

SANTOSA DETOX AND WELLNESS CENTER

Welcome to Santosa, a hidden gem in the tropical greens near Kata beach.

We offer various Deotox & Wellness Retreats from 3 to 21 days all year round.

Our programs cover Detox, Yoga & Wellness, Healthy Vegan and Emotion Healing. From the body to the mind and soul, you can always find the program that suits you.

Our professional team will be by your side, help you see where you stand and who you truly are, physically and mentally, and offer the best applicable advice along the way to bring out your biggest potential.



Santosa

Detox & Wellness Center

Vegan Restaurant
Juice Bar
Spa - Sauna - Ice Bath
Yoga & Fitness Classes

Open to public all year around



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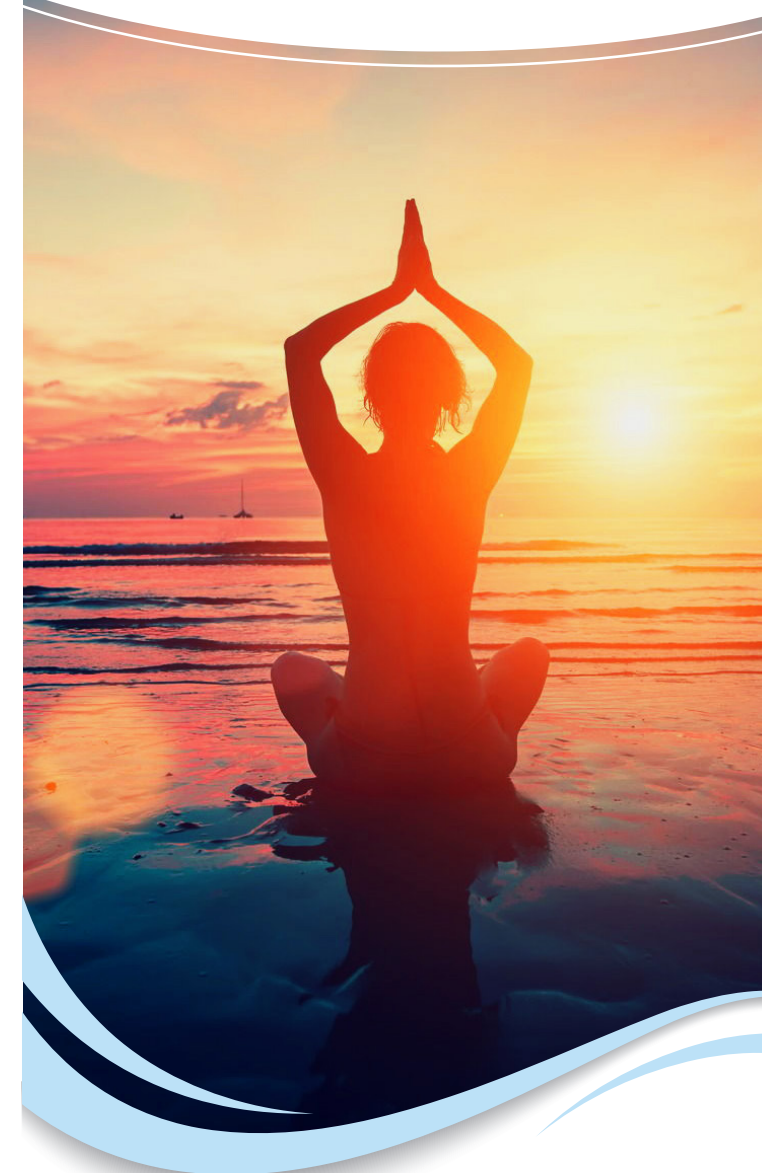
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Santosa

Detox & Wellness Center



DETOX PROGRAMS

Awaken Life's Potential

WHY DETOX?

The world had changed rapidly since the industrial revolution. Nowadays, we are constantly exposed to multiple toxins that are found in our medications, our food, water and air.

Toxins that damage the cells of the body are invisible and insidious. This happens slowly, day by day, year after year, mostly without you noticing it.

Disease from toxicity is caused by the presence of biochemical that poison the blood and spreads via circulatory system. As a result, cells and tissues are literally “swimming” in a contaminated environment.

Detoxification is a treatment regimen that cleans the blood and removes toxins from the body.

Detoxification is the natural way for the body to heal itself.



DETOX RETREAT

Santosa offer 3 types of detox programs: Full fast, Juice fast and Raw fast. We understand that our guest are in different mindsets for Detox. With our 3 programs, you can conveniently choose one that fits your personal needs and prior detox experience.

HEALTHY VEGAN RETREAT

How to kickstart a vegan diet in a proper way? How to get the most benefits out of a raw diet? These are the most asked question we get from our guests. Our team with its experienced vegan chef offers 2 types of wellness retreat programs : Healty Vegan and Raw Vegan Retreat.



YOGA & WELLNESS RETREAT

Santosa offers 2 types of wellness retreat programs : Yoga Retreat and Active Cleanse. You will receive personal training and guidance from your private instructor for your mind, body and soul.

EMOTION HEALING RETREAT

Emotional Healing is considered a true gem of Santosa. We offer 2 types of healing programs : Emotional Detox Retreat and Infinite Bliss Retreat. Both programs are held by experienced therapists, who will use their special techniques to help you develop a new inner true self.

