

# Mandala Spa & Villas

## Boracay Island

### DETOX: FREQUENTLY ASKED QUESTIONS

#### WHY SHOULD I GO ON A DETOX HOLIDAY?

Our bodies are exposed daily to toxic chemicals and pollutants from the food we eat, water we drink, and the air we breathe. Our liver and lymph systems are under constant attack and often experience difficulty eliminating accumulated toxins. This often manifests in problematic skin, bad breath, decreased immune function, hormonal dysfunction, psychological disturbance, heart disease and even cancer. Mandala Spa provides the ideal environment and treatments, using the right herbs and essential oils to rid the body of toxins, thus returning good health, radiant skin, reduced stress, increased mental clarity and vitality, as well as the elimination of water retention. If you are determined to *lose weight* holistically, this is also a good reason to sign up for a Detox holiday.

#### WHICH AMONG MANDALA'S SPA THERAPIES PROMOTES NATURAL DETOXIFICATION?

##### 1. SHODHANA KARMA

Derived from the ancient Indian approach to holistic cleansing, detoxifying and purifying, Shodhana Karma removes environmental toxins from the body through a three-part ritual. The 2 1/2 hour treatment begins with a massage using herbal sesame oil which penetrates the blood stream, attracts oil-soluble toxins and carries them out as waste. A sauna ritual follows, integrating aromatherapy and herbal tonics that aid in the elimination and purifying process. The ritual closes with the Ubvartan Body Scrub, a gentle exfoliation process that removes impurities using exotic oils and ingredients.

*Sauna is considered one of the most effective of all detoxification treatments. Heat speeds up the chemical processes in the body. Mandala Spa's diuretic herbal teas also aid in the elimination process.*

## 2. THALASSO SUITE

Thalasso Suite re-mineralizes cells with nutrients fresh from the sea. The loofah scrub prepares the skin for the seaweed wrap and the seaweed bath. Mandala Spa's unique formulation stimulates metabolism, improves skin tone and promotes cell renewal. Through its drawing properties, this therapy is also ideal for *cellulite reduction*.

## 3. CLINICAL AROMATHERAPY

Clinical aromatherapy is a total treatment for the entire body, induced through the skin and by inhalation. Aromatherapy is an integral part of our massage treatments and the sauna ritual where essential oils are added to create a detoxifying aromatic steam.

## 4. LYMPH DRAINAGE MASSAGE

Lymph Drainage Massage is a light pressure massage designed to detoxify the tissues and stimulate waste elimination. It is effective in *diminishing cellulite* brought about by poor circulation.

## WHAT IS THE DIFFERENCE BETWEEN THE CLEANSE AND DETOX HOLIDAYS?

	CLEANSE	DETOX
Food intake	Fresh raw vegetables, fruits, nuts fruit and vegetable juices, liver flush drink (olive oil, garlic, cayenne, fruit juice)	All liquids, no solids
Supplements	Taken before manual colon irrigation	Taken 3-5 times daily, depending on program designed based on guest diagnosis
Colon irrigation	Depending on length of program, 1-3x	1-2x daily, depending on program design

## WHAT IS MANUAL COLON IRRIGATION AND HOW DOES THAT DIFFER FROM COLEMA AND COLONICS?

Manual colon irrigation is the process where a tube is inserted into the anus and water is allowed to enter the colon. An enema (e' ne ma) is an example. A colema is like an enema where instead of 2 liters of water, 16 liters of water is used. The water container is placed on a high stool and uses gravity to make the water flow and therefore can be done at home alone. Colonics is a form of colon irrigation which uses of a machine and requires a trained technician to administer. The colema is an integral part of the Cleanse and Detox programs.

## CAN ANYONE DO THE CLEANSE AND DETOX PROGRAMS?

Prior to getting started on the program, a questionnaire is filled out in order to find out lifestyle habits and to gather health and medical information. The treatment program is then designed according to one's specific needs and lifestyle. Those suffering from advanced stages of diabetes or other serious conditions, for instance, are provided with holistic medical advise with regards to their conditions and specific health concerns, in private consultations with Mandala Spa's program director.

One may eat as much of the fresh fruits and vegetables as s/he wants in the Cleanse while in the Detox, one may drink as much of the fruit juices and broth as s/he wants, although that will slow the detox process. In addition to the juices, those in the detox program are also given psyllium (sil'yium) shakes. Psyllium supplies the fiber in the system and is quite filling.