



INTRODUCTION TO DETOX

The three-day Introduction to Detox program is ideal if you are new to detoxification or have limited time. Kamalaya's approach to detox is aligned with Asian healing principles that see fasting as potentially depleting, preferring a nourishing and nurturing form of the deeply cleansing process. It features Kamalaya's low-inflammatory plant-based detox cuisine and a series of soothing and gentle treatments to safely eliminate toxins. Lymphatic drainage therapy, Chi Nei Tsang abdominal massage and far infrared sauna sessions support the organs in the process of eliminating toxins, improving blood circulation and digestion, while cleansing the body, mind and spirit.

Introduction to Detox wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Exit & Review	1
Body Bio-Impedance Analysis	1
Vital Essence Oil Massage (90 min)	1
Traditional Asian Hand Massage (60 min)	1
Traditional Asian Foot Massage (60 min)	1
Far Infrared Sauna (30 min)	2
Chi Nei Tsang (60 min)	2
Lymphatic Drainage Therapy (90 min)	1



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Introduction to Detox wellness program inclusions	5 nights
Wellness Consultation	1
Wellness Program Exit & Review	1
Body Bio-Impedance Analysis	1
Vital Essense Oil Massage (90 min)	1
Traditional Asian Hand Massage (60 min)	1
Traditional Asian Foot Massage (60 min)	1
Far Infrared Sauna (30 min)	4
Lymphatic Drainage Therapy (90 min)	2
Chi Nei Tsang (30 min)	2
Chi Nei Tsang (60 min)	1
Oriental Herbal Detoxifying Body Scrub & Wrap (75 min)	1
Traditional Asian Hand Massage (30 min)	1