



Alkaline

What Happens to you at the Alkaline Detox Retreat?

- You'll begin to wake up incredibly earlier and feel energetic in the mornings.
- You'll finally get rid of that stubborn extra 3 to 4 kg that you have so much tried to lose in vain and will be aware of how younger you suddenly feel.
- You'll learn new information about eating and will take up new habits such as consuming more clay and Oolong tea.
- You'll be surprised to see your craving for sweets, chocolate and bread attacks disappear in just 3 days.
- You'll get used to people complimenting you on the beauty of your skin.
- You'll make new friends and pledge together to continue eating healthy after the retreat.
- You'll finally find the motivation to take daily walks.
- You'll take up drinking freshly squeezed vegetables and fruit juices as a new habit in life.
- You'll say "I should do that 1 - 2 times a year and you should try this too!" and thus will begin to make such recommendations to your friends.
- You'll be aware of how your immune system has improved and WILL FEEL HAPPY.



What is included in the program?

- An unforgettably enjoyable Detox retreat experience in the magical ambience of the wonderful Juweira Boutique Hotel.
- Spacious Hotel Room or Participation in a Daily Retreat.
- A Detox Program featuring very special Gourmet Vegan & Gluten-Free meals prepared by the chef.
- One-on-one personal consultation with Gül Kaynak.
- Tasty Food, Detox Juices, Detox Teas, Vegan Soups and Alkaline waters.
- Walks along Hawana Salalah accompanied by Gül Kaynak.
- Various Trainings; Detox seminar.
- Healthy Life and Nutrition Chats.
- Alkaline Workshops.
- Breathe and Meditation Sessions.
- Detox Yoga.
- Aqua Gym.
- 25% OFF on Spa services.

PROGRAM

Good Morning

08:00 Bentonite Clay Shot & 500 ml Alkaline Water

08:00 Good Morning Lemonade - (Gratitude) 500 ml

08:10 Himalayan Salt & Lemon Cure

08:15 Morning Walk (45- 60 minutes)

09:30 Alkaline & Vegan & Gluten free
BREAKFAST

10:15 Yoga (50 mins)

12:30 Almond Milk (Love) 200 ml

13:00 - 15:00 Alkaline & Vegan & Gluten free LUNCH

15:15 Himalayan Salt & Lemon Cure

15:30 Aqua Gym (30 mins) / Barefoot Meditation
(Earthing)

16:15 Green Juice Miracle 1 (Happiness) 500 ml

16:30 - 18:30 SPA Time

18:30 Green Juice Miracle 2 (Health) 200 ml

19:30 Evening SOUP

20:30 Movie Time

22:00 Bentonite Clay Shot & 500 ml Alkaline Water

Good Night :)

For more information, please call:
Ms. Rawan Ghsoub: +968 9716 3597
Mr. Onur Gezer: +968 9220 6739

For reservations, call +968 23275748
or email us at: hotels.reservations@hawanasalalah.com

