



DetoxPlitvice



For the last 10 years DetoxPlitvice has led the field in Ayurvedic treatments in Croatia with specific and unique approach to every client. Our advantage is not only in high quality therapies but also an approach to each client in individual and unique way with lot of care, support and love. We tend to create very positive and family like atmosphere during our healing programs.

The result is a unique experience of transformation of your body and mind. Our treatments work at a deep level to cleanse the body of toxins and restore a healthy balance. We offer treatment programs specifically designed to help with: Allergies, Arthritis, Asthma, Bronchitis, Chronic fatigue, Chronic pain, Colitis, Constipation, Depression, Stress related problems, Diabetes, Gastritis, Headaches, Infertility Insomnia, IBS, Menopause, Multiple sclerosis, Anxiety, Weight loss, Autoimmune diseases, Liver and Gallbladder related problems.

Become part of the story that will take place on 01.02.-12.02.2023 and 22.02.-01.03.2023 at Resort Fenomen Plitvice. Surrounded by pristine and dreamlike nature and due to the unique combination of nature and luxury, comfort and rustic atmosphere, modern furnishing and traditional elements, your stay at Fenomen Plitvice Resort, located within the Plitvice Lakes National park will surely provide you with an unforgettable experience.

ACCOMMODATION:

01.02.-12.02.2023

22.02.-01.03.2023

Minimum stay: 5 nights

Number of guests: 5-10 pax

PACKAGE PRICE / per person per day:

Single use: 360,00 €

Double use 320,00 €



Fenomen Plitvice, Plitvica selo 81, 53231 Plitvička jezera
GPS koordinate 44.903425, 15.601608

What can I expect as results?

Looking younger, feeling lighter with more power and more focus, feeling of happiness and more enthusiasm towards ongoing life challenges, losing weight, to see better life situation you are in currently, relief from long pain and heaviness, improvement in your digestion etc.

Price per day includes:

Initial Ayurvedic examination and consultations, daily examinations, monitoring during the course of therapies, 3 daily ayurvedic therapies approximately 2 hours, recovery, and 1 follow-up checkup

- Abhyanga massage with special medicinal oils 60min 1x daily or dry massage (peeling with a special Ayurvedic herb)

- Ayurvedic sauna 1x daily

- Toxin cleansing; once or as needed several times during the program (cleansing of the liver, stomach, small and large intestines, blood, lymph, joints)

At least one more treatment per day of shirodara or nasya or netra tarpana, depending on individual needs

- Individual herbal supplements and teas

- Vegetarian diet with selected foods from organic farming (under the guidance of a famous chef ...)

- Yoga, breathing and relaxation exercises, interactive walks

Instructions and recommendations for self-help after the program (detailed instructions on your diet and lifestyle to maintain the level of immunity and happiness for the rest of the year)

- Accommodation in comfortable double rooms with a bathroom at Fenomen Plitvice, located within the Plitvice Lakes National park

Full body oil massage - Abhyanga

A soothing oil massage with specific ayurvedic medicines oils containing up to 50 herbs carried out in synchrony rhythm. Oils are prescribed to suit your individual needs. The treatment promotes the penetration of oil deep into the tissues (ayurvedic oils are very specific as they are prepared so that herbs and oil can penetrate deep in tissues) so that impurities are loosened and separated from the cell structure.

Herbalized Steam - Swedana

Special sauna with specific herbs to open up the channels which will move toxins to GIT.

Deep relaxation Treatment - Shirodhara

Shirodhara is a classic Ayurvedic therapy (working mainly on nervous and hormonal system) or the practice of slowly and steadily pouring medicated oil or medicated decoctions on the forehead. The therapy induces a relaxed state of awareness that results in a psychosomatic balance. Mostly people experience deep peace like in meditation. You may expect better hair growth, improved sleep, stress relief in short term, in long term improving hormonal imbalance, mind focus, way of thinking and mind site. The therapy is suitable for small children and aged persons, week or more.

Stimulating Massage - Udwartana

Using herbalized pastes and powders, this stimulating treatment helps to enliven and revitalize the skin, smooth away fat deposits and improve circulation and digestion. This treatment has most affinity towards lymphatic system which is main system for immunity in Ayurveda.

Elimination Therapy - Basti

Daily gentle oil and herbal enemas with local wild herbs, wild honey, etc., eliminate impurities from colon that have been moved into the intestinal tract as a result of the other treatments. Elimination Therapy removes all types of imbalances, and is considered a vital part of this cleansing process. The colon is related to all other organs and tissues, so by cleansing and toning the colon, the entire body is healed and rejuvenated. The colon is the main organ that absorbs nutrients. A healthy, functioning colon is imperative for proper assimilation of nutrients.

Cleansing of sinuses - Nasya

Nose is a gateway to the head, thus nasal herb therapy is used for healing diseases of the throat, neck, head, and senses (e.g., ears, nose, eyes, etc.). There are again specific herbal oils for breaking build up congestions, polyps and excess mucus which could obstruct sinus passages. It is also known to improve vision, smell, and hearing, prevent greying hair, hair fall, stiff necks, headaches, and lockjaws.

