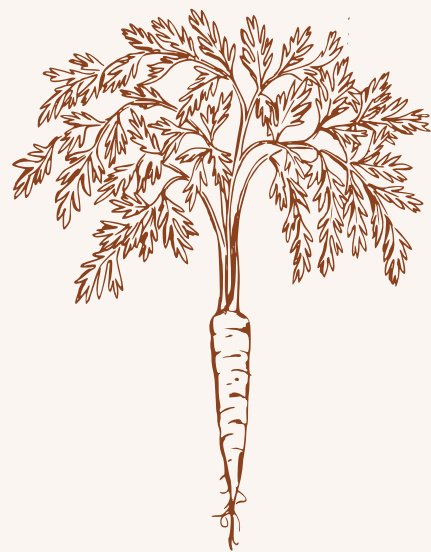


Satya Essentials

30 DAY CLEANSE AND RESTORE PROGRAM





Welcome!

READY TO BEGIN?

We are so excited to welcome you to this time of transformation and growth.

Our prayer for you is that you may find the tools you need to make the next step on your wellness journey. May this time and space be a catalyst for greater change, unleashing the reservoir of healing energy within you.

WHAT'S IN THIS GUIDE?

- Shopping list
- Product information
- Your supplement guide
- Recipe and menu suggestions
- A morning and evening routine



The goal of this detox program is to introduce you to some powerful natural supplements and essential oils whilst also rebooting your body with naturally regenerative and healthy whole foods that will create the foundation for sustained health and wellbeing.

Stock up on organic fruits and vegetables and healthy fats such as avocados, ghee, or cold-pressed olive oil. We recommend reducing your intake of meat (some people eliminate it all together) but if you want to continue eating animal products then make sure they are organic, grass-fed and free-range.

We want you to include a large variety of fruit and vegetables in your diet, making sure that they make up for at least 80% of your food intake. We encourage you to have something raw with each meal, whether that be a few green leaves, a tomato, or a sprig of parsley.

Foods to avoid are processed and synthetic foods containing man-made chemicals, food additives and flavour enhancers. Avoid sugar and sugary products, all dairy products, and gluten (including wheat, rye, spelt).

We also recommend you avoid stimulants such as alcohol and coffee and in this way give your body a chance to return to energetic balance without the need for external stimulants.

SHOPPING LIST

FRUITS

All fruits, organic and seasonal if possible.

Local fruits are preferable, and frozen is acceptable if there is no alternative.

Dried fruit is okay for snacks.

FATS AND OILS

Avocados

Ghee

Extra virgin olive oil

Coconut oil, sesame oil, avocado oil

MEAT, POULTRY, EGGS, FISH

Free-range, organic, grass-fed, or wild.

DRINKS

Herbal teas, Kombucha, Coconut water, Matcha

VEGETABLES

- Green leafy vegetables including kale, spinach, rocket, chard, lettuce, watercress, and endive.
- Cruciferous vegetables including broccoli, cabbage, cauliflower, kale, and collards.
- All root vegetables. Carrots, beets, turnips, radishes, and parsnips. Sweet potatoes are preferable to white potatoes, All members of the squash family.
- Dry and fresh legumes
- Sprouts including alfalfa and broccoli
- Peppers, aubergine, zucchini, cucumbers, and celery
- All mushrooms
- Seaweed and algae
- All herbs and spices, including fresh ginger

SWEETENERS

Honey, unprocessed maple syrup, date syrup



SHOPPING LIST

SNACKS / TREATS

Dried fruit, nuts and seeds

Cacao nibs

Almond or cashew nut butter

Dairy-free, sugar-free yogurts

GRAINS

Wholegrain rice

Wild (black) or red rice

Quinoa

Oats

PASTA /NOODLES

Rice noodles, quinoa or plant-based noodles

FERMENTED FOODS

Tempeh, kimchi, sauerkraut, and kombucha

FOODS TO AVOID

- Sugar and sugary products
- Artificial sweeteners
- Processed and packaged foods
- Alcohol
- Coffee
- Gluten
- Tomato ketchup and processed seasonings such as mayonnaise, mustard, and chilli sauces
- Non-organic produce
- GMO produce
- Refined oils
- Fried foods
- Processed meats
- Dairy (if you need to, choose goat or sheep's milk/cheese instead)
- Fizzy and sugary drinks



YOUR SUPPLEMENTS

We will be leaning on some powerful natural plant-based supplements to support and stimulate a deep cleansing in the body.

