

# L'OFFICIAL MAGAZINE

FEATURE

# DESTINATION DETOX

Close the blinds, cleanse your system, and just rest and reflect at these top holistic hotspots around the world.



The Connaught Spa  
is the only  
spa in the world  
with a  
24-hour  
open bar.

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## KALIYOGA VITALITY DETOX CENTRE

Alpajuro Mountains, Antofagasta, Spain  
 Contact: +440 845 170 1747 / [info@kalyogajourneys.com](mailto:info@kalyogajourneys.com)

If the stunning views of the Alpajuro mountains in Antofagasta, Spain, don't take your breath away, the unique facility for detox enthusiasts will. This family-run centre is the perfect spot for individuals seeking respite from everyday life, to cleanse the body, shake off bad eating habits and reconnect with their spiritual side.

What's unique is that it merges holistic therapies with medical science. Try hair sampling to test for food intolerances. A panel of experts – homeopath, intuitive healer, acupuncturist, foot healer, massage therapist, general practitioner and yoga instructor – are all on-site for consultation. Guests are kept to a maximum group of seven in order to make the experience as comfortable as a home-away. Many guests have described their stays here as "life changing".

Although there is a strong emphasis on juice fasting (no solid foods), fitness such as swimming and simple yoga moves, like pranayama and asana poses, are encouraged to get the circulation going. Depending on what natural health practitioner Veronica Peña recommends, colon cleansing can be done either once or twice daily using the Loden's Clysmaic system, a self-administered unit that allows you full autonomy of the cleansing process.

Various forms of Asian remedy are a big part of the healing process, including Thai yoga massage, reflexology and acupuncture. A one-week detox programme at Kaliyoga includes daily wheatgrass shots, copious juices, colon cleansing, yoga, meditation, use of a hydrotherapy hot spa, two massage sessions, and pre- and post-therapy consultations with a homeopathic physician. Post-detox support of follow-up emails, CDs and brochures are also part of Kaliyoga's value-added services.  
*Detox Programme: £1,200 (£2,442) for seven days*



## ABSOLUTE SANCTUARY

88 Moo 5 Baphut, Koh Samui, Sarathani 84326, Thailand  
 Contact: +669 7740 1198 / [consultation@absolutesanctuary.com](mailto:consultation@absolutesanctuary.com)

Absolute Sanctuary prides itself in being a serious health and wellness resort specialising in detox and yoga programmes. Located on a hillside overlooking the Gulf of Thailand, Absolute Sanctuary sits on the tip of Koh Samui in Chong Men, just a five-minute drive from the airport and Chaweng beach. We love the stunning Moroccan architecture all through the building's facade and spacious suites. Although there are recreational amenities the adventurous seeker can enjoy, this is not a place for those desiring an all-encompassing holiday.

Blending luxurious accommodation with a wide range of detoxification programmes, natural cuisine, yoga classes and other dynamic therapies, Absolute Sanctuary caters to those seeking a journey back to balance, rejuvenation and wellness. We recommend coming here at least once a year to jumpstart your immune system and help prevent illnesses like cancer, diabetes and chronic fatigue.

The resort offers three kinds of detox treatments ranging in duration from three to seven days. Each programme is suitable for first-timers and consists of gentle colonic cleansing, a modified diet (no fasting) and natural detoxification supplements. Those ready to do what it takes to shed up to five kilos in a week should sign up for the Seven-Day Candida Elimination Package. It consists of a very strict daily schedule of colonic hydrotherapy, lymphatic drainage massage, yoga, meditation and a detox cocktail consumed four times a day at the pool's chic jazz bar, together with a set of nutritional supplements to rebalanc essential nutrients. There is a detailed consultation with a wellness specialist prior to treatment and another on your last day there.  
*Seven-Day Candida Elimination Package, from \$2,662*