



AYURVEDIC  
DETOX  
PROGRAM

# AYURVEDIC DETOX PROGRAM

(7 days)

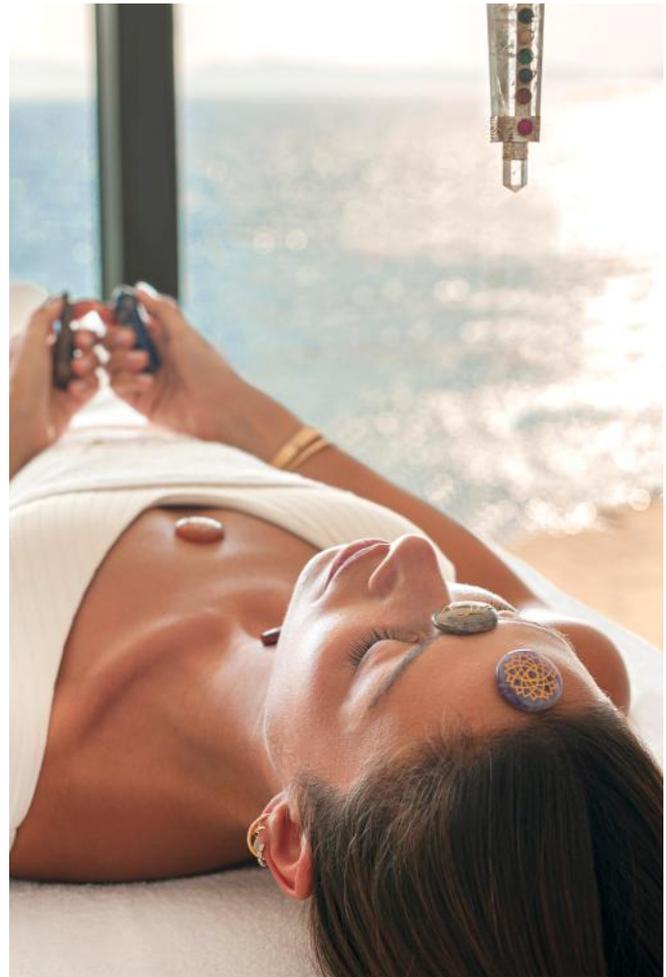
## What is Ayurvedic Detox?

Everyone is unique and their needs are different. The most important feature of the program is that it is “personal”.

Ayurveda is a 5000-year-old medical system that means “science of life” and is still practiced in India. Traditional Ayurvedic Detox Program (Panchakarma) provides the most natural and complete cleansing. It is an ideal method for cleansing the body and mind from toxins, rejuvenating and healing from within.

## What are the benefits?

- Provides purification of the body and rejuvenation of the mind
- Prevents diseases by balancing body functions
- Helps to adopt a balanced diet and lifestyle
- Slows down the aging process
- Increases immunity
- Increases bodily strength, resistance and stamina
- By clearing blocked channels, it facilitates the energy flow in the body, reduces tension and improves health
- Helps maintain optimal weight and use the body’s potential





*What we offer*

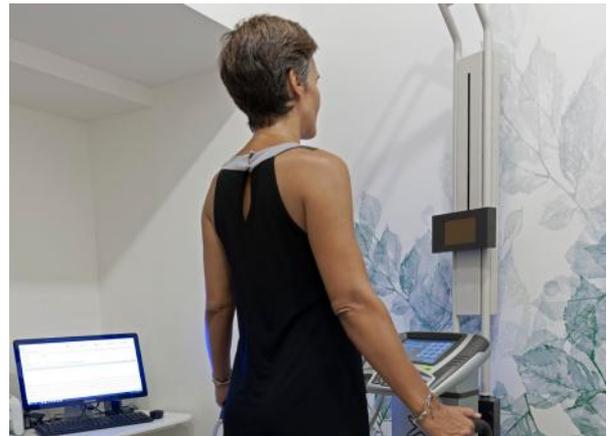
## Doctor's consultation At the beginning, at the end and during the program



## Ayurvedic pulse diagnosis

## Body measurements

- Full body analysis
- Blood pressure measurement
- Blood glucose measurement
- Oxygen saturation with oximeter
- Heart rate measurement





