



LIGHTHOUSE SPA

TAHOE CLEANSE

A Seasonal Ritual For Health & Wellbeing

7 DAY DETOX

Join us every Spring and Fall in an effort to eliminate emotional and environmental toxicity in our lives. Based on the science of Ayurveda, you'll discover the healing benefits of how Pancha Karma's seasonal cleansing practices can give you strength and longevity throughout your life. The wisdom of the Ages and this whole-body-lightening-therapy is recommended in the **Spring** and **Fall** when our bodies are most willing to release stuck patterns. In this journey you'll receive personal Ayurvedic guidance, herbal formulas, oils and 7 days of nourishing kitcharee meals.

REBOOT your digestive system, **REFRESH** your mind and **RESTORE** your vitality

Bring Balance To Your Physical, Mental, Emotional Being



AYURVEDA

DISCUSSIONS & SUPPORT



- Get your Tahoe Cleanse kit, plan your week, dosha diet, routines, and intentions
- In person, text, email and phone support throughout your cleansing week
- Follow up with rejuvenation, back to whole foods, mindful living and building Ojas

Shiela Barnett, *Clinical Ayurvedic Specialist*, is a 2002 graduate of the California College of Ayurveda specializing in Pancha Karma Cleansing. Along with her career in guiding personalized detox's, Shiela owns the Lighthouse Spa lakeside in North Lake Tahoe and mountainside at Granlibakken Resort is a 24 year Massage Therapist and Reiki II healer. Shiela teaches living a balanced life through correct dietary habits, meditation, breathing exercises, herbal formulas, seasonal cleanses, purification and rejuvenation rituals.