

# EASY DETOX



This simple and effective 5 day program is ideal for people new to detoxification and cleansing, and it's a great starting point for many health goals.

There are many benefits of a Detox. After a few days your digestion will feel lighter, your head clearer and your energy on the way to full restoration.

Not everything can be rebalanced in 5 days, but the experience of the Detox will show you how easy it is to improve your overall wellbeing.

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EASY DETOX 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 EASY DETOX program includes a comprehensive meal plan, where SALA offers two different Detox cuisines, 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.

The program starts everyday at 7.30 AM with a group Yoga class for beginners, and includes a comprehensive Spa program, with both massage, body and facial treatments on a daily basis.

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



**Start your new life tomorrow !**





## 5 DAY EASY DETOX PACKAGE

### **This Package Includes:**

- \*5 Detox shakes per day
- \*Full board meal plan as per chosen menu (see attachment).
- \*Daily Yoga for beginners
- \*Daily Spa program (see attachment).
- \*Probiotic Vitamin supplement

### **Terms and Conditions:**

- \*Rates are subject to 10% service charge and 7% applicable government tax.
- \*All packages are non-refundable & non-transferable
- \*All treatments are strictly non exchangeable
- \*Our program is considered supportive to the body with final results dependent on a variety of factors which SALA Samui cannot take full responsibility in managing.
- \*Guests who require special medical support for serious health challenges must advise and communicate openly to SALA Samui staff.
- \*SALA Samui reserves the right to refuse some guests with health conditions.

### **Early Departure Policy:**

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

THB 39,900++ per person

- \*Rates are valid from 01 January - 31 December 2019

# EASY DETOX SCHEDULE & STRICT MENU



Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>7:00</b>	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
<b>7:30</b>	Group Yoga class	Group Yoga class	Group Yoga class	Group Yoga class	Group Yoga class
<b>9:00</b>	Detox Shake with coconut Porridge with water and banana Apple	Detox Shake with orange 2 Boiled Hilltribe organic eggs, coriander, chilli Dragon fruit	Detox Shake with apple Wild rice with papaya Apple	Detox Shake with coconut Natural yoghurt with blueberries and mint Pomelo	Detox Shake with orange 2 Boiled Hilltribe organic eggs Watermelon
<b>10:30</b>	Detox Shake with green shake	Detox Shake with beetroot	Detox Shake with carrot	Detox Shake with banana	Detox Shake with coconut
<b>11:00 - 13:00</b>	Sala Spa Herbal Steam Green tea Bath SALA Signature Massage Ahead Above Massage	Sala Spa Herbal Steam Hot Stone Therapy Massage Stimulate the Sole Massage	Sala Spa Herbal Steam Swedish Massage Thai Herbal Detox Facial	Sala Spa Herbal Steam Herbal Detox Body Scrub Thai Herbal Compress Massage	Sala Spa Herbal Steam Asian Detox Clay Body Mask Asian Combination Massage
<b>13:30</b>	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water
<b>13:30</b>	Quinoa, rocket, almonds, bell peppers with apple lemon yoghurt dressing	Soba noodles, black olives, coriander, parsley, spring onion, pea shoots	Stir fried vegetables with herbs, spice and seeds	Red cabbage slaw, white cabbage wraps with spice and herbs. Spiced lentil soup	Kale, broccoli, cabbage, fennel, zucchini, snow peas, herbs, pea shoots, garlic, sesame seeds, cashews
<b>17:00</b>	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut
<b>19:00</b>	Steamed brown rice, broccoli & cauliflower, chilli powder, grated ginger, EVO Oil, sesame seed, coriander, spring	Roasted carrots, baby leaf spinach, sunflower seeds, lemon yoghurt, cashews	Pomelo and Green mango salad with Thai herbs, brown rice	Baked falafel w/roasted eggplant, greek salad, tahini dressing	Curried vegetable stew with lentils, green salad
<b>19:00</b>	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water
Green Tea, White Tea, Ginger Tea					

# EASY DETOX SCHEDULE & PROTEIN ENHANCED MENU



Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>7:00</b>	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
<b>7:30</b>	Group Yoga class	Group Yoga class	Group Yoga class	Group Yoga class	Group Yoga class
<b>9:00</b>	Detox Shake with coconut Poached Eggs with Avocado and Salsa Apple	Detox Shake with orange Bluberry and Apple Oats with Mint Dragon fruit	Detox Shake with apple Boiled Eggs with Asparagus Apple	Detox Shake with coconut Quinoa Porridge with Macadamia milk Pomelo	Detox Shake with orange Asian fruit Salad Watermelon
<b>10:30</b>	Detox Shake with green shake	Detox Shake with beetroot	Detox Shake with carrot	Detox Shake with banana	Detox Shake with coconut
<b>11:00 - 13:00</b>	Sala Spa Herbal Steam Green tea Bath SALA Signature Massage Ahead Above Massage	Sala Spa Herbal Steam Hot Stone Theraphy Massage Stimulate the Sole Massage	Sala Spa Herbal Steam Swedish Massage Thai Herbal Detox Facial	Sala Spa Herbal Steam Herbal Detox Body Scrub Thai Herbal Compress Massage	Sala Spa Herbal Steam Asian Detox Clay Body Mask Asian Combination Massage
<b>13:30</b>	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water
<b>13:30</b>	Miso Roated Salmon with Bok Choy and Parsnip	Asian Chicken Lettuce wraps	Fish Tacos with Quacamole	Sweet and Sour chicken steamed greens	Coriander crusted King fish with carrot and herbs
<b>17:00</b>	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut	Detox Shake with coconut
<b>19:00</b>	Baked falafal with greek Salad and Tahini Dreesing	Salmon Nicoise Salad	Grilled Grass Fed Angus Tenderloin Mixed Green Salad	Smashed Avocado with mixed Green	Pumpkin Soba Noodles with Asian Herbs
<b>19:00</b>	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water	Detox Shake with water
Green Tea, White Tea, Ginger Tea					