

Ayurveda Detox



The purpose of this program is to take the load off the organs that detoxify the body – the liver, kidneys, bowel and skin, – while supporting and improving their performance. If you want to fast track your health, give your body a break, or just want to detox diet for a short time, this safe holistic program is for you.

Yoga (Pranayama and Asanas)

Ayurveda (Pulse diagnosis, nutrition plan according your doshas, body scrubs, wraps and massage: Abhyanga, shirodhara

Lymphatic, Shiatsu and Reflexology Massage

Biodecoding and Meditation

Biodance



Program includes a complete health assessment, including tongue and pulse reading, to determine your doshic constitution and imbalances. Holistic recommendations are given regarding diet, lifestyle, yoga, pranayama, herbs, and daily routine.

Panchakarma benefits:

Removes root cause of illness

Eliminates accumulated toxins

Restores constitutional balance, i

mproving health and promoting an overall sense of well-being

Improves the immune system

Reverses the negative effects of stress and pollution

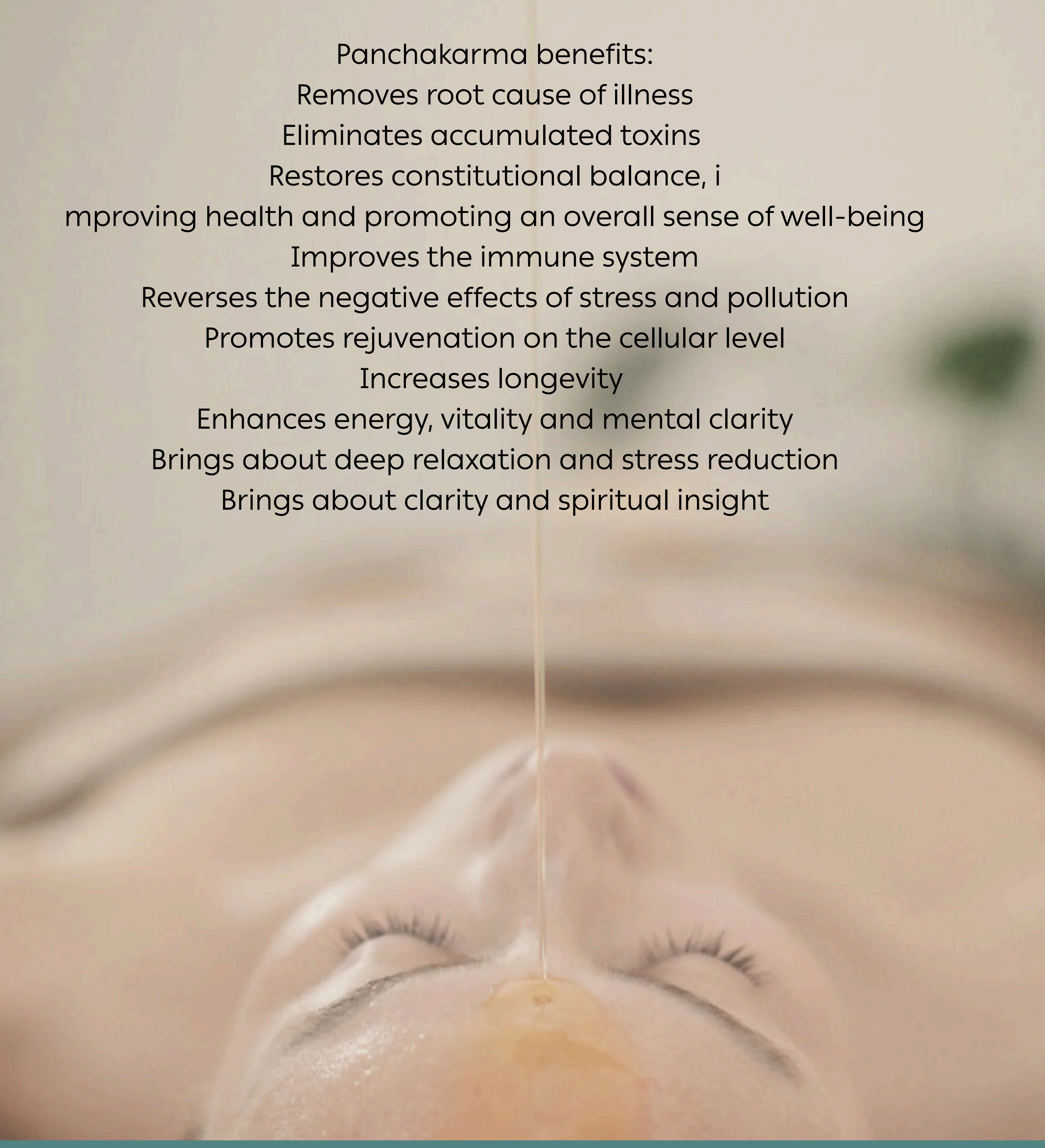
Promotes rejuvenation on the cellular level

