



Ayurveda Detox body and mind

Our daily lives are influenced by our surroundings, impacting our body and soul. Pollution and stress can accumulate, making detox essential. At SZG, we're here to help you shed toxins and rejuvenate!

Join our five-day Detox Package for you and your loved ones!

Day 1: A. Complete check and plan
Meeting with the expert.
B. Detoxification of head and upper body based
on Pancharma.



Day 2: Therapy to re-vitalize
the head, neck and shoulders



Day 3: Strengthening and care
of lower back.



Day 4: Care for upper and lower
limbs:- Vital protection therapies
for the muscles, joints, and skin of
arms and legs.



Day 5: Purely for Soulful!
Relaxation, stress relief, and
mindfulness events tailored to you.