In the following pages we have included more detailed information about these products which we highly recommend your read.

These supplements will accompany us for the entire 30 days and beyond.

Please read through the guide carefully and attentively so you know exactly what to take and when.





ZENDOCRINE : DAYS 1-30

ZENDOCRINE ESSENTIAL OIL AND SOFTGELS

Zendocrine supports your body's natural detoxification system and helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.

PRIMARY BENEFITS

Supports the body's natural ability to rid itself of unwanted substances

Supports healthy liver function

Purifying and detoxifying to the body's systems

KEY INGREDIENTS AND BENEFITS

Tangerine Peel: extremely rich in limonene, known for its purifying benefits

Rosemary Flower/Leaf: supports healthy liver function

Geranium Plant: supports the body's natural ability to rid itself of unwanted substances

Juniper Berry: supports healthy kidney function

Cilantro Leaf: supports the body's natural process of eliminating toxins



LEMON OIL : DAYS 1-30

LEMON ESSENTIAL OIL

All citrus oils are cleansing and purifying due to the high level of monoterpenes. Most monoterpenes tend to inhibit the accumulation of toxins and help to discharge existing toxins from the liver and kidneys.

Lemon oil has been used historically to fight food poisoning, scurvy, malaria and typhoid epidemics, and help with liver problems.

PRIMARY BENEFITS

This oil may be beneficial for cleansing air pollution, dissolving cellulite, digestive problems, gallstones, | low energy, liver deficiency, respiratory problems, sore throats, fever, exhaustion, flus and colds, hang-overs, kidney stones, infections, water purification, constipation, as a disinfectant, and for removing oily greasy stains from clothing or furniture.



TERRAZYME : DAYS 1-30

Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes that are often deficient in cooked, processed, and preservative-laden foods.

The powerful combination of digestive enzymes found in DigestZen TerraZyme supports the body's constant production of enzymes critical for healthy biochemical functions, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy.

Enzymes play a critical role in growth, healing, and reproduction. They are also necessary for breathing, thinking, immune function, hormone regulation, detoxification, and thousands of other biochemical functions. Enzymes are also necessary for digesting food nutrients and converting nutrients to energy in cells.

If our diets do not include sufficient food enzymes to break down the food we eat, our body's endogenous enzyme resources must be directed toward the production of digestive enzymes to speed conversion of food to bioavailable nutrients.





ZENGEST/DIGESTZEN : DAYS 1-30

DigestZen contains a unique combination of Ginger, Peppermint, Caraway, Anise, Coriander, and Fennel to aid in digestion and ease mild or occasional stomach discomfort in a soothing, natural way. It can be used in water as an essential oil or taken internally as the softgel. The softgels are specifically formulated for internal use to help relieve nausea and vomiting, aid digestion, stimulate appetite, and relieve digestive spasms (anti-spasmodic) and flatulent dyspepsia (carminative).

Ingredients

- Ginger Rhizome/Root
- Peppermint Plant
- Caraway Seed
- Coriander Seed
- Anise Seed
- Tarragon Plant
- Fennel Seed



GX ASSIST: DAYS 11-20

GX Assist is a combination of CPTG Certified Pure Tested Grade™ essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula.

Caprylic acid is a lipid derived from coconut oil that has been used for decades to support digestive health. It has anti bacterial, antifungal and anti inflammatory properties.

Caprylic acid has been used to help: -

- Yeast infections
- Skin conditions
- Digestive disorders
- Antibiotic resistance
- Cholesterol

Combined with the pure grade therapeutic oils this cleansing formula really is powerfully detoxifying.



PB ASSIST: DAYS 21-30

PB Assist+ is a proprietary formula of pre-biotic fibre and six strains of probiotic microorganisms in a unique double-layer vegetable capsule that supports the community of friendly bacteria your GI tract needs to maintain peak function.

PB ASSIST+ USES AND BENEFITS

1. PB Assist+ provides the building blocks to promote a positive balance and proliferation of beneficial gut bacteria.
2. The 6 billion CFUs (colony-forming units) contained in PB Assist+ help maintain healthy intestinal microflora balance, and helps support optimal metabolism and absorption of food.
3. The pre-biotic fibre and probiotic microorganisms in PB Assist+ support healthy functioning of the digestive and immune systems.
4. PB Assist+ supports the health of the GI tract, particularly the intestines and colon.



LIFELONG VITALITY PACK: DAYS 30+

These are all supplements meant to be used on a daily basis in order to maintain a healthy lifestyle.

