day, my beloved OLIVEDA tea is served after the massage.

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In the late afternoon, we have the opportunity to partake in relaxing yoga exercises. We happily join but I cannot perform all the exercises due to the painful restrictions in my shoulder area.

## SUMMARY OF THE DAY:

*I still haven't started reading my book. I have not quite "acclimated" yet. Many things are still running through my head.*

## MARCH 27, 2009, FRIDAY: PURIFICATION DAY

### Mouth Oil Cure

In the morning, I downed the castor oil in horror and got really sick afterwards. I was feeling repeatedly nauseated, waiting for the purification to kick in. There were no treatments scheduled until the afternoon. The entire day, while lying on the lounge outdoors this time, I kept falling asleep. Again, a feeling of weakness. After soup for lunch, it started gently. Before dinner, I experienced some stomach cramps. Finally, I was able to empty my bowels. There was no feeling of hunger but my fatigue and lack of energy returned. We quickly have our dinner, fish soup and vegetables, in order to be back in our rooms fast. A hot water bottle helped me to relieve my stomach cramps. It is over, at last!

## SUMMARY OF THE DAY:

*The purification day is going surprisingly „gentle“. I have had different experiences from therapeutic fasting.*

## MARCH 28, 2009, SATURDAY

Mouth Oil Cure like every morning. And again, I have to mix this horrible drink. I will never get used to this taste. But I am ready to do anything to make this therapy a success.

After our detox day, we take it easy. After our treatment, we take part in the cooking class offered by the hotel and help the chef to prepare Trampo (a traditional Majorcan light summer tomato salad), which we are invited to taste. I guess I took too much of that for my condition. My stomach has already adjusted to the small portions. During our 2-hour walk, I suffer from a stomach ache and feeling bloated. It finally gets better towards the evening. After dinner, I feel that pressure on my stomach again. We go out in the evening for the first time and soon regret having exposed ourselves to the bad air in the restaurant. However, we stay true to our "treatment plan" and drink peppermint tea and non-carbonated water. And best of all: it is not difficult for us at all.

## SUMMARY OF THE DAY:

*In just a few days, the stomach has already adapted to „small“ portions.*

## MARCH 29, 2009, SUNDAY

Today is another purification day. I feel my neck pain again and Christine intensively treats my weak spots. This time, my stomach is also being worked on. After a visit to the herbal steam room, I also get my „gentle“ enema. This time, I can be more relaxed

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because I already know how pleasant it actually is. After lunch, because of the bad weather, we lie down in the relaxation room by the indoor swimming pool, which has become my favorite place in the meantime. It is nice and warm here, because I am seeking warmth.

And the same game all over again: It seems like my movement rhythm has been reduced again significantly after the treatment. Once again, the stairs appear to be a huge challenge to me. After resting, we decided to take a short hike in the fresh air. And that was good for us. My circulation gets going.

Although we are enjoying this balanced nutrition, I have a craving for coffee and cake today. Maybe it is the bad weather or the cozy ambience by the fireplace that I am overcome with such cravings? But I resist the urge and enjoy the OLIVEDA tea to the fullest. The enema showed no effect until late in the evening.

## SUMMARY OF THE DAY:

*I can easily resist temptations and cravings, especially here in the hotel.*

### MARCH 30, 2009, MONDAY

By now, I am used to the ritual of our morning cocktail. No more fussing, I want to get it over with quickly. I still have to choke after every spoon though. We have breakfast with other hotel guests and I don't mind seeing what a rich breakfast they have.

Physically, I feel fine but not full of energy. I did not sleep well and feel a bit depressed. Today, we have a photo session with the Mallorca newspaper during our treatments. The exfoliating scrub is incredibly good for me. After the full body wrap or as I call it "pesto on my skin" - this is how I am being photographed, by the way - I feel great and it also works wonders for my soul. For a short while, I am able to discard my emotional baggage. My mood has improved significantly. Today, the focus is more on the photo session than on the treatments. Massages with the herbal stamps are being demonstrated.

