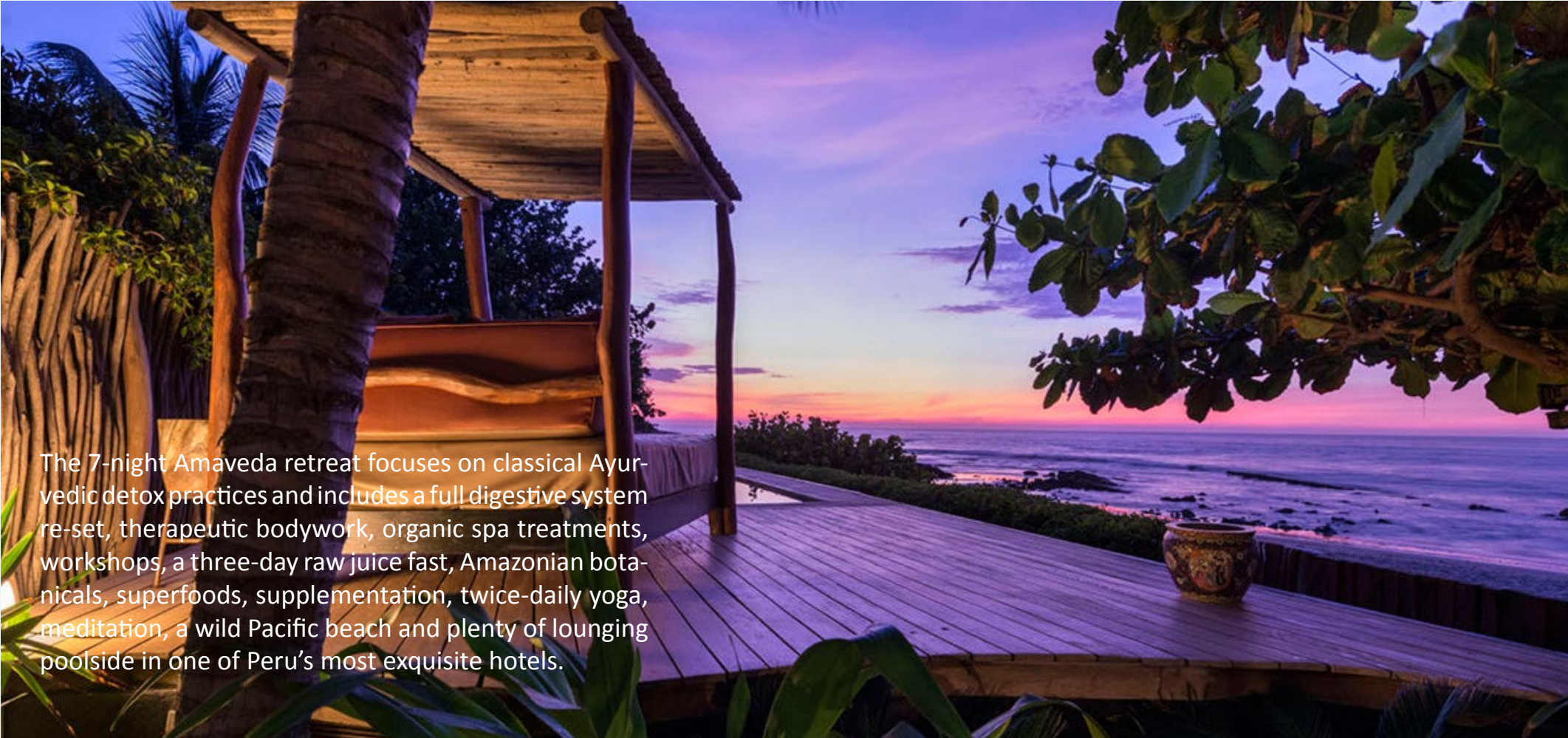




AMAVEDA AT KICHIC
Piura, Perú

A photograph of a wooden deck at sunset. The deck is made of light-colored wooden planks and has a low wooden railing. In the foreground, there are large green plants. To the left, a thick tree trunk is visible. In the background, the ocean stretches to the horizon under a sky with soft orange, pink, and purple hues. A small, ornate ceramic pot sits on the deck near the railing. The overall atmosphere is peaceful and tropical.

