



➤ *Ananda Holistic Detox*

Toxins constantly build up in the body due to pollution and other environmental factors leading to lack of energy, weight gain, inflammation and related issues. Detoxification focusses on toxin mobilisation and their removal by stimulating the liver to filter toxins from the body. It *cleanses* the entire digestive system to optimize digestive capacity and assimilation process, metabolic activities and evacuation abilities, improving the circulation of the blood and lymphatic systems, and finally *nourishing* the body with essential nutrients post detox completion.

The ultimate goal is to detoxify both the *mind and body* of harmful toxins and negative thoughts in a controlled and safe manner.

Who is this programme for: Those experiencing slow metabolism, liver issues, digestive and cholesterol Issues. Also important for active travellers and for overall wellbeing.

Ananda's signature Holistic Detox programme uses detoxifying experiences along with yoga, meditation and a dosha (body type) specific diet. It cleanses the digestive system including the organs attached to it like the liver, gallbladder and pancreas with the help of shodhana methods of Ayurveda, yoga, and oriental therapies. Personalized fitness sessions with a focus on cardiovascular exercises, light muscle toning and passive stretching improves the circulatory function thereby helping the mobilization of toxins and metabolic wastes accumulated in muscles and circulatory pathways. Dosha based diet made from fresh ingredients with balanced micro and macro nutrients helps to balance the agni or metabolic power in the body.

The Comprehensive Holistic Detox Programme starting 7 nights, flushes out toxins from the entire system by various ayurvedic cleansing methods. Yoga asanas and breathwork release the physical as well as psychic blockages. Yogic cleansing techniques help to flush out toxins from the oesophagus, and sinuses. Personalised detox diets optimise metabolism and aid in the cleansing process and replenishing vital nutrients in post detox nourishment. The comprehensive Holistic Detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.

Holistic Detox	Comprehensive		
<i>Inclusions</i>	7 nights	14 nights	21 nights
THERAPIES			
Ayurveda, International, Oriental, Cleansing	11	22	33
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation, Fitness	3	6	10
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

