



SERENITY  
DETOX &  
WELLNESS

*SerenitySpa*



## Welcome to Serenity Detox & Wellness

Detox is a wonderful journey of self - discovery! The process of Detox encourage us to cut down on consumption, realign our bodies and minds and refocuses us what really matters, our health. It is a wonderful journey to going back to your true Self and we are here to make this happen for you.

Heike Niemeier, a fitness, health and nutrition coach from Europe spent a week with us at Serenity Spa training us on how to put together detox plans, something she does in Mallorca, Spain. Heike has been in the health and fitness industry since 1992 and had attended countless courses in the field of nutrition. Her detox plans have been extremely successful since she started it back in 2001 when she opened her own Pilates, Fitness and Detox Centre in Spain and these plans have been designed and developed by Heike over many years of learning, experience and results.

We are extremely proud to be associated with her and soon she will be launching her own book on Detox and Weightloss.





Detoxification is not just about looking at the food we eat or food to cut out of our diet. A detox is a more holistic approach to health and nutrition. The idea behind a Detox is to bring down inflammation in the body caused by the toxins in our bodies, which is proving to be the cause of many age – related diseases.

Common signs or symptoms of toxic build up in our bodies are:

- Constipation
- Loose stools
- Fatigue
- Bad breath
- Coated tongue
- Sluggishness
- Poor sleep
- Difficulty concentrating
- Gas
- Skin problems
- Autoimmune disease
- Feeling sad and mood swings
- Anxiety
- Brain fog

Over time, accumulating toxins in the body can lead to more serious illnesses such as arthritis, diabetes, hormone irregularities, allergies and immune system disorders.

A detox is a challenging process and embarking on one, you must show commitment and discipline to really want to do a detox.

As your body is doing something different to what it is used to, it is possible that you will experience things that are different from your every day life, as your body adjusts to the new regime that you are embarking upon. Common symptoms during a Detox (bearing in mind that you detox from caffeine, sugars, drugs, stimulants etc.) include the following:

- Headache
- Nausea
- Abdominal discomfort
- Constipation
- Gas/Bloating
- Pimples/ spots coming out on the skin
- Skin rashes
- Night sweating
- Muscle cramping.

But these symptoms normally do not last more than 3 days and we encourage you to complete the course to ensure you get the best results.

Serenity Spa will give you a platform where you can come and relax as much as you can during your detox. We will be able to tailor make treatments and special packages while on the detox as it is important to really pamper yourself during this journey. You will be removing layers of toxins but also daily pressures, tasks and worries. We want to give you the unique space to feel supported through this process and therefore please email us on [detox@serenityspa.co.ke](mailto:detox@serenityspa.co.ke) so we can build tailor made day spa packages that will match and enhance your Detox journey.

The process of Detox is an opportunity to clear a lifetime of toxic build-ups of pesticides, pollutants, pills, medication, stress and foods that our bodies are not able to break down.

We invite you to take this time to slow down, listen to your body, reflect and allow healing and repair. We hope you will enjoy this exciting, rewarding and also thought provoking journey with us.

*The Serenity Spa Team*

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# Detox Your Day & Intermittent Fasting Program

The most powerful weight loss tool that also makes your healthy lifestyle simpler!

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## **INTERMITTENT FASTING PROGRAM** Kshs 6500 per day.

*We can deliver your detox meal at an extra costs of Kshs 1000 per delivery.*

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### **HOW DOES IT WORK?**

Choose one day a week for your personal detox day. This day can vary depending on the week, as it suits you best.

Make sure you also plan for the following day because after your detox day you then wait for 16 hours before you have your next meal the following day.

