

# Spa mantra

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Geraldine Howard

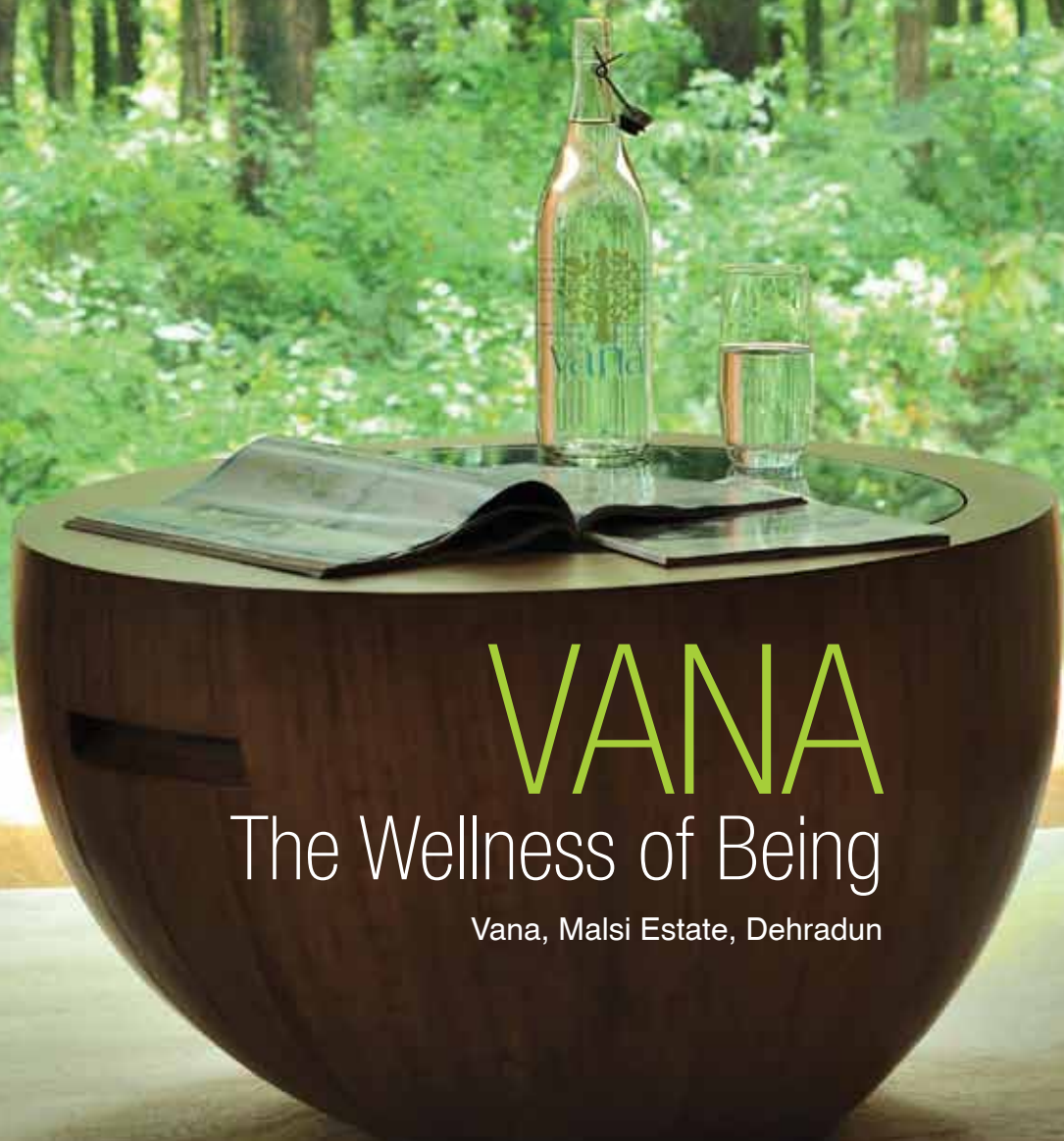
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## VANA

