

BLISSFUL COLD-PRESSED JUICERY

dear friend

— est. 2019 —

BEGINNING YOUR HEALTHY DETOX



Fruit-Based Juice

N^o 01 Triple C - Pineapple + Orange + Passion Fruit + Honey

The pineapple has vitamin C, orange has vitamin C, passion fruit has vitamin C, if you drink this juice you will also have triple vitamin C. The combination of vitamin C with honey offers the body a natural antibiotic

N^o 02 Tropic Holiday - Coconut Water + Pineapple

Coconut water is tasty, high in potassium and super hydrating. The pineapple diet is not a myth since it is a strong dietary fruit which helps maintain the ideal weight of the body. It helps in the reconstruction of the skin and strengthens the immune system.

N^o 03 Wake Up Call - Orange + Carrot + Chia Seeds

A vibrant orange juice together with carrot create the hydrating, refreshing juice packed with vitamins and minerals, super delicious!

N^o 04 Exotic Passion - Passion Fruit + Carrot + Apple

Passion fruit, sweet-sour, highly aromatic fruit, has high vitamin C, boosts your immunity and good for skin. Combining with carrot and apple, this rich in minerals drink keeps your heart healthy and maintains bone density.

N^o 05 Balance - Pineapple + Beet + Ginger

Pineapple, a sweet, nutritious treat. Beetroot detoxifies body. Ginger, ancient spice with powerful anti-inflammatory properties, cures nausea and removes excess gas, regulates sugar level, enhances sexual activities. Combining these three, your body will come in balance with the spirit. Enjoy!.

Vegetable-Based Juice

N^o 06 All Time Classic - Carrot + Apple + Beet

The extremely tasty juice ideal for sport people. Beetroot has high content of nitrate. Dietary nitrate supplementation in the form of beetroot juice not only decreases blood pressure but also reduces the amount of oxygen needed during exercise and enhances athletic performance

N^o 07 Minty Breath - Romaine Lettuce + Peppermint + Pineapple + Apple

Romaine lettuce is packed with high antioxidant vitamin A, C, K and folate, prevents bone loss and keep your heart healthy. Combining it with pineapple, apple and mint, this juice makes the body breathe. The fresh taste of mint offers you cool breathing and rejuvenation. Studies show that mint helps in memory.

N^o 08 Power of Popeys - Spinach + Pineapple + Apple + Cinnamon

Become like Popey and even stronger! Except for spinach has iron and pineapple! You knew that; Cinnamon activates brain signals for better mental function.

N^o 09 Veggie Ginger Surprise - Watercress + Pineapple + Ginger

Watercress is high in vitamin C, calcium and iron. It enhances ability of cells to fight damage to DNA caused by free radicals, has array of cancer-fighting antioxidants, including eye-protecting lutein and chlorophyll. Combining with pineapple and ginger, this drinks is great for your overall your body, your bone and brain.



Almond Milk-Based Juice

Nº 10 Sweet Cocoa - Almond Milk + Banana + Raw Cocoa + Coconut Flesh + Honey + Chia Seeds

Almond milk is prepared every morning. It contains the same amount of vitamin D and calcium as cow's milk and half protein. Contains omega 3 which lower cholesterol level and help memory. Cocoa is rich in nutrients help in sense of joy and wellbeing. Honey offers the body a natural antibiotic.

Nº 11 You Must Love Me - Almond Milk + Avocado + Spinach + Date

Spinach is nature's master antioxidant plus good fat avocado that goes well together with everything. This smooth and full of nutrients drink helps reducing total cholesterol level, restoring energy and is great source of antioxidants

Nº 12 Summer Snow - Almond Milk + Coconut Water + Vanilla + Chia Seeds

A coconut water is kind of happiness. Coconut water is refreshing and helps balance out your body with minerals, vitamin and electrolytes Vanilla uplifts your mood, reduces anxiety and depression. This is a perfect drink for summer!

Nº 13 I'm Not Strawberry Milk - Almond Milk + Beet + Coconut Water

Beets are calling, the blessing of nature. Combining beet with almond milk and coconut water, this is a smooth and delicious drink. Beet is known for the incredible cleansing and detoxing abilities due to the many antioxidants they contain. This is a great drink to start your day.

Drink Program

You can drink detoxifying juice as often as you want to "listen to your body". Ideally, it could become a habit and offer yourself a 3 days per season or one day per month or per week.

The program includes 5 drinks that exceed the daily diet requirements. The consumption is shared in 5 meals throughout the day. Each day you can drink :

- 2 fruit-based juices
- 2 vegetable-based juices
- 1 almond milk-based juice

You can change the program with more vegetable juices up to your liking.

*cold-pressed, raw, delicious,
locally sourced, lovingly produced,
carefully packaged, your daily detox,
goodness to your soul.*