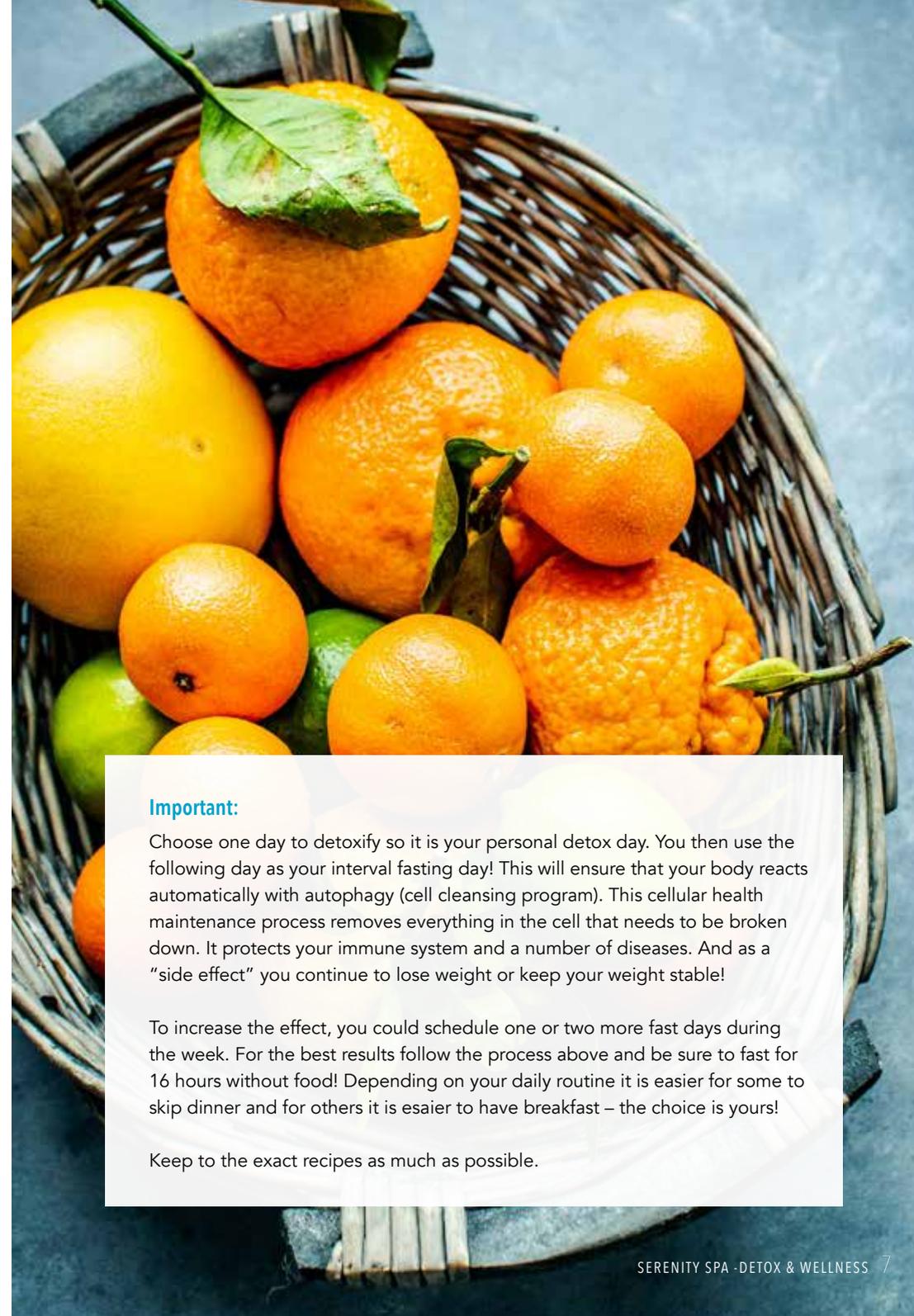
On Detox Day, you have 2 or 3 meals during the day (a smoothie for breakfast, a smoothie for lunch and soup in the evening), all provided to you by us. 16 hours after your last detox day meal, you then have your normal meal the next day. That time delay allows your body to get the full effects of the Detox that you have done.

### **Example - 3 meal program**

Dinner on the Detox day at 7:00 p.m. as your last meal of that day, then you start the next day from 11:00 clock with a smoothie, porridge or wholegrain bread. Alternatively if you have dinner on the detox day at 8:00 pm, then you start the next day at 12:00 am with the first meal.

### **Example - 2 meal program.**

You have 2 meals on your detox day (smoothie for breakfast, smoothie for lunch, then nothing more). After your lunch, you then start counting the 16 hours. After 16 hours you have your breakfast the next day. In this case, you do not prepare the detox soup on the detox day but instead you have it as dinner the next day. You dont need to wake up at 5am to have your breakfast but can instead have it later at your normal breakfast time if that is preferable. I would recommend a porridge or wholemeal bread.