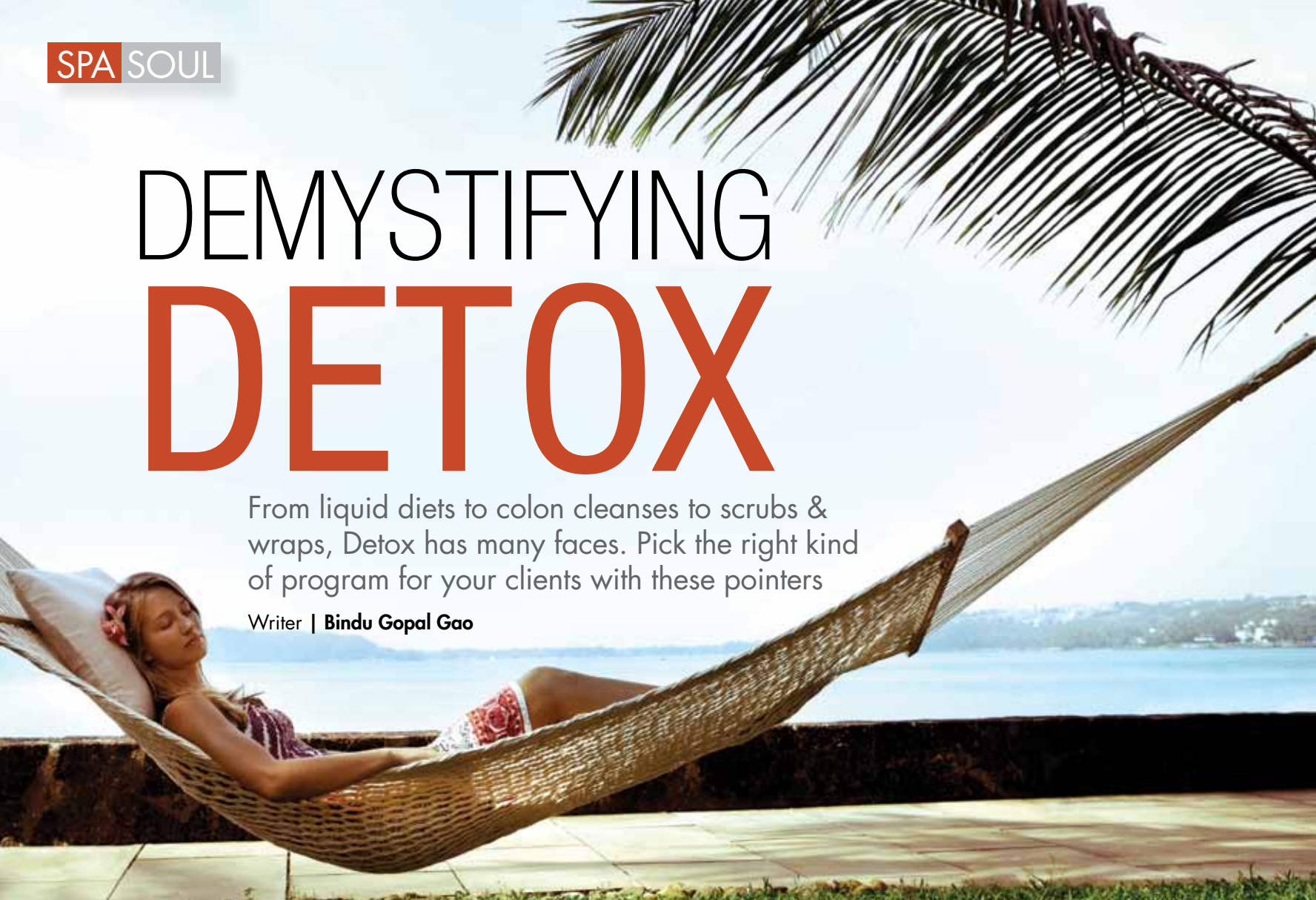
The Wellness of Being

Vana, Malsi Estate, Dehradun

# DEMYSTIFYING DETOX

From liquid diets to colon cleanses to scrubs & wraps, Detox has many faces. Pick the right kind of program for your clients with these pointers

Writer | Bindu Gopal Gao



**H**ealth is a firm focus in today's times and one magical mantra that has been gaining in momentum is Detox. As a key concept in wellness, Detox is a process where the body is cleansed of all toxic materials. What makes Detox interesting is that it can be manifested holistically through diet, exercise, spa treatments and more!

