

CODE: 10006288



PERU  
LUXURY

AUTHENTIC & SUSTAINABLE

HOLISTIC DETOX &  
CELLULAR REGENERATION

DEPARTURE: 23.03.26 - 31.03.26

ÉPICA  
Travel Show

# FULL-BODY DETOX AND CELLULAR REGENERATION WITH AN HOLISTIC APPROCH



 COUNTRY: PERU

## Learn to Support Your Body's Natural

CLEAN AND REVITALISE YOUR BODY MIND SPIRIT WITH HARMONY IN ONE OF  
THE MOST NATURAL AND ENERGETIC PERUVIAN ANDES " THE SACRED VALLEY"  
CUSCO -PERU

2 DAYS VISIT TO MACHUPICCHU + 8 DAYS DETOX RETREAT



LEARN TO CLEAN AND  
REVITALISE YOUR  
BODY MIND



SPIRIT WITH HARMONY IN ONE OF THE MOST NATURAL AND ENERGETIC PERUVIAN ANDES "CUSCO"



## VERONICA NAPURI PEIRANO

I invite you to refresh and restore your body to elevate your "energy frequency," engage in practices that promote positivity and physical wellness, such as deep breathing, spending time in nature, regular movement and exercise, practicing gratitude, consuming hydrating and nutrient-rich foods, and using sounds that uplift you. These actions are believed to clear stagnant energy, calm the nervous system, and align your internal state with joy and abundance

The integration of these three centers of being comes from a deeper level of ourselves.

Each center is located in a different part of the body and each provides a different way of perceiving and understanding reality.

The Yachay is located in our HEAD THINKING

The Munay is located in our HEART

The Llankay is located a couple of finger-breadths below our navel and a few inches inside our BODY.



## Who leads the programme?



### CARMELA ALDAVE

Meet Carmela Aldave, Functional Therapist & Ayurveda Specialist in Detox and Gut Health Programs. Founder of the Árbol de la Vida Centre in Lima and Árbol de la Vida Integrative Wellness & SPA in Cusco, Carmela Aldave is an expert in holistic wellness and health. Her personalised approach has transformed the lives of many patients. As a cell microscopy specialist, she evaluates the biological landscape through a drop of blood, allowing her to design detox and cellular regeneration programmes tailored to individual needs.

She also uses craniosacral therapy techniques to balance, heal, and release emotions. Certified in Kundalini Yoga and Pilates, Carmela teaches classes that combine flexibility, mental well-being, and physical strength, promoting a holistic approach to mind and body care. She is committed to guiding her patients toward a healthier and more fulfilling life.

# SACRED VALLEY MACHUPICCHU FOR YOUR SPIRITUAL AWAKENING

MARCH 23 CUSCO – SACRED VALLEY – MACHU PICCHU

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Flight Lima-Cusco	LAN 2007	09:15	10:45		
Train Ollanta - Aguas Calientes	VISTADOME	19:04	20:45		

Upon arrival in the Imperial City, you will be warmly greeted by a tour guide at Cusco airport and escorted to the hotel located in the Sacred Valley.

First stop: visit the archaeological complex of Pisac and take a short hike around this area. Admire the magnificent Andean terraces, which were built to expand the agricultural lands.

Indulge in a welcome lunch at the Alqa Museum in a stunningly beautiful mansion, where you'll savour a culinary celebration of traditional Peruvian dishes crafted from locally sourced ingredients. Enjoy a guided tour of the museum's private collection of folk art, adding cultural depth to your journey.

Next, explore Ollantaytambo village, renowned as the only inhabited Inca city in the Andean region, revered for its archaeological significance and preservation of Inca customs and cultural heritage.



Delve into the Ollantaytambo Sanctuary, a pivotal architectural complex boasting religious and astronomical structures such as the Temple of the Sun, Mañaracay, and the Incahuatana Royal Hall. This former Inca administrative centre served as the gateway to Antisuyo, the Amazonian region of the Inca Empire, situated at the northern terminus of the Sacred Valley.

Then, you will be transferred to the train station to board the Train to Machu Picchu, a remarkable World Heritage Site. This archaeological site was hidden for centuries until 1900.

