



Our individual detox program boosts your system and aims to help you to reach your ideal weight and improve your health. It makes you more fit and teaches you how to achieve and maintain your weight loss goals.

This programme is aimed at people who genuinely want to Detox their system and are prepared to follow the strict regime designed.

GOALS: Cleansing the system is the main goal, but this program also achieves a complete aesthetic and mental balance: once you've attained inner harmony, you'll be able to maintain any weight loss.

Included in the programme:

- Physical evaluation with Gym Instructor
- Exercise programme
- 5 Day calorie controlled menu
- Daily scheduled classes
- Daily meetings about goals, progress and results
- Daily Thermal spa Experience & Dry Body brushing

Treatments with your personal therapist

- Day 1: Reiki
- Day 2: Detox Lymphatic Bath, Voya Lazy Days Ritual
- Day 3: Voya Detox Dry Float Wrap
- Day 4: Voya Massage, Detox Lymphatic Bath
- Day 5: Escutox Facial

At The end of your stay you will receive:

- Diagnostic results
- Summary of treatments and therapies
- Instruction for follow-up and individual dietary recommendations
- Personal trainer's individual schedule for physical follow-up at home

Sample Detox Programme



Good afternoon, welcome to Monart

Day 1 – Sunday

"Success is not measured in achievement of goals, but in the stress and strain of meeting those goals." **Spencer W. Kimball**

3.00pm	Check-in, Meet programme co-ordinator
3.30pm	Arrival Consultation with programme co-ordinator
4.00-5.00pm	Reiki Treatment
5.45-6.25pm	Relaxation in Bright Relaxation Room
6.30pm	Dinner in Spa Café Grilled Salmon Cutlet, Steamed Broccoli, soy and sesame
7.15-8.00pm	Thermal Spa Experience
8.30pm	Evening snack Grapes (100g) in Bedroom

Exercise Hints & Tips

Set goals Set short term and long term goals. You can set a short term goal to exercise for thirty minutes of cardiovascular exercise 3 -4 times a week and thirty minutes of strength training. Your long term goal could be to lose weight or to reach a certain fitness level.

Don't overdo it It is very common for people to try to exercise every day once they start an exercise program. However, this can often lead to exercise burnout. Therefore, you should set goals, which will enable you to improve your fitness level without overdoing it.

Make exercise easy It is very important to recognise your own barriers to exercise. Do you have trouble getting up off the sofa? Do you always hit the snooze button when you plan to exercise in the morning? Do you take the bus instead of walking? Once you identify these barriers that is half the battle. All you have to do now is reduce or eliminate them!

Notes:

Dry Body Brushing; 10 minutes a day for 7 days can help to eliminate up to 1 lb of toxins from the system, always brush towards the heart.