

If you are looking to delve into pure health enhancement benefits gained from detoxification, then the **Master Cleanse** is the retreat for you. Immersed in traditional naturopathic principles alongside modern cleansing sciences, the **Master Cleanse** affords you prime cellular detoxification of the body, mind and soul. Regular detoxification and cleansing helps eliminate the harmful toxins and chemicals stored inside the cells, which if left unchecked have a detrimental effect on aging, resulting in chronic and acute disease manifestation.

Master Cleanse



The Atmantan **Master Cleanse** is a synergistic formula of resetting the organs and systems of the body through cellular cleansing and toxin elimination; we put you through treatments that promote effective detoxification, ranging from the *Hot Stone Massage*, to the art of *open colon hydrotherapy* and to providing you with the specialized *Taoist Chi Nei Tsang* treatment, which in itself has become the benchmark for detoxification worldwide.

*The Detox menu at Atmantan involves body cleansing as a gradual process of transition from solid foods to a liquid diet, ensuring gradual adaptation for the body to the recommended diet! The **Master Cleanse** retreat facilitates the cleansing of your emotional knots, unclutters the mind, while leading you to benefits of improved sleep, increased immunity and permit your body to self-heal.*

All the Master Cleanse retreats include:

- Individual wellness consultation.
- Body composition analysis.
- Postural assessment.
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankh Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription).
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes).
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor heated pool with vitality shower.
- Wellness departure consultation.

Your 3-night Master Cleanse retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage

Your 5-night Master Cleanse retreat includes:

- 5 Nights' accommodation
- 5 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 5 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Body scrub *
- 1 Colon hydrotherapy

Your 7-night Master Cleanse retreat includes:

- 7 Nights' accommodation
- 7 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 7 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Body scrub *
- 2 Colon hydrotherapy
- 1 Body wrap **
- 1 Mid-retreat wellness consultation
- 1 Personal yoga
- 1 Pranic Healing, Scan and Cleanse



Your 10-night Master Cleanse retreat includes:

- 10 Nights' accommodation
- 10 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 10 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage
- 2 Chi Nei Tsang
- 1 Body scrub *
- 2 Colon hydrotherapy
- 1 Body wrap **
- 1 Mid-retreat wellness consultation
- 1 Personal yoga
- 1 Pranic Healing, Scan and Cleanse
- 1 Balneotherapy
- 1 Holistic Anti-aging facial ***
- 1 Private stretch
- 1 Hot Stone Massage

Your 14-night Master Cleanse retreat includes:

- 14 Nights' accommodation
- 14 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 14 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage
- 3 Chi Nei Tsang
- 1 Body scrub *
- 3 Colon hydrotherapy
- 1 Body wrap **
- 2 Mid-retreat wellness consultation
- 2 Personal yoga
- 1 Pranic Healing, Scan and Cleanse
- 1 Balneotherapy
- 1 Holistic Anti-aging Facial ***
- 1 Private stretch
- 1 Hot Stone Massage
- 1 Choorna Swedana
- 1 Foot reflexology
- 1 Hammam
- 1 Vichy shower ritual
- 1 Private meditation

* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Spa products by Breathe Aromatherapy – free of harmful preservatives)

** Choose between the Seaweed, Firming and Restorative wrap (Spa products by Breathe Aromatherapy – free of harmful preservatives)

*** Choose between 3 facials - Advanced Anti-oxidant facial, Essential Daily hydration facial or Wild Kashmir purifying facial. (Skincare products by Subtle Energies that don't contain parabens, mineral oils, silicones or artificial fragrances)

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ātmantanī
be transformed

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Atmantan Living

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Journey Through Yoga Ayurvedic Panchkarma

