



YOUR 5 DAY DETOX-PROGRAM

INVEST IN YOUR WELL-BEING WITH OUR UNPARALLELED 5-DAY DETOX AND SPA EXPERIENCE.

Enjoy exceptional value with our **"STAY 4, PAY 3"** offer, granting you more time to unwind and revitalize. Indulge in massages and treatments, harmonize your being with daily yoga, and nourish your body with wholesome, detoxifying cuisine and juices. This is your opportunity to prioritize your health and indulge in pure relaxation.

DAY 1 – THE ARRIVAL

- 12:00 PM** CHECK-IN & WELCOME DRINK
- 2:00 PM** SMILING GECKO PROJECT TOUR
- 5:00 PM** EVENING YOGA
- 7:00 PM** DINNER AT THE FARMHOUSE RESTAURANT
(own Account)



DAY 2 – DEEP DIVE WITH BODY AND MIND

- 8:00 AM** MORNING GROUP YOGA*
- 9:00 AM** HEALTHY BREAKFAST & DETOX DRINK
- 10:30 AM** DEEP CLEANSING FACIAL*
- 12:30 PM** DETOX LUNCH & DRINK (@Sanctuary Café)
- 2:30 PM** DEEP TISSUE MASSAGE*
- 5:00 PM** EVENING YOGA
- 7:00 PM** DETOX DINNER & DRINK (@The Pool Bar)



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DAY 3 – PUTTING TWO SOULS TOGETHER

- 8:00 AM** MORNING GROUP YOGA
- 9:00 AM** HEALTHY BREAKFAST & DETOX DRINK
- 10:30 AM** SANCTUARY COUPLE MASSAGE*
- 2:00 PM** DETOX LUNCH & DRINK (@Sanctuary Café)
- 4:30 PM** SUNSET TOUR WITH YOGA
- 8:00 PM** DETOX DINNER & DRINK (@Farmhouse Restaurant)



DAY 4 – FADING AWAY ONE LAST TIME

- 8:00 AM** MORNING GROUP YOGA
- 9:00 AM** HEALTHY BREAKFAST & DETOX DRINK
- 10:30 AM** POWER OF MORINGA WRAP*
- 12:30 PM** DETOX LUNCH & DRINK (@Sanctuary Café)
- 2:30 PM** SANCTUARY SIGNATURE MASSAGE*
- 5:00 PM** EVENING YOGA
- 7:00 PM** DETOX DINNER & DRINK (@Farmhouse Restaurant)



DAY 5 – THE DEPARTURE

- 8:00 AM** MORNING GROUP YOGA
- 9:00 PM** HEALTHY BREAKFAST & DETOX DRINK
- 12:00 PM** CHECKOUT, OPTIONAL WITH LUNCH (@Farmhouse Restaurant) AND LATE CHECK-OUT

- * Optional a school visit can be arranged at 6:30AM.
- * Detox drink served after each massage treatment
- * Transfer service Phnom Penh-FH-Phnom Penh



SPECIAL DEALS AT FARMHOUSE RESORT AVAILABLE.
CALL WHATSAPP OR TELEGRAM : +855 11 67 95 95

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farmhouse-smilinggecko.com