DETOXIFICATION–TOTAL PURIFYING RETREAT

The 7, 14 or 21 nights Detoxification Total Purifying Retreat is a uniquely tailored deals holistically with the symptoms and underlying causes of adrenal burnout, and emphasises stress prevention and recovery from a mind, body, and spirit perspective.

The synergy of combining the below optimise your wellbeing and inspire you to embrace the future with renewed vitality and purpose:

- Healthy food nutrition
- Breathwork to remove mucus, inflammation, and lymphatic drainage
- Detoxifying therapies
- Personal consultations lifestyle
- 4 elements and 7 chakras guidance
- Stress management
- Traditional oriental medicine with nutritional and herbal remedies

Included

*Luxury accommodation
*Ayurah wellness assessment
*Bio-impedance analysis
*Blood pressure & blood sugar check-up, and skin analysis
*Thai element analysis and chakra Analysis
*Personal health & wellness consultation
*A daily detoxify spa treatment
*Personalised movement and exercise and mindfulness purification
*Healthy cuisine 3 meals a day planned by certified nutritionist with full plant-based options
*Detox Juice (twice a day)
*Unlimited participation to the Ayurah wellness activities (based on resort weekly activity schedule)
*Wellness cooking classes so that you can take your favourite recipes home

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB 15,114 net per night for double occupancy
From THB 11,321 net per night for single occupancy

AKARYN HOTEL GROUP

aleenta

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