Yet again, I am amazed by the varied cuisine: vegetable soup with poached eggs. In the evening, we even got fried quails. I never thought that a reduction diet could be this versatile and so culinary.

The bad weather unfortunately forced us to spend the afternoon in the relaxation room. Therefore, we postpone our planned hike with dumbbells until tomorrow, in the hope that the weather might improve. In the late evening, I treat myself to another visit to the herbal steam room in order to warm up. I spend the rest of the afternoon reading.

After dinner, we sit by the fireplace for a long time, of course with a pot of tea, and talk about current issues, about our lives and what we could change, and about everything we are dealing with. That evening, we only get to bed by midnight.

## SUMMARY OF THE DAY:

*It is nice to be able to do the OLIVE TREE THERAPY together. Alone, by myself, I would have thrown in the towel by now. The exchange of experiences is very important for both of us.*

### MARCH 31, 2009, TUESDAY

And again, it rains.

After our bitter morning cocktail (which again lifted me), we go and have breakfast. It's raining so hard and it's so uncomfortable outside that I'm looking forward to the herbal steam bath. I still feel tension in the neck and shoulder area. A special treatment

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awaits me today. After the Black Olive Wrap treatment, I first take a shower, then, an ointment is applied onto my body. Now, I can go to the herbal steam room again, followed by a massage with the linen bags. This is an odd treatment for me. The massage therapist puts the very hot bags on like a stamp, starting at the feet in an upwards direction, along the legs, over my back, ending in the shoulder area. This treatment is incredibly pleasant! All of a sudden, I long for a hug and feel the need of just letting go. I'm surprised by the emotions that overcome me spontaneously.

Subsequently, I turn on my back where the same procedure begins. The pressure in the stomach area makes me a little uncomfortable but the warmth is very soothing. The massage ends far too quickly, although I feel that my massage therapist is performing this massage with full physical effort. How exhausting it must be for her!

As soon as I put on my bathrobe, I notice my shoulders. The pain has increased. I retire to the relaxation room. My body is so heated from the massage that I begin to shiver. The hot OLIVEDA tea afterwards warms me up again internally and I relax for an hour until lunch.

For lunch, there is always a nice mixed salad. Today we are served couscous with black olives, nuts, and apples. It tastes delicious. I am satisfied and feel tired after eating. Since the rain is still pouring down heavily, I have no choice but to go back to the relaxation room. I read a little and day-dream a bit. At 5 p.m. Claudia is expecting us for yoga. I don't really feel like it, my circulation is at its low point again, and I can hardly force myself to do it. Despite my inner resistance, it is good for me. My shoulder pain has completely quieted down after yoga and I feel really fit afterwards.

After showering, we have the opportunity to watch the waiter Salvador mix cocktails in the hotel bar. Of course, I decline the offer to try a cocktail. And it's not difficult for me either. Every evening, I look forward to dinner with the friendly waiters and courteous service. We are always asked whether we liked it. The cuisine is excellent and we have no problem with other hotel guests eating more substantial meals for dinner. The guests around us also do not notice that we are enjoying a reduced fare, as our plates are very appetizingly arranged. I never get up from the table hungry. I just don't feel like I've lost weight. After dinner, I go to bed and read a little bit.

## SUMMARY OF THE DAY:

*More and more, we are interested in our weight. We estimate how much we both have potentially lost. We will only find out at the end of the treatment.*

