

## Preparing For Your Retreat

When you arrive on retreat, one of our resident Naturopaths will guide you towards the most suitable programme (ie juice fasting, supported fasting or healthy meals) based on your completed health questionnaire, retreat goals and medical history.

We recommend preparing for your cleanse by following the general guidelines below. This will ensure that you get the best retreat experience, as well as a smooth transition into your detox programme.

### **1-2 weeks before your stay:**

Begin to prepare your mind and body 7-14 days prior to arriving at the retreat. Some of the most common detox symptoms we see on retreat are coffee withdrawal headaches!

We recommend cutting down/out all processed foods, **alcohol, caffeine**, red meat and dairy products. Increase consumption of fruit, vegetables, plant proteins (lentils, chickpeas, beans, tofu, tempeh), include some oily fish if eaten as well as nuts, seeds and wholegrains such as rye bread, quinoa and brown rice. Slowly begin to reduce your portion sizes 2-3 days prior to your retreat and focus on optimal hydration (ie at least 2 litres of water daily).

### What to bring:

- Our dress code is very relaxed here at Amchara, so just pack with comfort in mind.
- All floors in the apartments are tiled, so we recommend bringing a pair of slippers/flip-flops.
- Bring comfortable trainers and a hat for the walks.
- Comfortable stretchy clothing for the yoga & fitness classes.
- Swimwear is needed for the infra-red sauna, jacuzzi and outdoor pool.
- Generally the weather on the Island of Gozo is lovely and sunny, but do bring some cosy layers and something waterproof, just in case.
- A high-factor sun-cream and insect repellent are a must!
- **We highly recommend bringing some Euros in cash** for places where cards and contactless payments are not accepted and for some of the activities. Cash points (ATM's) are in the capital, 'Victoria', but this is a bus or taxi ride away.
- Please do not wear perfume or aftershave on site, as some clients can become hypersensitive to scents during their detox.
- Please note, there is no-smoking on retreat; You must go off-site if you wish to do so.
- Our plug sockets are the same as the UK 3-pin style, and so will take UK style plugs only; For any other style, please bring an adaptor.

### We provide:

- Bath towel, hand towel, swimming pool towel.
- Bath robe.
- Organic body wash, hand soap, shampoo and conditioner.
- Hair dryer and hot water bottle.