

# DETOX ADVENTURE

**The whole clarification was a pleasure. To understand it you should take a detox course by Hale Sofia Schatz.**

“Detox is a violence. It is not for me”. I was thinking like this during the flight Moscow-Antalya, and again - in the taxi to design hotel Hillside Su, in which the most famous specialist in careful detox, the author of bestseller “If the Buddha Came to Dinner” Hale Sofia Schatz has a practice twice a year – in springs and autumns.

It's impossible not to love Hillside Su. Big white mattresses are everywhere: in hall under the mirror (disco) balls, in the rooms, near swimming pool, in the beach bar, in SPA zone. Fluorescent column-like lamps turn white hotel rooms into pink, red and yellow ones, so that the hotel looks like the Rubick's Cube in the evening. And Hale resembles cheerful Italian woman – former ballerina. She is lightweight and graceful, and you believe her in all circumstances. I like the energy, that is coming from this “a little under sixty” woman. We became acquainted during the dinner on the open terrace: warm October evening, light music, eight floors and sea below, fantastically beautiful mountains on the right. There are 15 persons in our group. And we had just begun to eat properly. At first - fresh: carrot, parsley, green celery, ginseng, lemon – yummy! Then - Swedish table: about 20 kinds of salads, avocado, olives, tomatoes, cucumbers, peppers, pickles, spicy (!) egg-plants, juicy artichokes, dried seaweed plates, live yogurt, spices. Broccoli (spinach, celery) soup. For the main course – fried fish and vegetable sotte, omelet and tomatoes-grill. Tasty herbal teas. Wonderful lemon and ginseng drink cheers and stimulates like coffee. What is absent, and will never appear? Mere trifles I can't live without: meat, coffee, farinaceous foods and products with sugar. “Take detox as adventure – says Hale with playful smile. – You will reveal a lot of interesting things about yourself”. It is just that, what happened later.



Хале «от худшн живота и желудочных проблем» на каждой день прерывает: одну пачку, четыре Smart Fiber – во время завтрака и одну перед сном. Равнодушно отсутствие гипертонии-перерыва. Впрочем, на кухню и бы и не пошла. Слава богу, Хале смеется на грубые вопросы.

Наш день был расписан: morning walk, завтрак, семинар, аэробика, время (я слыла, иногда расслаблялась в ванной, гуляла, плакала и море – черная вода выводит токсины!), вечерние прогулки, консультации, чай, обед. Детокс сопровождался прерывистой аэробикой, по вечерам было так красиво!

Мы с Хале говорили обо всем. Например, о новомодном застолье – как трудно отказаться от соблазна, особенно если гости у родителей. «Умек не говорить «да» всегда. Пусть иногда будет «да», иногда «нет», иногда «может быть, позже».

Наш внутренний голос должен звучать громче, чем голоса друзей или семьи. Важно и понимать, что любовь предугадать труднее, потому что она ассоциируется у нас с привазами. И безответственностью. Хале смеется: она любит, когда мы делаем выводы. Я честно признаюсь, что боюсь сорваться по возвращению. Но Хале и не расстраивает, что я сразу ступаю совер-

шенство. «Речь не о том, чтобы кардинально изменить свою жизнь. Давая пример с одного маленького шага». Она мягко советует держаться до последнего, когда речь идет о кофе, сахаре и шоколаде. «Кем мы будем, если потеряем контроль? Ты можешь вернуть себя контролю – сначала одна неделя, потом другая... Не обещай ничего. Просто действуй».

В последний день приехала я уже знала: I like sweet rice with coffee – but I need a sweet harmony instead. У некоторых по хале заветно повторяется одна фраза – всего на 4 дня! Почти все поудели, кроме меня (ж, не надо было налегать на картошку... ) Зато я почувствовала, что боюсь со мной привазами рис и пить дет.

