

(PRLEAP.COM) **Top weight loss and fitness resort in Thailand, PhuketFit, releases new Detox program aimed at "cleansing the Mind & Body and helping our guests lose weight".**

"Detoxing in Phuket has been popular for over a decade" reports Gerard, a 47 year old man who has been a guest in most of the Detox resorts in Phuket.

"What used to be just a few hundred people a year, has quickly grown as Phuket establishes itself as the best place to detox in the world", Gerard tells us.

The PhuketFit resort has established itself through "creative and modern" fitness and weight loss programs, with well documented success stories. Now, PhuketFit has developed a program which is said to, "detox the body whilst also accelerating weight loss results".

Full program here: <http://www.phuketfit.com/cleanse/>

Gerard describes PhuketFit's new Mind & Body Cleanse as, "one of the best ways to cleanse the digestive tract and bodies internal systems. It also helps the body lose weight by flushing out debris within the long intestine and colon. In addition to this with yoga and fitness classes the body burns excess fat and makes a very noticeable difference."

Caroline, from Sydney Australia, gives us this review of the new detox, "I've detoxed before and found it to be too spiritual in other places. Here I love how detoxing is being used as a practical tool for weight loss and to detox the body of metals and pesticides and other harmful substances".

"It's turned out to be fantastic!" David from England tells us. "I didn't really know what to expect at first and I was actually a bit skeptical about the results that could be achieved. But now having spent 5 days on the program, I'm really impressed with the results and how clear and clean I feel. I'd recommend it to anyone."

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