

# JUICE CHALLENGE

## **Welcome to our Juice Challenge !**

Beyond improving our overall health, juices provide an abundant supply of micronutrients that are deeply regenerating for our skin. Therefore, during 7 days, we will integrate together juices into your daily life. I have been doing it for seven years and I am always blown away by the effects on my own skin.

## **Who can participate**

Our juice recipes are made for adults, over 18, that feel that they need it.

## **How many juices**

The more you integrate juices to your daily life, the more effects you will get. Make sure to listen to your needs.

## **Quality**

We recommend to cold press your fruits and vegetables to avoid any nutrients alteration. You can store your juices up to 3 days maximum in the refrigerator, with lemon juice.

## **Water**

Even when drinking juices, we recommend that you drink water. You can even add liquid chlorophyll to optimize the benefits of your challenge.

## **During the challenge**

In order to stimulate regeneration, you can take this eliminatory drink at night: 1 teaspoon of psyllium + 500 ml of juice or water + 1 teaspoon of chlorophyll.

Whishing you a beautiful challenge ! Don't forget that I am here for you if you have any questions. I am looking forward to your feedback on juices.

With love,



**LUXCEY**

BEAUTY RITUALS

# JUICE RECIPES

## GREEN JUICE



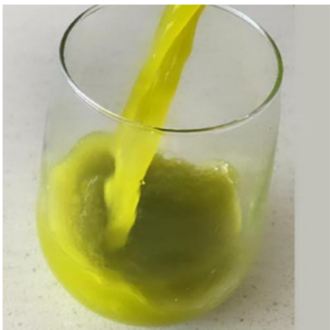
- 2 cucumbers
- A small watermelon rind
- 1 piece of fresh ginger root
- 1 small handle of fresh mint
- 250 ml of water or coconut water (if using a blender)
- 1/4 of a lemon

## BURGUNDY JUICE



- 2 small beetroots
- 3 carrots
- 1 spinach bundle
- 3 apples
- 1 finger of turmeric root
- 250 to 500 ml of water or coconut water (if using a blender)
- 1/4 of a lemon

## GOLDEN JUICE



- 250 ml of water or coconut water (if using a blender)
- 1/2 pineapple or a pineapple core
- 1 finger of turmeric root
- 1 piece of fresh ginger root
- 1/4 of a lemon
- Chlorophyll option: 2 cucumbers

\* Please note that for each recipe you can remove or reduce the fruit input, for people with more or less sweet tooth.

LUXCEY

BEAUTY RITUALS