



## **Weekend Cleanse**

### **American Yogini**

Feel the city's temptations quickly fade away as the Hampton Jitney drops you off at this posh Jamesport enclave ([americanyogini.com](http://americanyogini.com), 631-722-4771). Without sacrificing comfort or elegance, the center—which accommodates up to six people for two-, five- and seven-night stays—went completely green in July. Getting clean (from sugar, salt, fat, pesticides and preservatives) never felt so luxurious: Double-filtered water runs through the showers, zero-VOC rubber foam mattresses pad each bed (3), and salt water fills the outdoor swimming pool.

But the glue-free carpets will be the last thing on your mind once you start your fast. Other than a hot potassium broth in the morning, detoxees drink only two fresh juices a day. Working with ayurvedic principals and energy chakras, various juices are blended to satisfy your cravings and invigorate the body. Distract your stomach with fun “un-cooking” raw food classes, knitting, salsa dancing, facials, waxing, manicures and massages. The spot also offers daily vinyasa-kundalini flow yoga classes taught in a spacious studio. While McGuire believes the Classic five-day retreat (\$755 shared room; \$1,400 private room and bath) is the most effective, you can jump-start your detox diet from Friday night until Sunday and pay the Weekend Bridge price (\$500–\$800). Both include accommodations, juices, seminars and postdetox counseling.