



# Kwendalo

Nature • Nurture • Nourish



## Guided Self Detox Retreats at Kwendalo

In a modern world, we find ourselves in increasingly poor physical and mental health, where we are harried and buffeted by the demands of life - feeling out of balance and unwell, almost everyone can benefit from a wholesome, quality cleanse or detox. It is one of the best ways to remain healthy in today's environment.

**Kwendalo's** holistic approach to wellness encourages self-knowledge, harmony, and growth. The following are one and three-day guided self-retreats to restore your balance and learn to start growing again.

[kwendalo.com](http://kwendalo.com)



## The effects and benefits you can expect from a good detox or cleanse

A feeling of overall wellbeing from detoxifying the body of chemicals, mindful consumption, and nourishment of the senses.

Your digestive tract is cleansed of accumulated waste and unhealthy fermenting bacteria.

Excess mucus and congestion are cleared from the body.

The liver, kidneys, and blood are purified, which is impossible under ordinary eating patterns.

Mental clarity is enhanced, which is difficult to attain under normal chemical overload from the foods we consume.

Dependency on habit-forming substances like sugar, caffeine, nicotine, alcohol, and drugs is lessened.

Bad eating habits are often turned around once the stomach has had a chance to reduce to its normal size for weight control.

A release of hormone secretions that, coupled with essential fatty acids from fresh plant sources, stimulate and strengthen the immune system.

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For millennia humans, have fasted for spiritual, emotional, and physical reasons – this is a way to heal, reconnect to the sacred, regain a sense of life’s purpose, and allow your body to rest and detoxify. We are evolutionally designed to fast, and the body knows how to do it very well.”

– Stephen Harrod Buhner,  
The Transformational Power of Fasting





## The One-day Detox Cleanse

The One-Day Detox Cleanse is designed to assist you in doing your detox at home or at **Kwendalo**. The detox cleanse will reboot and rejuvenate the body, help you to build confidence and recharge. If you're new to cleanses or simply need a reset, the One-day Detox Cleanse can be done at home or at **Kwendalo**.

This detox cleanse includes:

- 3 Cold-Pressed Juices
- 2 Juice Shots
- 1 litre of Vegetable Broth
- 2 Herbal Teas
- Daily Schedule
- 1 Infrared Sauna at Kwendalo
- Pre-cleanse and after-cleanse advice via email
- Motivation and information manual

**R590pp**

## The Three-day Detox Cleanse

The Three-Day Detox Cleanse is designed to revitalise and reset by eliminating toxins and nourishing the body while you rest and feed body, mind, and soul. The detox cleanse will reboot and rejuvenate, help you to build confidence and recharge. The Three-Day Detox Cleanse can be done at home or at **Kwendalo**. Stock will need to be collected daily from **Kwendalo** if cleansing at home.

This detox cleanse includes:

- 9 Cold-Pressed Juices
- 6 Juice Shots
- 3 Vegetable Broth Servings
- 6 x Herbal Teas
- Daily Schedule
- 2 Infrared Saunas at Kwendalo
- 1 Ozone Therapy at Kwendalo Wellness Centre
- Pre-cleanse and after-cleanse advice via email
- Motivation and information manual

**R1,590pp**

# The One-day Liquid Cleanse

The One-Day Liquid Cleanse is the perfect quick reboot and rejuvenation package to assist you in doing a quick cleanse at **Kwendalo**. This gentle cleanse will nourish and reinvigorate your system to help you feel refreshed and recharged. If you're new to cleanses or simply need a reset, the One-Day Liquid Cleanse is your introductory guide to nutritional wellness! The One-Day Liquid Cleanse is only available at **Kwendalo**.

This detox cleanse includes:

- 2 Juice Shots
- 1 Smoothie
- 1 Soup
- 1 Vegetable Broth
- 2 Herbal Teas
- Daily Schedule
- Motivation and information manual
- 1 Infrared Sauna at Kwendalo

R590pp

# Three-day Health Programme

The Three-Day Health Programme is a wholesome programme that includes one day of juice fasting or a liquid cleanse, and two days of delicious and detoxifying, plant-based food: breakfast, lunch, an afternoon snack, supper, and herbal teas served at the Green Café at **Kwendalo**. This is for those that want a gentle introduction to move towards a full cleanse. The Three-Day Health Programme is only available at **Kwendalo**.

This programme includes:

- 2 Breakfasts
- 2 Lunches
- 2 Afternoon Snacks
- 2 Suppers
- Herbal Teas
- 2 Juice Shots
- 1 Smoothie
- 1 Soup
- 1 Vegetable Broth
- Daily Schedule
- Motivation and information manual
- 2 Infrared Saunas at Kwendalo
- 1 Ozone Therapy at Kwendalo

R1,890pp



# Intermittent Fasting Programme

The Three-Day Intermittent Fasting Programme – 6 hours of eating and 18 hours of fasting - is designed to introduce you to the process of intermittent fasting as a lifestyle - complete with new, delicious foods - or as a general detoxification and rejuvenation programme. This relaxed, easy-to-follow programme features whole food - containing certified organic, seasonal, and locally sourced or grown - whenever possible. This programme of green and whole foods – which includes sea plants - will gratify your tastebuds, cleanse your body, and satisfy your soul. Sea plants act as the ocean’s purifiers, and they perform much the same to the human body alkalizing the body and purifying the blood from the effects of a modern diet. The intermittent fasting programme is only available at **Kwendalo**.

This programme includes:

- 3 Whole Food Breakfasts
- Vegetable Juices or Vegetable Broth
- 3 Whole Food Lunches
- Daily Schedule
- Motivation and information manual
- 2 Infrared Saunas at Kwendalo
- 1 Ozone Therapy at Kwendalo

R1,950pp



Meals will include hearty and wholesome dishes – from farm to table - with a focus on proteins including tempeh, tofu, local artisanal cheeses, yoghurt, kefir, and fresh eggs from **Kwendalo's** chickens. Abundance is added to meals with prebiotic foods, vegetables and healthy grains, taking any dietary requirements into account. Your personalised menu will be sent for review prior to arrival and will be based on what is seasonal, available and abundant.

- All Detox Cleanses and the Intermittent Fasting Programme are available weekly on Tuesdays, Wednesdays, and Thursdays.
- It is advisable to book at least 2 – 3 days in advance to enable guided preparation before beginning to ensure a smooth and rewarding cleanse.
- Accommodation and additional therapies are available. It is advisable to book these in advance to ensure availability.
- We recommend colonic hydrotherapy with at least one additional body therapy to facilitate the removal of toxins and enhance your well-being.



**We'd love to hear from you.**

Cnr N2 and Rietvlei Road, Plettenberg Bay, 6600  
hello@kwendalo.co.za  
+27 44 004 0366 | +27 63 669 8006

**kwendalo.com**