

MODERN BRIDE BEAUTY KIT



Designed to help the modern bride maintain vibrant health and look her best, helping remove toxins, reduce bloat, and enhance skin tone - all while alkalizing, boosting immunity and delivering a healthy glow.

HOW DOES IT WORK?

FOLLOW BELOW INSTRUCTIONS FOR EACH DAY

FIRST THING IN THE MORNING: Enjoy warm filtered water with a big squeeze of lemon to wake up your liver and flush excess fluids.

WITHIN THE HOUR: Drink your **TURMERIC TONIC** shot. This soothing tonic aids inflammation through pineapple, turmeric, aloe and chamomile extract, while stimulating metabolism and balancing the digestive system.

BREAKFAST: Drink your **IMMUNITY** juice to elevate your wellness with citrus, roots and cayenne.

MID-MORNING SNACK: Drink your **D-TOX** juice to hydrate and detox with coconut water, chlorophyll, and mineral-rich fruits.

LUNCH: Drink your **#GETYOURGREENS** juice to amplify digestion with the refreshing combo of greens and aloe. Cucumber will flush excess water from cells while hydrating your skin for that maximum glow. The aloe will help restore balance to your digestive system and reduce inflammation.

MID-AFTERNOON SNACK: Drink your **BETA-BOMB** juice to flush your body with more than 220% of your vitamin C, sugar stabilizing cinnamon and alkalizing lime.

DINNER: Eat a light salad packed with green veggies.

POST DINNER: Drink your **TUMMY TONIC** shot. This blend of probiotics, aloe, and apple cider vinegar are designed to soothe your digestive tract, enhancing beauty from the inside out.



Be sure to drink plenty of water throughout the day, ideally between each juice and meal, to help aid in the flushing of toxins. Aim to consume 64 oz of water daily.