## THE CONCEPT



Sabrina Hougaard

The idea behind a "Detox" is to rid the body's major organs and tissues of toxins that have accumulated over time. Environmental pollutants, pesticides,

and drugs are normally removed by the body's natural processes of neutralization and elimination via the liver, lungs, colon, kidneys, blood, skin, and lymphatic system. "If the toxins are not purged, it is believed that they can lead to the development of chronic diseaseS. The reported effects of Detoxification range from weight loss and amplified energy, to a reduction of persistent symptoms like constipation, headaches, skin problems, and even depression. Undergoing a Detox can also reduce one's dependency on sugar and stimulants," says **Sabrina Hougaard, Aristo Spa Director, Grand Mercure**. Detox is also specific to an individual's lifestyle and can be specialized and tailor-made accordingly.

Again, before customizing a program, the reason for the Detox needs to be identified. "In terms of exercise it is cardio, strength, Yoga, meditation, and Pranayama. Detox can be with just fruits, only vegetarian diet and liquid Detox diet. Again, the schedules and the timings for each of these exercise and the life style patterns need to be in conjunction with the dietary program assigned," says **Anna Fernandes, Director of Spa, Goa Marriott Resort and Spa**.

**Prashanth Acharya, Director, ARTH Hospital** explains, "Just like an automobile needs servicing every 5000-10000 kms, the human body is designed in a unique way. Polluted air, food quality, food habits, junk food,

processed food, aerated water, alcohol, smoking, chemicals in various forms like pesticides, medicines, etc. cause the accumulation of toxins in the body, which leads to the sluggish functions of the various functionalities of the human body."



Detox is a program of diet, herbs and other methods of removing environmental and dietary toxins from the body."Many of these toxins come from our diet, drug use, and environmental exposure, both acute and chronic. Internally, fats – especially oxidized fats and cholesterol – free radicals, and other irritating molecules act as toxins. This means these vital organs in charge of Detoxification are under stress and cannot cope with all the toxins, so these get stored in our system. If you wish to stay healthy, youthful, energetic and mentally clear and focused it is essential that you help your body Detoxify," says **Dr Chytra Anand, Kosmoderma Medi Spa**. Detoxification is the biochemical process that transforms non-water-soluble toxins and metabolites into water-soluble compounds. A simple visit to the spa can help Detox too! "Our therapists



are certified Reiki channels, which lends them a more intuitive aptitude, thereby facilitating a better body-mind connection. We use IMRS, an Intelligent Magnetic Resonance System, FDA-approved and a revolutionary German technology health care equipment to balance your magnetic field thereby subtly adjusting bodily cadences. These electromagnetic pulses incorporate bio feedback and use colour and music therapy to work on all four levels of brain wave activity, ensuring better cell organization," says **Karan Singh, General Manager, Suryagarh**.

## THE TREND

The skin is the largest organ of elimination, removing 30 percent of the body's waste products through perspiration. "Sweating in a sweat lodge, sauna, steam room, and even during exercise allows for Detoxification through the skin's open pores. Food help your body Detoxify naturally by regularly eating foods that support the body's elimination organs; these include beets, broccoli, brown rice,

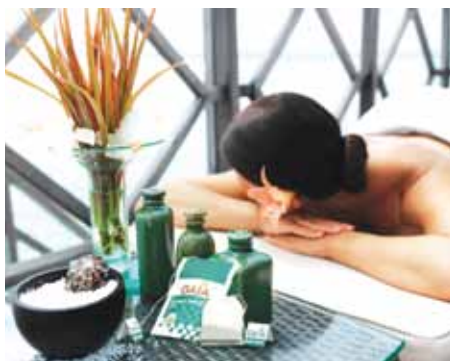
Brussels sprouts, cabbage, carrots, garlic, oat bran, onions, and spinach. Drinking adequate quantity of filtered water daily to help the kidneys flush out toxins," advises Sabrina. When your body is cleansed your system will be balanced better, your digestion, assimilation and elimination functions will become more efficient and your immune system will be strengthened so much that your body will be capable of healing itself again. "There are many Detoxification programs and Detox recipes, depending on your individual needs. Many programs follow a 7-day schedule because it takes the body some time to clean the blood," says Anand. The hottest trends nowadays in Detox treatments are body wraps and body scrubs. People are really interested in that because it will not take more than two hours with maximum benefits. "Vanilla cocoa envelopment is a wrap which is highly recommended for the Detox purpose. Among scrubs an Oriental rice-oatmeal scrub and apricot-lemongrass scrubs are recommended. The beta carotene, minerals and other plant compounds

from these fruits go deep in to the skin and trigger cellular maintenance and renewal," says **Vishnu Radhakrishnan, Spa Manager, Kenilworth Resort & Spa, Goa.**



