

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.
- Warm comfortable clothing such as jogging bottoms and jumpers is best for the retreat - When you detox you are more prone to feeling chilly for a couple of days, particularly in the winter months. We recommend that you bring thick jumpers to keep yourself extra cosy and warm.
- Swimwear for the sauna and heated outdoor swimming pool (the pool is only open May - September).
- Comfortable stretchy clothing for the yoga & pilates classes.
- Wellies or walking boots for walks as the fields and surrounding areas can be muddy depending on the weather.
- Notepad or paper to make notes during the nutrition talks.
- Suncream and insect repellent, if staying during the Summer.
- 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.
- There will be a selection of DVD's for you to watch, but you may wish to bring your own.
- You may like to bring a book or two to read.
- A pair of slippers to wander around the main building for comfort.
- A water drinking bottle.
- An International to UK 3-pin plug adapter (if required).

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.