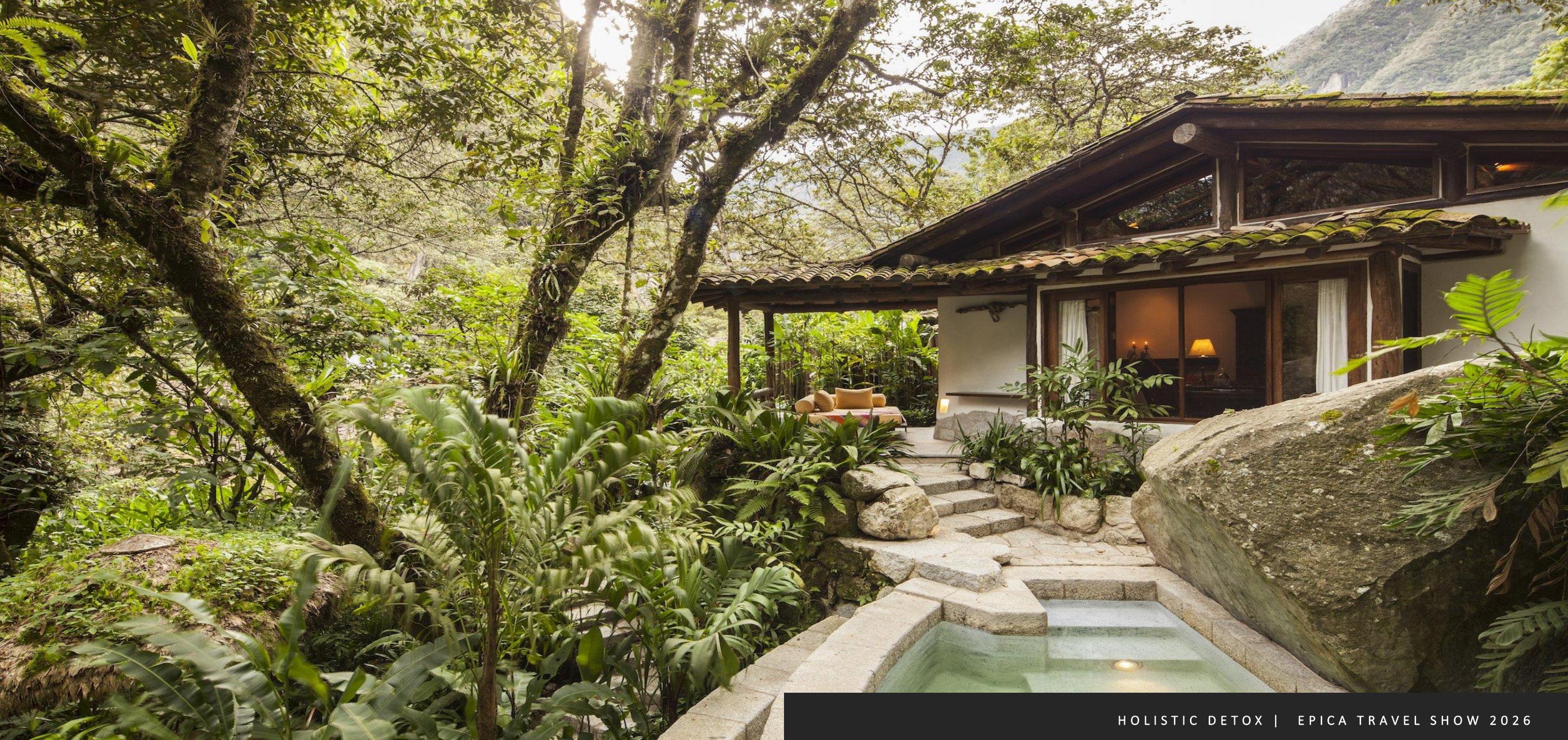
Arrival to Aguas Calientes, reception, and transfer to hotel. Dinner is included.

Memorable experiences	Pisac Ruins & Ollantaytambo (Private Tour - 7 hours)
Meals	Lunch- Dinner at the hotel
Lodge	Inkaterra Machu Picchu Pueblo Hotel
Lodge's Category	Superior
Type of Room	Superior
Altitude	1,900 m.a.s.l. / 6,233 ft.
Average Temperature	20°C / 68°F













MARCH 24, 2026: MACHUPICCHU – SACRED VALLEY

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Train: Aguas Calientes - Ollantaytambo	VISTADOME 304	15:48	17:29		

This morning, you will receive assistance to board the bus to enter Machu Picchu. The citadel was built on an extraordinary spot covered in vegetation between two mountains: Machu Picchu (old mountain) and Huayna Picchu (young mountain), at the foot of which meanders the Urubamba or Vilcanota River (lower jungle featuring abundant flora and fauna).

After the tour, board the bus back to Aguas Calientes for lunch at a local restaurant.

After lunch, board the train to Ollantaytambo station.

Reception at the train station and transfer to the hotel in the Sacred Valley.

