

# D ETOX



Amore e Psiche  
S.P.A.

## Château retreat

A GUIDED SPA PROGRAM  
TO PURIFY BODY AND MIND



The program starts with a moment dedicated to physical and mental purification thanks to yoga and a detox sequence of specific exercises

A refreshing pause with a hot herbal infusion to hydrate the body and stimulate the detoxifying process during the following phases of the program

A Himalayan-salt-based exfoliating treatment known for its purifying and revitalizing properties for the skin

A combined action of Jacuzzi and specific detoxifying bath salts which stimulates the circulation and helps the elimination of toxins

A purifying face mask based on the Dead Sea mud that frees the skin from impurities

An aromatherapy massage with a lemon and juniper essential oil to stimulate the circulation, drain the excess of fluids and eliminate toxins

The wellness program ends with a proposal of healthy food

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