

asaya

holistic detox

	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	2
Personal Fitness Training or Personal Yoga 50 min.	2	3
Detox Massage Lymphatic Drainage 60 min.	2	3
Mountain Stone Therapy 90 min.	–	1
Pause & Reset Massage 60 min.	1	1
Facial Lift Massage 60 min.	1	1
Detox Body Wrap 30 min.	2	2
Body Scrub 30 min.	1	2
Steam Bath Salt Sohle Detox Scrub 30 min.	2	2
Sauna Experience German Aufguss 30 min.	–	2
Super Anti-Aging Facial 75 min.	–	1
Health Lunch	2	3
Antioxidant Detox Juices 3 times a Day	daily	daily
Special Detox Tea during the Day (Room Setup)	2	3

Our detoxification package is more than just a treatment program; it's a journey towards revival and rejuvenation. With our tailored fitness or yoga sessions, relaxing detox massages and lymphatic drainages, and the invigorating effects of detox body wraps and body scrubs, you can look forward to a holistic experience. Enjoy healthy meals and antioxidant detox juices that assist in cleansing your body of toxins. Our special detox teas are available in your room at any time, providing a relaxing break from everyday life. Through the detox program, you can expect improved digestion, increased energy, better sleep, and radiant skin. These benefits will not only be felt in the short term but will have long-lasting effects on your overall well-being.