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Juices are a Girlâ€™s Best Friend by Kajal Patel

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Ladies, forget about diamonds (and Botox)! Freshly squeezed juices are the answer to your beauty regime as they bring priceless benefits to your skin, nails, eyes and the whole body. Donâ€™t take our word for it, read the below facts:

Stronger Nails & Shinier Hair

Your hair and nails need a steady supply of nutrients to grow and remain strong. If your bloodstream contains toxins, they can make your hair dull and nails soft.

A juice cleanse ensures that toxins are removed from your bloodstream and your hair and nails receive the right nutrients more effectively. After all â€“ â€˜You are what you absorbâ€™!

Reduced Cellulite

The level of toxins in your system is one of the major causes of cellulite as the body stores them in the cells just under your skin. Having greasy and junk foods, caffeine, nicotine etc can disrupt the layer of the cells causing cellulite. A thorough juice cleansing can reverse the process.

Glowing Complexion

A hydrotheraphy treatment is an essential part of any detox. If you are feeling washed out and looking tired, chances are that a revitalising colon cleanse will restore your skin to health.

More Beautiful Eyes

Redness and dark circles under your eyes suggest that there might be some other problems in your body. A good cleanse will restore your internal systems to health, replace any greyness or redness in your eyes with a sparkling white and reduce dark circles under your eyes.

Weight-Loss

Juice cleansing improves your metabolic rate and energy levels, decreases cravings, headaches and amount of sleep. Most of these factors are vital in being active so that you can maintain your weight at a healthy level.

In addition, following cleansing the liver tends to perform its natural function of detoxifying any residual toxins together with previously stored fat cells more effectively. As a result, body detoxification becomes paramount for any weight-loss goal.

Flat Stomach

Cleansing can help eliminate a feeling of being bloated. A healthy, functioning gastro-intestinal system reduces bloating and flattens your stomach and this happens before you even start losing weight.

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Purifyne juice offering you techniques to maintain and control your health.Purifyne selects the best fruit and vegetables to produce the purifying juices for its bespoke cleansing programme, which will detoxify the body naturally. For more details visit: a Juice Detox Delivery

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