Alpha CRS+

Alpha CRS+ is also known as the cellular energy and longevity blend. Some of the nutrients included in the formula are coenzyme Q10 and acetyl-L-carnitine, which help the metabolic processes of the cell to give you more energy. There are also antioxidants like quercetin and alpha-lipoic acid that help combat oxidative stress and aging. Finally, a botanical extract of Ginkgo biloba helps support mental clarity and energy.

Microplex VMz

This complex contains natural highly bioavailable vitamins, minerals, and trace elements in proportions that work hand-in-hand with your diet. (For example, vitamins A, C, and E, B, and D, and the minerals calcium, magnesium, and zinc.) Microplex VMz supports healthy metabolism, digestion, immune function and cellular energy.

xEO Mega

xEO Mega takes care of your remaining nutritional needs with omega-3s (known as essential fatty acids), essential oils, and vitamins D and E. Fatty acids help support your joints, skin, and cardiovascular and brain health.





DDR PRIME: DAYS 30+

DDR Prime Essential Oil Cellular Complex is a proprietary blend of essential oils that supports healthy cellular integrity.

Protective against oxidative stress, Clove, Thyme, Litsea, and Wild Orange are prominent components of DDR Prime and provide powerful antioxidants. The Cellular Complex blend also includes essential oils from Frankincense, Lemongrass, Summer Savory, and Niaouli, which help support a healthy immune response.

Soothe the body and the mind by taking a drop internally or combine with a carrier oil and massage into the skin. Use DDR Prime as daily overall wellness support.

BENEFITS

- Supports healthy cellular integrity
- Protects body and cells from oxidative stress
- Promotes overall cellular health
- Aids in a healthy immune response





SUPPLEMENT SCHEDULE

DAYS 1 - 10

1 drop of Lemon oil in a glass of water,
3 x daily.

1 x Zendocrine capsule morning and
night. If you have the oil you can take
two drops morning and night in
water.

1 x Terrazyme 5mins before every
meal.

1 x Zengest capsule after every meal



SUPPLEMENT SCHEDULE

DAYS 11 - 20

1 drop of Lemon oil in a glass of water,
3 x daily.

1 x Zendocrine capsule morning and
night. If you have the oil you can take
two drops morning and night in water.

1 x Terrazyme 5mins before every
meal.

1 x Zengest capsule after every meal

1 x GX assist with every meal*

**start with 1 capsule per day, and after
3 days you can increase to 2 capsules
per day. If no discomfort arises you
can increase to 3, otherwise remain at
1 - 2 capsules per day.*



SUPPLEMENT SCHEDULE

DAYS 21 - 30

1 drop of Lemon oil in a glass of water, 3 x daily.

1 x Zendocrine capsule morning and night. If you have the oil you can take two drops morning and night in water.

1 x Terrazyme 5mins before every meal.

1 x Zengest capsule after every meal

1 x PB assist with every meal

SUPPLEMENT SCHEDULE: DAY 30+

Here is where we balance and maintain the work we've done with our **Life Long Vitality pack and DDR Prime**.

Please begin to take these as instructed on the packaging.

Many of you will decide to integrate these into your ongoing wellness lifestyle and there is a significant discount if you buy this pack on the monthly loyalty rewards program that doTERRA offer.

Please ask us for details.



RECIPE AND MENU SUGGESTIONS





INTERMITTENT FASTING

We highly recommend that you try intermittent fasting during the first 10 days of your cleanse. It will give your digestive system a well-needed break and bring much vitality and wellness to your cells.

WHAT ARE THE BENEFITS?

First, intermittent fasting results in lowered levels of oxidative stress to cells throughout the body. Second, practicing fasting improves your body's ability to deal with stress at a cellular level.

Intermittent fasting activates cellular stress response pathways similar to very mild stressors, acting as mild stimulants for your body's stress response. As this occurs consistently, your body is slowly reinforced against cellular stress and is then less susceptible to cellular ageing and disease development.

During the cleanse we encourage you to introduce periods of intermittent fasting which will help to enhance the detox process.

You can either choose the 12/12, 10/14, or 8/16 method, which basically means fasting for either 12, 14, or 16 hours over a 24hr day.

To give a clearer example this could look like having your main meals between 10am and 8pm, or 12pm and 8pm, and then "fasting" for the rest of the day/night.

Please be aware, these suggestions are optional and you can choose whether or not you wish to include them in your detox plan.

