

Cleanses

The body's capacity to heal and reset is incredible. Occasionally, it's good to give your digestive system a rest and let your energy redirect.

What To Expect

You will receive 5 juices and 1 milk a day. This is a nourishing dose that will support your body. If you feel like you want more, you may add extra juices, milks, herbal teas, and broths at home. We recommend shifting your diet three days before your cleanse by eliminating processed foods, caffeine, alcohol, refined sugar, grains and legumes. Focus on raw foods, soups, juices, smoothies, and lots of water. It will only lead to a more comfortable and graceful cleanse.

Within the first 24 – 48 hours of cleansing, you may feel delicate. As you progress, you will feel energized. Day 4 is magic!

Set yourself up for success!

- + Drink all of your juices
- + Space them out evenly
- + Stay warm and rest
- + Magnesi-Om® for brain health, relaxation, and regularity
- + Skin brushing, tongue scraping, oil pulling, colon hydrotherapy and far-infrared sauna

Post Cleanse

This has been a reset. It's a great time to consider what kind of foods you want to introduce back into your life. Keep the momentum going!

Cleanses

1 Day \$54 3 Day \$162 5 Day \$270 7 Day \$378

Drink the entire contents of your feast each day.

For bottle order, follow your drinking intuition.

Rainbow

Flood your body with the colors of the rainbow.

Goodness Greens*

Almond Milk**

Sweetish Greens* (2)

Roots Royal*

Gingered Lemon*

Green

A supremely alkalizing and leafy green feast.

Gracious Greens* (2)

Goodness Greens* (2)

Almond Milk**

Sweetish Greens*

All Juices, Tonics, Shots, Milks and Shakes listed
in order of sweetness level.

*Indicates certified organic by CCOF. All other ingredients
are organic or wildcrafted.

**Can be replaced with unsweetened Almond Milk or Lait de Coco.

Produced with Good Manufacturing Practices
in a facility that also processes nuts.