

You can increase your energy levels, decrease fatigue, lose some weight and start the processes of internal rejuvenation already in January.

We are excited to invite you to our special weekend of rejuvenation and hormonal reset. The program is going to give you a good kickstart to rejuvenation and detoxification which you will continue on your own, at home with a two week plan. After all, getting started is the hardest part!

WHO THE RETREAT IS FOR:

For anyone who loves themselves and feels good investing in their longterm health,

For those who want high quality support from highly trained specialists,

For lovers of comfort and luxury,

Anyone who values their time and understands that this is an irreplaceable resource,

For those who are looking for support and connection with other healthy minded women,

Anyone who is looking to work on their hormone balance and detoxification pathways

Anyone who has had enough of negativity and wants to have a healthy start to the new year with a smile and an undefeated attitude

ADJUSTING THE POWER SUPPLY STRENGTH

Have you ever wondered why diets often fail to produce long-term results? This is because popular diets focus on short-term and unhealthy weight loss and neglect metabolic disorders, making us more prone to gaining weight instead of losing it. That is why it is so important to get competent, professional advice from specialists in time to help you set healthy goals and show you the right weight loss practices.

The detox program includes a healthy diet for all days of your stay and a two-week home nutrition program.

RETURNING THE HORMONAL BALANCE

Constant fatigue, skin problems, menstrual irregularities and mood swings are just the first signs of hormonal imbalance. After consulting a nutritionist, you will understand how to balance hormones with food, how to maintain the normal function of the body's excretory system.

CORRECTING OLD HABITS

It's no secret that a healthy lifestyle is a complex of different habits. And if it was so easy to change them, then we would all walk slender and healthy for a long time. That is why our program includes the work of a psychologist who will help curb the psychological games of your brain, leading to excess weight and disease, and be in the resource.

REDUCE STRESS

At work, they constantly require more and more complex tasks. Even though they are beloved, loud children are constantly screaming. House, everyday life, cleaning.... No nerves can stand at this pace.

But only in the stage of deep relaxation, our body is able to return to real beauty. Yoga practices add not only the necessary physical activity, but also calm the nervous system. The yoga coach has included special exercises to start cleansing the internal filter organs, which you can repeat at home.

CONDITION MANAGEMENT THROUGH THE AROMA OF PRACTICE

Essential oils have the strongest therapeutic effect, especially when they are selected individually. Losing weight, adjusting appetite, managing emotions are all desirable effects during detox. Use all your senses and get the most out of your reboot.

RELAXATION

Relaxing in the spa area of a five-star hotel by the pleasant pool and sauna complex is the perfect addition to any detox program. The hotel's spa area includes a swimming pool with a comfortable water temperature, a Finnish Turkish sauna and an infrared sauna. The view of the green capital of Europe, the city of Ljubljana, is a relaxation in itself.

COMFORT 5 STARS

Staying at the five-star InterContinental Ljubljana hotel will set you up to the right level of care for yourself and your body.

The chic design and modern furnishings of the hotel rooms, a bathroom with a bath and shower. In the most comfortable armchair, you can wrap yourself in a blanket and enjoy the sunset over Ljubljana.

THE PROGRAM HAS BEEN DRIVEN BY:

Olesya Malayeri. Nutropathic nutritionist, specialist in hormonal and metabolic health, fertility, nutrition during pregnancy and body transformation. She received her nutritional diploma from the London College of Medicine and Naturopathy.

Find out more about Olesya here: www.olesya-malayeri.com/ru

Anna Zuikova. Psychologist-psychotherapist, specialist in transactional analysis, integration of creative, bodily and expressive techniques, self-help and resource practices. Member of the Executive Council of SLOVENTA, member of SINTA, EATA, ITAA and practitioner.

Find out more about Anna here: www.artpsy.pro

Elena Savina. Iyengar yoga teacher who has a personalized and therapeutic approach with over 10 years of experience. Takes into account the characteristics of the female body and provides maximum health benefits.

