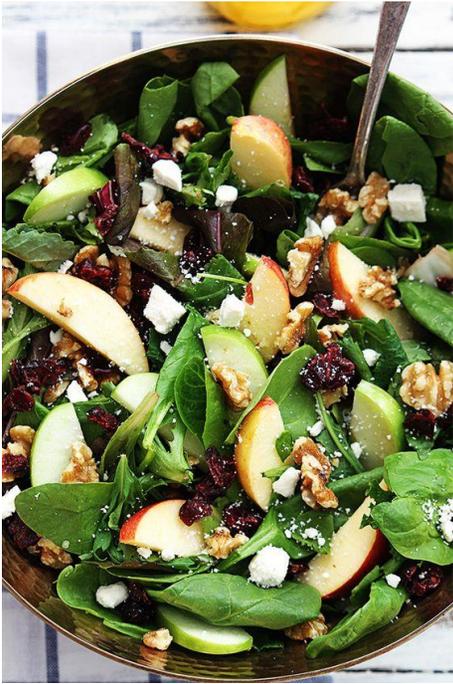




SALA
PHUKET



DETOXIFICATION



Our detoxification package 5 day program is designed to cleanse your body of toxins, activate improved digestion, organ and systemic function in order to assist in restoring your body to a balanced operation.

The package has been specially designed for individuals who seek to have a wellness experience, includes luxurious spa treatments, yoga and designed meals to make you feel healthier. It is based on ancient oriental wisdom to detoxify through body therapies, exercise and healthy eating. Not just for the body, but also for the mind and soul.

SALA Phuket detoxification is not synonymous with starvation, - our program is 100% natural detox developed together with Amrita and is based on two ancient principles. First, do no harm and secondly, let food be your medicine and let medicine be your food.



The methodology applies medicinal Thai herbs and plants as ingredients for unique shake formulas, designed to promote toxins release in the body and at the same time to both nourish and protect the body from oxidative damage from released toxins.

The detoxification program includes a comprehensive meal plan, where SALA offers two different Detox cuisine; both of them are not only healthy, but also delicious – the difference being that one is stricter whereas the other is more abundant in proteins.

Our group yoga class for beginners is on Day 1, Day 3 & Day 5 at 5pm, and in addition our detoxification package also includes a comprehensive spa program, with massages, body and facial treatments on a daily basis. Light exercise is recommended each day when not participating in the yoga classes, perhaps a thirty minute walk, gentle bicycle ride or swim could be enjoyed.

Throughout the process, you'll fill your body with vitamins, minerals, and nutrients whilst relaxing your mind, you'll also be draining your body of excess body fat, accumulated toxins, and old fecal matter that's weighing you down.

“The way you handle your sweat,
is the way you handle your life”.



DETOXIFICATION SCHEDULE & STRICT MENU

Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
08:00	500 ml water with lime	500 ml water with lime	500 ml water with lime	500 ml water with lime	500 ml water with lime
08:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	Brown rice with mixed grilled vegetables, garlic, lemon extra virgin olive oil / apple	Porridge with water, banana, honey, raisins/ pineapple	2 boiled Chiang Mai organic eggs, gluten free bread, avocado and sautéed mushrooms / watermelon	Homemade yoghurt with mixed fruit, raisins, honey, toasted coconut / papaya	2 boiled Chiang Mai eggs, gluten free bread, avocado, sautéed mushrooms
10:00	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
12:00	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	Tofu fillet crusted with spinach, onion, garlic, lemon and extra virgin olive oil	Fresh mixed salad served with eggplant gratin filled with mixed vegetables	Spaghetti gluten free with pesto sauce	Quinoa salad mix steamed vegetables garlic, lemon, extra virgin olive oil	Penne gluten free with chickpeas, tomato sauce and dried chili
14:30	Thai Herbal Compress 90 mins	Seaweed detoxifying body wrap 75 mins	Detox Facial combine neck & shoulder massage 60 mins	Tri Phase Stone Therapy Massage 90 mins	Detox Facial combine neck & shoulder massage 60 mins
16:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
17:00	Group Yoga Class	Served organic hot tea	Group Yoga Class	Served organic hot tea	Group Yoga Class
18:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	Vegetable soup with gluten free spaghetti	Mixed grilled vegetables with grill Tofu fillet, extra virgin olive oil	Pomelo and green mango salad with Thai herbs, brown rice	Gluten free bread sandwich filled with avocado salsa, tofu and mixed vegetables	Quinoa, stuffed sweet potatoes with mango yoghurt salsa

DETOXIFICATION SCHEDULE & PROTEIN ENHANCED MENU

Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
08:00	500 ml water with lime	500 ml water with lime	500 ml water with lime	500 ml water with lime	500 ml water with lime
08:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	White omelette with broccoli and spinach, extra virgin olive oil, garlic and lemon / watermelon	Quinoa porridge with banana, honey, raisins and milk / pineapple	Poached egg with green asparagus, avocado and extra virgin olive oil / apple	Mixed oats with milk, honey, raisins, grapes / dragon fruit	Asian fruit salad with homemade yoghurt / papaya
10:00	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
12:00	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	White snapper fillet Sous-vide with Bok Choy, garlic, extra virgin olive oil and parsnip and steamed	Salmon tartar and mix season salad extra virgin olive oil and lemon	Mixed salad with bean, lentil and extra virgin olive oil	Tofu fillet crusted with sautéed spinach, onion, garlic, lemon and extra virgin olive oil	Grilled vegetables, avocado, cherry tomato, cold quinoa, roasted nuts, seeds and extra virgin olive oil
14:30	Thai Herbal Compress 90 mins	Seaweed detoxifying body wrap 75 mins	Detox Facial combine neck & shoulder massage 60 mins	Tri Phase Stone Therapy Massage 90 mins	Detox Facial combine neck & shoulder massage 60 mins
16:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
17:00	Group Yoga Class	Served organic hot tea	Group Yoga Class	Served organic hot tea	Group Yoga Class
18:30	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits	Detox Shake with coconut juice & mixed fruits
	Gluten free penne with chickpeas in tomato sauce	Fresh spinach salad with pecan nuts, slice apple, cherry tomato, grill capsicum, grill Tofu, garlic extra virgin olive oil	Gluten free spaghetti with pesto sauce	Herb scented Thai vegetables red curry served with brown rice	Grilled white Snapper fillet in sesame crust, served with mixed salad

5 DAYS PACKAGE PRICE LIST	
Strict Menu / Enhanced Menu	THB 39,900 ++

This Package Includes:

- 5 Detox shakes per day
- 3 Days Yoga for beginners
- Probiotic Vitamin supplements
- Daily Spa program as per detoxification schedule above
- Full board meal plan as per the menu above
- Package price is per person, per total package and is exclusive of accommodation

Terms and Conditions:

- Prices are valid until **31st December 2018**
- All treatments are strictly non exchangeable
- All packages are non-refundable & non-transferable
- SALA Phuket reserves the right to refuse some guests with health conditions
- SALA Phuket reserves the right to change or replace spa treatments if necessary without prior notification
- Rate are subject to 10% service charge and 7% applicable government tax
- Guests who require special medical support for serious health challenges must advise and communicate openly to SALA Phuket staff
- Menu ingredients may change and is subject to availability and seasonality
- SALA Phuket will not be held responsible for any adverse reaction to the detoxification program or its menus.
- Our program is considered supportive to the body with final results dependent on a variety of factors which SALA Phuket cannot take full responsibility in managing

Early Departure Policy:

- There will be no refunds given for guest who wish to check out before their scheduled departure date