



3 Day Detox for Rejuvenating and Recharging US\$448++ per person

Day 1

07:00	Fresh whole coconut
08:00	Health diagnostic
08:30	1 Hour of personal yoga body work
10:00	Kidney flush drink
12:00	Vegetarian organic meal or energy smoothie and detox juice
13:00	2 Hr relaxation – free time
15:00	Fresh whole coconut
15:15	Reiki session
16:30	Liver flush
17:00	Relaxation or Khmer massage

Day 2

07:00	Fresh whole coconut
08:00	Kidney flush
08:30	Private yoga and meditation in preparation of afternoon detox and gallbladder flush
12:30	Light lunch: fruit salad, homemade yogurt, seaweed and nuts
13:00	Cleansing water melon and mint smoothie



14:00	No food / Relaxation and free time
15:30	Detoxifying Khmer coffee body scrub
16:30	Fresh whole coconut
17:00	Reiki session
18:00	Epsom salt drink (stay in the room)
20:00	Drink 1 Epsom salt
21:00	Grapefruit and olive oil drink (go to bed)

Day 3

06:00	Drink Epsom Salt
08:00	Drink last Epsom Salt
12:00	Have Organic Lunch
14:00	Aromatherapy
16:00	Tropic Aid Juice



3 Day Detox for the Mind \$313++ per person

Day 1	Day 2	Day 3
30 min health diagnostic	60 min group yoga class (morning)	60 min group yoga class (morning)
60 min Reiki session (optional)	60 min oil massage	60 min Khmer or relaxation massage
60 min group yoga class (morning)	30 min Auriculotherapy or Foot Massage session	60 min Healing session
30 min private meditation and Pranayama class (evening)	30 min private meditation and Pranayama class (evening)	30 min private meditation and Pranayama class (evening)
60 min Thai or Khmer massage		



Day Burnout Program US\$517++per person

Day 1	Day 2	Day 3
30 min health diagnostic	60 min private Yoga Body Work Class (midday)	60 min group yoga class (morning)
60 min Reiki session (optional)	60 min oil massage	60 min Indian Head Massage
60 min group yoga class (morning)	30 min Auriculotherapy OR Foot Massage session	60 min Healing session
30 min private meditation and Pranayama class (evening)	30 min private meditation and Pranayama class (evening)	30 min private meditation and Pranayama class (evening)
60 min Thai or Khmer massage		
Day 4	Day 5	
60 min group yoga class (morning)	60 min private Yoga Body Work Class (midday)	
45 min Reiki session	60 min relaxation massage	
60 min Khmer massage	30 min private meditation and Pranayama class (evening)	



3 Day Yoga Mini Break \$249++ per person

Join our Wellness Team in your Yoga journey whether you are a beginner or a pro, this mini break will re-balance your energies and recharge your batteries. This package offers a daily yoga class, daily spa treatment as well as 1 private yoga class and 1 private therapy session or healing.

Three Organic Meal (Lunch or Dinner option)

(3) Group Yoga classes

60 Min Private Yoga Class or Body Work

(2) 60 Min Spa treatment

(2) 60 Min Holistic Treatment