

**If you live in Jakarta you should consider having this unique De-tox Body Ritual at least once a month.**

We live in a modern city in Jakarta. It is impossible to avoid taking in toxins to our bodies. The air we breathe, the water we drink, and the food we consume, we are exposed to about 50,000 chemicals daily. Stress of everyday life, pollution and bad eating habits all affect the body leading to vitamin and mineral deficiencies. These chemicals cause discomfort or cause diseases. If we just look for the skin toxins result in broken capillaries, loss of firmness, skin lesions, dry skin and more.

We need to get these toxins regularly out of our body to remain healthy & balanced!

This is the purpose of the De-tox Body Ritual at Puri Santi – Garden of Relaxation.

The De-tox Body Ritual combines is a unique combination of very effective de-tox treatments with some of the best botanical ingredients nature has to offer. The compositions of treatments are perfect matches, which maximise the effect of the other treatments. A steam shower, a body scrub or a mask all de-toxify the body – but when they are combined together their effect is even higher than just the sum of all 3 treatments.

**Steam Shower:**

Steam raises the body's temperature and speeds up metabolism and blood flow. Together with a cold shower after the steam bath this increases the blood flow and stimulates muscles to release stored toxins.

**Sea Mint Salt Scrub:**

Sea Salt releases toxins from the skin tissue, improves the blood circulation and regulates the pH value of the tissue. Sea Salt helps to strengthen the resistance of the skin and acts as an antiseptic. Seaweed stimulates and improves micro blood-flow and lymphatic circulation. It revitalizes and firms the skin

The benefits of seaweed to the skin include purifying & detoxifying, re-balancing & hydrating, nourishing and cell regenerating, leading to the reduction of cellulite.

These benefits are achieved due to the concentration of mineral salts, amino acids, the vitamins A, C, B1, B12, E, PP, K, D and trace elements.



**Dead Sea Mud Body Mask:**

Exfoliating, cleansing and providing essential minerals. Fine mud grains, cleanse the skin and remove any dead skin cells & dirt particles, impurities and toxins. Mud also relieves skin disorders such as eczema, acne and wrinkles. When the mud dries, it pulls out any toxins that may be present in your skin cells from your everyday diet.

The Dead Sea Mud provides essential minerals such as potassium, magnesium, sodium and calcium for your skin. Your skin needs them to maintain the right moisture levels and hydration.

The mud firms your skin and tightens it, giving you an exceptional anti aging benefit and leaving your skin looking younger.



**Signature Body Massage:**

The Lymphatic transports, a watery fluid called lymph. It maintains a proper fluid and protein balance, which is very important for a strong immune system and to flushing outtoxins, unwanted wastes.

Puri Santi Signature Massage uses very light pressure, circular rhythmic movements to stimulate the lymphatic system to perform better.

A lymphatic massage releases the blockages developed in the lymph system. It increases the flow of lymph in the body. This helps to remove toxins and wastes from the body, improves metabolism and strengthens the immune system.

**Sea Mint Algae Bath:**

Sea Salt releases the toxins from skin tissue, improves the blood circulation

and regulates the pH value of the tissue. Sea Salt helps to strengthen the resistance of the skin and acts as an antiseptic.

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The benefits of seaweed to the skin include purifying & detoxifying, re-balancing & hydrating, nourishing and cell regenerating, leading to the reduction of cellulite.

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**Sea Mint Body Lotion:**

Sea Mint Moisturizing Cream is Seaweed based and infused with Cocoa Butter, Peppermint, and Basil & Lemon essential oils to effectively detoxify and revive depleted skin.

Seaweed stimulates and improves blood and lymph circulation, revitalizes and firms the skin while re-establishing natural moisture levels. It is known to nourish, oxygenate and detoxify the skin leading to the reduction in appearance of cellulite

Peppermint makes a wonderful, soothing effect that relieves muscular tension and sore muscles.

Cocoa butter protects skin from the damaging effects of sun exposure and prevents the skin from ageing. Cocoa makes skin softer & thicker, denser and better hydrated and smoothens skin wrinkles.

Lemon has the ability to both calm and revitalize, to relieve tension and inspire.

Basil is a soft stimulant and helps to reduce mental fatigue and depressions.