## APRIL 1, 2009, WEDNESDAY

Today, we get an anti-aging wrap. I am very excited. Like every morning, we first warm up in the herbal steam room. Then, I get a lime green „spread“ application that feels pleasantly velvety soft on my skin. It smells like almonds and the whole room is filled with this aroma. For penetration purposes, I am wrapped in foil for a while. During this time, my face is massaged with a mascara. It is incredibly calming. After the shower, olive oil is applied to my back and shoulder area and an intensive, deep massage, especially in my painful areas, begins. I go back and forth between a feeling of comfortable well-being and pain. Christine knows exactly where my pain points are. She works the areas until the pain subsides. Taking deep breaths helps me to “blow” the pain out of my body. Over and over again, I have to be reminded of letting go of everything and to not tense up. And suddenly, for no reason, tears just started flowing. And I just thought to myself, where is she pushing? She must have touched my tear gland. Then, my stomach is being worked on. At first, the massage is a bit uncomfortable here also. But the more the stomach is worked on, the more the cramps are released and I feel relaxed. The herbal steam bath also helps to make me feel good all-around and I immediately notice that I got rid of my pain in the shoulder area. I feel like I am floating and my mind is flying away. Shortly afterwards, I fall asleep on the lounge until lunch. Even though it is raining hard, we take a walk. Walking briskly with an

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umbrella for about one hour, I notice how good exercise is for me. Now there is still time to take another steam bath and to rest a little before dinner.

According to our instructions, we take 2 teaspoons of Camu Camu concentrate before dinner in order to detoxify the body a little more.

## APRIL 2, 2009, THURSDAY

Today, I getting up is effortless. I feel good about myself and plan to fully enjoy the last few days of therapy.

As always at the beginning of the day, our ritual with our morning cocktail: olive oil with Camu Camu and a squeeze of lemon. I'm slowly getting used to this health drink. After yesterday's positive experiences, I am already looking forward to my treatment today. For the first time, I have my breakfast, fresh fruit, heated by the kitchen because I always feel chilly in the mornings. The hot breakfast pleasantly warms my stomach along with the tea.

The herbal steam bath helps me to feel good all-around and also to warm up my cold feet. Slightly heated, I am ready for my treatment. Meanwhile, Christine is preparing rice and herbal bags for my treatment. With great expectations, I lie down on the lounge, wondering what kind of soothing massage I will enjoy today. First, I feel the warm oil flowing comfortably down my spine. Today, I get a massage with an absolute "wow" effect, which I only realize in the afternoon. My shoulder problems are „resolved“ intensively. Christine rigorously works on all my tensions and cramps until she notices relaxation. Partly, I experience real pain attacks, I clench my teeth rather than exhaling deeply or just groaning. No, I want to be brave! Christine asks me what I am afraid of; she firmly believes that fear sits right in my neck. I was not able to answer this question myself.

Suddenly, I could no longer hold back my tears. During the massage, tears kept running and I wished they would stop flowing. But I cannot control myself. And as suddenly as they had started, they quickly dried up again. It wasn't until Christine started ruffling my hair like mad that I realized that she was really rubbing my scalp. It felt so good, and surprisingly, I felt like a million bucks. It felt like a huge load had been taken off my shoulders. I am free from negative thoughts and my body feels as light as a feather. Exhilarated and with a lightness without pain, Sabine and I go for a walk. A feeling that I almost did not know anymore.

At 5 p.m., the presentation for the candidates for the OLIVEDA therapy is scheduled at Hotel Son Brull. We want to report our experiences and respond to questions from those interested.

For the first time, we stand in front of the mirror again to perk ourselves up a bit, because during our stay, we mainly moved around in bathrobes or jogging suits. I see myself in the mirror and suddenly I notice that my face looks different somehow. And I very much like what I see. I have never felt as beautiful as I just did then. Whose face is looking at me here? I study my face and wonder what is so different. That is probably the adventure of discovering yourself anew. The shape of my face, my expression, it seemed foreign to me. What an experience! I am happy with what I see! Inspired by the impressive event, we enter the hotel bar where everyone is expecting us.

I kind of feel like a star. There is no longer any trace of the sentimentality I felt this morning. Joyfully, we share our impressions, experiences, and also report on the so-called side effects. I feel an inner revival. We are happy to report about our positive physical experiences. There is a strange magic around us that Sabine and I experience without being able to explain it. The magic lasts all evening.

