

Your Ayurvedic Seasonal Cleanse

Ayurvedic Detoxification is more than a detox diet. Committing to an Ayurvedic cleansing diet allows the digestive system to heal on its own terms. Create your ideal Ayurvedic cleansing program. Unique & perfect for you.

Duration of Cleanse (3, 5, 7 or more days)? For how long will you commit to an Ayurvedic cleansing diet?

Cleansing Kitchari Recipe:: Share your own kitchari recipe here, there are as many ways of making kitchari as there are individuals. Create (or look up) a cleansing kitchari recipe that sounds wonderful for you!

Ayurvedic Herbal Spice Tea Recipe:: Make an Ayurvedic Spiced tea & share your recipe as well as why you chose those spices.

Cleansing Rituals (neti pot, tongue scraping, self massage, oil pulling, yoga, meditation, etc) what cleansing practices will you commit to during your cleanse?

