

# Detox the ayurveda way



**Ayurveda** is said to be the oldest healing science in the world, having begun in India more than 10,000 years ago.

It is still practised by many Indian people and is fast gaining a following in the West.

Part of the ayurveda philosophy involves each individual eating the right food and herbs for their natural constitution for better health and to reverse the ageing process.

Travel consultant Julie Baker, of Mosman Park, is convinced.

She has been working in travel for about 25 years and at the same time, and quite separately, has pursued an interest in meditation, yoga and spirituality.

Recently she discovered an ayurvedic health retreat in the southern Kerala region of India.

She went and tried it herself and was so excited by what she saw and felt she now wants others to enjoy the experience.

If you take Julie's route to India, be prepared to be nurtured.

"People think of India as being confronting and stressful," Julie said. "But this quiet retreat has a beautiful atmosphere and the people of Kerala are very gentle."

The retreat is set in tropical-style gardens with villas overlooking the Arabian Sea.

On arrival, each guest has a consultation with an ayurvedic practitioner who designs an

individual program of treatment and organic menus.

Each person is assigned two therapists for daily treatments and massages using organic herbs and natural medications grown at the retreat.

There are also opportunities to explore the local area, watch the locals fishing, check out the markets or just relax in a hammock...

Retreats are for seven or 10 days.

For those who are more Europe oriented, Julie has found a retreat in an 8th century abbey in the Umbrian region of Italy and has devised a program that includes beautiful walks, home-style food and unforgettable scenery.

The trip is in early June and includes three days in Rome before heading to the abbey, which nestles in the forests of the Sibillini National Park.

The regime at the abbey includes pampering treatments, yoga and meditation.

There will also be opportunities for walks through the local countryside, which Julie describes as being quieter and more discreet than Tuscany, and visits to towns like Norcia, Spoleto, Assisi and Deruta.

After a week of tranquillity there will be six days on the Amalfi Coast, staying in Positano, which is so beautiful movie directors can't resist it.

Julie says prices are from \$3990 for the Indian retreat and \$8400 for the Essence of Italy.

Her number is 0427 766 716.



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