



Physical, psychological and spiritual Innovations that empower the body, the mind and the soul to detox, relax and rejuvenate

Zen Resort Body Detoxification

The practical and unique innovations, including physical, psychological and spiritual therapies, that empower Zen guests to embrace sustainable living: in harmony with themselves, their fellow beings and the world around them. Our holistic and strategic approach to detoxification and wellbeing includes Ayurveda, yoga, meditation, pranayama, naturopathy, nutritious cuisine, diet and detox as well as a range of Zen Innovations relevant to detoxification of the body, mind and soul .

Here we give examples of the juice, soft food, Panchakarma detox of the body at Zen Resort. This in combination with yoga, pranayama, meditation and spiritual sessions will be custom designed in consultation with our team of Ayurveda and Naturopathy Doctors, Yoga, Pranayama and Meditation professionals as well as psychologists and emotional wellbeing experts. Zen Resort is blessed with a high energy sacred site where many guests experience self-healing

ZEN 3-DAYS DETOX PLAN



DETOX DAY-1

- 07:00 AM : Zen Green Berry Booster (A Strawberry and Spinach Protein Smoothie)
11:00 AM : Zen alkalaniser tea (an aromatic blend of ginger, lemon and turmeric)
01:00 PM : Zen Flush Smoothie (celery ,green apple, cucumber and aloevera)
04:00 PM : Zen Coconut cream and Vegetable Soup.
07:00 PM : Zen Ayurvedic Cleanse Smoothie.

DETOX DAY-2

- 07:00 AM : Zen Golden Glow Smoothie (spinach ,banana ,pineapple , coconut water)
11:00 AM : Zen Ginger Tea
01:00 PM : Zen Green Goodness Smoothie (a wholesome blend of Cucumber, Spinach, Avocado, Celery, Mint, Coconut Water, Lemon, and Green Apple)
04:00 PM : Zen chlorophyll fix (dark green juice) chopped kale ,ginger , a pinch of cinnamon powder ,spinach ,cucumber, mint)
07:00 PM : Zen revitalizer (celery, wheat, grass, broccoli, lemon juice, ginger)

DETOX DAY-3

- 07:00 AM : ZEN Power house Smoothie (banana, coconut milk, nuts blended with loads of Sunflower and Pumpkin Seeds)
11:00 AM : Ayurvedic Punch (Lemon Juice with Turmeric &Ginger)
01:00 PM : Wholesome Pumpkin Soup, with Freshly Tossed Green Salad.
04:00 PM : Zen Beetroot Bliss (A Blend of Dark Red Beet Juice)
07:00 PM : Special Zen Enriching Cabbage Soup along with an Assorted Salad.

Guidelines during the Detox

1. Morning lemon juice: This is an oldie but a goodie to kick start the digestion and cleanse the system
2. Raw foods
3. Detox the mind
4. Drink water
5. Body brushing
6. Chew: Aim to chew each mouthful of food 10 to 12 times before swallowing. Bringing mindfulness to mealtimes improves digestion, allowing you to feel a sense of fullness without a need to overeat.

Don't detox if you are pregnant, breastfeeding, elderly, have high blood pressure, are underweight or against your health practitioner's recommendation. If you are concerned about your health, book an appointment with your DOCTOR who will advise a correct treatment plan.

At least 1 Day Prior the Detox

AVOID

- Animal products
- Processed sugar, high fructose corn syrup, Artificial sweeteners
- Processed foods (such as pasta, bread, soy products, pre-packaged salads, soups and dressing)
- Coffee and black tea (suggestion: switch to caffeinated green tea at least a week before juice detox and stop drinking caffeinated green tea all together at least two days before juice detox)
- Alcohol, Soda, Dairy
- Raw fish, Fried foods, Overeating
- Dehydration, eating before bed, over salting your food (no table salt)
- Eating poorly combined foods when you know they stress your system (fruit with protein or starch with grains, for example)
- Stress, lack of sleep, sedentary lifestyle, people who drain your energy (as much as possible)

What to Expect When You're Fasting

Tiredness, moodiness, anger, weakness, light headedness, insomnia, skin breakouts, irritability are among the more common ones. If you have a recurrent health issue (i.e. eczema, acne, sinus issues), be warned that may get worse before it gets better. It's important to be patient and breathe through these periods, call on a friend or chat with someone who is going through the same thing. You might find that a lot of emotional stuff surfaces, too. Just take deep breaths and know that these moments shall pass. By the end of the three days, you will be feeling incredible.

Journaling every day helps, too.

Tips for Removing Toxins

1. Bashpasveda – Steam Bath

This is my favorite kind, far better than a Swedish sauna, because it penetrates deeper into the skin's layers and targets organs to detox from the inside out. Plus, there is no blasting steam, just a nice dry, comfortable heat.

2. Ayurvedic Massage

This is a wonderful way to move toxins out of the body. Not only does it feel great, it will help you sleep better, too.