The 7-night Amaveda retreat focuses on classical Ayurvedic detox practices and includes a full digestive system re-set, therapeutic bodywork, organic spa treatments, workshops, a three-day raw juice fast, Amazonian botanicals, superfoods, supplementation, twice-daily yoga, meditation, a wild Pacific beach and plenty of lounging poolside in one of Peru's most exquisite hotels.



THE WELLNESS HOLIDAY

Treat yourself to a one-week vacation dedicated entirely to your own well-being: fully supported, fully pampered. As you relax into a week of luxurious detox and well-being practices, you will joyfully reconnect to yourself while supporting your body's inherent ability to feel GOOD. Return to your life fully recharged, with more enthusiasm and focus. Your time is precious, and so are your holidays. Make them count.

THE MENU

Our healing-with-food philosophy is based on Ayurvedic curative dishes, macrobiotics, and gut-restorative celebratory meals. Each meal is created to boost digestion, heal the gut, support the detox process and delight the diner with subtle flavors, textures and colors. All ingredients are plant-based, local, seasonal and as organic as possible.



RAW JUICE FASTING

Providing the body with only raw vegetable extract is one of the best ways to help the body detoxify. Juice fasting breaks down excess fat reserves (where toxins are stored) and floods the body with restorative and detoxifying nutrients. The Amaveda juice fast is tasty, easy and effective in achieving the desired goal, since we properly prepare the body for the fast.

ELIXIRS AND TONICS

Throughout the retreat, we serve up a variety of innovative elixirs and tonics that support the detox protocol. Our liquid concoctions provide relief to the digestive system, soothe the nervous system, rehydrate the body and nourish the tissues. The libations include: revered South American detox-supporting herbs, alkaline cocktails, colon-cleansing botanicals, medicinal coffee alternatives, Amazonian adaptogenic tonics and the exclusive Amaveda Electrolyte Mineral Bar.



THE ALCHEMICAL DETOX SPA

At the heart of Pancha Karma, the oldest detoxification modality on Earth, are the structural elements of the Universe. Amaveda detox spa treatments harness the curative properties of water, earth, mud, plants, oil, salt and fire to encourage our inherent homeostatic nature.

DETOX YOGA

Detox Yoga is the effective synthesis of Pranayama (breath work), restorative postures and meditation with sweat-enhancing, detox-promoting Vinyasa. Detox Yoga supports the process by working directly with the lymphatic system, increasing oxygen absorption and aligning the physical and mental processes of detox. Morning classes are more vigorous, encouraging blood flow and perspiration, while evening classes focus more on restorative postures and deep nervous system healing. All levels are welcome and supported.



AMAVEDA PRODUCTS

All retreat guests receive the Amaveda Detox Product Collection, containing 100% natural products to be used throughout the detox week and beyond. All products are small-batch, hand-crafted and formulated from the highest quality botanicals available. Many of the products made for guests teach invaluable self-care Ayurvedic daily practices that allow the detox week to live on, long after it's over.

REST

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LOCATION

The retreat is located on Mánorca chico beach (also known as las Pocitas), northern coast of Peru, located 5 km away from Mánorca Town and 2 km from Vichayito beach. There are daily flights to Talara from Lima via LAN.



KICHIC HOTEL

The Amaveda Retreat holds all rooms at KiChic, which creates next-level privacy and exclusivity. KiChic boasts a palatial open-air yoga studio, dozens of gorgeous shaded books to read, relax and nap in, and some of the most refined styled rooms in South America. Inspired by traditional local construction techniques using stone, wood and mud, KiChic is one of the most stunning and luxurious beach destinations in Peru and the perfect complement to the transformational detox retreat experience.



UPON REQUEST

Amaveda detox retreats at KiChic happen on set dates throughout the year. Retreats can also be organized for private groups upon request.

Custom retreat programs and the protocol can be tailored to the needs of your group or your clients. Possible options are:
Detox, cleanse and yoga-centered programs
Weight loss programmes
Inside-out beauty and spa packages

Private wellness retreats are perfect for:
Corporate incentive travel
Executive performance enhancement
Friends and family gatherings
Luxury Peru travel experiences
mayo





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