

Step 1

BEFORE Cleanse

Your Detox schedule is approaching. To prepare your body and gain the maximum impact of our Detox, we strongly recommend preparing yourself 3 days prior to your Detox schedule.

First, we highly recommend you eliminate the following from your diet:



- Alcohol
- Caffeine (coffee, sodas, tea)
- Nicotine (cigarettes)
- Refined Sugar (bottled/canned drinks, sodas, bottled juices)



- Meat & Poultry (chicken, beef, pork)
- Dairy Products (milk, cheese, yoghurt)
- Processed foods (sausages, canned foods)
- Refined starches (bread, white rice, pasta)





During this time we recommend you substitute the above products with fresh fruits and vegetables. Increase your water intake, substitute your morning coffee with a cup of herbal teas.



By following the above guidelines, you're preparing your body to flush out the toxins, and gain optimal result for your Detox cleanse. We understand that it might be hard to completely eliminate the above products from your daily life, but try to reduce the intakes; it'll also help reduce your cravings during your Detox.

Step 2

DURING Cleanse

- Please remember to keep your Detox juices chilled at all times! Your juices are made with fresh, raw ingredients with no added sugar or preservatives therefore we can only guarantee its freshness for 3 days when chilled. We've numbered the bottles for your convenience.
- Please remember to drink the juice slowly rather than gulping it down all in one go, to optimize the absorption of nutrients.
- To also help the elimination of toxins during the cleanse, we also recommend the following to help promote the detoxification process:
 - Sweating (either through gentle exercises such as morning walk, yoga or pilates). 
 - Be sure to rinse off immediately afterwards to prevent the toxins from re-entering.
 - Exfoliating the skin
 - Massage & Reflexology
 - Herbal Laxatives 
- During your Detox, your body is working to get rid of the toxins and you'll therefore experience some unpleasant symptoms.
 - Light headed/ Nausea
 - Diarrhea / Constipation
 - Cravings for food (try to substitute by drinking water/lemon water/herbal tea)
 - Skin break out
 - Dry Mouth
 - Runny nose/congestion
 - Low blood pressure 

Everyone is different, so don't be alarmed if you have any of the reactions above, it shows that your body is trying to excrete toxin from your body. When you are craving food, ask yourself whether it is psychological or physical. Listen to your body & if you feel like you need to take a break, you can take a nap or slice up some apples or cucumber.

Step 3

AFTER Cleanse

Easing out of your Detox cleanse is just as important as easing into it. Therefore don't go back to your usual meal straight away!



You should have small portions of meals consisting of raw fruits and vegetables. Soups, salads, smoothies and juices are also recommended the days after your cleanse.

2.5L
/day



Remember to hydrate yourself daily, your body needs at least 2.5L of water every day. Incorporate a regular exercise routine to your lifestyle and remember to eat well!

DETOX PROGRAMS



Power Cleanse



Skin Glow &
Weight
Maintenance



Classic



Anti Ageing



Vitality



Active & Sporty

Total Body
Cleanse

Our Signature
Detix

Packed with Anti
Oxidant

Cleanse with Fruity
Flavors

9:00

No1

Green Boost

Green Boost

Green Boost

Green Boost

Lean Green

11:00

No2

Nutty Nuts

Lean Green

Roots Exotic

Lean Green

Refresh

12:30

No3

Cocoberry

Roots Exotic

Nutty Nuts

Cocoberry

Nutty Nuts

15:00

No4

Lean Green

Longevity Juice

Refresh

Longevity Juice

Cocoberry

17:30

No5

Nutty Nuts

Lean Green

Hawaiian Breeze

Fountain of Youth

Hawaiian Breeze

19:30

No6

Fountain of Youth

Fountain of Youth

Citrus Burst

Refresh

Citrus Burst