Find out more about Elena here: www.instagram.com/e.savina0802

Organizer Salon Serenity. Beauty Studio Serenity is an oasis of beauty and tranquility in the very center of Ljubljana.

Find out more about Serenity here: www.serenity.si

DETOX PROGRAM

A leisurely, measured program designed for a whole weekend. After each day's race for the detox weekend, we suggest relaxing and keeping an eye on your inner clock, allowing your body to restore its natural potential.

The program includes workshops with a psychologist, a nutritionist, as well as a group yoga class. The nutrition program fully supports you on the path to a healthy body and hormones. For those who want to participate but cannot join for the whole weekend, we offer a 1-day package.

Saturday

09:00 collection, greeting + tea

09:30 Lecture by a nutritionist on women's hormonal health

11:00 smoothies

11:30 Yoga Iyengar

13:00 lunch

14:00 break for additional procedures or individual consultations.

15:30 smoothies
16:00 Aromatherapy to improve digestion
17:30 dinner
18: 30-19: 00 visit to the spa, evening walk or additional services

Sunday

08:00 Morning yoga practice
09:30 breakfast
10:30 Psychologist. Resource practices.
12:00 smoothies
12:30 Aroma testing
14:00 lunch
15:00 Meditation / Art therapy - feedback
16:30 smoothie
17:00 end of the program

NUTRITIONAL PROGRAM

Saturday: Lecture on the hormonal health of the female body.

- what is important to consider in different periods of a woman's life for optimal hormonal balance
- Symptoms of Imbalance and How to Correct with Nutrition
- The role of detoxification in hormonal health (a little about the liver and other detox organs)

Detox menu for two weeks with a scheduled diet to continue detox at home.

Optional additional activities: individual consultations; individually tailored menu tailored to individual needs.

PSYCHOLOGIST PROGRAM

Sunday.

Morning practice (1.5 hours): ecology of personality and infospace; practices of self-support, grounding, centering.

Evening: completion, feedback, integration of the detox process; projection techniques in order to consolidate the achieved state and maintain the resource.

In March, you can do the morning practice on Saturday, and the end on Sunday.

Optional additional activities: individual consultations; transformational work with cards; art therapy techniques to harmonize the inner state; play exercises for emotional detox.

AROMATHERAPY PROGRAM

Saturday.

What can we do for our body so that in the course of everyday life our nutrition remains complete and healthy?

How can you
get rid of unnecessary toxins
Improve digestion
Relax the nervous system

Remove heartburn

We are looking for all the answers in 100% natural and thus not harmful to the body means - essential oils. The program is carried out with Dotherra therapeutic grade essential oils.

Sunday.

Aroma testing oils and finding their resourceful aroma. What can essential oils say about you? A more relaxed program with more practice and leisurely female conversations, where we try and get our own experience with essential oils.

YOGA PROGRAM

Saturday.

Warm up the body. In winter, our body is strongly compressed, and in order to be able to work more deeply with it, it is necessary to warm it up and stretch it a little.

Main part. Twisting gently squeezes and unclenches the internal organs of the abdomen, which relieves lethargy and speeds up the digestion process.

Recovery and relaxation. A very important point is restoration, so that the nervous system is in order, which also improves the functioning of all body systems.

Sunday.

Warm up the body. We wake up the body from sleep and dispel the morning languor

Abdominal positions. It works directly with the abdomen, but without creating compression and tension in the abdomen, which is very harmful to the female body. Abdominal positions, when performed correctly, are the best way to start the digestion process!

Recovery. We finish the yoga practice and return vigorous and in good spirits.

PARTICIPATION PACKAGES

Package 1. Included:

Accommodation 1 night Saturday / Sunday in single occupancy at the InterContinental Hotel.

classes with a nutritionist,

a lesson with a psychologist,

yoga 2 days,

aromatherapy,

visit to the spa center,

diet food 2 days,

detox nutrition program for 2 weeks,

Massage,

SPA kit.

Package 2. Included:

classes with a nutritionist,

yoga 1 day,

aromatherapy,

visit to the spa center,

diet food 1 day,

detox program home for 2 weeks,

SPA kit.