

GLOW RETREAT

A Sun Valley soak, cleanse, and reset

By Sabina Dana Plasse

SUN VALLEY IS A PLACE WHERE MANY FEEL CONNECTED TO NATURE ON A SOUL LEVEL. It's an area that brings an internal awareness to people, unlike any place you may know. As we begin to connect with our lives, people, places, and bodies, it may not feel the same as it did two years ago before the entire world changed. If anything, the pandemic made it crystal-clear how our health is paramount. With the knowledge we have acquired about living life fully engaged, it is the ideal time to dive deeply into rejuvenation. With that in mind, a soak and detox Sun Valley retreat is just the answer.

Based in Ketchum, Dr. Molly Brown, owner of GLOW and CENTER Health & Performance, will lead one of her very well-known spring cleanses, only this time with the added elements of soaking, meditation, hiking, yoga, and sound healing. Providing guidance on soaks and other elements is Shannon Vaughn, owner of Pursoma, an international wellness brand, who sells her mineral baths in ULTA and TARGET across the U.S., in luxury treatments in Goop, and Four Seasons Hotel to name a few. Pursoma products retail in over 12 international countries. For the retreat, Shannon's products will be used along with suggestions for healthy lifestyle habits, promoting bathing using farm-harvested mineral salts and slowing down while immersed in hot water to reach mental clarity.

For years, Molly has offered a natural, neurologically-based approach and regular seasonal cleanses through GLOW, her plant-based and organic cafe, as a holistic doctor. In addition, she promotes regular detoxification and a high-vibration diet to fuel optimal health and a high-energy mountain lifestyle that is integral for many in Sun Valley.

"This annual spring retreat touches on the trails and hot springs in the magical area of Sun Valley, Idaho," says Molly. "By using outdoor mineral springs, fresh air, beautiful scenery, organic cleansing foods, yoga, meditation, sound healing, mindful movement techniques, and Ayurvedic detox body treatments, our goal is to inspire people to feel fully recharged, inspired, and ready to live an amazing life full of health and energy."

Customized Ayurvedic detox bodywork and other various detoxifying body treatments have been designed to enhance the cleanse programming for this retreat, which will be available for sign-up at GLOW. These treatments can be scheduled accordingly during the cleanse. Along with Pursoma products and lifestyle offerings, the retreat will incorporate the art of meditative bathing to rid the body of stress both mentally and physically. Pursoma's unique modern wellness brand focuses on the new era of



limiting digital connections and seeking a more profound internal relationship with self.

"A mini-retreat helps to repair and recover your energy and cleanse the body using two forms of cleansing, nourishing liquid nutrition for the inside and soaking in natural mineral hot springs to restore beautiful skin and intake of minerals," explains Shannon. "This is a cleanse you need, and it is formulated to restore the body from stress, poor eating habits, and stimulants including alcohol, caffeine, sugar, which we all have experienced over the past two years."

The retreat will provide daily organic coconut yogurts, pressed juices, healing teas and elixirs, fresh-pressed nut milks, pureed soups, and supplements for accelerated detoxification from GLOW, which can be picked up daily. Pursoma will provide self-care products for implementing Ayurvedic detox protocols in the morning and evening, including dry brushing and mineral bathing. In addition, natural skin and personal care products will also be provided to aid in detoxification.

The importance of bodywork only enhances the results and efforts behind this cleanse and retreat. For optimal results, bodywork every two days is suggested with massages. The GLOW retreat has been designed for appropriate yoga, guided meditation, and daily outdoor movement, as it's important to move the lymph system to facilitate cleansing.

"We believe in the healing power of soaking in natural minerals to create ease in the body from accumulated stress and positively affect both the mind and spirit," says Shannon. "This soak retreat will be focused on detox modalities to cleanse the system. There will be visits to natural hot springs while following a carefully crafted cleansing diet using liquid nutrition, pureed foods, supplementation, and therapeutic body care aimed at conscious detoxification."

Cleansing the body and mind of modern toxins caused by overuse of digital technology, news overload, anxiety, caffeine, unhealthy eating habits, and poor sleep is a unique opportunity and these toxins are only a few of many that this cleansing retreat will help mitigate.

"Our mission is to facilitate inspiration, clarity, connection, and incredible health and energy by giving the body and mind a 'pause,'" says Molly. "The results will be focused on releasing stress, inflammation, increased metabolic functions, support and improving digestion, radiant skin tone, and anti-aging benefits."

The elements involved in this retreat and cleanse will provide knowledge for a lifetime. In addition, you can design your own retreat, as all the resources, products, and nutrition are available in Sun Valley. Cleansing the body, mind, and soul to restore balance and beauty from the inside out is recommend annually one to two times per year. ■

If interested in attending The GLOW Retreat, May 23-27, 2022, visit glowsunvalley.com. There is a discount room rate available at the Limelight Hotel Ketchum for the retreat dates with the mention of GLOW Retreat 2022.

The GLOW Retreat with GLOW and Pursoma
May 23-27, 2022

To learn more or how to attend, visit glowsunvalley.com.

For product information, visit pursomalife.com.

