



Nina (above) lost 4lbs on the detox diet and feels like a new woman!

Having fallen victim to the infamous Dubai Stone, I was in desperate need of something to kick start a healthier me. Long hours and late nights have seen me gravitate towards takeaways and what can only be defined as heart attacks on a plate, yes I'm talking about Friday brunch. The only way to crack this was to leave Dubai behind and channel my inner Jen Aniston at a detox retreat in Goa. After five days at The Beach House I lost 4lbs, 6.7cm off my waist and felt a huge weight had been lifted off my shoulders. I came away a more positive me, complete with the determination to keep it up on my return to Dubai.

Nutritionist Andrea Martins from The Beach House tells you how to get results by doing your own detox...

WHO SHOULD DO A DETOX?

There are a number of different reasons why people choose to come to us for a Detox Retreat. Many come because they just know that their bodies and minds are toxic and many come to us with a wide range of health problems including infertility, IBS, skin disorders, weight problems, stress plus much more. Also many come because they simply need to retreat and rest for a few days within a nurturing secluded and peaceful environment.

WHY IS A DETOX GOOD FOR YOU?

Modern day hectic lifestyles, unhealthy diets, stressful jobs, and daily exposure to toxic chemicals from our surroundings have definitely caused a large influx of toxins into our bodies. On a day-to-day basis our body systems including the skin, liver, lymphatic system, digestive system and kidneys are constantly working on flushing these harmful substances out. However, over a period of time the burden are too much and the body often needs a helping hand to eradicate these toxins and cleanse the body so that it can work more effectively. A detox programme does just that by giving your body a break and giving it a chance to repair and strengthen not just the physical body but the mind, emotions and spiritual self.

WHAT ARE THE STEPS TO FOLLOW IN A DETOX?

Detox To A New You

WE REVEAL THE SECRET TO LOOKING YOUNGER, FEELING GREAT AND ENJOYING LIFE...

It's all about going back to basics, enjoying life, allowing yourself to relax and spend quality time doing things you love to do...

- Let go of your self control
In this hectic lifestyle we try to control everything around us be it our food, relationships or health. The Beach House provides you with the opportunity to take a step back and enjoy life, pamper yourself and relax, letting yourself feel free. The therapist guides you to take the initiative to balance your mind and your body.
- Let go of your responsibilities and commitments.
- Turn off your mobile phone and try and refrain from Facebook contact. Modern society now seems too fixated on social media relationships.
- Give your mind and your body the permission to relax
The main objective at the Beach House is to achieve the balance between the physical, physiological and

psychological parts of an individual.

- Guilt free relaxation and catch-up on some good, quality sleep.
- Drink plenty of water besides the juices and broths.
- Carry along a good book to read...

WHAT ARE THE PHYSICAL AND EMOTIONAL BENEFITS OF A DETOX:

It's all about trusting the process! Your body will prioritise which organs or emotions need to be



DETOX DIET

cared for first and will then work accordingly...

- You will feel more energised
- Weight loss. Though amount differs between individuals
- Promotes youthfulness
- Improved digestion
- Freedom or improvement in disease symptoms
- Promotes normal functioning of all body systems
- Clears the heads of stresses
- Happier and more positive outlook
- More YOU – enables us to become the real us!

The juice and broth fast on a detox programme aims at minimising the use of energy spent on digestion and absorption, therefore providing the body the energy it requires to cleanse and regenerate your body tissues and vital organs. As cells are renewed, toxins and memories are released; the result is healing, release, completion and a feeling of freedom. Here are some sample recipes:

CARROT, FENNEL AND PARSLEY JUICE

- 2 carrots
- ½ fennel bulb
- 3 stalks parsley
- 20 ml water

METHOD

In a juicer juice the fennel, carrots and parsley then add the water to the mixture.

SPICY LENTIL & TOMATO SALAD

- 100g Lentils
- 1 tsp cumin seeds
- 1 tsp Cumin powder
- 1-2 Green Chillies
- 1 Tomatoes, diced
- 1 Spring Onion, chopped
- 1 tbsp chopped Fresh Coriander
- 1 stick Celery, chopped
- ½ tsp rock salt
- 1 tbsp Olive Oil
- Juice of 2 Lemons
- 30g Cabbage/Spinach or Lettuce

METHOD

Cook the lentils in a vegetable broth with cumin seeds and salt. Strain and cool. Finely chop the onion, tomato, green chilli and coriander. Mix all the ingredients together with the olive oil, lemon juice and the cumin powder.

Serve on a bed of wilted cabbage/spinach or lettuce depending on availability

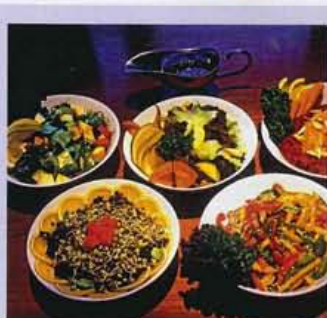


PAPAYA AND ALMOND MILK SMOOTHIE

- 200g Papaya
- 125ml Almond Milk
- 1 tbsp Pre-soaked Flax

METHOD

Blend all ingredients together until smooth.



BOOK YOUR DETOX NOW

Return flights from Sharjah start from Dh5,527 for five days, all inclusive with Air Arabia. www.airarabia.com

Then weight management at The Beach House Dh5,527 for five days, single occupancy. \$500 taken for three to four weeks.

Visit www.thebeachhouse.com for more info