



SAMKARA

Luxury Wellness Retreat & Holistic Spa

Mind © Body © Soul



SAMKARA LUXURY DETOX RETREATS

Samkara's Detox Retreat is a simple and effective program that is ideal for people new to detoxification and cleansing, providing a fresh start to reach a wide variety of health goals for your mind, body, and soul.

A detox diet aims to help the body rid itself of toxins. Of course, the human body has many natural detox pathways via the liver, urine, sweat and feces. While it is a complex process, the liver neutralizes toxic substances, and then releases them from the body. A diet specifically designed for further detox claims to help the bodies vital organs rest and recover, support and increase liver function, and give you a "boost" of important micronutrients.

Health benefits of detoxification include eliminating toxins from foods, beverages, and hygiene products; increased energy throughout the day; resetting your food choices; controlling cravings; curbing food addictions; giving your body the micronutrients it needs; managing stress; aids weight loss; strengthens your immune system; improves your skin and hair; clears bad breath; and promotes clarity of the mind.

The longer the detoxification period, the more profound the results. For this reason, Samkara offers retreat durations of 4 nights and 7 nights. Not everything can be rebalanced in one short week, but the

experience of the Detox will show you how simple it is to improve your overall wellbeing and empower you to change your life for your benefit and those around you!

Detox diets come in many forms, although most involve some sort of fast involving water, juice or broth; and are followed by a period of clean eating. Some include smoothies, supplements, herbs, teas, enemas, and other methods of promoting detoxification.



Samkara's Detox Program is 100% natural detox developed together with Amrita and is based on two ancient principals: Do no harm and let food be thy medicine.



SAMKARA DETOX PACKAGE

* Detailed Daily Schedule Provided Upon Arrival *

The 4 Night Samkara Luxury Detox Package Includes:

- 4 Nights Luxury Accommodation
- 3 Daily Vegan Meals - Breakfast/Lunch/Dinner + Farewell Breakfast
- 5 Daily Amrita Easy Detox Shakes
- 5 Daily Fresh Coconuts
- 3 Wellness Coaching/Consultation Sessions (Pre | During | Post)
- 3 60min Morning Detox Yoga □ 3 30min Guided Meditations
- 2 60min Massage Treatment *
- Unlimited Filtered Drinking Water

Notes: Complimentary use of all resort facilities. Free local shuttle service as well as airport pickup & drop off included. All retreat bookings include welcome drink & fresh towelettes, reusable metal water bottle, and a departure souvenir.

* Massage – Choice of 1 Hour Oil Massage, 1 Hour Traditional Thai Massage or 1 Hour Foot Massage

The 7 Night Samkara Luxury Detox Package Includes:

- 7 Nights Luxury Accommodation
- 3 Daily Vegan Meals - Breakfast/Lunch/Dinner + Farewell Breakfast
- 5 Daily Amrita Easy Detox Shakes
- 5 Daily Fresh Coconuts
- 2 Group Excursions
- 3 Wellness Coaching/Consultation Sessions (Pre | During | Post)
- 6 60min Morning Detox Yoga
- 6 60min Guided Meditation
- 3 60min Massage Treatment *
- Unlimited Filtered Drinking Water

* Massage – Choice of 1 Hour Oil Massage, 1 Hour Traditional Thai Massage or 1 Hour Foot Massage

* 7 Night Detox Retreat bookings receive a complimentary 60min Samkara Signature Alchemy Healing treatment (Combination of Reiki/Qi Healing, Cupping, Chi New Tsang, and Tok Sen)

Terms and Conditions:

- - All rates are quoted in Thai Baht including 10% service charge & 7% VAT
- - Check-in time 14:00 and check-out time 12:00
- - Rates, services charge and taxes are subject to change without prior notice
- - Minimum 7-night stay during peak seasons from 24 December to 5 January every year.