## SUMMARY OF THE DAY:

*It is amazing what emotional odyssey you find yourself on, day by day, and with what suddenness. And again I notice how much my well-being increases when I feel good and beautiful all around.*

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## APRIL 3, 2009, FRIDAY

Only two days left. Despite the bad weather, the time here in Son Brull has passed quickly. Even though I am happy to return to my everyday life, I am a little sad because we will soon have to say goodbye here. The daily routine has become so impressed on me in these 2 weeks, like an internal clock that is already ticking in me, e.g., when it is time for the treatment. I will miss that.

In my second to last treatment, I get an olive pit scrub, followed by a hibiscus wrap. The dark mass is applied all over my body and I feel like a chocolate tarte, only the icing is missing.

I have been wrapped in foil and while my skin can absorb this rich mass, I get an intensive facial massage. The best way for me to let go. Now it's time to unwrap the chocolate tarte and send me into the shower. I get creamed from head to toe with a wonderful, fragrant body cream, combined with a gentle massage. I feel exquisite and graceful.

### SUMMARY OF THE DAY:

*Amazement by the multitude and variety of treatments. Each treatment is effective and unique in its own way*

## APRIL 4, 2009, SATURDAY - THE LAST DAY

A little wistful, I eat my breakfast. Our last day. The days have passed far too quickly. I want to enjoy the last treatment to the fullest. I remind myself again where any ailments could be hidden, listening inside myself, so that I cover all possible pain points. I will not be able to enjoy this pleasure again so soon.

We get a final beauty treatment, specifically for the face. What follows is a special facial cleansing with OLIVEDA cleansing milk, followed by a facial toner and then the famous (Madonna) serum. During this „facial therapy“, the face is treated almost affectionately with gentle massages. It is an indescribable pleasure to undergo this treatment. I can already feel how invigorating this application is for my face. To top it off, an active cream is applied. And I am looking forward to the mirror. I have to be patient a little longer, as lotion is applied over my entire body. I can hardly imagine that my skin can become even silkier.

And then I look in the mirror and see a woman that I always thought I knew. I look at this reflection in the mirror and it is astounding. My face looks clean, fresh, and vital. I look healthy. What a charisma and sparkle in my eyes! What has happened in these two weeks? At first, I didn't notice anything, and today, I see the result of the OLIVE TREE THERAPY. I am happy and determined that the olive tree products will accompany me in my life from now on.

I am grateful that I was able to experience this therapy and plan to continue my „unloved“ morning ritual of drinking the olive leaf original drink.

I found the answers to my questions from the beginning of the therapy: Yes, it was the right therapy for me - physical pleasure and successful adventure mixed with balm for my soul.

The olive tree provides ingenious natural products for body and soul, above all it revives health. Another perfect side effect is that the olive oil is a wholesome food and thus contributes to the development of my taste buds.

I cannot say which treatment is the most effective for me. I am convinced that only the total package of treatments can determine this success. This includes relaxing after the treatments as well as taking a break from everyday life in order to concentrate on yourself and to be able to achieve absolute relaxation.

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## LET ME EXPLAIN MY EXPERIENCES AS FOLLOWS:

*A rose unfolds its blossoms and its fragrance with the support of care products from the olive tree and now it is important to maintain this for as long as possible. A therapy that gives everyone the opportunity to develop their individual beauty and health in a natural way.*

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As the winner, I would like to thank Mr. Thomas Lommel very much for allowing me to get to know the "medicinal plant" – the olive tree, which represents a valuable asset for my future life. We both hope that you will have great success with the OLIVEDA therapy and your products, and that we may have possibly been able to contribute to it. Also a big thank you to Christine Seeger, who took such good care of all our needs during these two weeks. Thank you for your extensive knowledge and experience and for giving so much thought to our well-being and health. We felt like we were in good hands from day one. Thank you, Christine. I would also like to thank the Mallorca newspaper for choosing me and my friend Sabine Löser. It will remain an unforgettable experience for us. Thanks also to Nele, who photographed us and treated us very considerately. Thank you very much.

A heartfelt thank you.

**Yours, Angelika Heckl**

*Paguera, April 6, 2009*