

Art of Detox Retreat

Detoxification is an important ritual to purge the liver, kidneys and intestinal tract of unwanted toxins. We have successfully guided guests for over 15 years through the detox process and recommended either radical or gentle dietary change. Your retreat must be personalised to your physical and emotional condition, so the first person you meet is your health and wellness advisor. They will direct you in choosing the right duration and treatments, discuss whether to incorporate colonic hydrotherapy and will monitor your progress throughout your stay.

Longer retreats include additional therapies to assist the process such as, body scrubs and cocoons. Emotional therapies help you detox your mind at the same time. Steam and sauna will help hasten the removal of toxins.

Chiva-Som's famous spa cuisine is the ideal transition back to nourishing food that will hopefully influence your way of eating for the future.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Art of Detox:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 to 5-Day Cleansing Diet
- 1 Nutritional Supplements
- 2 Maya Massages or 2 Manual Lymphatic Drainages (45mins)
- 1 Chi Nei Tsang or 1 Colonic Hydrotherapy
- 1 Pranayama Yoga

7-Night Art of Detox:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 to 5-Day Cleansing Diet
- 1 Nutritional Supplements
- 2 Maya Massages or 2 Manual Lymphatic Drainages (45 mins)

- 2 Chi Nei Tsang or 2 Colonic Hydrotherapies
- 1 Pranayama Yoga
- 1 Chiva-Som Body Cocoon*
- 1 Skin Smoothing Salt Scrub

10-Night Art of Detox:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 to 5-Day Cleansing Diet
- 1 Nutritional Supplements
- 3 Maya Massages or 3 Manual Lymphatic Drainages (45 mins)
- 3 Chi Nei Tsang or 3 Colonic Hydrotherapies
- 1 Pranayama Yoga
- 1 Chiva-Som Body Cocoon*
- 1 Skin Smoothing Salt Scrub
- 1 Complementary Medicine Session**
- 1 Private Yoga Session

14-Night Art of Detox:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 to 5-Day Cleansing Diet
- 1 Nutritional Supplements
- 4 Maya Massages or 4 Manual Lymphatic Drainages (45 mins)
- 4 Chi Nei Tsang or 4 Colonic Hydrotherapies
- 1 Pranayama Yoga
- 1 Chiva-Som Body Cocoon*
- 1 Skin Smoothing Salt Scrub
- 1 Complementary Medicine Session**
- 1 Private Yoga Session
- 1 Emotional Development Session***
- 1 Follow-up Emotional Development Session (25 mins)

* Chiva-Som Body Cocoon – choose from:

Cleansing Cocoon, Revitalising Cocoon, Siam Cocoon

** Complementary Medicine Session - choose from:

Naturopathic Consultation, Nutrition Counselling, Iridology or Acupressure Reflexology

*** Emotional Development Session - choose from:

Quantum Emotional/Physical Release, Meditation, Flower Remedies

21-Night or longer retreats also available on request