## **Ayurvedic detox nutritional supplements**

## **Ayurvedic detox special dishes** (Breakfast, lunch and dinner)



## **Ayurvedic detox drinks**

**Detox kit**



**Personalized health plan**

**In the Chef's Studio  
Ayurvedic healthy nutrition group lesson**



**Wellness music  
and movie nights**

## Abhyanga detox massage (50 minutes)

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- Raises consciousness, brings inner peace
- Increases stamina
- Calms the nerves
- Increases blood circulation
- Increases muscle elasticity
- Eliminates sleeping problems



## Shirodhara detox massage (50 minutes)

- Increases blood circulation in the brain,
- Lowers blood pressure
- Provides pain relief in the body
- Reduces migraine pain
- Nourishes the hair
- Provides deep relaxation



## Ayurvedic marma joint massage (50 minutes)

- Increases joint flexibility
- Strengthens the muscles
- Relieves anxiety and stress
- It strengthens the immune system
- Increases physical and mental strength
- Prevents digestive problems



## By body type Detox Vasti (colema) or Virachana (purgation) therapy

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It is applied with ayurvedic mixtures that cleanse the intestines. Ayurvedic herbs support the regulation of the intestinal flora and the emptying of the intestines.



## Nasyam Ayurvedic nasal and sinus cleansing

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The purpose of nasyam massage, which is an effective and regenerating ayurvedic therapy applied with special herbal oils, is to provide comfortable breathing by opening the upper respiratory tract.

- Provides removal of toxins in the respiratory tract
- Good for asthma, sinusitis, migraine, headache and upper respiratory tract infections
- Supports the immune system
- Stimulates the nervous system and memory
- Supports memory
- It reduces stress
- Prevents skin diseases
- Increases hair health
- Prevents blockages and improves breathing



## Ayurvedic Body Wrap



## Ozone sauna

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Ozone sauna where the body is exposed to the most intense form of oxygen ( $O_3$ ), which is with the 3 value:

- strengthens the immune system
- relieves mental fatigue
- energizes the body
- Reduces depression and stress
- relax the muscles
- beautifies the skin
- tightens the body
- improves cellulite and varicose veins
- Lose excess weight.



## Abdominal massage (20 minutes)

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With its detox effect, it provides significant benefits in many cases such as gas, constipation, intestinal laziness, asthma, menstrual irregularity, chronic fatigue, depression, low back pain.

Before Angel of Water (Open system bowel cleansing) Complementary Manipura abdominal massage is applied for 20 minutes.

## Infrared sauna

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It removes 7 times more toxins than classical saunas. It is the most common method used to remove heavy metals that have accumulated in the body. Provides high efficiency in muscle and joint pain, relieves rheumatic pain.





## Herbal steam room (30 minutes)

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According to Ayurveda teachings, herbal steam room supports youth. It reduces wrinkles on the skin and provides a fresher, brighter and more vibrant appearance.

## Salt room (30 minutes)

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Being in a room prepared with salts obtained from mines where natural rock salts are extracted causes salt particles in small sizes that are invisible to the eye to enter the body by respiration. Provides relief in respiratory system diseases such as asthma, shortness of breath, COPD and sinusitis. It is also effective in sleep disorders caused by inability to breathe comfortably.



## **A corner of heaven:**

- **650 m private beach**
- **Filled with sea water outdoor infinity pool**
- **Heatable indoor infinity pool**



