

RESETS

Nourish your mind, body and beauty with a one day reset with targeted benefits.

RECOVERY

\$54

Replenish and hydrate with potent doses of greens.

GOODNESS GREENS*

celery, cucumber, spinach, kale, parsley, dandelion

ENZYMATIC TONIC

full spectrum plant-based enzymes, probiotics, aloe vera, alkaline water

BLUE TONIC

blue spirulina, lemon, coconut water, alkaline water

SWEETISH GREENS*

kale, dandelion, celery, cucumber, lemon, ginger, green apple, spinach, parsley

ROOTS ROYAL*

green apple, beet, lemon, ginger, turmeric

GOLDEN TONIC*

turmeric, lemon, ashwagandha, alkaline water, stevia, cardamom, black pepper oil

BEAUTY

\$57

Nourish your skin with greens and fruit flavors.

SWEETISH GREENS*

kale, dandelion, celery, cucumber, lemon, ginger, green apple, spinach, parsley

GRACIOUS GREENS*

cucumber, romaine, spinach, mint, lemon

STRAWBERRY MILKSHAKE

strawberries, coconut nectar, lucuma, Almond Moon, Beauty Dust®, Collagen Protect™

ROSE GL'EAU

Pearl, rose water, MSM, alkaline water

PINK TONIC

grapefruit, aloe vera, Beauty Dust®

MANGO LASSI

mango, coconut, lime, coconut nectar, ginger, cardamom, pink salt, probiotics, alkaline water, Collagen Protect™

IMMUNITY

\$57

Keep sickness at bay with citrus, greens and ginger.

GINGERED LEMON*

green apple, lemon, ginger

ROOTS ROYAL*

green apple, beet, lemon, ginger, turmeric

GOLDEN TONIC*

turmeric, lemon, ashwagandha, alkaline water, stevia, cardamom, black pepper oil

SWEETISH GREENS*

kale, dandelion, celery, cucumber, lemon, ginger, green apple, spinach, parsley

CALIFORNIA SUN*

orange, grapefruit

SILVER STRAWBERRY

strawberries, coconut nectar, colloidal silver, Almond Moon

*Indicates Certified Organic by CCOF. Other ingredients organic or wildcrafted. Good manufacturing practices in a facility that also processes nuts.

VISIT US

MELROSE PLACE

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VENICE

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SILVER LAKE

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LA, CA 90026
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Delivery available
on Postmates, Caviar,
and Uber Eats.

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† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



CLEANSSES
& RESETS

Intelligent Self Care™



CLEANSING BASICS

Everyday we are exposed to toxins: through the air we breathe, the food we eat, and the products we use. Signs that you may need to cleanse include a weakened immune system, troubled skin, digestive issues, brain fog, mood swings, unexplained weight gain, low energy, and trouble sleeping.

The body is incredible in the ways it can naturally detoxify, but from time to time, it can be beneficial to temporarily eliminate solid food and support your body's innate process of renewal. With the premium quality, organic produce used in our juices, your body will receive a surge of live nutrients and enzymes, supporting the natural process of toxin elimination.†

WHAT TO EXPECT

In your cleanse, you will receive 6 juices and milks. This is a nurturing dose that will support your body, not deprive it or stress it out. If you are new to cleansing, we encourage you to supplement with additional juices and/or milks if that is what your body needs.

We recommend shifting your diet three days prior by eliminating caffeine, alcohol, nicotine, refined sugar, animal products and wheat. If you can, spend a few days eating raw foods, broths, sea vegetables, juices, smoothies, and drinking lots of water. It will only lead to a more comfortable and graceful cleanse.

Within the first 24–48 hours of cleansing, you may begin to feel changes in your body. Initial hunger or tiredness is normal. As toxins begin to exit your body, you'll feel elevated energy, mood, and mind.

Things you can do to make your cleanse more enjoyable include:

- drink all of your juices and milks
- space them out evenly to sustain and prevent hunger
- drink lots of water, half your body weight in ounces if possible
- stay warm and rest as much as you can
- gentle self-care activities such as restorative yoga, skin brushing, tongue scraping, oil pulling, colon hydrotherapy, far infrared sauna, magnesium salt baths, and deep breathing

POST CLEANSE

How you come off a cleanse is critical to the process. For the first day, introduce only soups and smoothies back into your diet. In the following days, come down from the cleanse the same way you prepared for it: eating cleanly, while avoiding alcohol, nicotine, refined sugar, animal products, and wheat.

CLEANSSES

Drink the entire contents of your feast each day. Follow your drinking intuition.

ONE DAY \$54

THREE DAYS \$162

FIVE DAYS \$270

RAINBOW

Flood your body with the colors of the rainbow as you naturally detox and reset.

GINGERED LEMON*

green apple, lemon, ginger

GOODNESS GREENS*

celery, cucumber, spinach, kale, parsley, dandelion

CILANTRO CELERY PUNCH*

celery, green apple, cilantro, ginger, lemon

ALMOND MOON**

activated almonds, coconut nectar, pink salt, alkaline water

CALIFORNIA SUN*

orange, grapefruit

ROOTS ROYAL*

green apple, beet, lemon, ginger, turmeric

GREEN

A supremely alkalizing and leafy green feast. It doesn't get cleaner than this!

GOODNESS GREENS* (2)

celery, cucumber, spinach, kale, parsley, dandelion

GRACIOUS GREENS*

cucumber, romaine, spinach, mint, lemon

ALMOND MOON**

activated almonds, coconut nectar, pink salt, alkaline water

CANYON GREENS*

collards, rainbow chard, parsley, ginger, celery, cucumber

SWEETISH GREENS*

kale, dandelion, celery, cucumber, lemon, ginger, green apple, spinach, parsley

INDIGO

Feast on orange and purple hues from the earth and reap the energetic benefits.

GOODNESS GREENS* (2)

celery, cucumber, spinach, kale, parsley, dandelion

CARROT, LIME & COCONUT*

carrot, coconut, ginger, lime

ALMOND MOON**

activated almonds, coconut nectar, pink salt, alkaline water

SWEETISH GREENS*

kale, dandelion, celery, cucumber, lemon, ginger, green apple, spinach, parsley

CILANTRO CELERY PUNCH*

celery, green apple, cilantro, ginger, lemon

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