3. Exercise – Nature Walks, Swimming, Yoga, Meditation, Pranayama

As mentioned before, do this at a pace that suits your body's energy levels during the juice fast. Gentle walks or yoga are great for the low energy days. If you feel up to it, do your normal exercise routine if that means a run or hitting the gym. Working up a sweat is also a great way to get toxins out of the body.

4. Sun

Direct sunlight on our bodies gives us energy, and that really important vitamin, vitamin D, which boosts our immune system and helps prevent cancer. Sunlight also triggers our body to produce 200 anti-microbial that kill off bad bacteria, fungi, parasites and viruses. Try to get at least 15 minutes to half an hour of sunshine a day, as the best way to get vitamin D into your body is on skin without sunscreen. (Try to avoid peak UV periods if you're concerned about sunburn.) Roll up your sleeves or expose a leg or two!

Panchakarma: The Ayurvedic Science of Detoxification and Rejuvenation



Ayurveda, which literally means the knowledge of life is the traditional healing science of India. Viewing disease as the natural end result of living out of harmony with our environment, Ayurveda emphasizes re-establishing harmony and balance as the means of recreating a state of optimal health in our bodies and minds. While Ayurvedic methods utilize many therapies including herbs, diet, aromatherapy, colour therapy,

mantras, yoga, meditation and general lifestyle counselling, the most profound of all treatments is that of Pancha Karma.

Panchakarma is the traditional form of detoxification of the body and mind that facilitates rejuvenation. It has been utilized for thousands of years as a method of staying healthy, young and vital.

Panchakarma is unlike any other detoxification program because it is fundamentally designed to remove a different form of toxin. While many toxins exist in our environment which accumulate and harm our bodies, Ayurvedic Pancha Karma addresses a special toxin called ama which is formed within our own bodies.

What is Ama?

Ama is the by-product of inadequate digestion. It has the qualities of stickiness and heaviness. In our bodies it clogs our systems and damages our tissues. It is among the most damaging of forces in our bodies and contributes to disease. Here is an analogy to help you understand how ama is formed. Imagine that there is a fire inside your stomach. Think of a campfire. If the fire is weak, it cannot burn up the wood put on it. Instead, the wood smoulders and begins to smoke. In the end, charred bits are left and the wood is not efficiently turned into ash. Poor digestive fire, or digestive strength, leads to food being improperly digested. This results in gas, bloating, burning indigestion, or constipation. In addition, a residue of this poorly digested food accumulates in your digestive tract and overflows into your bodily systems. This residue is called ama.

Ayurveda links the occurrence of ama in the body and a weak digestive system to the cause of such chronic conditions such as candida, chronic fatigue syndrome, migraine headaches, chronic respiratory disease and many other conditions. The process of Pancha Karma removes ama and clears the way for the body to re-establish an internal state of balance and harmony.

Ama may be present in the body if there is a coating on the tongue. A normal tongue appears pink throughout, but as ama accumulates in the digestive system, the tongue may appear with a white, yellow, green or grey film over it. In addition, in some cases the body and breath develop a strong odour and the stool becomes dense and sinks to the bottom of the toilet. (According to Ayurveda, the normal stool should float). If you have any of these signs, panchakarma treatment may be indicated.

The *Ama* Elimination Process

Before you undertake the process of Panchakarma, you should visit an Ayurveda expert who will determine your body constitution and current state of *doshas*. After identifying the cause of *ama* production in your body, he will be able to pick the tissues, channels and organs that need to be addressed through Panchakarma and accordingly devise the right detox program specific to your needs.

An ideal Panchakarma detox program consists of three phases – Purvakarma, Pradhankarma and Paschatkarma – which are described below.

- Purvakarma- Snehana, Abhyanga and Swedana
These pre-treatment techniques serve to prepare the body for the *ama* elimination process.
- *Snehana* (oleation) is the first step of Purvakarma and it consists of saturating the body with medicated oils in order to loosen *ama* and move it from deeper tissues into the gastrointestinal tract, from where it can be more easily cleansed. External oleation is called Abhyanga, which means complete body massage with medicated oils. Once the massage is completed, *Swedana* (steaming) is performed in order to dilate the channels and foster easy removal of *ama*.
- Pradhankarma – Vamana, Virechana, Basti, etc.
After Purvakarma, the *ama* moves into the gastrointestinal tract. Here, some main Panchakarma therapies such as *Vamana* (emesis), *Nasya* (nose cleaning), Virechan (purgation), and *Basti* (enema) can be used to remove *ama* through the body's normal channels of elimination.
- Paschatkarma – Rejuvenation
With the body clear of toxins and *ama*, it is much like a clean slate. Now the internal energy of the body can be rebuilt. The rebuilding process strengthens the digestive system and the immune system and entails taking additional special foods and herbs. These herbs are designed to enhance the strength of immune system and are revered for extending life. The end result of Pancha Karma is an optimally functioning digestive system and renewed internal energy. After receiving Pancha Karma the mind is light and clear, the body is pure and the energy is high. For many it is a life-changing experience.

Add Section Zen Resort Mind Detoxification

Add Section Zen Resort Soul Detoxification