### **Important:**

Choose one day to detoxify so it is your personal detox day. You then use the following day as your interval fasting day! This will ensure that your body reacts automatically with autophagy (cell cleansing program). This cellular health maintenance process removes everything in the cell that needs to be broken down. It protects your immune system and a number of diseases. And as a "side effect" you continue to lose weight or keep your weight stable!

To increase the effect, you could schedule one or two more fast days during the week. For the best results follow the process above and be sure to fast for 16 hours without food! Depending on your daily routine it is easier for some to skip dinner and for others it is easier to have breakfast – the choice is yours!

Keep to the exact recipes as much as possible.

## HEALTH BENEFITS OF INTERMITTENT FASTING

- When you fast, insulin levels drop and your human growth hormone increases. Your cells also initiate important cellular repair and change processes.
- Intermittent fasting helps you eat fewer calories, whilst slightly boosting your metabolism. It is a very effective tool to lose weight and belly fat.
- Intermittent fasting can reduce insulin resistance and lower blood sugar levels, at least in men.
- Studies show that intermittent fasting can reduce oxidative damage and inflammation in the body. This should have benefits against aging and development of numerous diseases.
- Studies show that intermittent fasting can improve numerous risk factors for heart diseases such as blood pressure, cholesterol levels, triglycerides and inflammatory markers.
- Fasting triggers a metabolic pathway called autophagy, which removes waste material from cells.
- Intermittent fasting has been shown to help prevent cancer in animal studies. One paper in humans showed that it can reduce side effects caused by chemotherapy.

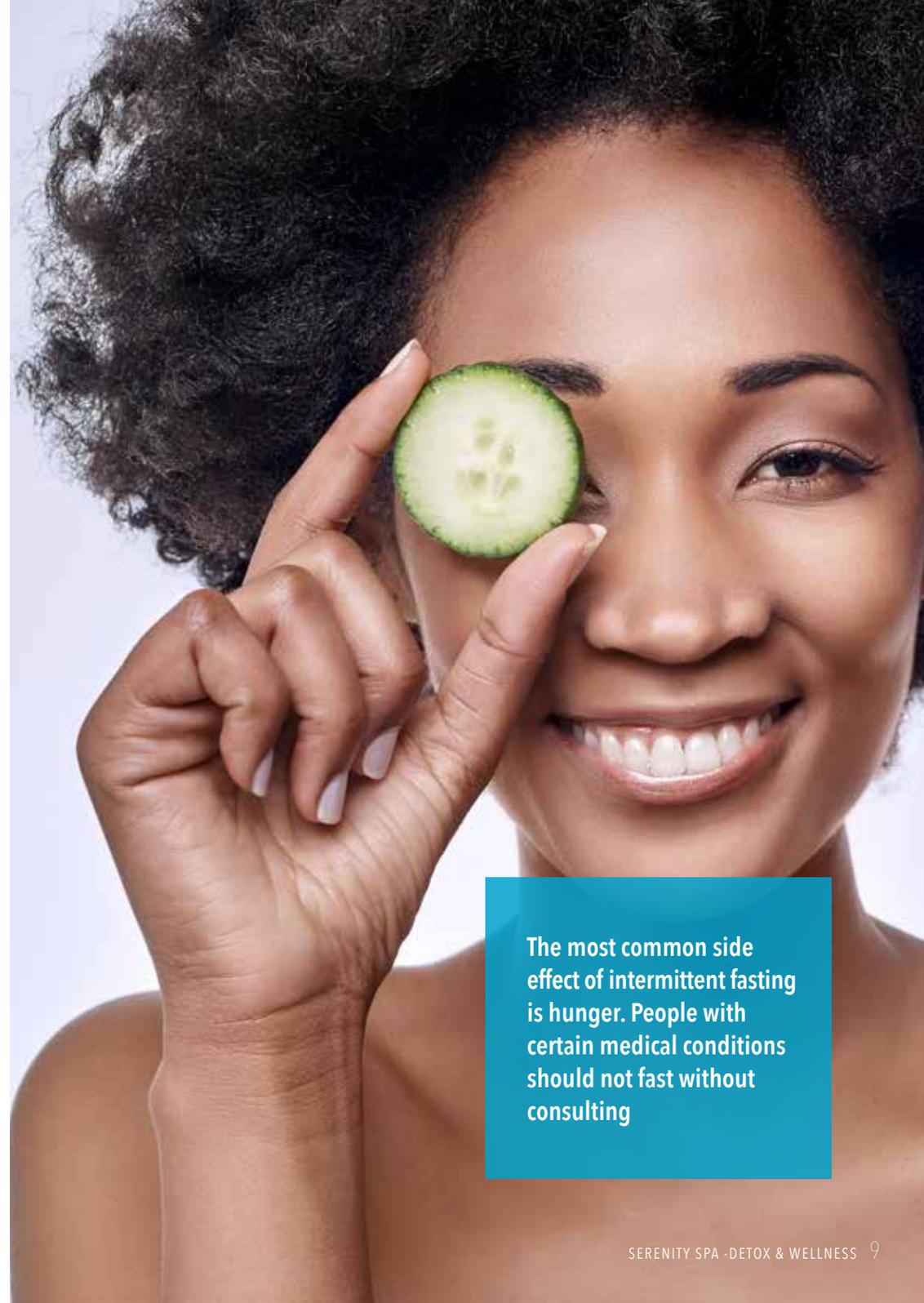
- Intermittent fasting may have important benefits for brain health. It may increase growth of new neurons and protect the brain from damage.
- Studies in animals suggest that intermittent fasting may be protective against neurodegenerative diseases like Alzheimer's disease.

