

# Detox and Meetings

By Julie Keller

**T**oday's headlines are filled with stories of successful detox diets, treatments, supplements and other activities. Celebrities and everyday folks alike tout their weight-loss, health and wellness benefits—but are they really something that can help make a meeting more productive? The answer from the experts is a resounding “yes.”

“The body undergoes a natural detoxification on its own. However, due to the modern diet and stresses of modern life, our bodies sometimes would benefit from some assistance in resetting itself,” says Dr. Shirley Madhere, a New York-based holistic plastic surgeon who offers her clients the GlISODin Skin Nutrients: Advanced Detoxification Formula ([glisodinskin.com](http://glisodinskin.com)) to help them achieve optimal health. “Detoxing helps to rejuvenate and energize the system, eliminates harmful toxins in order to promote clear skin and optimum health, and assists in weight loss by promoting healthy liver, colon and renal detoxification.”

## Pre-Meeting Tips

According to Madhere and other experts, a pre-meeting detox is a great way for you and your attendees to feel refreshed and rejuvenated. Supplements such as GlISODin are an excellent way to get the process started. A nutritious juice fast is another option. The BluePrintCleanse ([blueprintcleanse.com](http://blueprintcleanse.com)) is a gentle nutritional juice process designed to provide the body with maximum nourishment while giving your digestive system a rest. One of the most popular is the 3-Day Cleanse, which involves the ingestion of many healthy juices that are chock-full of vitamins, enzymes and other phytonutrients.

“Juicing cleansing is a natural, easy way to reset your body and get you back on track. Many of the happy side effects often experienced by clients include more mental clarity, elevated moods and increased energy,” says Jina Wye, BluePrintCleanse’s director of sales and marketing.

As such, a pre-meeting cleanse is a perfect precursor to a productive meeting. Exhale Mind Body Spa ([exhalespa.com](http://exhalespa.com)) and BPC have teamed to make the experience even more effective. Exhale spas and wellness centers in New York, Boston, Chicago, Miami, Dallas and Santa Monica, Calif., have created a package for \$295 that includes a three-day cleanser, three fitness classes and a spa treatment. “It’s an amazing value, and we get great feedback,” Wye says.

## Meeting Detox

Still, not every attendee can make a pre-meeting detox a priority, but there are several properties that offer detox treatments that can be adopted by your meeting-goers during your event. California’s Four Seasons Hotel Westlake Village ([fourseasons.com/westlakevillage](http://fourseasons.com/westlakevillage)) can create packages at its on-site California Health & Longevity Institute that do just that. Plant-based meals are available in Wellness Menus prepared by Four Seasons chefs for buffets, elegant sit-down dinners and more. The institute also provides Wellness Kitchen food experiences; fitness workshops and group hiking in the nearby Santa Monica Mountains; rejuvenating and detoxifying spa services; and individual consultations for nutrition, fitness and life balance.

“The great benefit of having a plant-based menu, excluding alcohol, is that participants will feel more alert and renewed with increased energy,” says Paulette Lambert, RD, CDE and director of nutrition, California Health & Longevity Institute. “The information they receive will motivate them to con-





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tinue healthy eating habits when they leave and return.”

Nob Hill Spa at The Huntington Hotel ([huntingtonhotel.com](http://huntingtonhotel.com)) in San Francisco features a Renewing Detox Package (\$595) that includes an 80-minute Seaweed Leaf Body Ritual, an 80-minute Cowry Shell Detox Facial, a healthy spa lunch, a Jamu Ginger Turmeric Drink and a 15-day supply of GHSODin detox supplements. The Seaweed Leaf Body Ritual and Cowry Shell Detox Facial are available as individual treatments outside of the Renewing Detox Package. The Tides Riviera Maya ([tidesrivieramaya.com](http://tidesrivieramaya.com)) in Playa Del Carmen, Mexico, meanwhile, offers two detox packages, Detox Your Body and Detox Your Soul (ranging in price from \$174–\$990). They can both be customized to the individual and are designed to improve internal balance and re-establish the symbiosis between life, spirit and nature. Detox Your Body programs include juices, yoga and fitness classes, healthy meals, spa services and an ancient Mayan purification ceremony that combines steam and herbal remedies to help purify the body and spirit. Detox Your Soul programs include aspects of Detox Your Body, but focus more on spiritual rather than physical components.

The Pritikin Longevity Center + Spa ([pritikin.com](http://pritikin.com)) at Doral Golf Resort in Miami, which can accommodate meetings of more than 1,000 people, also offers a number of detox options. Activities include executive physicals and consultations with Pritikin’s 10 board-certified physicians; interactive workshops on nutrition, stress management and heart health; fitness training; healthy meals; and detoxifying spa services.

### A Note of Caution

Like all activities that involve a change in diet and exercise, there are some considerations that you need to take into account. Encourage attendees who may have health issues to consult a physician before undertaking major changes, and be cautious about incorporating a significant life/body change during a big event.

But no matter how involved your pre-meeting and event detox activities are, the benefits are countless. “When we are not cognitively stressed, we are thinking more clearly, have better problem-solving abilities and in general make better business decisions. Plus, we get along better with others,” says Coral Arvon, Ph.D., the psychology director of Behavioral Health and Wellness at the Pritikin Longevity Center + Spa. “The benefits of Pritikin eating and exercising are especially valuable for important business meetings. Clean, healthy living clears and sharpens the mind.”