



Yogic Detox

*Cleanse the body and mind through this ancient, yet effective practice.
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.
Rest and improve your digestive system through sensible eating of whole foods.
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing detox programs, **Yogic Detox** combines aspects of *Asanas* (Hatha Yogic Postures), meditation to offer a profound experience. These programs are complemented by a variety of treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	3 nights	5 nights	7 nights
Lifestyle consultation (60mins)	1	1	1
Personalized yoga per villa (60mins)	1	2	3
Guided meditation per villa (30mins)	1	1	1
Thai Massage (60mins)		1	1
Detox Therapy (60mins)	1	1	1
Detox Scrub (45mins)	1	1	1
Detox Wrap (30mins)			1
Holistic Therapy (60mins)			1
Signature Facial (60mins)	1	1	1
Movement Restoration (60mins)		1	1
Price per person	USD 405	USD 659	USD 856
Price per 2 people (sharing a villa)	USD 626	USD 880	USD 1172

Prices are quoted in US dollars and exclude tax and service charge.
Prices exclude accommodation.

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