



DETOX KIT INSTRUCTIONS



INTERNAL DETOXIFICATION

STAGE ONE CLEANSING

Deep Drainage: 2 capsules per day for 30 days.

Ingredients:

Black Radish Extract: Helps to eliminate buildup of toxins and gently stimulate your intestines. Will also support and maintain your liver's health and improves the function of your thyroid.

Peppermint Leaf: Removes toxins from your liver, improves your digestion, and reduces bad cholesterol.

Corn silk: A natural diuretic with anti-inflammatory properties that will help to ease blood pressure, remove toxins from the body and ease fluid retention.

Parsley Leaf: Reduces inflammation and cleanses the toxins from your body. Packed with omega-3 fatty acids which helps reduce arthritis and heightens your immunity.

Plantain Leaf: Prevents free radical damage and effect of toxins on your body with antibiotic properties. Will also enhance your circulation.

Finasco Kelp: High in Iodine which helps to keep your thyroid healthy. Will help remove and break down toxins from your body.

Uva Ursi: Will alkalize the body and as a natural diuretic this will keep your urinary tract, liver, kidneys and pancreas healthy.

Galium Algae: Keeps your lymphatic system healthy and promotes lymphatic drainage.

STAGE ONE INVIGORATING

Cal Metab Plus: For the first month 2 capsules per day for 30 days.

Ingredients:

Finasco Kelp: High in Iodine which helps to keep your thyroid healthy. Will help remove and break down toxins from your body.

Laminaria Algae: Will cleanse your blood stream, supply essential vitamins and minerals to your body. Includes a high percentage of Iodine for a healthy thyroid and enhanced body fat burning.

Plantain Seed: A high source of dietary fiber, helping to reduce cholesterol and also mildly suppresses your appetite.

STAGE TWO REPAIRING

Silhouette: For the second month, 2 capsules per day for 30 days.

Ingredients:

Blue Green Algae: Known as the single most nutrient dense food on the planet this algae is highly anti-oxidant which will cleanse your body of toxins. This will improve your digestion, balance any food cravings, increase your mental function and help to repair damaged body tissues by stimulating stem cell release. Will also help to strengthen your immune system by fighting the buildup of free radicals.

Finasco Kelp: High in Iodine which helps to keep your thyroid healthy. Will help breakdown and eliminate toxins from your body.

Laminaria Algae: Will stimulate the thyroid gland, increasing your body's ability to burn excess fat.

Centella Asiatica: High levels of alkalinity and anti-inflammatory properties will help to improve any blood pressure concerns, improve your circulation and increase mental alertness.

STAGE THREE REVITALIZING

Energy Vitality: For the third month, 2 capsules per day for 30 days.

Ingredients:

Spirulina Algae: Contains ALL of your body's daily needed vitamins, minerals and trace elements. Also high in protein, essential amino acids and vitamin B12. Spirulina is known as a great aid for weight loss as it is an appetite suppressant. Will also help your red and white blood cell production and reduce your fasting blood sugar levels.

Sarsaparilla Root: Contains vitamins A, B-complex, C and D and the minerals Iron, Manganese, Sodium, Silicon, Sulfur, Copper, Zinc, and Iodine. Known as a blood purifier, which will boost your stamina and energy levels.

Siberian Ginseng: Reduces the effects of stress and tension and invigorates your body. Will help keep your adrenal glands healthy, which will regulate your metabolic function. Known as an immune booster this will improve your immune function and energy levels while also improving circulation.

Gotu Kola: Known as a traditional tonic and blood purifier which is highly alkaline this will help to lower your blood pressure, improve circulation and increase your mental alertness.

Note: for best results take capsules each morning with breakfast and ensure you consume 2-3 liters of water per day.

