

Amanpuri

This is a typical day on a Life Reset retreat.

TIME	ACTIVITY
08:00	Detox juice shot.
08:30	Morning movement session (e.g. circuit training).
10:00	Detox tea and healthy breakfast.
11:30	Spa treatment (e.g. Thai massage, slimming, detox and anti-cellulite treatment).
13:00	Session in the sauna, followed by the cold plunge pool and jacuzzi.
13:30	Detox lunch.
14:30	Time to relax.
15:30	Private Muay Thai boxing fitness session.
16:30	Therapeutic massage.
19:00	Healthy dinner.