## SAFETY AND SIDE EFFECTS

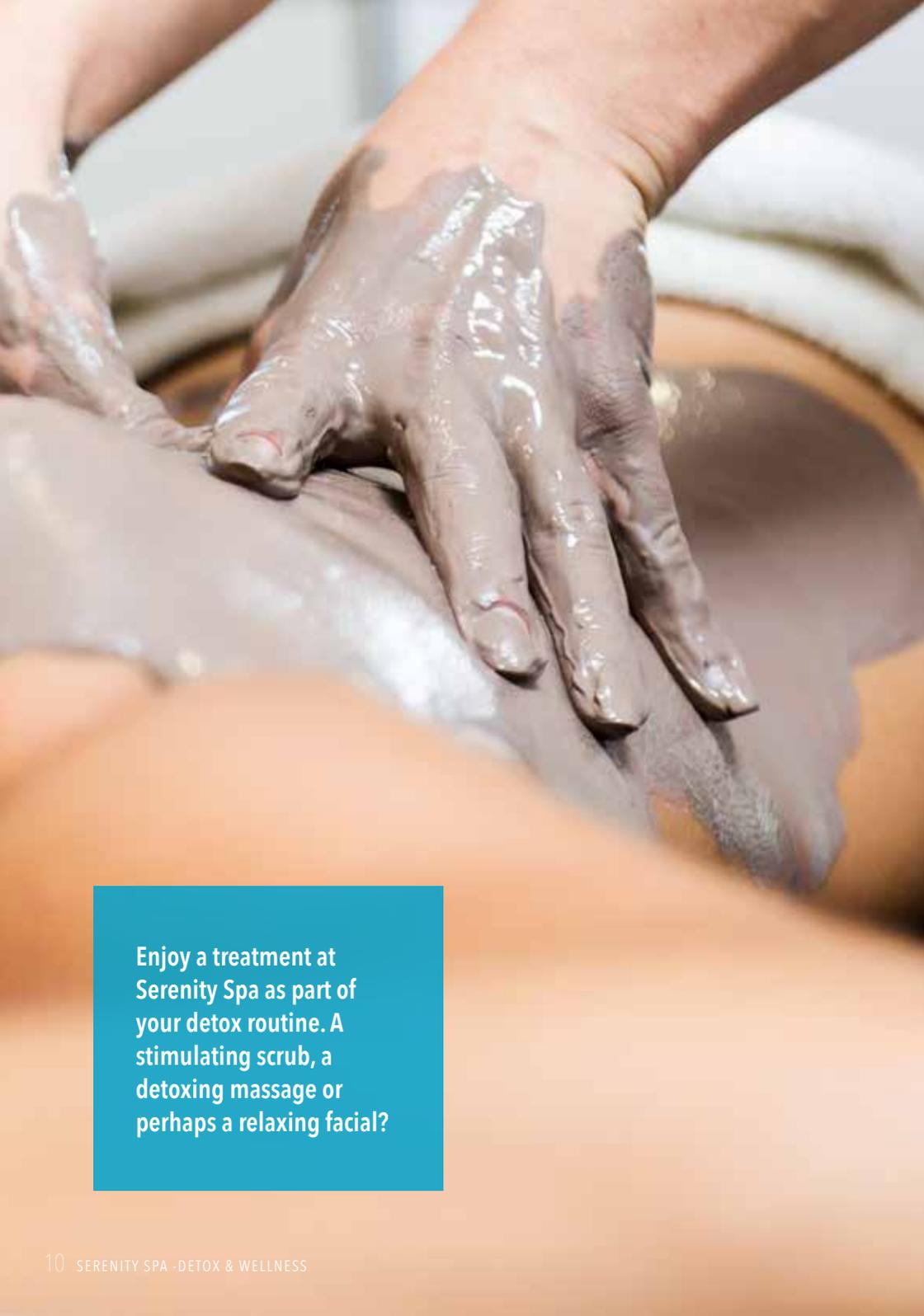
Hunger is the main side effect of intermittent fasting. If you have a medical condition, you should consult with your doctor before trying intermittent fasting.

