



kick start your detox

weight loss or wellness programme with a 3 or 5 night detox programme at Monart. Through a combination of toxic avoidance, toxin cleansing and elimination the results offer lasting health improvement and aim to deliver a lifestyle with more energy and vibrancy.

monart detox packages

five night programme

day 1

Check-in, meet Programme Co-ordinator
Detox Wrap
Dinner in Spa Café

day 2

Breakfast in room
Exercise
Lunch in Spa Café
Detox Bath
Exercise
Dinner in Spa Café

day 3

Breakfast in room
Exercise
Lunch in Spa Café
Hamman Back Massage
Exercise
Dinner in Spa Café



day 4

Breakfast in room
Exercise
Lunch in Spa Café
Loofah Skin Glow
Exercise
Dinner in Spa Café

day 5

Breakfast in room
Exercise
Lunch in Spa Café
Dry Float
Exercise
Dinner in Spa Café

day 6

Breakfast in room
Exercise
De-brief
Departure

3 night programme also available
pricing available on request