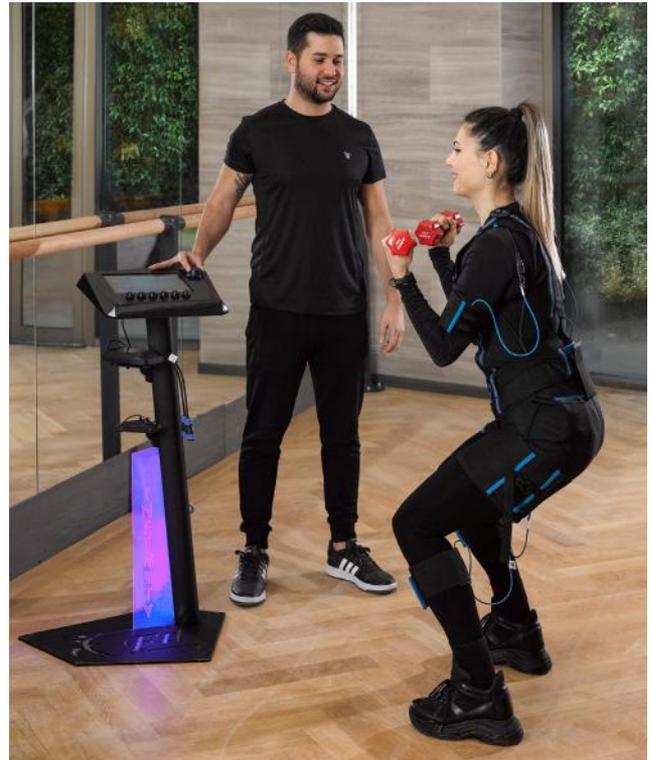
## **Our mental wellness activities:**

- **Group yoga classes**
- **Group meditation classes**
- **Mind detox and mindfulness therapies**
- **Group breathing lessons**



## Group sports lessons:

- **Stretching**
- **Aerobic**
- **Aquagym**
- **Zumba**
- **Crossfit**
- **Kangoojumps**



