

DETOX IN BALI

If you want to head into summer full of energy and with a clear mind, detoxing for a week in Bali could be just the thing for you. My personal experience, last April, was interesting and invigorating to say the least.

I took my detox at the Ubud Sari Resort- just a cosy 10 minute stroll from the market and other bustling scenes of Ubud. Of course, the resort is just the opposite of bustling, with a blissful silence engulfing you from the moment you enter its tranquil grounds.

Ahhhhh....

The time to let go was upon me, but as much as I wanted to surrender, I have to admit the first few days were difficult. In some ways I felt better equipped to handle the hustle and bustle of Ubud, than I did to handle the peace and quiet of the resort.

A typical day began at 5.30am (*ouch!*), with herbal tea and an hours' walk through the peaceful rice fields with the group. After the walk, we were treated to delicious water from fresh young coconuts, followed by a gorgeous stretchy yoga classes and a bliss-out meditation sessions (*this is good!*)

The fasting was hard at first (*did I mention the fasting?*) Instead of eating food, you give your digestive system a well-deserved break by drinking three juices a day - one before Yoga, one around midday and one at dinner time. The thought of getting through the day without food was more confronting than the reality of it, and after a few short days, wasn't hard at all. Instead a feeling of being light and clean took over and the fasting experience actually became enjoyable.

Often, as was the case for me, the first two days make you aware of just how many toxins you have accumulated in your body. Headaches and nausea are likely, as toxins are stirred up before they are released. It's not the case for all, but it is generally part of the detoxification process. When I experienced these discomforts, I got through by reminding myself that it meant the detox was working.

The challenge was made easier to handle by the heavenly reward of having my body pampered all day long. The deep tissue and stomach massages did wonders to help me forget about the hunger pangs and waves of nausea (and the daily colonic had wonderful effects that I was pleasantly surprised by).

The staff offered endless support and encouragement. I had two by myside throughout the whole detox, following my daily activities and treatments, and making sure I was feeling ok every step of the way. Their help was invaluable during those tough days in the beginning.

After 6 days of detoxing (*including digital!!*), I felt fresh and clean on the inside. My mind felt clearer than it had in years and I had made friends whom I hope to meet again someday – perhaps back in Ubud? I felt strong and revived and ready to face the world.

Upon leaving I made a vow to maintain the healthy habits I had begun throughout my experience. Life creeps back in really fast. It's easy to slip into old habits, but if you try really hard not to, your body will thank you.

If you need to get your glow back, this is the place for you. Check out their packages at <http://www.ubudsari.com/> There are several available, but on average the experience will cost you around \$1000 + flights.

I hope you enjoy the experience as much as I did!