

los angeles cold press



BENEFITS OF A JUICE CLEANSE

Reset your body. This is the starting point to a healthier lifestyle. Give your routine a break through our juice cleanse program and allow your digestive system to take a rest from digesting over-processed foods and heal itself from harmful toxins in our polluted world. Each juice is individually composed to flush, hydrate, detoxify and nourish the body with key nutrients and minerals. One, three or five days – your body will thank you!

CUSTOMIZE YOUR CLEANSE

Everyone is different. Therefore your cleanse will be personal to you, and it's about finding the right balance. Ask us to customize your cleanse to perfectly satisfy your experience.

PREPARE FOR YOUR CLEANSE

Ease into your cleanse by eating clean, avoiding refined sugar and animal products, wheat, caffeine, alcohol and nicotine for a few days before. This will ease your body into the change of diet and give you maximum detoxification effects.

DURING YOUR CLEANSE

Drink a juice every 2-3 hours, or when you feel hungry. Choose by intuition or follow our recommended order. Drink lots of water and herbal tea. Stay warm, as your body may feel colder while cleansing. Give yourself the space and time to rest. Taking a bath, being outdoors and doing light exercise or meditation are great ways to get the most out of your cleanse. Using other supportive tools such as oil pulling, tongue scraping, skin brushing and sweating will help to flush out all the toxins from your system.

Keep your LACP juices refrigerated to maintain the vitamins, vital trace minerals and crisp clean fresh taste for up to 3 days after being pressed. Celebrate aliveness!

AFTER YOUR CLEANSE

Breaking the cleanse in the same fashion you prepared for it is the most sensible. What you put into your body after your cleanse is very important. On the first day it is recommended to stay well hydrated with juices, soups, smoothies and nut milks. Following that with leafy green vegetables and a focus on raw food will give you the most benefits.



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Plant-based alchemy for conscious living