

nourish&flourish retreat, a typical day

Detox protocols are effortlessly interwoven into your day

Upon waking, rehydrate & alkalise with a squeeze of lime juice

Followed by a morning freshly prepared vegetable juice

Join morning yoga or fitness class

Daily dry skin brushing followed by a shower or rinse and swim in the ocean

Enjoy a healthy & delicious breakfast prepared by your on-site chef

Hydrate throughout the day with at least 8 glasses of fresh filtered water & herbal teas

There is plenty of free time to explore Koh Samui island or swim, read and relax

Lunch and dinner are prepared & served by your chef & villa staff. Fresh & bursting with flavour, you will enjoy an abundance of vegetables, quality protein & healthy fats

Take your supplements through the day to aid & encourage detoxification

Attend raw food demonstrations & lifestyle classes

Boost the detox process with massages & daily meditation sessions

Join pre-dinner educational talk designed to help make better choices between detoxes

Aim to get at least 8 hours quality sleep per night and be in bed by 10.30pm

nourish&flourishretreat.com Koh Samui, Thailand