



DETOX & RESET

Your Personalized
Wellness Journey



Choose from 5, 7, or 10-day programs at our serene sanctuary

Included Treatments & Activities	5-Day	7-Day	10-Day
Detox Modalities	3	3	4
Body Treatments	1	1	2
Holistic Classic	-	1	2
Sunrise Yoga	2	3	3
Mindful Deluxe	1	2	2
Beauty Classic	1	1	2
Aesthetic Deluxe	-	1	1
Culinary Wellness Classes	1	2	3
Guided Banyan Tree Journey	1	1	1
Alchemy Bar Workshop	1	2	2



Detox Modalities

1. Abdominal Massage - 40 Min
2. Lymphatic Drainage - 60 Min
3. Herbal Poultice Massage - 90 Min
4. Slimming Massage - 60 Min
5. Detox Body Wrap - 60 Min



Body Treatment

1. Scalp Massage - 40 Min
2. Relaxing Balinese Massage - 60 Min
3. Head, Neck & Shoulder Massage - 30 Min
4. Assisted Stretching - 30 Min
5. Shiro Dhara - 20 Min



Holistic Classic

1. Moksha Massage - 90 Min
2. Chakra Balancing Massage - 60 Min
3. Detox Body Scrub - 60 Min
4. Foot Reflexology - 30 Min



Mindful Deluxe

1. Hatha Yoga - 60 Min
2. Sun Salutation Yoga - 30 Min
3. Stress Relief Meditation - 30 Min
4. Pranayama Breathing - 45 Min
5. Full Moon Yoga* - 60 Min
6. Yog Nidra



Beauty Classic

1. Eminence Mini Facial - 45 Min
2. Lymphatic Face Massage - 30 Min
3. Hand Scrub & Wrap - 30 Min
4. Hair Oil Treatment - 30 Min
5. Hair Wash & Blow Dry - 60 Min



Aesthetics Deluxe

1. Eminence Hydrating Facial - 60 Min
2. Eminence Body Scrub - 60 Min
3. Eminence Body Wrap - 60 Min
4. Spa Pedicure - 70 Min



Alchemy Bar Workshops

1. Bathtub Tea Making - 30 Min
2. Face Lift Massage - 30 Min
3. Coffee Scrub - 30 Min
4. Papaya Face Mask - 20 Min
5. Bathtub Tea Making - 30 Min



Culinary Wellness Classes*

1. Healing Broths
2. Food Fermentation
3. Probiotics Drinks
4. Grain Free Goodness
5. Sugar Free "Sweets"
6. Botanicals Tea & Infusions
7. Super Salads

*As per schedule