Memorable experiences	Tour Machu Picchu (Private Tour - 3 hours)
Meals	Breakfast – Lunch
Lodge	Arbol de la Vida wellness centre
Lodge's Category	Superior
Type of Room	Standard
Altitude	2,800 m.a.s.l. / 9,187 ft.
Average Temperature	15°C / 59°F



A scenic view of a resort or retreat. In the foreground, there is a well-maintained garden with a gravel path, various plants, and a large tree on the right. In the middle ground, there are several wooden buildings with gabled roofs, surrounded by green lawns and trees. In the background, there are large, rugged mountains under a clear blue sky.

YOUR DETOX  
PROGRAMME  
STARTS TODAY



# WHAT WILL YOU ACHIEVE?

## Deep cleansing

Eliminates toxins and alkalises the blood

## Digestive improvement

Optimises digestion and helps reduce fat, facilitating weight loss.

## Energy renewal

Increases energy and vitality

## Cellular rejuvenation

Improves your cell regeneration capacity, leading to better and healthier organ function.

## Mental clarity

Improves memory and concentration

## Healthy habits

Lasting lifestyle changes





## WHAT INCLUDED?

Our comprehensive programme includes a personalised health plan encompassing physical and energy therapies, yoga, emotional well-being, and a nutritional plan tailored to your needs. We leave no stone unturned in your journey to wellness.



## ANALYSIS OF YOUR CURRENT HEALTH STATUS

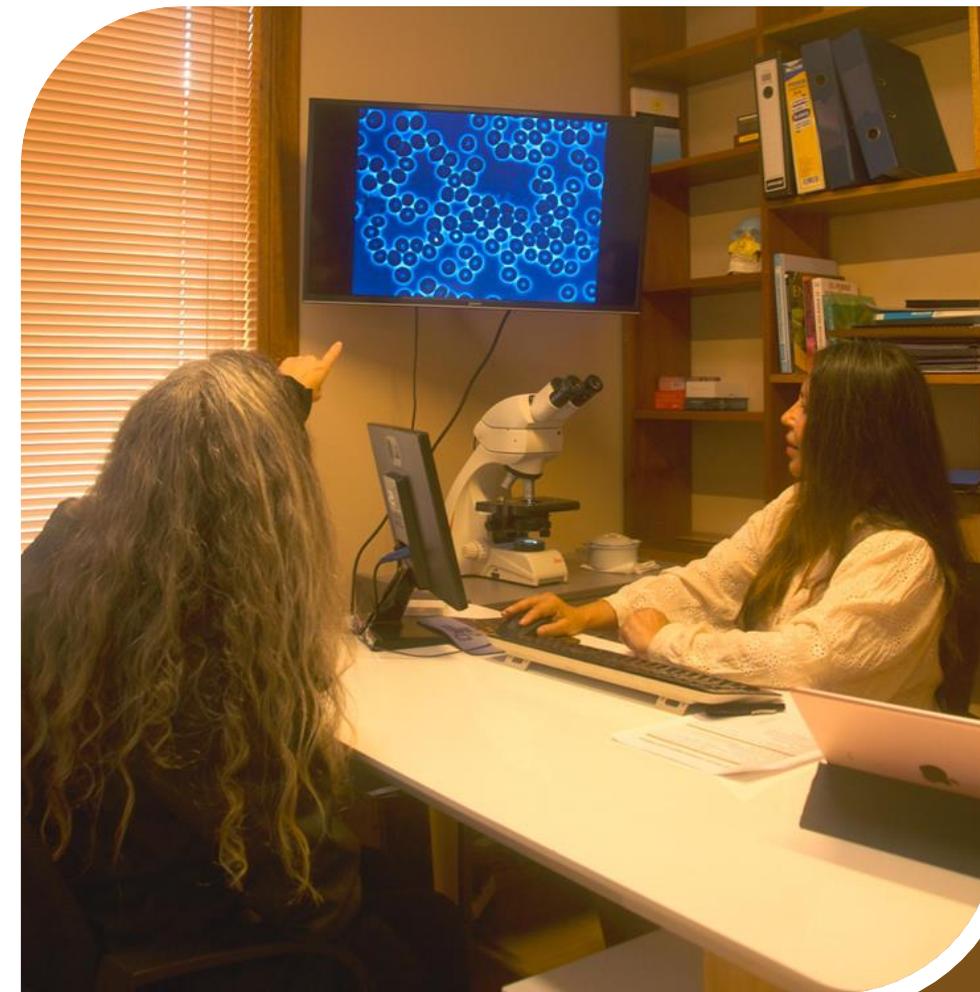
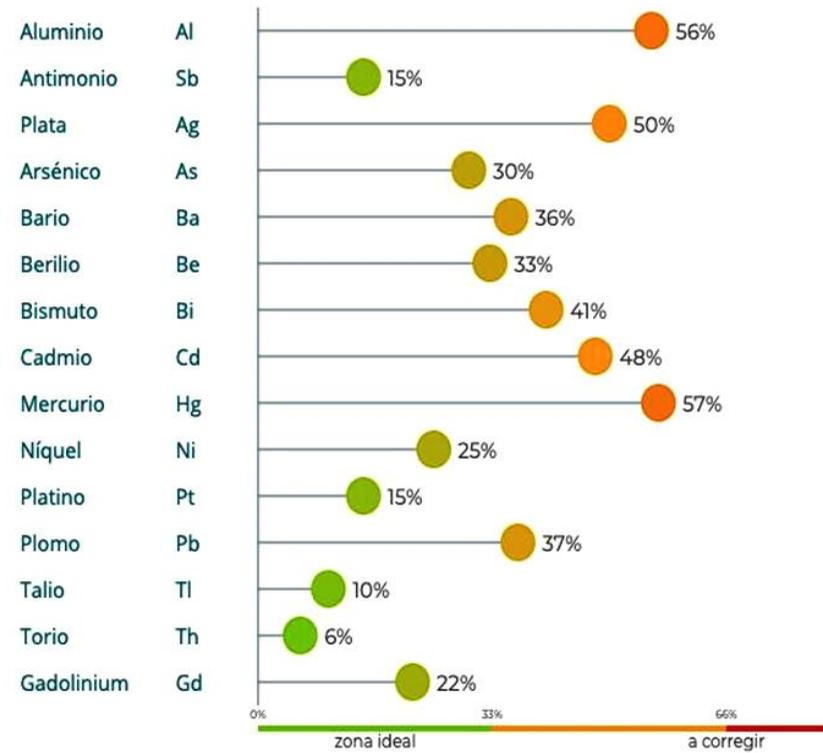
### Stress and electromagnetic field assessment