Cancellation policy:

- - Cancellation charges apply to both wellness programs and accommodation bookings
- - We will charge a 30% non-refundable deposit and the 70% balance will be paid on arrival
- - If cancelled up to 7 days before arrival, only the deposit is due. If cancelled within 7 days, the full amount is due

- For bookings from 24 December to 5 January, we charge a 50% NRF deposit and the remainder 30 days before arrival

4 Night Detox Retreat | Sample Schedule

Sunday		Monday	Tuesday	Wednesday	Thursday
ARRIVAL DAY CHECK-IN @ 2:30	7:00	Wake Up– Drink Water	Wake Up– Drink Water	Wake Up– Drink Water	End of Retreat
	7:30	Detox Shake w/CW in Lounge	Detox Shake w/CW in Lounge	Detox Shake w/CW in Lounge	
	8:00	Morning Detox Yoga	Morning Detox Yoga	Morning Detox Yoga	Farewell Breakfast Buffet
	9:00	Vegan Breakfast/ Detox Shake w/CW	Vegan Breakfast/ Detox Shake w/CW	Vegan Breakfast/ Detox Shake w/CW	
	10:00	Leisure Time	Leisure Time	Leisure Time	DEPARTURE DAY CHECK-OUT @ 11:30
	12:30	Vegan Lunch/Detox Shake w/CW	Vegan Lunch/Detox Shake w/CW	Vegan Lunch/Detox Shake w/CW	
	1:30	Massage Treatment/ Leisure Time	Massage Treatment/ /Leisure Time	Massage Treatment/ Leisure Time	
	3:00	Detox Shake w/CW in Lounge	Detox Shake w/CW in Lounge	Detox Shake w/CW in Lounge	
	3:30	Afternoon Sharing Circle	Afternoon Sharing Circle	Afternoon Sharing Circle	
	4:30	Leisure Time	Leisure Time	Leisure Time	
7:00	Vegan Dinner/Detox Shake w/CW	Vegan Dinner/Detox Shake w/CW	Vegan Dinner/Detox Shake w/CW		
8:30	Evening Guided Meditation	Evening Guided Meditation	Evening Guided Meditation		
9:00	Sweet Dreams	Sweet Dreams	Sweet Dreams		

Description of Inclusions:

Morning Yoga

Our onsite morning yoga classes are either held in our yoga shala surrounded by lush tropical nature or on the rooftop of one of our buildings with a superb panoramic Seaview. Start the day off right with a variety of yoga practices including hatha, ashtanga, vinyasa, yin, and more; lead by highly qualified yoga instructors with experience from around the world. For retreats where yoga in nature is offered, guests come to enjoy the same diversity and quality of yoga offered onsite by our teachers but amidst the natural island beauty such as beaches, viewpoints, and waterfalls`

Leisure Time

We offer leisure time throughout the day for you to take rest from the retreat. We encourage you to use this time to check out the rest of the island via one of the many activities that can be booked with our friendly reception staff or by simply renting a scooter and cruising around giving you the ultimate freedom to explore paradise. If you prefer to stay on the resort, there is always our famous infinity pool with a great selection of bohemian influenced music for you to relax and read a book as you work on your tan. Alternatively, you can always visit our luxurious holistic spa and receive some body or energy work to heal your mind, body, and soul.

Wellness Coaching/Consultation

Use this time to express any concerns, doubts, goals, and expectations you have about your retreat and future. We offer one-on-one consultations with our onsite holistic therapists to answer any questions you may have related to your health, the retreat program, the internal and external experiences you are having during your retreat, and what to expect moving forward with your new life. Not only is this session offered during your retreat, but also before and after, ensuring you are well taken care of throughout the entire retreat lifecycle.

Samkara Signature Alchemy Healing Treatment

This 60min healing treatment is a combination of Reiki/Qi energy healing, Chi Nei Tsang abdominal massage, Tok-Sen deep tissue release, and Cupping therapy which brings the toxins to the surface of the skin to be released. Our holistic practitioners will first sit down with you to assess your lifestyle and how they can best provide the treatment and consult with you for what to expect afterwards. This deeply healing treatment will leave you feeling calm and restored, and ready for bed.

Pampering Spa Treatment

We offer a number of pampering massage and beauty treatments for you to choose from as you surrender to the relaxing scents, soothing sounds, and healing hands. Our highly trained spa staff is ready to release all your physical and mental stress in these 60min sessions leaving you feeling like royalty.