There are some contraindications to fasting you should be aware of.



JUICING AND INTERMITTENT FASTING

If you choose to do the intermittent fasting practice we recommend breaking your fast with a fresh fruit and vegetable juice. This will enable your body to receive the high level of nutrients concentrated in the juice and maximise the benefits.

Below we have included some of our favourite recipes...

GREEN LIME JUICE

3 - 4 large lettuce leaves

3 stalks celery

1 green apple

½ large cucumber

1/2 lime (peel and all)

½ inch peeled ginger

1 tsp chia or flax seed stirred in before drinking

GREEN PEACE JUICE

3 - 4 kale leaves and stalks

½ large cucumber

1/4 pineapple

1/2 lime (peel and all)

2 stalks of fresh mint leaves

Juice up all the fruit and veg.

Juice up all the fruit and veg and add the seeds into the glass of juice and mix into the blend.



MORE JUICE RECIPES

ENERGY BOOST

2 Beets
1 carrot
2 celery stalks
1/2 lemon (peeled)
1 orange (peeled) 1
handful of basil leaves

Juice up all the ingredients

CITRUS BLISS

1 orange
2 carrots
1/2 lemon (peeled)
1/2 grapefruit
1/2 inch peeled ginger
2 celery stalks

Juice up all the ingredients

GREEN LEMONADE

6 -8 kale leaves
3 handfuls of spinach
1/2 cucumber
2 celery stalks
1 green apple
1/2 lemon

Juice up all the ingredients, adding in the seeds and the essential oil at the end.

MORNING MOJITO

1/2 cucumber
1 lime
2 green apples
3 handfuls of spinach
3 sprigs of mint

Juice up all the ingredients,



SMOOTHIES

Smoothies are great as a healthy breakfast or a mid-afternoon snack. Our community are big fans of these simple recipes that are super yummy and full of plant power. Just blend up all the ingredients in your blender or using your hand-held blender and a tall measuring jug.

GREEN SMOOTHIE

3 handfuls of spinach
1 banana
1/2 ripe avocado
1 tbsp nut butter
1-2 cups of nut mylk
(adjust the quantity
according to the consistency you want)

BERRY LOVE

1 handful of raspberries
1 handful of blueberries
4 strawberries
1/2 ripe avocado
1tbsp nut butter
1tsp chia seeds
1-2 cups of nut mylk

HEART OF CACAO

1 banana
1 medjool date
1/2 ripe avocado
1 tsp raw cacao
1 tsp cacao nibs
1 tbsp nut butter
1-2 cups of nut mylk



HEALTHY HEARTY SOUPS

Try to prepare yourself a soup that will last for 2 - 3 days. You can keep it in the fridge and warm it up in the evenings for a light evening meal.

LENTIL AND GREEN VEG SUPER SOUP

1 x broccoli

1 x large courgette

1 x pack of spinach

1 x white onion

2 stalks of celery

2 carrots

3 cloves of garlic

1 cup of red lentils (soaked overnight)

Cold-pressed olive oil

Vegetable or chicken stock

Salt and pepper to taste

- Chop all the vegetables into small chunks.
- Begin by sautéing the onions, celery, and garlic for a few minutes in 2tbsp olive oil.
- Add the rest of the vegetables (apart from the spinach) and sauté for 10 minutes on a low, medium heat.
- Pour in the cup of lentils and mix through the vegetables.
- Add the stock and allow the ingredients to simmer until everything is cooked through.
- Once everything is cooked, take off the heat, add the bag of spinach and stir.
- Blend up the soup with a hand blender, or alternatively pour the mixture into a food processor and blend until smooth.
- Add fresh parsley to garnish, salt and pepper to taste.



HEALTHY HEARTY SOUPS (CONT.)

CAULIFLOWER COCONUT CREAM SOUP

1 x cauliflower
1 x sweet potato
1 x white onion
1 tsp turmeric
½ tsp cinnamon
3 x garlic cloves
½ tin of coconut milk
Coconut oil
Vegetable or chicken stock
Salt and pepper to taste

- Chop up all the vegetables into small chunks.
- Begin by sautéing the onions and garlic in a tablespoon of coconut oil with the spices.
- After a few minutes add the sweet potato and cauliflower and continue to sauté on a low heat for a few minutes, adding a little salt and pepper.
- Add just enough stock to cover the vegetables, and allow to simmer until the vegetables are cooked through.
- Take off the heat and pour in ½ a tin of coconut milk.
- Blend with a hand blender or in a food processor, and add extra coconut milk for the desired consistency.
- This is delicious served with some fresh coriander.
- Add salt and pepper to taste.



