



THE FARM  
AT SAN BENITO

## FARM PACKAGES

### DETOX CLEANSE

By DETOX we mean the process of freeing our bodies of toxins accumulated due to stressful and polluted environment to which most of the FARM's guests are exposed in their everyday life.

When doing a DETOX, we are assisting our natural detoxifying system to eliminate the toxic burden, to regain a state of health balance, the strengthening of the immune system, an overall physical and mental well-being.

EVERYONE needs DETOX.

Objectives and benefits of a Detox programme:

- Remove toxins, heavy metals and xenobiotics;
- Repair intestinal and liver function
- Replenish energy levels and vitality
- Prevent allergies
- Improve the quality of the skin
- Stimulate the immune system and improve resistance to disease
- Weight management
- Rebalance the body

The program is based on colon, liver and kidneys cleansing, medically guided fasting in order to let the digestive system rest, stimulating detox through skin using scrubs and wrappings, by draining the lymphatic system...

Once we took the patient through the physical aspect of detox, we start adding mind detoxifying practices – yoga, pranayama, tai-chi, meditation, personal consultations...

DIET: juice fasting for 5 days followed by ALIVE ! Restaurant Light Detox Diet

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



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	<b>7 Nights</b>	<b>14 Nights</b>	<b>21 Nights</b>
Daily Nutritional Support	6 Sessions	14 Sessions	21 Sessions
Dental Kit	1 Set	1 Set	1 Set
Holistic Health Consultation	1 Session	1 Session	1 Session
Nutritional Microscopy (30 minutes)	1 Session	1 Session	2 Sessions
Colon Hydrotherapy/Colema (60 minutes)	1 Session	2 Sessions	3 Sessions
Colon Hydrotherapy/Colonics (90 minutes)	1 Session	2 Sessions	2 Sessions
Colon Hydrotherapy/Angel of Water (60 minutes)		1 Session	1 Session
Hara Puri Treatment (30 minutes)	1 Session	1 Session	1Session
Rectal Wheatgrass Infusion Therapy (4 oz)			2 Sessions
Harmonizing Flow/Psychoemotional Clearing (30 minutes)	1 Session		
Harmonizing Flow/Psychoemotional Clearing (60 minutes)		1 Session	1Session
Sustainable Program Discussion	1 Session	1 Session	1Session
Liver Cleansing (24 hours)		1 Session	1 Session
Clinical Laboratory Diagnostics		1 Session	1 Session
Body Salt Bath (30 minutes)			2 Sessions
Rectal Insufflation (15 minutes)			2 Sessions
Vitamin Infusion (30 – 60 minutes)			1 Session
Kidney Compress (30 minutes)			2 Sessions
AlkaRelax (90 minutes)	1 Session	2 Sessions	2 Sessions
Bittersweet Treatment (120 minutes)	1 Session	1 Session	1 Session
Skin Kayud (60 minutes)	1 Session	1 Session	1 Session
Peppermint Foot Scrub (30 minutes/person)	1 Session	1 Session	1 Session
Kidney Cleansing (90 minutes)	1 Session	1 Session	1 Session
Little Yin Yang Dry Brushing (60 minutes)	1 Session	1 Session	1 Session
Relaxology Treatment (30 minutes)	1 Session	1 Session	1 Session
Tres Banos Lunas (150 minutes)		1 Session	1 Session
Skin Kayud – Barako Coffee (120 minutes)		1 Session	1 Session
Aromatherapy Treatment(60 minutes)		1 Session	1 Session
Purification (90 minutes)		1 Session	1 Session
Moxa Ventosa (30 minutes)		1 Session	1 Session
Earth Facial (60 minutes)		1 Session	1 Session
Seasonal Delight (120 minutes)			1 Session
Kidney Cleansing (90 minutes)			1 Session
Relaxation Treatment (60 minutes)			2 Sessions
Hampol (90 minutes)			1 Session
Rose Petal Body Wrap (90 minutes)			1 Session
Thai Treatment (90 minutes)			1 Session