



## **At-home Ayurvedic Cleanse** Stoweflake Spa & Wellness Center For individuals and groups

Are you ready to lighten up physically, mentally and emotionally? Offer yourself the gift of a gentle and rejuvenating cleanse under the guidance of our Ayurvedic Health Consultants and enhance your cleanse with detoxifying Ayurvedic body treatments at a world class spa!

### **Why Cleansing?**

Taking the time to slow down and allow for gentle purification is considered a key component of self-maintenance and lasting well-being in Ayurveda. All of us inevitably end up accumulating ama (physical or emotional toxins), may it be from poor food choices, emotional challenges or environmental pollution. This traditional technique of cleansing is tailored to your individual needs and imbalances and takes into consideration the current season in order to allow the mind and body to naturally shed toxins.

Some signs that you might need to cleanse:

- Weight gain
- Weak digestion
- Food sensitivities
- Low immunity
- Fatigue
- Skin rashes
- Joint pain



Benefits of cleansing may include but are not limited to:

- Healthy weight management
- Improved digestion
- Enhanced mental clarity
- Increased self-awareness
- Knowledge of daily routines and self-care practices to stay balanced with the seasons

### **About Ayurveda**

Ayurveda is the ancient Indian holistic science of life and wellness; a whole system of medicine that considers each human as a unique and complex being, beyond the physical body. It establishes an understanding of one's individual constitutional type and current imbalances, focusing on the root of health issues and allowing the body to heal itself. Natural modalities like diet, lifestyle, bodywork, herbal medicine, exercise, yoga and aromatherapy are used in Ayurveda to regain balance.

## Ayurvedic Cleansing

Your cleanse will begin with a private consultation with an Ayurvedic Health Consultant who will recommend a daily plan of simple meals with specific culinary herbs, daily self-care routines, gentle yoga sequences and herbal formulas that promote gentle purification and self-nurturance based on your individual constitution and needs. You will return home with all the tools and most of the supplies needed for the entire cleanse.

The number of days will depend on your individual need and will start with a preparation phase during which you will begin to clean up your diet, slow down your mind and apply the self-care protocols learned.

The cleanse itself is done at home, and our Ayurvedic Health Consultant will be available to offer support and answer questions throughout your cleanse. They will meet with you again after your process to help you integrate back into your daily routine and live a healthy lifestyle with the seasons.

## Supplies

Cleanse supplies will include a combination of the following based on your personalized recommendations:

- Dry goods needed for the cleanse food plan (kitchari kit)
- Churna (Ayurvedic spice blend)
- Organic ghee (clarified butter)
- Sarada oil for Daily self-massage
- Herbal supplements from Banyan Botanicals
- Tongue cleaner
- Instructional materials, recipes and grocery list

No experience or knowledge of Ayurveda is required, just a willingness to shed old habits that no longer serve you and embark on a richer, cleaner lifestyle!

**Participants will get 20% off all Spa Services, as well as discounts on yoga classes and spa access for the duration of their cleanse (dates will be determined according to your consultation appointments).**

**We advise that you get clearance from your medical doctor if there are any concerns about your ability to safely participate in the cleanse. Each participant will be required to complete a health history questionnaire and sign an informed consent form.**

**For more information, contact Joanie or Lisa at [ayurveda@stoweflake.com](mailto:ayurveda@stoweflake.com) or call the Stoweflake Spa & Wellness Center at 802-760-1083 (toll free: 1-800-253-2232)**

Do you have a group of people that would like to participate in this cleanse together? We may be able to travel to you! Contact us for more information.

Join us twice a year for our seasonal group cleanse. Spring dates will be announced soon!