



THANK YOU FOR YOUR ORDER.

WE HOPE YOU LOVE YOUR JUICES JUST
AS MUCH AS WE LOVE MAKING THEM FOR YOU.

FRESH PRESS SOCIAL

Lauren
x

STORE

HOW TO STORE YOUR JUICES:

When your juices arrive, please refrigerate as soon as possible to preserve freshness.

They are best enjoyed cold, so be sure to keep them refrigerated until you are ready to drink.

Our juices have a fridge life of 4 days once received, they can also be frozen for up to 3 months!

CELERY

CELERY JUICE PLAN

Your celery plan consists of 7 juices, 1 for each day of the week. We advise to drink your celery first thing in the morning on an empty stomach and waiting 15 minutes before you eat or drink anything else.

Please refrigerate 3 of your juices, put the remaining 4 in the freezer and you can get one out the night before you need it and pop into the fridge to defrost for you to enjoy the following morning.

BENEFITS

WHY DO A JUICE CLEANSE?

- Helps to detox the body.
- Boost hydration.
- Clearer mind.
- Helps clear skin.
- Improves digestion.
- Reduce inflammation
- Helps with weight loss.
- Promotes healthy eating.

DETOX

DETOX JUICE PLAN

Your package consists of 5 juices and 1 shot for each day. We advise taking your celery juice first thing in the morning on an empty stomach and waiting 15 minutes before taking your shot.

You can decide what juices you would like to drink throughout the day, leaving 2-3 hours between each juice. We recommend finishing your day with our Antioxidant as your last juice of the day.

TIPS

- We encourage drinking herbal teas throughout the day, avoid coffee. If you choose to drink coffee, then drink black coffee.
- Drink at least 2 litres of water throughout the day.
- Most people don't eat solids during a cleanse, although some people will still incorporate an easily digested meal - a salad, a clear soup.
- A pinch of salt in water can help curb hunger, if you start to feel hungry.
- We advise to have your health shot 15 minutes after your celery juice, first thing in the morning, and a hot water and lemon shortly after your shot.

TIPS



IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT US.