Прошла неделя, я пытаюсь слушать свое тело, но иногда срывается. И я хочу всех отправить к Хале! Ну видно, не всех. Только тех, кто переживает. У кого бессонница, авианый вес, постоянные стрессы. Кто не в яду с собственным телом, много думает о своей фигуре. И тех, кто на полпути к карьерному образу жизни, но что-то им мешает. Я и сама хочу вернуться в отель Hillside Su, увидеть живое личико Хале и услышать ее слова: «I think, detox is fun!» Если думать так – все так и будет.

STYLING: ANTONIA BIANCHI, STYLING: ANTONIA BIANCHI  
WWW.HILLSIDE.COM SAZI KALE TOYAN BAE WWW.HILLSIDEHOTEL.COM

209

At 8 o'clock we went down for a morning walk. Our beautiful and professional trainer gave commands constantly: "Breza! Breza!" ("Breathe!"). We breathed under the spruces, sprinted the endless stairs up to the high hills, did our morning exercises there, and then went to the sea ("Breza, breza!") and bathed. Between relaxed breakfast and lunch we shared our impressions about detox to each other. I felt unusual lightness: I wanted to sing, dance and laugh. And enjoyed beautiful sightseeing and new feelings. But there were a lot of group members who ailed. The organism got rid of slag, and it influenced to their physical and emotional condition. We had exceptional bright dreams. The people who had excess kilos and some other problems (for example in family) suffered most of all. But in 2-3 days all the problems got out, and people looked enlightened. "It is more difficult for my Boston patients, - smiles Hale, - here you have sun energy, sea and fresh local food". And white design hotel in addition!

Everyone of us received the "bible" under the title Nourishment – Cleanse Workbook. And Hale's homeopathic pills "to avoid bloating and stomach problems" for each day of the program: one - before, four of Smart Fiber – during the breakfast, and one – before going to bed. It was a pleasant that hydrocolonotherapy was absent. However, I would never go somewhere for clysters. Thanks God, Hale consider them as rough invasion.

Our day was full: morning walk, breakfast, seminar, lunch, free time (I slept, relaxed in hammam sometimes, walked, swam in the sea – sea water takes toxins out!), individual consultations, tea, dinner. Detox entailed temporary energy loss, but siesta recharged it soon. We could also have SPA-procedures, placatory massage, fitness-room. Majority of us did yoga before dinner – program included it. And all of us were looking forward to dinner: it was so beautiful on the terrace in the evenings!

Hale and me are talking about everything. For example, about New Year's table: it's too hard to resist the temptation, especially if you are visiting your parents. "Teach yourself not to say "yes" every time. Let it be sometimes "yes", sometimes "no" or sometimes "later, may be"... Our inner voice should be louder than family's or friends' voices". Suddenly I understand that I like harmful food, because it associates with holidays for me. And irresponsibility. Hale shines: she loves when we draw the conclusions. To be honest, I'm afraid to fail (dietary regime) when I will come back to

home. But Hale even don't figure on that I will become an ideal: "We are not trying to change your life immediately. Let's begin from one little step". She softly advises to do your best not to drink coffee, eat sugar and bakery after coming home. "Whom would we be if we lose control? You can teach yourself to control – for the beginning one little thing, then – another one... Don't promise anything. Just do it".

At the last day of the program I knew: I like sweet pies with coffee – but I need sweet harmony much more... Some of us could be proud of the significantly lifted face's oval (and it was only 4 days!). Almost all of the group members were slimmer, excepting me (eh, why did I eat so much potatoes?..). But I became much stronger. And skin color become pinker, which happens once per five years.

One month lasted. I try to listen to my body, but sometimes fail. And I want to send you all to Hale! Ok, not all. Only those of you, who know what means "overeating". And those who have insomnia, surplus weight, constant stresses. Who can't hear your own body, who thinks about his/her shape. And those who is on the middle of the way to healthy lifestyle, but something impedes. And I by myself want to go back to Hillside Su, to see Hale's vital face again and to listen to her words: "I think, detox is fun!".