EXTERNAL DETOXIFICATION



BODY BRUSH

- Boosts blood circulation
- Increases lymphatic flow
- Enhances skin texture and tone, removing dead skin cell build up
- Improves the overall feeling of well-being, energy levels and boosts immunity
- The best remedy for ingrown hairs
- Helps to disperse cellulite
- Improves absorption of skin care
- MUST be used dry, look after your brush and it will last a lifetime



CELLUTOX OIL

- Helps smooth the appearance of cellulite
- Helps to combat the buildup of toxins
- Helps to boost a sluggish system, excellent for lethargy
- Can help with constipation by rubbing into the tummy and lower back area

Juniper: Detoxifying and diuretic action

Lemon: Promotes lymphatic decongestion

Sea Fennel: Strengthens the action of colon and Intestinal muscles

Sea Buckthorn: Eliminates toxins, helps reduce the appearance of cellulite



TEA TREE S.O.S SPRAY

After use of skin brush disinfect with a light application of Tea Tree S.O.S. Spray which keeps the brush free from germs and bacteria. Always keep the brush dry and it will last you a lifetime.



CELLUTOX HERBAL BATH SYNERGY

- Energizing. Helps to boost a sluggish system
- Releases active ingredients to the body via aroma and skin absorption
- Helps combat the build-up of toxins
- Cleanses internally
- A good source of minerals and trace elements

Juniper Essential Oil: Excellent diuretic

Lemon Essential Oil: Lymphatic decongestant

Bladder wrack Algae: Rich in organic Iodine

Sea Fennel: Helps to combat constipation

Sea Buckthorn: Cleanses the colon

Sea Salt: Cleanses and detoxifies

1. Fill your bathtub with water to a comfortable heat and bathe for 15 to 20 mins. Volume of water not specific.
2. Empty 1 sachet into the body of water roughly 2 mins before soaking.
3. Lightly spray Skin Brush with S.O.S Tea Tree as an anti-bacterial, anti-fungal agent.
4. Lightly Skin Brush legs, arms, abdomen, buttocks to remove dead skin for 30 secs on each section (avoid face & chest).
5. Lie in the bathtub, submerge the body to chest height.
6. Focus on abdominal breathing. To help relax you, dim the lights and listen to tranquil music.
7. Shower afterwards if needed, once skin is dry proceed with next step
8. Place 2 drops of Cellutox oil into the palms of your hands and rub into each area of concern, allow to air-dry.
9. Perform 2 times a week, ideally 3 days apart, always in the evenings.
10. Perform steps 3,4,7 & 8 daily for enhanced results.



EXTERNAL DETOXIFICATION



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MUSCLEASE OIL

- A powerful remedy for sore joints and muscles
- Helps ease muscle spasm caused by sport, dance, physical work and wear and tear
- Use under Instant Refreshing Gel for heavy, tired legs and aching neck and shoulders
- Quickly penetrating, leaving the skin satin soft and smooth

Rosemary: An excellent treatment for overworked, tired or stiff joints

Maritime Pine: Stimulates circulation

Sea Fennel: Helps cleanse and detox the body

Sea Buckthorn: Eliminates toxins



TEA TREE S.O.S. SPRAY

After use of skin brush disinfect with a light application of Tea Tree S.O.S. Spray which keeps the brush free from germs and bacteria. Always keep the brush dry and it will last you a lifetime.



MUSCLEASE HERBAL BATH SYNERGY

- Helps ease muscle spasm and stressed joints
- Releases active ingredients to the body via aroma and skin absorption
- Maximum benefit is achieved by combining water therapy, active aroma and abdominal breathing
- A good source of minerals and trace elements

Rosemary Essential Oil: Stimulates circulation

Pine Essential Oil: Detoxifies and warms

Bladderwrack Algae: Rich in organic Iodine to help regulate metabolism

Sea Salt: Cleanses and detoxifies

11. Fill your bathtub with water to a comfortable heat and bathe for 15 to 20 mins. Volume of water not specific.
12. Empty 1 sachet into the body of water roughly 2 mins before soaking.
13. Lightly spray Skin Brush with S.O.S Tea Tree as an anti-bacterial, anti-fungal agent.
14. Lightly Skin Brush legs, arms, abdomen, buttocks to remove dead skin for 30 secs each section (avoid face/chest).
15. Lie in the bathtub, submerge the body to chest height.
16. Focusing on abdominal breathing. To help relax you, dim the lights and listen to tranquil music.
17. Shower afterwards if needed, once skin is dry proceed with next step
18. Place 2 drops of Musclease oil into the palms of your hands and rub into each area of concern, allow to air-dry.
19. Perform 2 times a week, ideally 3 days apart, always in the evenings
20. Perform steps 3,4,7 & 8 daily for enhanced results.