HEALTHY HEARTY SOUPS (CONT.)

TOMATO AND BASIL SOUP

15 – 20 medium to large tomatoes (the riper the better)

1 x white onion

2 garlic cloves

A bunch of fresh basil

Vegetable stock 200ml

Almond cream (rice, soya, and other nut creams are also good)

Salt and pepper to taste

Cold-pressed olive oil

1 tbsp red wine vinegar

- Sauté the onions, garlic and chopped tomatoes in the olive oil and vinegar on a low heat for some time.
- Watch and wait to see the tomatoes beginning to loosen and soften, with the skins peeling away.
- Add a little stock and allow the mixture to simmer.
- Keep adding stock bit by bit until the mixture is like a tomato mush.
- Take off the heat and add the almond cream.
- Add the basil and blend until smooth.
- Serve with a drizzle of olive oil, salt and pepper.



HEALTHY HEARTY SOUPS (CONT.)

BONE BROTH - READ ABOUT THE BENEFITS [HERE](#)

Grass-fed and/or pasture-raised bones (can be beef, chicken, pork, fish, or a combination)

1 tablespoon apple cider vinegar

2 minced garlic cloves

1 chopped onion

2 chopped carrots

2 chopped celery stalks

2 bay leaves

1 teaspoon sea salt

Filtered water

- Add bones to a slow cooker and drizzle apple cider vinegar on top.
- Add garlic, onion, carrots, celery, bay leaves, and sea salt.
- Pour water over bones and vegetables until they're completely covered.
- Cover the slow cooker and simmer for 12 to 24 hours. To make chicken broth, you'll need to simmer the bones around 12 hours, while it's best to cook beef bones for closer to 24. (If you're short on time, you can also make bone broth in the pressure cooker in about an hour.)
- Allow bone broth to cool slightly and strain through a cheesecloth.
- Discard bones and vegetable pieces and transfer broth to a glass storage container with a lid or glass Mason jars.
- Store in the refrigerator for 3 days or in the freezer for up to 6 months.



RAINBOW SALADS

One of the best ways to increase your fibre intake is by eating a wide range of fruit and vegetables. Your gut will be infinitely grateful for these multicoloured rainbow salads.

These salads combine both cooked and raw foods in order to give you and your body the energy you need. I suggest you plan which one you are going to eat each day and begin to stock up your fridge and pantry. Soak the seeds/nuts/grains overnight the day before so they are activated and ready to go the following morning. Unlike the soups and stews, you'll be preparing these fresh each day in order to get the fullest nutritional value from the meal.

READY. SET, GLOW SALAD

- Greens: Start with a base of greens: arugula, kale, romaine lettuce, or watercress,
- Texture: Add something else for texture – almonds, pumpkin seeds, sunflower seeds, walnuts, cashews, or hemp seeds
- Colour: Add colour with red onion, celery, carrots, cucumber, beets, goji berries, sea vegetables or fresh herbs.
- Protein/Fat: Bulk it up with sliced avocado, beans/chickpeas, sprouted grains like quinoa/millet/wild rice or tempeh

DRESSING:

- ¼ cup olive oil
- ½ cup raw apple cider vinegar
- ½ lemon squeezed
- 1 tbsp mustard
- ½ tsp maple syrup



RAINBOW SALADS (CONT.)

CRUCIFEROUS DETOX SALAD

- 2 heads broccoli & stems chopped
- 1 head cauliflower chopped
- 2.5 cups shredded carrots
- ½ red or green onion chopped
- ½ cup sunflower seeds
- 1/2 cup raisins
- ½ cup finely chopped fresh parsley

DRESSING:

- 4-6 tbsp Apple Cider Vinegar or lemon juice
- 4 tbsp olive oil
- sea salt/pepper to taste
- ½ tsp of maple syrup}

1. In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl.

2. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots.

3. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.



MORE SALAD IDEAS

[Kale slaw](#)

[Kale and cranberry salad](#)

[Buddha Bowl](#)

[Roasted winter salad](#)

[Vegan lunch bowl](#)



MORE HEALTHY OPTIONS

[Breakfast ideas](#)

[Lunch ideas](#)

[Main dishes](#)

[Energy balls](#)

[Healthy snacks](#)

We want to be clear that this detox isn't about starving yourself. This is about changing your eating habits and introducing new healthier options. Everyone is different and has different nutritional needs. We want to support you in making more conscious choices about the foods you're eating, learning new tasty recipes and enjoying this time of discovery and transformation!