This is particularly important if you:

- Have diabetes.
- Have problems with blood sugar regulation.
- Have low blood pressure.
- Take medication.
- Are underweight.
- Have a history of eating disorders.
- Are a woman who is trying to conceive.
- Are a woman with a history of amenorrhea.
- Are pregnant or breastfeeding.



The most common side effect of intermittent fasting is hunger. People with certain medical conditions should not fast without consulting



Enjoy a treatment at Serenity Spa as part of your detox routine. A stimulating scrub, a detoxing massage or perhaps a relaxing facial?

## EVERY MORNING

### 1. Tongue Cleaning

The tongue is a detoxifying organ and overnight metabolites are deposited on the tongue.

You can easily remove them with a spoon. It should not be rounded at the edge and not have a sharp edge if possible.

The tongue cleaning is very easy. Using a little pressure, scrape the tongue off with the spoon a few times and rinse the spoon off with water after each time. Make sure you focus on cleaning the tongue at the back of the tongue as that is the most important area.

Then brush your teeth as usual.

### 2. Lemon Water

The lemon helps to detoxify the body. It has a cleansing effect, stimulates digestion and contains a lot of vitamin C.

Warm a glass of water, not too cold and never too hot, so that the Vitamin C is not destroyed. Add a half, freshly squeezed, lemon and drink the lemon water in small sips.

### 3. Exercise - the fat killer

Schedule an hour of exercise that you enjoy such as pilates, yoga, jogging, swimming or walking as this too will help you on your detox journey.

### 4. Smoothie of the Day

Please drink the smoothie slowly. Enjoy it and relax!

### 5. Enjoy your treatment at Serenity Spa

Stimulate your metabolism to fight fatty deposits and cellulite and relax your mind. This is "you time".

### 6. Take a Ginger Shot

### 7. Drink a lot

Drink at least 1 litre of water and tea in the morning. If possible, drink 1 to 2 cups of ginger tea before lunchtime. Ginger boosts your metabolism, curbs your appetite and has many more great features.



## EVERY NOON AND AFTERNOON

### 1. Smoothie of the Day

(Your lunch until day 5)

Please drink the smoothie slowly. Enjoy it and relax!

### 2. Take a Tumeric Shot

### 3. From day 5 enjoy your lunch

Only eat what is offered in the detox program

### 4. Log out!

Enjoy a short walk in the fresh air.

Alternatively (or in addition) lie down for about 20 minutes and relax (maybe in the wonderful Serenity garden).

*Important: Turn off the phone, be unreachable, just breathe deeply and enjoy the relaxation.*

### 5. Drink a lot

Drink at least 1 litre of water and tea in the afternoon.

