

LE CAMÉLÉON
SPA & WELLNESS

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EXERCISE & LOVE YOURSELF





Laura is an Integrative Holistic Nutritionist Coach, Ayurveda Consultant, Yoga teacher, Cooking class educator and Massage Therapist. She started her learning being curious for Hindu philosophy and "Ahimsa" practice (non-violence), promoting classes of "conscious food". Her journey with healthy eating made her discover "Raw Food", and she graduated as "Chef in Raw Food" in Bali. She studied Yoga in "The International Sivananda Yoga Vedanta Centre" in Canada, graduated in the American Institute of Vedic Studies as "Ayurveda Lifestyle Consultant" and became specialist in "Yoga Thai Massage" studying in Europe and in Chiang Mai (Sunshine Network School). Then continuous her studies of Massage and Cranial therapies in America. She loves Kirtan, enjoys living in harmony with nature, practices meditation, and is a passionate Sanscrit student. Love, compassion and "Prana" (vital force) are her pillars in the healing technics.

Laura Bailone
Le Caméléon
Spa & Wellness Manager

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Are you struggling with;

**fatigue,
weight,
energy,
poor sleep,
mind fog,
or are you feeling unhealthy?**

This program is perfect for you!

Three
DAYS DETOX
PROGRAM

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DETOX Day One

03:00 p.m

Check in at Le Cameleon Boutique Hotel

03:00 - 06:00 p.m

Relax & love yourself: time for massage, pedicure, enjoy the ocean, and be connected with yourself.

06:00 p.m

Welcome Cocktail

07:00 p.m

Dinner

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DETOX Day Two

07:30 a.m

First Routine Detox: dry brushing and drink lemon with water

08:00 - 09:30 a.m

Pranayama and Yoga class

09:30 a.m

Healthy Breakfast

10:00 a.m

What is cleansing? Why Cleanse, Where the toxins come from, what to expect while detoxing? Quick test "How toxic am I"

11:30 a.m

Learn how to scrub your body

12:00 a.m

Healthy Lunch

01:00 - 04:00 p.m

Relax & Love yourself: time for massage, pedicure, enjoy the ocean and be connected with yourself.

04:00 - 05:30 p.m

Alkaline Diet, Primary food, Emotional Eating

06:30 p.m

Mindful Dinner

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DETOX Day Three

07:30 a.m

First Routine detox: dry brushing and drink lemon with water

08:00 - 09:30 a.m

Pranayama and Yoga class

09:30 a.m

Healthy Breakfast

10:00 a.m

The 8 causes of craving. Explore yourself- When eat organic (dirty dozen) food combination

11:30 a.m

How to combine your food?
Surprise "Raw Vegan Dessert"

12:00 a.m

Healthy Lunch

01:00 p.m

Closing with explanations "post detox" and also time to Relax & love yourself: time for massage, pedicure, enjoy the ocean and be connected with yourself.

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DETOX Three Days Program

Includes

Morning Yoga Classes
Beach Walk
Breakfast, Lunch, Dinner
Nutrition Lectures
Healthy Cooking Workshops
Home made Beauty Secrets
Private Consultation with
Holistic Nutritionist
Two Nights Accommodation
Jacuzzi
Two Pools

Dates & Prices

\$790

February 8,22 \$

March 8,22 \$

April 5 \$

\$590

April 26 \$

May 10,24 \$

Per person + taxes.

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