

# Amanpuri

This is a typical day on a Detox & Cleansing retreat.

TIME	ACTIVITY
08:00	Pilates or yoga wellness class as per activity schedule.
09:00	Prescribed healthy juice or tonic tea.
09:30	Healthy breakfast from a personalised healing menu (raw, vegan or liquid), based on your initial consultation and body composition analysis.
11:00	Movement session (e.g. breathwork session or SUP Yoga).
13:00	Healthy lunch from a personalised healing menu (raw, vegan or liquid), based on your initial consultation and body composition analysis.
15:30	Specialist session (e.g. Chi Nei Tsang, or cupping therapy) or another movement session.
18:30	Healthy dinner from a personalised healing menu (raw, vegan or liquid), based on your initial consultation and body composition analysis.
19:30	Spa treatment (e.g. lymphatic drainage, deep tissue massage, detoxifying scrub and wrap).