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SPRING DETOX PROGRAM

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COMPORTA | PORTUGAL

MAY 27 - JUNE 3



## CENTRAL HEADQUARTERS

### HOME BASE

VILLA COMPORTA will be central headquarters for the 7-days program. All meals, yoga and meditation classes and workshops will be held at Central Headquarters - where we will all gather together every day.

Other parts of the programme can be carried out in your own home or villa. We will make sure you have everything you need, packed and ready to take with you for when you are not at central headquarters.

Everyone will receive a printed copy of the detox program manual as well as the program schedule, outlining the events of each day.



## FOODS THAT HEAL

In this detox program, there is no suffering involved. All the delicious and beautiful food is crafted to provide complete digestive system restoration.

Meals are based on Ayurvedic mono-diet healing principles, macrobiotics and the multitude of healing benefits of eating consciously and in good company.

The program also includes a guided 3-day liquid fast including nutrient-dense function-food extracts, broths and electrolyte tonics. This is the best way to assist the body in breaking down fat reserves and encourage cellular rejuvenation and repair.

Experience for yourself how beautiful and easy fasting can be when the body is correctly prepared.



“My energy level has increased dramatically and my skin is so luminous, I’ve lost weight but more importantly I have connected 100% with my body again..”

“My gut feels clean, I feel lighter, my body pains have subsided and I feel more relaxed, more flexible-I understand now how investing time in myself is so important”

“I left with glowing skin and a flat tummy, feeling more flexible and with a chilled nervous system. In other words, a complete reboot.””

## **EXPECT RESULTS**

- Increased energy
- Healthy weight loss of
- approximately 3-5 kg
- Increased mental clarity and
- positivity
- Improved sense of happiness &
- wellbeing
- Reduced inflammation in the body
- Reduction or elimination of pain in
- the body
- Improved intestinal flora and pH
- Increased flexibility/agility
- Brighter, clearer skin and eyes
- Deeper sleep, easier mornings
- Loss of sugar/carb cravings
- Improved relationship with food
- Elimination of caffeine dependency
- and/or chronic headaches
- Reduction of candida overgrowth
- and parasites
- Elimination of gas, bloating, and
- constipation
- Boosted Immune system function



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## INCLUDED IN THE PROGRAM

- Pre-Detox week preparation advice and recommendations
- Classical PANCHAKARMA detox practices such as Basti,
- Virechana and Abhyanga
- Personalized attention and amendments when necessary
- All the delicious and beautiful food crafted to provide a
- complete digestive system re-set
- A supervised three-day liquid fast with all the delicious and
- cleansing Ayurvedic tonics, infusions, elixirs, flower remedies
- and natural ferments
- High-quality detox-supportive supplements
- Colon cleansing teas and tonics
- Two x daily yoga and meditation classes
- Printed supportive material
- The Amaveda Detox Kit



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## THE AMAVEDA DETOX KIT

- The Amaveda Abhyanga body oil used for the luxurious
- Ayurvedic ritual and practice of self-oiling, essential to
- Panchakarma
- Amaveda detox aromatherapy for relieving detox symptoms,
- encouraging lymphatic drainage and eliminating cellulite
- The home Basti kit-including the home-use enema kit with a
- how-to guide for both water and retention enemas
- Liver support with organic green coffee home-enema
- preparation and other medicated enema solutions
- An Ayurvedic copper tongue scraper
- Lymphatic flush body brush for daily dry brushing practice



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[www.amavēda.com](http://www.amavēda.com)