



Private Health Retreats in Ojai CA.

Personalized Retreats



Based on individual health needs, I design and lead health and healing retreats from 4 to 21 days in Ojai, CA. Each retreat is completely customized to your body-type, digestive system state and health needs with a series of detoxifying, balancing, and nourishing therapies. The healthy restaurants and peaceful environment in Ojai are supportive of healing and detoxification thus making these retreats very effective and enjoyable.

A typical day

Sessions include one consultation generally in the morning at the office with a follow-up meeting each evening often over dinner or as agreed.

I guide participants through a natural healing process one day at a time, one step at a time and one treatment at a time. I provide all the supplements, herbs and teas necessary for you to gain the most results with the highest level of comfort and personal care.

In the afternoon each day, relax and enjoy Ojai or have a therapeutic warm oil massage (Abyangha); or receive treatments from other practitioners such as acupuncture, hatha yoga, colon hydrotherapy, physical fitness, Pilates, lymphatic drainage or chiropractic sessions. (Recommendations and referrals can be provided).

A comfortable and peaceful environment close to nature is integral to the restorative healing process. I welcome you to Ojai and let me take care of you. Follow-up support by email and phone is provided after each retreat

Details



All retreats are provided upon request on an individual bases. Each retreat includes tailored naturopathic treatments and Ayurvedic services by Khabir Southwick.

You will experience the highest level of personal attention and care.

I encourage you to include family, significant others and/or friends who will support you during your retreat. Upon request I can provide you with a proposal for a tailored retreat for you or your loved one.

Costs:

\$185 per day for the consulting services of Khabir. This includes a 60 -90 minute consultation generally in the morning with a second shorter follow-up meeting in the evening. Client is not billed for additional days added between sessions (treatment days). Email and telephone support is provided after each retreat.

Oil massage (abhyanga), herbal products and supplements are billed separately. Acupuncture and other services provided by other practitioners are paid directly to the respective practitioner.

Meals and accommodation:

Accommodation is arranged and paid for by the client. The cost of meals and juices are not included, however, they are easily provided in local health food establishments. Meals and juices can be individually prepared and brought to your location if required provided by a third party.

If you would like to know my views about your health and your options, please submit my secure [Online Health Assessment Form](#)

For details see: [Fees & Online Health Assessment Forms](#) .

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