



Samui Wellness Spa – Cleanse your body

Welcome to the Samui Wellness Spa. We offer a number of cleansing programs that include a Pre-cleanse consultation, Herbal supplements, Probiotics and Detox drinks, Colon Hydrotherapy, Fasting or light Raw food, Far Infrared sauna or Herbal steam, Massage, Yoga and Meditation. Pre-Cleanse and Post Cleanse guidelines

These programs are designed to detoxify your body at a rate that is suitable for you (detoxifying too quickly can cause strong and unpleasant cleansing reactions) and bring it safely back to its optimal, natural, healthy state.

Detoxification or detox is the body's natural ongoing process of neutralizing or eliminating toxins from the body. Toxins (anything that can potentially harm body tissue) are removed via the organs of elimination i.e. the skin, bowels, kidneys, liver and lungs.

Why do we need detox or cleansing programs?

Modern lifestyles and industrial pollution expose our bodies to more toxins than they can handle. The excess toxins get stored in our body tissues, leading to states of toxemia (blood poisoning), acidosis and general poor health. If left untreated this can lead to a number of chronic and deadly diseases such as arthritis, cancer and diabetes to name a few.

Cleansing programs are necessary to eliminate excess toxins and acids, keeping our bodies in a healthy alkaline, disease-free state.

Pre-cleanse consultation (see Pre-cleanse guidelines and pH Balance)

Our staff can help choose the right program for you during an initial consultation, which includes a pH test to determine if your body is too acidic and likely to have strong cleansing reactions.

Herbal supplements

We use two types of herbal supplements. One is purely herbal nutrition to compensate for the lack of food. The other, known as chompers, are a mix of 12 natural herbs that combine to form a gentle yet powerful intestinal cleanser, which softens and breaks up hardened, impacted waste matter in the colon – known as mucoid plaque. This mucoid plaque is a storage for toxins, bacteria and parasites and also acts as a barrier to prevent valuable nutrients being absorbed from our food.

Detox drinks

These contain psyllium husk, bentonite clay and filtered water. Psyllium, when used with bentonite clay and other liquids, produces a mass of soft jelly like substance. It expands and gently but firmly scrapes the intestinal canal, acting like a broom and sweeping clean any loosened substance. The bentonite acts like a magnet and can absorb over 40 times its own weight in toxins, bacteria and parasites, binding them until evacuation from either a colonic or from natural bowel movements.

Colon Hydrotherapy (also known as colonic irrigation or colonics)

This is a rejuvenating, relaxing and highly effective treatment of cleansing the colon. We use a series of warm, filtered water infusions via the rectum, combined with a soothing abdominal massage to further encourage the removal of waste matter, gas and mucous from the body. A cleansed colon can absorb essential nutrients much easier.

The bowels (intestines) feed every organ, every tissue and every cell in our bodies. When the bowel environment has become contaminated or inefficient, the cells and organs in the rest of the body will reflect that contamination and dysfunction. A toxic and over acid bowel means toxic blood and lymph, toxic organs and cells, and poor health.





Probiotics or flora grow, re-establish healthy intestinal bacteria and boost the immune system.

Fasting

Fasting is nature's way of curing disease, restoring health and prolonging life. Animals of every species instinctively refuse to eat when they are sick. When we stop ingesting solid food our bodies automatically go into detox mode after a period of 24 to 36 hours. Enzymes for example, that are normally busy breaking down food, go on a search and destroy mission for toxins. The large amount of energy that is required for digestion can now be used for detoxification. Our cleansing programs enhance this natural process making it much more efficient.

However, it is important to realize that if our bodies are too toxic and acidic, strong and unpleasant cleansing reactions can occur, such as headaches, nausea, light headedness, aching muscles or joints, rashes, bad breath, tiredness and an emotional roller coaster! These occur because the large amounts of toxins being released into the colon are reabsorbed back into the bloodstream before they can be eliminated. These cleansing reactions are quite common but if they are too severe you can switch to a milder cleansing program, eat some light raw food or drink juices. Eating food slows down the cleansing and reduces the amount of toxins being released.

Raw food

In their raw form, plant foods are the richest source of vitamins, minerals and enzymes that cleanse and strengthen the body. Cooked foods have no enzymes and the more raw foods we include in our diet, the better we will look and feel.

Herbal steam

Benefits of using our herbal steam rooms include improved circulation, tension relief, removal of toxins, cleansing and rejuvenating the skin, clearing respiratory passages and promoting sound sleep. It also gives the liver and kidneys a rest. Good to do before having a massage.

Far Infrared sauna

This has similar benefits to the herbal steam room but works on a much deeper level. Unlike a conventional sauna, the infrared sauna heats the users skin directly without heating the air and penetrates the skin up to 1.5 inches, effectively supporting the release of toxins, including heavy metals (such as lead and mercury). The longer duration spent in the Infrared sauna (usually about 30 minutes, compared to 5 or 10 mins. in the herbal steam), means more sweating and a higher removal of toxins via the pores.

As much as 600 calories can be burned by the body during a 30 minute session.

Massage

Improves circulation, stimulates lymphatic drainage to remove toxins and promotes general feeling of well being. Our therapeutic Lymphatic drainage massage greatly assists in the removal of toxins, moving the toxin saturated lymph through the body to the bowels ready for elimination. Great to have prior to a colonic.

Yoga (Mon to Sat 8.45 – 10.15am)

Enhances the connection between the body, mind and spirit. Calms the mind, relieves stress and tension plus stimulates the circulation to speed up the release of toxins.

Meditation (Mon to Sat 7.30 – 8.30am)

Directs your attention inward, calming the mind and deepening your awareness.