## EVERY EVENING

### 1. Exercise - the fat killer

Schedule an hour of exercise that you enjoy such as pilates, yoga, jogging, swimming or walking as this too will help you on your detox journey.

### 2. Dinner

After sports it's time for the detox soup!

You can eat as much soup as you like. Eat NO bread or similar foods, just the soup! We recommend teeth brushing straight after your evening detox soup.

### 3. Relaxation - Log Out

Let the evening fade away, read a book, listen to music, take a bath or go for a walk. TV and internet are a taboo!

Sleep well and sweet dreams!

**Remember: 3 meals on the detox day (smoothie for breakfast, smoothie for lunch, soup in the evening) 16 hours later the next day, you then enjoy your next meal.**



# The Detox & Take Shape Program

**7 DAY DETOX Kshs 32000 | 3 DAY DETOX (Day 1-3) Kshs 17000**

*We can deliver your detox meal at an extra costs of Kshs 1000 per delivery.*

## EVERY MORNING

### 1. Tongue Cleaning

The tongue is a detoxifying organ and overnight metabolites are deposited on the tongue. You can however easily remove them with a spoon. It should not be rounded at the edge and should not have a sharp edge if possible.

The tongue cleaning is very easy. Using a little pressure, scrape the tongue off with the spoon a few times and rinse the spoon off with water after each time.

Make sure you focus on cleaning the tongue at the back of the tongue as that is the most important area.

Then brush your teeth as usual.

### 2. Lemon Water

The lemon helps to detoxify the body. It has a cleansing effect, stimulates digestion and contains a lot of vitamin C. Warm a glass of water, not too cold and never too hot, so that the Vitamin C is not destroyed. Add half a freshly squeezed lemon and drink the lemon water in small sips.

### 3. Exercise - the fat killer

Schedule an hour of exercise that you enjoy such as pilates, yoga, jogging, swimming or walking as this too will help you on your detox journey.

### 4. Smoothie of the Day

Please drink the smoothie slowly. Enjoy it and relax!

### 5. Enjoy your treatment at Serenity Spa

Stimulate your metabolism to fight fatty deposits and cellulite and relax your mind. This is your "you time".

### 6. Take a Ginger Shot

### 7. Drink plenty

Drink at least 1 litre of water and tea in the morning.

If possible, drink 1 to 2 cups of ginger tea before lunchtime. Ginger boosts your metabolism, curbs your appetite and has many more great features.

## EVERY NOON AND AFTERNOON

### 1. Smoothie of the Day

(Your lunch until day 5) Please drink the smoothie slowly. Enjoy it and relax!

### 2. Take a Tumeric Shot

### 3. From day 5 enjoy your lunch

Only eat what is offered in the detox program

### 4. Log out!

Enjoy a short walk in the fresh air. Alternatively (or in addition) lie down for about 20 minutes and relax (maybe in the wonderful Serenity garden).

*Important: Turn off the phone, be unreachable, just breathe deeply and enjoy the relaxation.*

### 5. Drink plenty

Drink at least 1 litre of water and tea in the afternoon.

## EVERY EVENING

### 1. Exercise - the fat killer

Schedule an hour of exercise that you enjoy such as pilates, yoga, jogging, swimming or walking as this too will help you on your detox journey.

### 2. Dinner

After sports it's time for the detox soup! You can eat as much soup as you like. Eat NO bread or similar foods, just the soup! We recommend teeth brushing straight after your evening detox soup.

### 3. Relaxation - Log Out

Let the evening fade away, read a book, listen to music, take a bath or go for a walk. TV and internet are a taboo! Sleep well and sweet dreams!

# Your delicious 7 Day Detox Menu

## Day 1

**Breakfast/Lunch:** Spinach - Avocado Smoothie

1 to 1.5 litres of smoothie for breakfast and lunch. For breakfast we recommend that you drink 1 to 2 glasses and finish the rest for lunch after about 4 hours.

**Dinner:** Pure Detox Soup

## Day 2

**Breakfast/Lunch:** Lettuce - Mango Smoothie

1 to 1.5 litres of smoothie for breakfast and lunch. For breakfast we recommend that you drink 1 to 2 glasses and finish the rest for lunch after about 4 hours.

