

Amatara Wellness Resort

This is a typical day on a Detox retreat.

TIME	ACTIVITY
06:00 – 08:00	Breakfast
09:00 – 09:50	Group Pranayama session
10:00 – 10:10	Dry skin brushing session
10:10 – 10:40	Detoxifying bath
10:40 – 11:40	Chi Nei Tsang massage
12:00 – 13:30	Lunch
15:00 – 16:30	Manual lymphatic drainage massage
17:00 – 18:00	Foot reflexology session
18:00 – 21:00	Dinner