Using various techniques and the support of our functional therapist, we identify sources of stress and develop effective strategies to manage them and restore balance.

### Biological Terrain Assessment

We analyse your cellular health with a drop of blood through a microscope.





## NUTRITION AND DETOX

We provide a regimen of fresh, organic, and high-quality foods that promote natural detoxification and revitalisation of the body.







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## DAILY YOGA

Focused on specific breathing exercises and meditations to detoxify the body.





## ENERGY THERAPIES

### Sound Healing

Vibrational therapy uses sounds and frequencies to align brain waves and promote physical, mental, and emotional well-being.

### Scalar Waves

It seeks to restore health and well-being by harmonising cells, stimulating electromagnetic waves to reverse disease, and promoting bodily balance.







## PHYSICAL THERAPIES

### Osteopathy

Manipulation of muscles, joints, and the spine is focused on treating and preventing health problems.

### Colon Hydrotherapy

Gentle cleansing of the intestinal walls with warm, filtered water helps eliminate toxins and waste from the body on a large scale.



## EMOTIONAL WELLNESS THERAPIES

### Ceremony of the Elements

A ritual that purifies the soul and strengthens our inner selves invites us to reflect on our inner waters, memories, and relationships and releases trapped emotions through sacred prayers.







# EXPERIENCE A FULL DAY OF WELL-BEING AND RENEWAL

- 🌿 Steam sauna.
- 🌿 Dry sauna.
- 🌿 Infrared sauna.
- 🌿 Hot and cold-water therapies.
- 🌿 Spanish shower.
- 🌿 Epsom salt pools.
- 🌿 Vichy showers.
- 🌿 Special therapies.
- 🌿 Halotherapy in our salt cave.
- 🌿 Salt exfoliation or body wraps.
- 🌿 Relaxation area.
- 🌿 Juice and fresh fruit bar.
- 🌿 Relaxation room.







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## STAY IN A SACRED AND MAGICAL SETTING

Immerse yourself in a peaceful environment in the Sacred Valley of the Incas, surrounded by sacred mountains, beautiful gardens that uplift the spirit, and vibrant nature that enhances your detoxification and renewal process. Our space has been designed to offer you the perfect balance of comfort, connection with nature, and energetic harmony that only the Peruvian Andes can provide.



















—TUCANO—  
PERU TRAVEL BOUTIQUE

✉ [triprequest@tucanoperu.com](mailto:triprequest@tucanoperu.com)