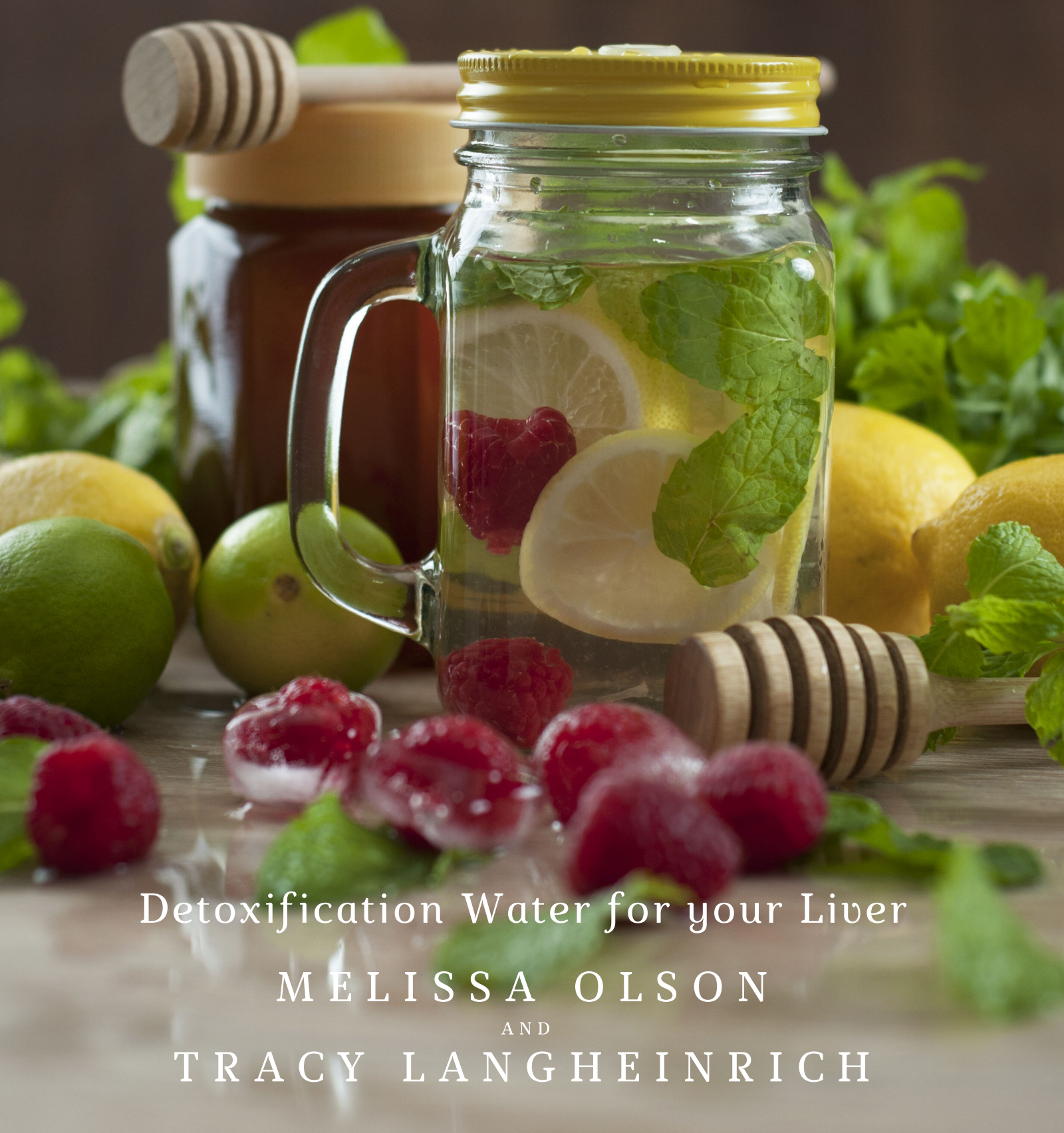


THE DETOX SPA

recipes



Detoxification Water for your Liver

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AND

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THE DETOX SPA

Strawberry Spa Water

1 Pound Organic Strawberries

1 Organic Lemon

1 Large Pitcher of Water

Strawberry contains vitamin C that helps flush fat from liver and protects liver function

Lemon balances pH and triggers the liver to release toxins

Hull and slice one pound of strawberries and place in a pitcher with filtered water. Then put the mix in fridge overnight. Enjoy with ice.

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Apple Cinnamon Detox Water

1 Apple
1 stick Cinnamon
1 Large pitcher of water

Apple contains malic acid that helps loosen sludge in your liver and gallbladder

Cinnamon assists in regulating blood sugar levels and burns calories

Slice Fuji apples and place them in a pitcher with a stick of cinnamon. Add ice, then fill with water. Allow to chill in the fridge 15 minutes, then enjoy.

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Fat Flush

Detox Water

1 Grapefruit

1 Orange

1/2 Large Cucumber

2 Fresh mint Leaves

1 Large Pitcher of Water

Grapefruit Contains a lot of vitamin C and have been shown to suppress appetite and regulate blood sugar. They also decrease bloating and can help shed water weight as well as emulsify fat.

Peppermint Leaves can help to promote better digestion, giving your body a chance to feel fuller quicker and will assist you to absorb vitamins (like Vitamin C) more readily.

Cucumber reduce bloating and water retention

Mix the ingredients together the night before you plan to drink it. The following day drink as much as possible, before and between meals. You need to allow 10 days to see the best results but you will notice less bloating, increased energy and hydration quicker.

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Jillian Michaels Detox Water

2 Organic Dandelion Tea Bags

1 Tbls 100% Cranberry Juice

2 Tbls Lemon Juice

1 pint water

Cranberry Juice - Apple contains malic acid that helps loosen sludge in your liver and gallbladder

Dandelion Tea assists in liver cleansing and rejuvenation

Lemon balances pH and triggers the liver to release toxins

Brew organic dandelion root tea as directed using 2 tea bags per pint of water. Next, let it cool to room temperature and add one tablespoon of cranberry juice and two tablespoons of lemon juice. This drink, mixed with 60 ounces of distilled water, will help your body flush fat and lose weight.

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Flat Belly Detox Water

1 cup Cubed Watermelon

5 Fresh Mint Leaves

1 Large Pitcher of Water

Watermelon improves metabolism, encourages liver to release toxins and balances electrolytes.

Mint improves digestion and reduces inflammation

Cube watermelon and freeze it. Then add it to a large jar, add 10 mint leaves and fill with filtered water. For best results, allow to chill for 10 minutes. Then you can drink it. The water will help replace other beverages that are bad for you while providing a way to get rid of toxins and increase your metabolism.

Extra! Lemon juice also helps with metabolism, so if you need a bigger boost, add lemon juice.

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**For additional detox
treatments and
information visit
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