

LE CAMÉLÉON  
SPA & WELLNESS

EXERCISE & LOVE YOURSELF



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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 es Nutricionista holistica, Coach en estilo de vida ayurvedica, masajista diplomada, profesora de yoga y terapeuta Craneo-Sacral. Promociona cursos de alimentacion consciente "Ayurvedica y crudivera", siguiendo la practica de "Ahimsa"no-violencia, luego de graduarse en Bali como "Chef en Raw Food". Estudio yoga y meditacion en el "International Sivananda Yoga Vedanta Centre" y se especializo en la tecnica de "Yoga Thai Massage" de Sunshine Network School (Europa y Chiang Mai). Le encanta meditar, vivir en harmonia con la naturaleza, la practica del Bhakti yoga, los kirtan y estudiar sanscrito. Amor, compasion y "prana" (fuerza vital) son sus pilares en sus tecnicas de sanacion.*

**Laura Bailone**  
Le Caméléon  
Gerente Spa&Wellness

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**Are you struggling with;**  
*¿Estas sintiendo algunos de  
estos síntomas?*

**fatigue** / *fatiga,*  
**weight** / *sobre peso,*  
**energy** / *falta de energia,*  
**poor sleep** / *insomnio,*  
**mind fog** / *niebla mental,*

**or are you feeling unhealthy?**  
*o ¿Te sientes poco saludable?*

**This program is perfect for you!**  
*¡Este programa es perfecto para ti!*

# Three

## DAYS DETOX PROGRAM

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# DETOX Day/Dia 1

**03:00 p.m**

Check in at Le Cameleon Boutique Hotel  
*Check in en 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.  
*Relájate & Consíentete: con un masaje y disfruta el mar, escribe y conéctate contigo mismo.*

**06:00 p.m**

Welcome Cocktail  
*Coctél de Bienvenida*

**07:00 p.m**

Dinner  
*Cena*

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# DETOX Day/Dia 2

<b>07:30 a.m</b>	First Routine Detox: dry brushing and drink lemon with water <i>Primera Rutina Detox: cepillado en seco y bebida de agua con limón.</i>
<b>08:00 - 09:30 a.m</b>	Pranayama and Yoga class <i>Pranayama y Clases de yoga.</i>
<b>09:30 a.m</b>	Healthy Breakfast <i>Desayuno saludable</i>
<b>10:00 a.m</b>	What is cleansing? Why Cleanse, Where the toxins come from, what to expect while detoxing? Quick test "How toxic am I" <i>¿Qué significa desintoxicarse?, ¿Por qué hacerlo?, ¿De donde vienen las toxinas?, ¿Qué esperas de un Detox? Examen: "Qué tan tóxico soy?"</i>
<b>11:30 a.m</b>	Learn how to scrub your body <i>Aprende a exfoliar tu cuerpo</i>
<b>12:00 a.m</b>	Healthy Lunch <i>Almuerzo Saludable</i>
<b>01:00 - 04:00 p.m</b>	Relax & Love yourself: time for massage, pedicure, enjoy the ocean and be connected with yourself. <i>Relájate &amp; Consiéntete: con un masaje y disfrute el mar, escribe y conéctate contigo mismo.</i>
<b>04:00 - 05:30 p.m</b>	Alkaline Diet, Primary food, Emotional Eating <i>Dieta Alcalina; alimentos primarios, comer emocionalmente</i>
<b>06:30 p.m</b>	Mindful Dinner <i>Cena Consiente</i>

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# DETOX Day/Dia 3

07:30 a.m

First Routine Detox: dry brushing and drink lemon with water

*Primera Rutina Detox: cepillado en seco y bebida de agua con limón.*

08:00 - 09:30 a.m

Pranayama and Yoga class  
*Pranayama y Clases de yoga.*

09:30 a.m

Healthy Breakfast  
*Desayuno saludable*

10:00 a.m

The 8 causes of craving. Explore yourself- When eat organic (dirty dozen) food combination  
*Los 8 casos de "Antojos". Explorate tu mismo, ¿cuando comer orgánico (12 malos & 15 buenos)*

11:30 a.m

How to combine your food?  
Surprise "Raw Vegan Dessert"  
*¿Como combinar los alimentos?  
Demostración de cocina "Postre Vegano Crudo"*

12:00 a.m

Healthy Lunch  
*Almuerzo Saludable*

01:00 - 04:00 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.  
*Cerrando con explicaciones post detox y además tiempo de relajación y de consentirse: tiempo de masajes, pedicure, disfrutar del mar, escribir y conectarse consigo mismo.*

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# DETOX Three Days Program

**Includes**  
*Incluye*

**Morning Yoga Classes**  
*Clases de yoga en la mañana*

**Beach Walk**

*Caminata en la playa*

**Breakfast, Lunch, Dinner**

*Desayuno, Almuerzo, Cena*

**Nutrition Lectures**

*Conferencia de Nutrición*

**Healthy Cooking Workshops**  
*Talleres de Cocina Saludable.*

**Home made Beauty Secrets**

*Consejos de Belleza*

**Private Consultation with**

**Holistic Nutritionist**

*Consulta privada con una*

*Nutricionista Holistica*

**Jacuzzi**

*Jacuzzi*

**Two Pools**

*Dos piscinas*

**Prices**  
*Precios*

**Dates**  
*Fechas*

**\$450**

**March / Marzo**

8,22

**April / Abril**

5,26

**July / Julio**

5,19

**August / Agosto**

16,30

**September / Septiembre**

13,27

**October / Octubre**

11,25

**\$350**

**May / Mayo**

10,24

**June / Junio**

7,21

**November / Noviembre**

1,15

**December / Diciembre**

20

Per person + taxes.

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