**Dinner:** Detox Soup

A delicious variation: puree the vegetable soup with the blender, add taste with pepper, salt and a little lemon juice and add a small (very little!) greek yoghurt or vegan yoghurt.

## Day 3

**Breakfast/Lunch:** Lettuce-Pineapple Smoothie

1 to 1.5 litres of smoothie for breakfast and lunch. For breakfast we recommend that you drink 1 to 2 glasses and finish the rest for lunch after about 4 hours.

**Dinner:** Pure Detox Soup

## Day 4

**Breakfast/Lunch:** Kale - Oranges Smoothie

1 to 1.5 litres of smoothie for breakfast and lunch. For breakfast we recommend that you drink 1 to 2 glasses and finish the rest for lunch after about 4 hours.

**Dinner:** Detox Soup mediterranean

Add a bit of spice - a variation for you if you want: add a diced tomato and red pepper to the detox soup. You can still spice up the soup with mediterranean herbs, or hot paprika powder and lemon juice.

## Day 5

**Breakfast:** Chard - Banana - Mango Smoothie

1 litre of smoothie for breakfast and lunch. For lunch drink only 1 glass of smoothie!

**Lunch:** Starter: 1 glass of Chard – Banana - Mango Smoothie

Main course: Overnight Oats with Mango, Banana, Coconut Oil, Granola

**Dinner:** Pure Detox Soup

## Day 6

**Breakfast:** Perennial Celery - Banana Smoothie

1 litre of smoothie for breakfast and lunch. For lunch drink only 1 glass of smoothie!

**Lunch:** Starter: 1 glass of Perennial Celery – Banana Smoothie

Main course: Overnight Oats with apple, carrot, different nuts

**Dinner:** Detox Soup

3. delicious variation: add some lemongrass and some mushrooms to the detox soup

## Day 7

**Breakfast:** Perennial Celery - Pineapple Smoothie

1 litre of smoothie for breakfast and lunch. For lunch drink only 1 glass of smoothie!

**Lunch:** Starter: 1 glass of Perennial Celery – Pineapple Smoothie

Main course: Quinoa with beans and pepper

**Dinner:** Detox Soup

Time for a bit of egg if you wish – another option for you: add two poached eggs

# Frequently Asked Questions:

## 1. Can I Drink Liquids During the Fast?

Water, coffee, tea and other non-caloric beverages are fine. Do not add sugar or milk or cream to your drinks.

## 2. Isn't It Unhealthy to Skip Breakfast?

No. If you make sure to eat healthy food for the rest of the day then the practice is perfectly healthy.

## 3. Can I Take Supplements While Fasting?

Yes. However, keep in mind that some supplements like fat-soluble vitamins may work better when taken with meals.

## 4. Can I Work out While Fasted?

Yes, fasted workouts are fine.

## 5. Will Fasting Cause Muscle Loss?

All weight loss methods can cause muscle loss, which is why it's important to lift weights and keep your protein intake high. One study showed that intermittent fasting causes less muscle loss than regular calorie restriction.

## 6. Will Fasting Slow Down My Metabolism?

No. Studies show that short-term fasts actually boost metabolism. However, longer fasts of 3 or more days can suppress metabolism.

## 7. Should Kids Fast?

Allowing your child to fast is probably a bad idea.





**SPA HOURS OF OPERATION:**

**MONDAY-SATURDAY: 9AM-9PM**

**SUNDAYS AND PUBLIC HOLIDAYS: 10AM-8PM**

**BOOK GIGIRI:** TEL 0708 202020 | 0702 221877 | 020 365 3900

EMAIL [bookgigiri@serenityspa.co.ke](mailto:bookgigiri@serenityspa.co.ke)

**BOOK KITISURU:** TEL 0714 931317 | 020 365 3950 | 020 365 3950

EMAIL [bookkitisuru@serenityspa.co.ke](mailto:bookkitisuru@serenityspa.co.ke)

[www.serenityspa.co.ke](http://www.serenityspa.co.ke)

**GIGIRI** 412 UN Crescent, Gigiri, Village Market, Nairobi, Kenya

**KITISURU** 3.1N Ngecha Road, Kitisuru, Nairobi, Kenya