



# Green Cleanse Quick Guide

Save this to your phone to keep your cleanse schedule handy.



8:00 AM  
E3 Live



9:00 AM  
The Good



10:00 AM  
Chia Seed Hydrator



11:00 AM  
The Giver



12:00 PM  
Vanilla Almond Brekky



2:00 PM  
Fiery Ginger



3:00 PM  
The Good



4:00 PM  
The Giver



5:00 PM  
Chia Seed Hydrator



6:30 PM  
The Good



8:00 PM  
Lavender Lemonade

## Our Top Five Cleanse Tips

**1.** If you're missing your mid-morning hot drink, herbal teas are a great substitute and will promote circulation and protect the immune system.

**2.** Make time in your schedule to get extra sleep. This is when your body heals.

**3.** Nourish your immune system by not overworking yourself while you are cleansing. You may still exercise, but we recommend you take it easy. Try replacing high-intensity cardio with a power walk, a swim, or a gentle yoga class.

**4.** Dry brushing is a self-care technique that can be particularly helpful during a cleanse. Our skin is the largest organ involved in detoxification, and this is an invigorating way to remove dead skin cells. Follow it up with a warm bath or shower.

**5.** Cleansing can make you chilly! Wear a scarf and remember to bring an extra layer.

Questions? We're here to help! [hello@greenhouse](mailto:hello@greenhouse).