



Travolaa®

### **Travolaa recommends Atmanjai, Phuket**

If it's possible to create your own life-changing experience, then a detox programme at Atmanjai Spa must surely be it. Situated in Chalong Bay on Phuket Island, the spa's programmes promise to cleanse the inner you, whilst giving your body a break from bad foods and toxic habits.

Accommodation ranges from the very basic to comfortable rooms, with a swimming pool, internet access with FREE WIFI, and a range of additional treatments and therapies also available.

But with four detox and cleansing programmes, ranging from a simple raw food diet to the more intense 'Ultra Detox' program, Atmanjai isn't an easy option. If you want to change your life, you'll have to put in the effort – along with a good dose of willpower and plenty of stamina.

Any experience you choose will be physically and mentally challenging – especially as the resort is also frequented by non-detoxers, so you'll come face to face with lots of scrummy food and drink that's off limits. A real test of your commitment!

Daily itineraries are carefully organised by the welcoming staff, who go out of their way to make sure you'll feel right at home. Whatever you need, just ask – they're extremely helpful, and nothing is too much trouble. They're also careful to inform you that the same process can have different effects: no two bodies are alike, so you shouldn't try to measure your progress against anyone else's.

If you can stick it out you'll almost certainly leave happier, healthier... and maybe even a few kilos lighter. Ready for the challenge? Book a place at Atmanjai today!

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