# Gym Usage

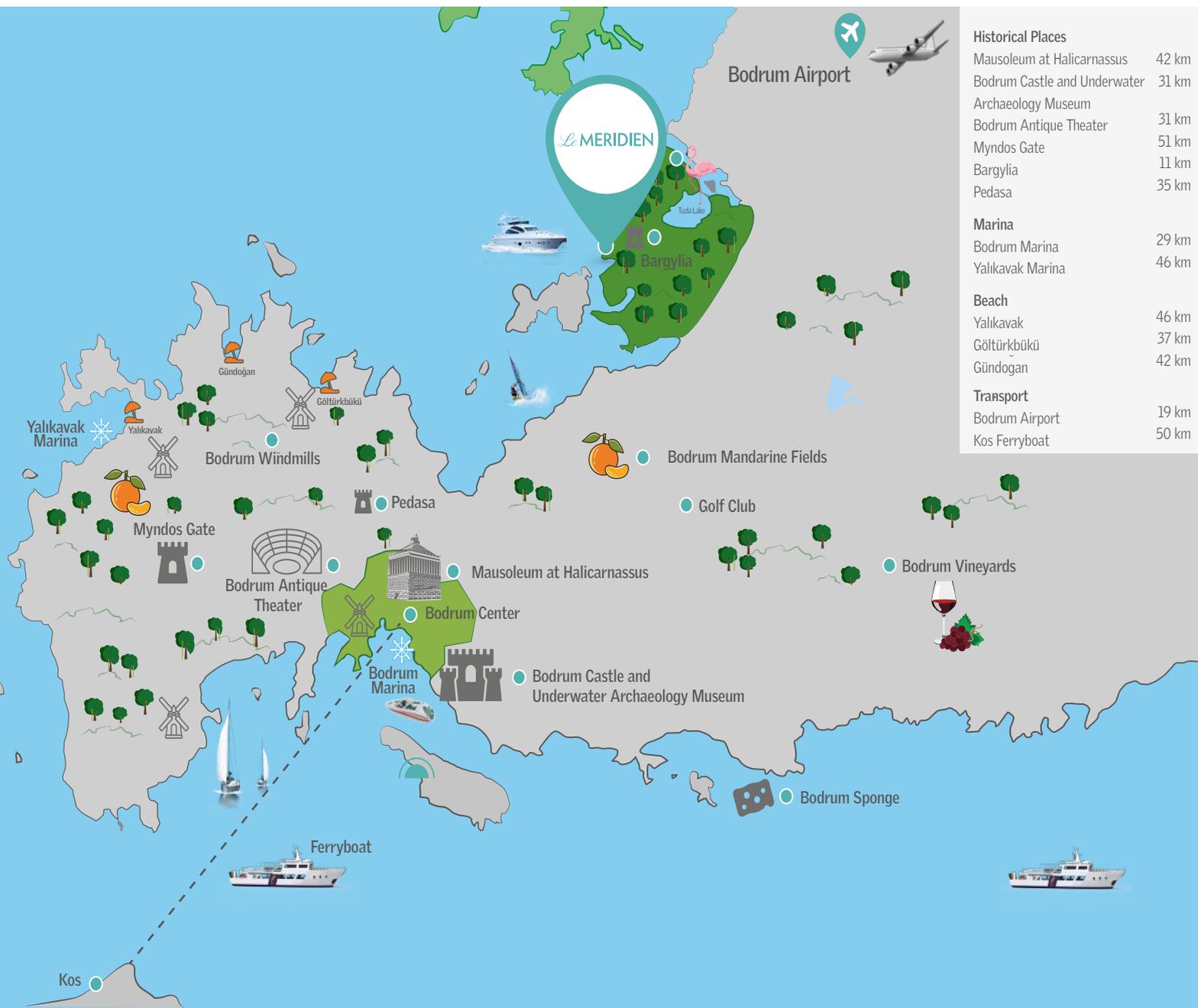


## Walks with the instructor (in nature, Nordic walking)

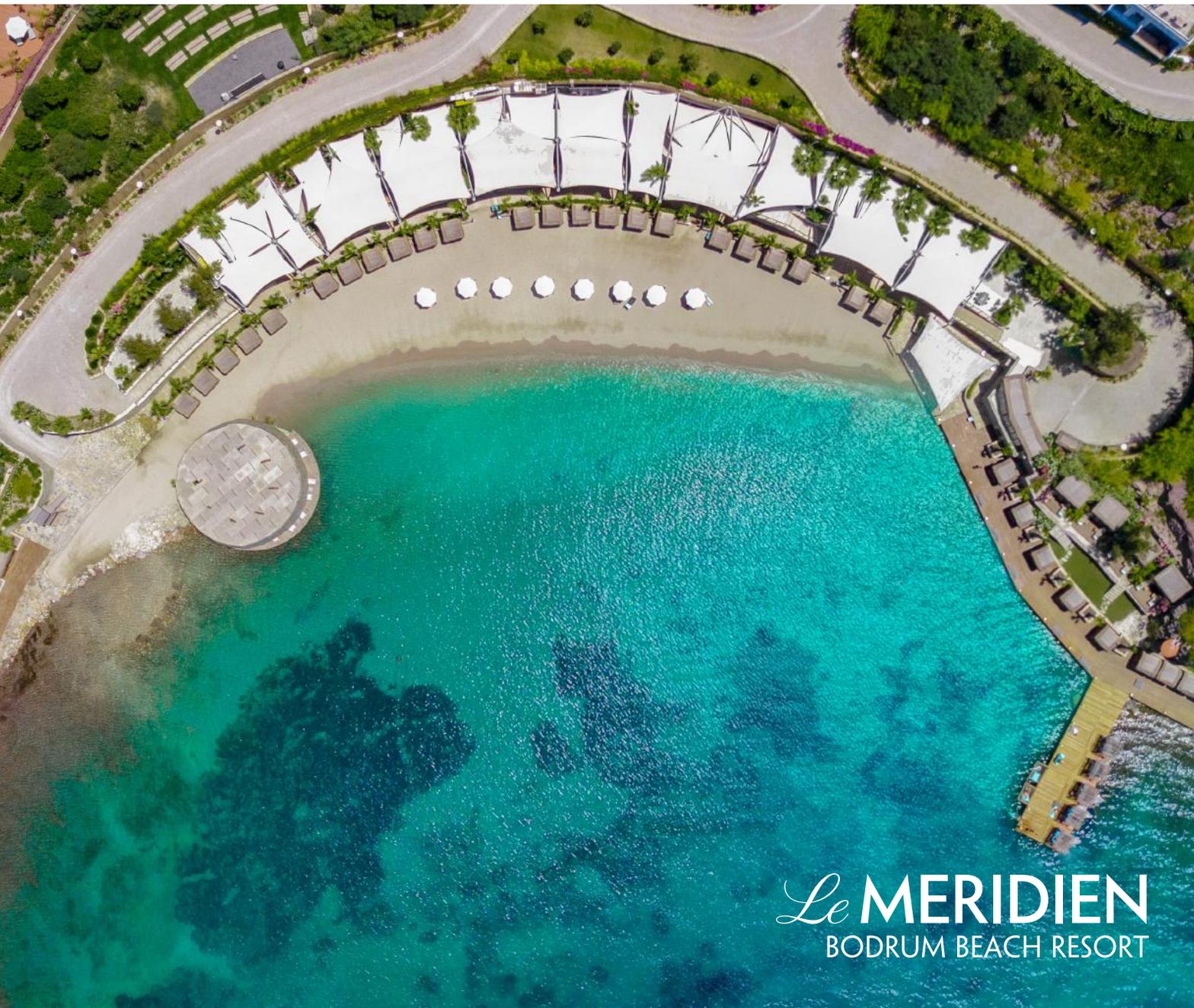




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