



YOUR JUICE DETOX GUIDE



INTRO TO YOUR CLEANSE

A juice cleanse is a short-term, all liquid diet intended to cleanse both the mental and physical state. A juice cleanse provides plenty of sustenance from wholesome, organic veggie and fruit juices. The primary physical reason for a juice cleanse is to give the digestive system a break from processing heavy proteins and fat, in addition to filtering the liver, kidneys and gall bladder. A juice cleanse should leave you energized, balanced and focused. Performing a juice cleanse has also been known to promote improved sleep patterns and curb food cravings.

Benefits:

- Detox your body and reboot your entire system
- Improve your overall health; lift your energy and vitality
- Raw Juices are full of vitamins and antioxidants
- Boost your immune system and make your skin glow





TIPS

We recommend a 100% juice cleanse because eating slows down the juice cleansing process. If you need to eat during your juice cleanse, choose organic fruits, vegetables or soaked nuts and seeds. Drink your juice slowly and enjoy the taste.

During Cleanse:

- Start your day with a glass of water with lemon
- Drink your 6 juices per day in 2-3 hour increments
- Drink at least the same amount of water as juice - Drinking water while juicing is critical as it helps the cleansing process, keeps the body from holding onto the toxins, and encourages hydration

YOUR JUICES

Green Cleaner Juice x 2

Lettuce, Celery, Cucumber, Green Apple, Spinach, Parsley, Lemon

Fruit Juice Blend Cocktail x 1

Papaya, Pineapple, Ginger, Kiwi, Coconut

Ginger Beet Combo x 1

Apple, Beetroot, Lemon, Ginger, Carrot

Tropical Orange x 1

Carrot, Pineapple, Parsley, Orange

Cashew Milk x 1

Cashews, Honey, Vanilla, Sea Salt, Cinnamon

Juices will be delivered to your guest villa, freshly pressed according to schedule.



EXERCISE

Limit yourself to light exercise, such as walks, yoga, and stretching. Your energy levels will change when you're on a juice cleanse, so pay attention to what your body needs before exercising.

ACTIVITIES

We suggest doing relaxing activities while juice cleansing such as spa therapies, writing in a journal, meditation, walks in nature, listening to gentle music. Make sure you have a lot of free time to take care of yourself.

DETOX RESPONSES

When you are experiencing cleansing reactions these are signs that your body is detoxifying, expelling old toxins, throwing them temporarily into the bloodstream for it to be eliminated. You need to drink water to flush these toxins out. Remember, when sitting outside in the sun, or enduring hot weather days, you may be losing water through perspiration. Consider this so you don't dehydrate. Always drink water at room temperature or warm. Avoid cold water which may trouble your digestive system.

3 DAYS POST-CLEANSE

To maintain the benefits of your cleanse, ease back into your eating routine.

- Day 1: Add in fruits, green vegetables, 8 glasses of water
- Day 2: Add in nuts, gluten-free grains
- Day 3: Add in organic meats, fish, gluten grains



balance

WELLNESS BY ANANTARA



For any questions and additional information, please reach out to our Director of Food & Beverage or Food & Beverage Manager.

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