NOURISHING DRINKS

If you are a coffee lover (like me) you may need a little bit of help giving up caffeine during your cleanse! Green Tea and Chai are a great options for weaning yourself off caffeine and your morning cup of English Breakfast. We also love these warming stimulating drinks as a morning or afternoon pick-me-up.

Cinnamon and cardamom hot chocolate

- 1 cup of nut mylk
- Pinch of cardamom and cinnamon
- 1tsp raw cacao powder

Golden Milk

Matcha Latte



EXAMPLE DAY #1

The key is preparation!! The more organised you can be, the more chance you will have of sticking to your new healthy habits and creating long-lasting change! If you fall off the wagon one day, don't worry, this is about the long-term plan, so just reconnect with your heart, go back to the drawing board, and set a new strategy for yourself if the old one isn't working. Remember, you are worth feeling healthy, happy, and luminous!

Morning

Wake up

- 5 mins conscious breathing
- Scrape tongue and oil pull
 - Water with lemon oil
- Skin brush and shower
- Moisturise face and skin with essential oils and body cream/body oil of choice
- Take supplements with a fresh juice

Lunch

Take Terrazyme before lunch

- Ready, Set, Glow Salad
- Water with lemon oil
- Apricot, Almond snack bar
- Take Zengest after meal

Afternoon snack

Green smoothie

Dinner (before 8pm)

- Take Terrazyme before dinner
- Cauliflower soup (prepare enough for the next day too)
 - Water with lemon oil
 - Take Zengest

Before bed

Take Zendocrine



EXAMPLE DAY #2

Morning

Wake up

- 5 mins conscious breathing
- scrape tongue and oil pull
 - water with lemon oil
 - skin brush and shower
- moisturise face and skin with essential oils and cream/body oil of choice
 - 30min yoga
 - 5min meditation
- Take supplements with fresh juice
 - Golden oats

Lunch

Take Terrazyme before lunch

- Buddha Bowl salad
- Water with lemon oil
- Take Zengest after meal
- Prepare Bone Broth for following days

Afternoon snack

Chai spice energy balls
or smoothie

Dinner (before 8pm)

Take Terrazyme before dinner

- Tomato and Basil soup
- Crackers with humous
- Water with lemon oil
 - Take Zengest

Before bed

Take Zendocrine
Journal for 5mins



EXAMPLE DAY #3

Morning

Wake up

- 5 mins conscious breathing
 - water with lemon oil
 - skin brush and shower
- moisturise face and skin with essential oils and cream/body oil of choice
- 30min walk (include 5mins shoes off, feet on the earth)
 - Take Terrazyme and Zendocrine
 - - Heart of Cacao smoothie

Lunch

Take Terrazyme before lunch

- Cup of bone broth
- Cruciferous detox salad
(prepare enough for the next day)
- Water with lemon oil
- Take Zengest after meal

Afternoon snack

Chopped apple with almond butter

Dinner (before 8pm)

Take Terrazyme before dinner

- Root vegetable tofu bake
- Water with lemon oil
- Take Zengest

Before bed

Take Zendocrine
Journal for 5mins
5mins conscious breathing



morning and night

2 ROUTINES TO BEGIN AND FINISH EACH DAY WITH PRESENCE

AM

- Before you jump out of bed, try to give yourself 5mins to assimilate the night, your dreams, do a few minutes of conscious breathing.
- Scrape your tongue!
- 250ml of water with 1 drop lemon oil
- Dry brush your skin before washing.
- Do oil pulling whilst you shower (10mins)
- 30mins of conscious movement/walking or exercise
- Make a fresh juice or smoothie and do 5mins of journalling and intention setting for the day.
- If you are fasting prepare yourself a herbal tea and drink lots of water until you break-fast

PM

- Turn off all screens by 8pm and dedicate the rest of the evening to reading, journalling, meditation, or other self-care practices.
- Add your calming essential oils to the diffuser and diffuse for 1hr before bed. Our favourites are Lavender, Cedarwood, Serenity, and Vetiver.
- Take your final supplements for the day.
- Cleanse and moisturise your face and neck using your essential oils, and do 5mins of Gua Sha.
- Once in bed, apply your calming essential oils to the soles of your feet and pillow.



Happy cleansing!