Karuna Kodwani

**Detoxification** method. "A trained therapist stimulates the lymph system with extremely light, circular pumping movements that helps drain puffy, swollen tissues and aids in the body's natural waste removal or Detoxification. It also supports the body's immune system and helps the body heal from surgery. For those suffering from sinus infections, Lymphatic drainage procedures can remove much of this congestive material from around the facial area. Manual lymph drainage should have a very soothing, relaxing effect. It can be used as part of a facial, or as a whole body treatment," explains Anand. Vacuum suction machines can also be used for the face and body as they speed up the removal of wastes via the lymphatic system and increase blood circulation thereby improving the condition of the skin. You can also Detoxify your body with the help of antioxidants such as vitamins A, C, and E. These antioxidants play a crucial role in body Detoxification because



they help the cells counteract free radicals, which cause damage to and mutations of the cells. Many methods of internal cleansing from fasting to consumption of purgative herbs are practiced. "Sweating in sauna, steam room and even during exercise allows for Detoxification through the skin's open pores. Colon hydrotherapy or colonic irrigation uses purified water to flush out fecal matter, gas and other forms of waste from the colon. This one is especially used in the natural therapy centres with other facilities," says **Karuna Kodwani, Nutritionist and Yoga Instructor.**

**DO'S & DON'T'S**



Husnavaz Dastur

Start your Detox with a gut cleanse and Detoxification to eradicate any yeasts or bad bacterial overgrowth followed by a good probiotic supplement. "Green herbal teas, vegetable juices, lemon water, water filtered or spring is recommended. We also inform guests to avoid coffee, black teas, beer, wine and any form of alcohol. Natural vegetable food is highly recommended. We also advise to avoid red meat during the process," says **Husnavaz Dastur, Club Renaissance and Spa Manager, Renaissance Mumbai Convention Centre Hotel.** Drink plenty of pure filtered water and eat sufficient protein as protein is essential for Detoxification and repair. Eat plenty of sulphur containing foods such as broccoli, cabbage, onion and garlic. The mineral sulphur is important for Detoxification. Avoid all refined sugars and white flour and get plenty of sleep as your liver builds all of its Detoxifying compounds while you're sleeping. You also need to be mindful that you do not stop caffeine suddenly or consume excess fiber without enough fluid intake. You also need to refrain from rigorous exercising and avoid pre-packaged, prepared meals and alcohol.



**EAT RIGHT**



Vivek Mishra

In terms of diet, Detox remains an alternate choice. **Vivek Mishra, MD, Premium Pools** says, "When you binge and eat all the things you have been told to avoid, the next best step to cleanse your system is a Detox diet. One can choose to stay on a liquid diet especially in summers. This doesn't mean restricting yourself to juices and the like. In fact a liquid diet essentially involves converting the entire day's food intake into simplest digestible form which is a liquid/semi-liquid. And so you have options like soups, soupy boiled veggies with interesting dressings that are away from the regular, like sprinkling cilantro, or maybe oregano dressing. One can even look at olive oil that further aids digestion. An important thing to note here is that the brain cannot efficiently function in absence



of carbs. Also, most of our binge eating is signaled when we remove fibre and proteins from the diet. So instead of going down the downward spiral, one should find a permanent solution that only lies in modifying your lifestyle as a whole." Detox Diets are the biggest Detox trend these days especially the liquid Detox diet where you consume only liquids like juices and shakes for a few days. "Apart from this, formulas in the form of powders and syrups are also available for cleansing the system. Detox foot pads and sauna sessions

