Care packages

Detox, 10 days

Ten clinic days of massage with sauna or steam, ozone therapies, two enemas and colon hydrotherapy. A doctor checks you on day 1 before any therapy begins.

Sauna or steam: With infrared sauna · With steam

Day by day

Day 1 is the day you start. Sessions run Monday to Saturday and Sundays are skipped. The plan below shows a Monday start.

1 **Day 1**

Doctor's check
Massage (abhyangam) + Infrared sauna or Massage with steam

2 **Day 2**

Rectal insufflation or ozone body suit

3 Day 3

Massage (abhyangam) + Infrared sauna or
Massage with steam

4 Day 4

Rectal insufflation or ozone body suit
Ozonated water enema
Cold pack

5 Day 5

Massage (abhyangam) + Infrared sauna or
Massage with steam

6 Day 6

Rectal insufflation or ozone body suit

- Sunday, no sessions

7 Day 7

Massage (abhyangam) + Infrared sauna or
Massage with steam

8 Day 8

Rectal insufflation or ozone body suit

9 Day 9

Ozonated water enema
Cold pack

10 Day 10

Colon hydrotherapy

The therapies in plain words

- **Doctor's check** A short check by the doctor on day 1. The doctor asks about your health and your medicines, and decides whether each therapy suits you before any of them begin.
- **Massage (abhyangam)** A full-body massage with warm oil.
- **Infrared sauna** Dry heat in an infrared cabin after the massage. You can end the session whenever you want.
- **Massage with steam** The same oil massage, followed by moist heat in a steam bath.
- **Rectal insufflation** A small amount of ozone gas is given into the rectum through a thin tube.
- **Ozone body suit** Your body below the neck rests inside a sealed suit while ozone gas flows around the skin.
- **Ozonated water enema** Water with ozone dissolved in it is used for an enema, which washes out the lower bowel.
- **Cold pack** A cold, damp cloth pack placed on one area of the body, such as the abdomen.
- **Colon hydrotherapy** Water is passed gently into the large intestine and let out again, several times in one session.

Also included

- **Ear seeds, 2 applications** Tiny seeds taped to points on the outer ear. You can press them gently at home between visits.
- **Ozonated drinking water for 5 days** Water with ozone dissolved in it, to drink at home on the days the doctor advises.

Who it suits

- Adults who want a longer, steadier course of naturopathy care than the 7-day package.
- People who can come to the clinic in RR Nagar on ten clinic days, Monday to Saturday, over about two weeks.
- Anyone the doctor clears at the day-1 check. If a therapy is not right for you, the doctor changes it or leaves it out.

What to bring

- A list of the medicines and supplements you take, and any recent reports.
- Loose, comfortable clothes and a change of clothes.
- Ask the front desk what else to bring for the heat therapies.

How to start

1. Consult our doctors: request a consultation or message us on WhatsApp.
2. Choose a start day from Monday to Saturday, and choose sauna or steam.
3. Come on day 1 for the doctor's check. Your plan starts after it.

Consult our doctors

Talk to one of our doctors first. They ask about your health and suggest what fits, and they will tell you if a package is not right for you.

Phone and WhatsApp
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Website
www.snehawellness.com/packages/detox-10

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Monday to Saturday, 10 am to 7 pm