



10 DAY "SKIN RESET" PROGRAM



Tips for SUCCESS

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TIPS FOR SUCCESS



*You can do anything for 10 days.
The long-lasting effects are worth it!*

- Be gentle with yourself - Your body isn't used to eating this way so it's important to shop, prep and plan ahead of time so you aren't rushing during meal time.
- Let family and friends know you are treating yourself to a 10-Day Skin Reset Program and will be taking it easy for the next ten days.
- Make sure to incorporate at least 30 minutes of daily activity (e.g. even taking a walk is great!) during the 10-Day Skin Reset Program
- Sweating helps to release toxins and improve the lymphatic system (hello hot yoga!).
- You may experience headaches, feel fatigued or light headed during your 3-Day Liquid Cleanse and this is normal as your body is releasing toxins.
- Suggestions for evening activity – journal writing, read or meditate (to help increase melatonin production) - pay attention to how you are feeling, physically and emotionally.
- Drink plenty of water - I have a water bottle with me at all times!
- Always carry snacks with you as feeling hunger is ok but avoid feeling extreme of uncomfortable hunger urges.
- Enjoy a nightly Epsom salt bath: 2 cups Epsom salts in hot water; submerge as much of your body as you can and relax for 20-30 minutes; do not towel dry and wrap yourself in a big towel and lay down for 30 minutes to allow your body to further detoxify through sweating.
- Get a good 8 hours of quality sleep each and every night.

