

W E L L N E S S A T



PALMYRA BEACH
ATHENS RIVIERA HOTEL ★★ ★



T I M E F O R

Detox

3 DAYS JUICE CLEANSE PROGRAM

This juice cleanse program helps to flush your whole system, removing toxins and solid food residue to leave you feeling refreshed, lighter, and more energized. The process of detoxifying the body can stir up emotions and requires focus and positive intentions as your body adjusts to the changes that occur internally.

DETOXING

Each detox program is **personalised** and offered after a detailed questionnaire has been filled. All the ingredients come from **local Mediterranean** farms and are **100% bio**. In the questionnaire you have the opportunity to describe what you want to achieve with the detox and we will help you accomplish it. The juice cleanse facilitates greater personal insight into the belief systems and patterns that underline our relationship, not only to food, but to all aspects of our lives.



COLD PRESSED PROCESS

The cold pressing process incorporates **fresh fruits and vegetables** and a hydraulic press juicer that applies the maximum pressure possible in order to extract the nectar directly from the pulp. The pressing action, instead of blending or grinding, does not allow the food to oxidize or degrade, keeping the nutrients and enzymes intact.

BENEFITS OF JUICE CLEANSE

This cleansing process helps mainly to:

- Lose weight
- Boost immunity
- Rejuvenate skin
- Increase energy





3 DAYS JUICE CLEANSE INCLUDES

- **9 juices** based on a personalized questionnaire. All juices are prepared based on your daily needs (e.g. 'breakfast smoothie', 'green machine', 'veggie power').
- **3 light vegetable soups** also based on your personal needs.
- **3 wheat grass shots.** Wheat grass is a powerful detoxifier especially of the liver and blood. It is important to start the day off right and cleanse your digestive system.
- **A collection of herbal teas** that help in the detoxing
- **Nutritious energy balls** to boost your energy levels and keep you focused
- A welcome basket with **fruits**

PRICE

The cost of the 3 days detox package is **Euros 220** per person (VAT included). A minimum stay of 3 nights is required.

Should you be interested, please contact Palmyra Beach Hotel no later than **7 days prior to arrival to schedule your personal detox program.**

ADDITIONAL EXTRAS

- Private lesson on healthy cooking
- Personal consultation & reflection session after the detox
- Anti-cellulitis massage session

** Extras need to be arranged no later than **7 days prior to arrival**

EXPERTISE

The detox program is designed in collaboration with Areti Kafantari. Areti is a Holistic Nutritional Coach in Greece, she is a Juice Therapist and a Raw Food Chef. Areti studied Nutrition in the Kapodistrian University of Greece, and did her training on Juicing in UK and US. She lives in Greece, runs a wellness business and she is married with a son.

B O O K Y O U R

Detox

N O W