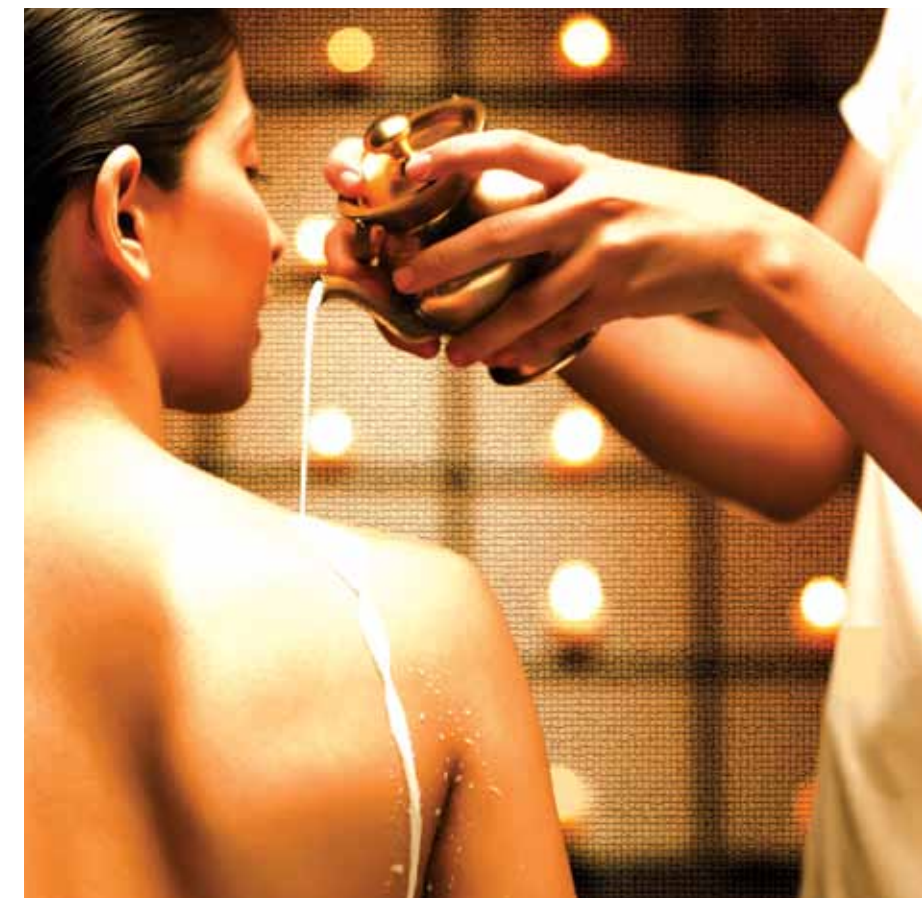


Dolly Kumar

are other trends that are catching up," opines **Dolly Kumar, Director GAIA, Charoo Chawla Anand, Director, Bliis by Ravissant** suggests a Detox diet. "Drink two glasses of water on an empty stomach before going to the washroom in the morning. Eat 2 bananas after 1 hour. Always have breakfast between 8 and 9. Avoid oily food in breakfast. In lunch do not eat too much, two chapattis with green vegetables is ideal. Always have warm lime water after 1 hour of consuming food. Eat light food at night or have salads. Do walk after having dinner." **Sushita Rao, lead nutritionist in Monavie India,** adds "Detox diet mainly comprises of fruit diet as fruits especially those which are rich in antioxidants help in cleansing body by flushing the toxins, fruits in form of juice is better advisable, but fruits are seasonal, thus Monavie Essential blend of antioxidant rich fruits would be ideal."

**LOVE YOURSELF**

Making modifications in one's lifestyle is probably more challenging than modifying the diet. "One should always find time to exercise for at least half an hour every day. Exercise increases the heart rate resulting in blood being pumped faster through the body. In retrospect, it is equally important to bring down the heart rate



to cleanse, that your body automatically stays clean. Your healing benefits greatly multiply when you combine cleansing your colon with a Detox diet. This and much more can be all yours

after exercise. One could use incense sticks or electric diffusers to create the ambience and environment which will help in relaxing the mind," says **Ishween Anand, Founder of Nyassa Retail Pvt. Ltd.** If you are dealing with a serious illness, learn how cleansing can unlock your body's ability to heal. "There are many who will say that you don't need

when you choose to take charge of your own health, start with a natural colon cleanse and gradually move into a healthier "Detox diet lifestyle" that will keep you young and full of energy," says **Dr. Rishi Mahajan, DGM- Spa & Alternative Therapy, VLCC.** "From Juice Cleanses to Salt Rooms, IV Cocktails to Sweat Therapy, Detox continues to be the health trend du jour. In the fall and winter, the body goes into a state of quasi-hibernation says, **Charu Lal, Manger- Spa at The Taj Mahal Hotel, New Delhi.** It is



Charu Lal

advised that any Detox programme is availed under professional guidance. After a Detoxification program, you can cleanse your body daily through diet, supplements and lifestyle practices. Go ahead and Detox! ☺