

## Monart 4 Night/5 Day Detox Program

Our individualised 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 a strict regime.**

**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 Session  
Day 2: Lymphatic stimulation Detox Bath  
Hamam Body Cleanse  
Day 3: Green Coffee Wrap  
Day 4: Seaweed Body Scrub  
Lymphatic stimulation Detox Bath  
Day 5: Essential Deep Cleanse Facial

### **AT THE END OF YOUR STAY YOU WILL RECEIVE THE FOLLOWING DOCUMENTS:**

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 Day 1

3-3.15pm	Check-in, Meet Programme Co-Ordinator
3.30pm	Consultation with Gym Instructor
4.00pm	Reiki Session
5.30pm- Dinner in Spa Café	Risotto of, tomatoes, forest mushrooms and spinach
6.00pm	Dry Body Brushing
6.30-7pm	Aqua Exercise Class
7.00pm-Evening snack	Lemon Tea with fresh fruit
7.00-8pm	Thermal Experience

### 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 recognize 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's 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.