

# Ayurvedic Detox Program

(5, 6, 7 days)

## What is it?

Ayurveda is a 5000-year-old medical system that originated in India and is still practiced today. Ayurveda, which means "science of life," provides the most natural and comprehensive detoxification. It is an ideal method for purifying the body and mind from toxins, rejuvenating, and promoting internal healing. Through Ayurvedic detox, the body, stomach, and intestinal system are cleansed from the inside out with personalized nutrition and medications tailored to the individual. In other words, Ayurvedic detox focuses on initiating the body's natural detoxification process with supplements, teas, and massages. It is recommended to drink warm water even between meals to facilitate toxin elimination, as warm water aids the toxins in reaching the intestines. The Ayurvedic Detox Program aims for complete purification through personalized therapies and cleansing techniques based on your body type.



# Benefits

- Promotes body detoxification and rejuvenation of the mind.
- Prevents diseases by balancing body functions.
- Assists in adopting a balanced diet and lifestyle.
- Slows down the aging process; boosts immunity, physical strength, resilience, and endurance.
- Clears blocked channels, facilitates energy flow in the body, reduces tension, and improves health.
- Supports maintaining optimal weight and unlocking the body's potential.

## Who Is the Ayurvedic Detox Program For?

This program is suitable for individuals aged 18 and above who require physical, mental, and emotional detoxification. It is suitable for those experiencing high levels of stress, toxin exposure, or addiction, and those aiming for long-term results, rest, and purification.



## Consultation with our doctors at the beginning and throughout the program

We offer sustainable solutions to help you get to know yourself better and achieve physical, emotional, and mental balance to protect and improve your health.



## Body Measurements

- Full body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with oximeter
- Pulse measurement



## Vitalica Wellness Talk



## Post-detox nutrition and healthy living recipes



## Ayurvedic Detox Special Meals

- Breakfast
- Lunch
- Dinner



## Ayurvedic Detox Drinks



Unlimited detox soup, herbal tea, pH10 water

## Vitalica Wellness Ayurvedic Detox Natural Supplements



## Detox Kit



## Healthy Eating Group Classes in the Chef's Studio



## Wellness Movie Night



## Group activities

Breathwork, Morning Walk, Fitness, Yoga



## Abhyanga Massage

Abhyanga is a full-body massage with specific herbal oils tailored to your body type, designed to detoxify, nourish, and rejuvenate body tissues. Abhyanga has a deeper and more comprehensive impact compared to regular massages, reaching the deepest healing effects by naturally harmonizing the mind, body, and spirit. It is also one of Ayurveda's most rejuvenating treatments.



## Ayurvedic Marma Joint Massage

This massage prevents muscle stiffness and cramps, protecting the body from their harmful effects. It stimulates blood circulation, provides energy to the tissues, and supports the heart and circulatory system. It regulates functional harmony between joints and soothes the individual.



## Shirodhara Massage

Shirodhara is a unique form of Ayurvedic head massage performed with special herbal oils. A stream of herbal oil is gently and steadily poured onto the forehead with rhythmic swaying motions, resulting in deep relaxation and inner peace. It works on the cerebral system, helps relax the nervous system, enhances the functions of all five senses, alleviates insomnia, reduces stress, anxiety, depression, hair loss, fatigue, and helps balance Vata (the wind element in the body).



## Ayurvedic Vasti

Applied with Ayurvedic mixtures that cleanse the intestines. Ayurvedic herbs regulate intestinal flora and support bowel emptying.



## Nasayam Ayurvedic Nasal and Sinus Cleansing

Nasayam massage, applied with special herbal oils, aims to open the upper respiratory tract, allowing easy breathing.

- Facilitates the removal of toxins from the respiratory tract.
- Beneficial for asthma, sinusitis, migraines, headaches, and upper respiratory infections.
- Supports the immune system and memory.
- Revives the nervous system and memory.
- Reduces stress.
- Prevents skin diseases.
- Enhances hair health.
- Prevents blockages and opens up the airways.



## Full Body Ayurvedic Mask

A detox process to cleanse, balance, and revitalize the body. Traditional Indian medicine accompanies this process with therapy and care applications. Ayurvedic body masks made from seaweed extract accelerate blood circulation, expel toxins from the body, and improve cellulite.





## Ozone Sauna

Ozone sauna exposes the body to the most intense form of oxygen, which has a valency of 3. It strengthens the immune system, relieves mental fatigue, energizes the body, reduces depression and stress. It also relaxes muscles, beautifies the skin, tightens the body, helps with cellulite and varicose veins, and aids in weight loss.

