

PALACE MERANO

This is a typical day on a detox retreat.

TIME	ACTIVITY
07:00 – 10:00	Breakfast.
09:00 – 09:30	Bio-energetic check-up - This involves the bio-energetic measurement of the vital functions of the body and energy flow along the channels that run through the body, according to the teachings of Chinese medicine.
09:30 – 10:00	Energising treatment - Pressure is applied to specific points on the body, to boost lymph system drainage and encourage more efficient blood circulation to oxygenate the cells. This helps detoxify the body, release feelings of lethargy and fatigue and promote higher energy long after the massage.
10:00 – 10:30	Medical consultation.
10:30 – 11:30	Hydro-aromatherapy, Phyto-mud therapy & Hydro-jet massages.
12:00 – 13:00	Tendon-muscle massage are carried out manually using instruments that can dissolve energy blocks, acting on muscle and tendon tissue, toning and revitalising them. The use of suction (cupping glasses) makes it possible to speed up the wave rhythm of the liquids and to stimulate the elimination of waste and cell regeneration.
12:30 – 14:00	Lunch.
14:00 – 19:00	Relaxation time for group classes, outdoor activities or a-la-carte treatments.
19:00 – 19:45	Lecture on good health and wellbeing.
19:30 – 21:00	Dinner.