

DETOX PROGRAMS

CATEGORY

(Wellness)

Summary

Along with diets and cleansing treatments, detox spas adopt ancient Asian philosophies of asceticism and martial arts in their treatment programs

SPAS

[The Farm at San Benito](#)
[Chiva-Som](#)
[Kamalaya](#)
[Six Senses](#)

Lipa City, Philippines
Hua Hin, Thailand
Koh Samui, Thailand
Global

Detoxification programs at Asian spas offer custom services for clients to cleanse their bodies and minds while under the watch of specialized doctors. The goal of detoxification is to remove toxins stored in the body from our daily intake of processed foods, preservatives, pollution, alcohol/drugs, stress, and other physical and emotional ills. Detox retreats encourage mental clarity and relaxation through gentle mind/body practices. A detox program can vary from one day to weeks or months in which a guest will spend time undergoing various treatments/therapies, participating in mental health practices like meditation, and exercise like Taichi and Qigong. A detox program will usually also provide a clean diet ranging from a vegetarian menu to a raw food or juice diet, or a monitored fast.

Detox spas offer an extensive variety of treatments. External treatments include body and [abdominal massages](#), [baths and sauna/steam](#), facials, and [body scrubs and wraps](#). Among other health benefits, these work to clear the skin, relax the body, and improve digestion. A popular more invasive treatment is colon hydrotherapy (“colonic”) where the intestines are flushed out with salt-infused water by enema. While trendy, the benefits of colonics have been highly [contested](#).

At Asian detox spas it is common for a client to be diagnosed by a [Traditional Chinese Medicine](#) doctor who will inspect their tongue, breath, pulse, posture and inquire about their digestion and lifestyle habits (diet, intake of alcohol/drugs, work, etc.) before determining a course of treatment. The practice of Chinese martial arts/healing arts like [Qigong](#) and [Taichi](#) may also be a part of treatment. These exercises are characterized by slow, fluid movements. Practitioners should focus on aligning the breath and visualization of Qi with each movement. These arts are appropriate for people of all ages, and are widely practiced in China to balance the mind and body and promote long life. Qigong and Taichi can also be considered

meditative practices. Intimately tied to ancient Chinese philosophies and religions, the martial arts are viewed as a gateway to one's true nature or inner self.

As an alternative to gourmet detox spa menus that offer vegan or [raw food diets](#), more extreme detoxification programs may encourage fasting for several days. The ritual of fasting can be traced back to ancient religions like [Daoism](#). Ancient monks practiced regular fasting as a part of asceticism. Fasting is a way for monks purify the soul and mind, detach themselves from the physical body, and thus become closer to the Holy One and to their own quest for "[perfection of the spirit](#)". In many parts of Asia, monks continue the practice of collecting alms (food offerings) every morning and eating only one time per day. In a spa treatment, fasting is usually monitored for health safety and clients are offered herbal supplements or nutritious juices during their fast. Fasting has been used to [prevent and treat cancer](#) and other chronic diseases, clear the mind and body, and even prolong life.

FURTHER READING

The Spa Resorts – Top Reasons to Fast/Detox

http://www.thesparesorts.net/chiangmai/activities/fasting_and_cleansing/top_reasons_to_fast_detox

MAG - The Benefits of Detoxing

<http://www.markandgary.com/what-are-the-benefits-of-detoxing/>

Introduction to 18 Forms Tai Chi/Qigong (video)

<https://www.youtube.com/watch?v=ulQgxawAmuU>

New York Times – Exercisers Slow It Down With Qigong

http://www.nytimes.com/2007/04/05/fashion/05Fitness.html?pagewanted=all&_r=0

Huffington Post – Intermittent Fasting: A Healthy Choice

http://www.huffingtonpost.com/andrew-weil-md/fasting-health_b_1557043.html

Men's Journal – The Benefits of Occasional Fasting

<http://www.mensjournal.com/magazine/the-benefits-of-occasional-fasting-20121116>