Increases longevity

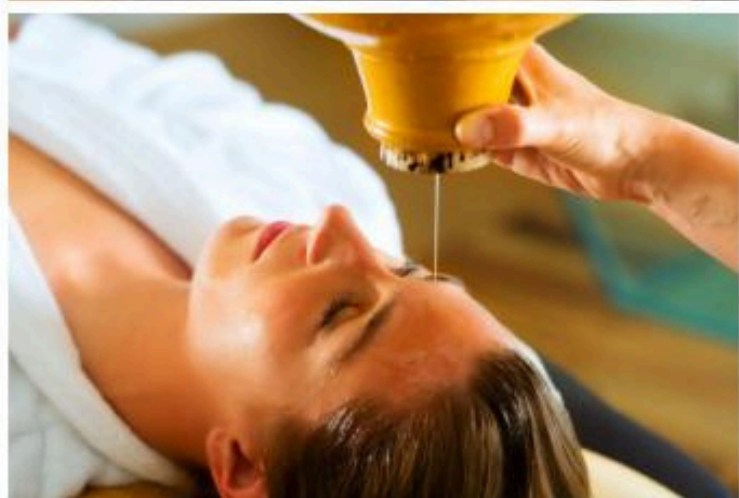
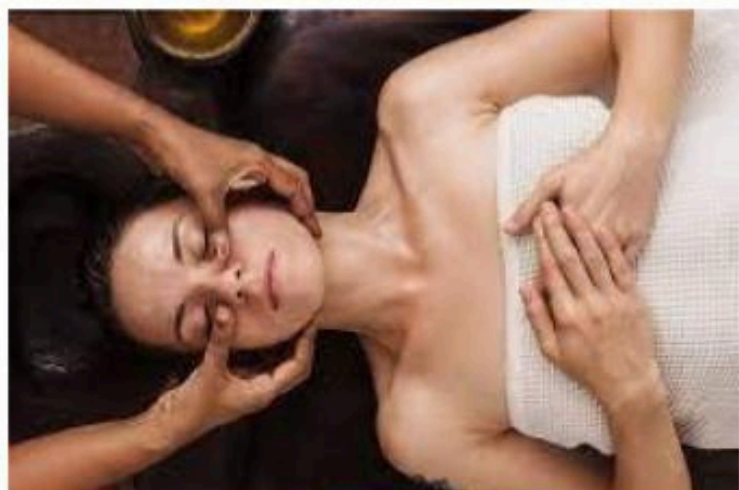
Enhances energy, vitality and mental clarity

Brings about deep relaxation and stress reduction

Brings about clarity and spiritual insight



LOVE



Your Panchakarma Experience package includes:

- Initial health consultation and follow up check in with our Ayurvedic Practitioner
- Delicious Ayurvedic vegetarian and pesquetarian meals for breakfast, lunch, and dinner, customized meal plan according to your dosha and special needs.
- Daily yoga, meditation, and pranayama (breathwork)
- Daily Panchakarma treatments.

Each day you will enjoy 2 – 3 hours of Ayurvedic healing treatments including:

- Body Scrub (dry soft scrub with natural brush, followed by a mix of herbs exfoliate according your dosha
- Body Wrap (hot green clay and herbs wrap to detoxify and nourish deeply).
- 90 min Massage (Abhyanga): Alignment of meridians of the body's organs and energy channels, activating blood circulation and lymph nodes to drain toxins and strengthen your immune system, allowing you to find a state of meditation, relaxation and total well-being.
- Warm oil flow (Shirodhara): Deep relaxation therapy, helps synchronize the alpha waves of the brain, gives mental clarity, improves blood circulation, helps in body detoxification, reduces stress and tension
- Bhasti (therapeutic herbal oil enema): bastis are highly recommended in certain cases and like all of our treatments, they are optional based on your comfort level.

Contact us for more information!

