



Terms & Conditions

Baja Cleanse Retreat

These terms cover what to expect when you book a stay with Baja Cleanse. Please read them before booking, and reach out any time if anything's unclear.

1. About Baja Cleanse

Baja Cleanse Retreat is a small, independently run retreat located in Spa Buena Vista, on the East Cape of Baja California Sur, Mexico, hosted by Tanya Jill Benyo. References to “we,” “us,” or “Baja Cleanse” in these terms mean Tanya Jill Benyo, operating at this location.

2. Booking & Payment

A booking is confirmed once a deposit or payment has been received. Payments are accepted via Wise (for international guests) or Zelle (for U.S. guests). Payment details are provided at the time of booking. Our separate Cancellation & Refund Policy governs what happens if your plans change.

3. Your Stay

Every stay is built around you, so the exact program varies based on your health questionnaire, your goals, and your consultation call with Tanya Jill Benyo. What's included in your stay is shared with you before booking and isn't restated here in full, since it can vary from guest to guest.

4. Health & Your Responsibility

Before your stay, you'll complete a health questionnaire covering medical history, medications, allergies, and lifestyle. Please answer honestly and completely, since your program is built around this information. If anything about your health changes between booking and arrival, let us know as soon as possible.

If you're pregnant, or believe you might be, please let us know when you book, and let any guide or practitioner working with you during your stay know as well, particularly before movement sessions, the Ion Cleanse, or the liver and gallbladder flush.

Baja Cleanse is a wellness retreat, not a medical facility. Nothing offered here, including the detox program, Ion Cleanse and Rife sessions, lymphatic work, and other elements of your stay, is intended to diagnose, treat, or cure any medical condition. Please consult your own doctor before your stay if you have any health concerns, and continue any prescribed medical treatment unless your physician advises otherwise.

5. Your Responsibilities as a Guest

Please choose a stay that genuinely suits your health and fitness level, and let us know in advance about anything that might affect your participation. We'd ask that you bring appropriate clothing, any personal medications, and anything else you need for a remote setting, since options for buying things locally are limited.

Detox work, breathwork, and the pace of a retreat like this can bring up strong physical or emotional responses. This is a normal part of the process, and we ask that you communicate openly with Tanya if anything ever feels like too much. We also ask that all guests treat each other, Tanya, and her team with courtesy and respect throughout their stay.

6. On-Site Activities

Some parts of your stay, including movement sessions, breathwork, HIIT, and massage, are offered directly by Baja Cleanse. As with any physical activity, there's some inherent risk of injury, and by taking part you accept that risk. Please tell us about any physical limitations in advance so your program can be adjusted.

7. Independently Operated Excursions

Add-on excursions, including snorkeling, hiking, whale watching, horseback riding, the hot springs and lagoon day, the desert waterfall trip, the rancho vineyard visit, Cabo Pulmo, and meditation with horses, are run by independent local operators, not by Baja Cleanse. All of these need to be booked, and you book and pay these operators directly. Your agreement for that activity is with them, not with us.

Some operators may collect you from Baja Cleanse's property as a matter of convenience. This doesn't make Baja Cleanse a party to that excursion, or responsible for what happens during it. We're glad to help put you in touch, but we'd encourage you to ask each operator directly about their own safety practices and insurance before you go.

8. Plant Medicine Sessions (By Request Only)

Guided plant medicine sessions are not a standard part of your program and are not actively offered. If you specifically request one, Baja Cleanse can arrange for an independent, experienced guide to lead a session at Tanya's home. You contract and pay the guide directly, and a separate, detailed consent and health screening form is required beforehand. Baja Cleanse is not responsible for how the session is conducted; that relationship sits between you and the guide.

9. Your Environment

Baja Cleanse sits in Spa Buena Vista, a rustic, unpaved part of the East Cape, not a resort. Roads are sandy, and animals including cows, horses, donkeys and dogs move freely through the area.

As in any natural desert and coastal environment, you may encounter local wildlife, whether during a booked excursion or simply around the property. Tanya isn't aware of any guest ever having been bitten, but please stay alert.

Because Baja Cleanse is in a remote part of Baja California Sur, access to rapid medical evacuation or specialist care is more limited than it might be at home. We'd ask guests to factor this into their decision to visit and, as below, to carry travel insurance that covers medical evacuation.

By staying with us, you accept this as part of the character of the place.

10. Emergencies & Medical Care

We recommend all guests carry travel insurance that covers medical care and evacuation. Baja Cleanse has a relationship with a local medical clinic, connected to larger hospitals, for anything beyond minor care.

11. Circumstances Beyond Our Control

Occasionally, things happen that are outside anyone's control, such as extreme weather, natural events, government restrictions, strikes, or similar disruptions. If any of these affect your stay, we'll do everything we reasonably can to help, but Baja Cleanse can't be held responsible for delays, changes, or cancellations caused by circumstances like these.

12. Right to Decline or End a Stay

If a guest's health, behavior, or general conduct puts their own safety, the safety of others, or the wellbeing of the group at risk, Baja Cleanse reserves the right to decline a booking or end a stay early. Where a stay has ended for this reason, any refund is limited to the cost of services not yet provided.

13. Photos & Testimonials

With guest consent, Baja Cleanse may use photos and testimonials from your stay on our website and in marketing materials. If you'd prefer not to be included, just let us know.

14. Limitation of Liability

To the fullest extent permitted by law, Baja Cleanse is not liable for injury, loss, or damage arising from activities offered directly on-site, except where caused by our own negligence, nor for anything arising from independently operated excursions or plant medicine sessions as described above, which are separate agreements between you and the relevant operator or guide.

Where, despite the above, Baja Cleanse is found liable for any reason, that liability is limited to the amount you paid for your stay.

15. Changes to These Terms

We may update these terms from time to time. The version shared with you at the time of booking applies to your stay.

16. Questions

Reach out anytime at bajacleanse@gmail.com or +52 624 132 6893. We're happy to talk through anything here before you book.