



GETTING JUICY! SUMMER DETOX

Getting Juicy Really Lightens Us Up!

Feel and look great! Join Lola Scarborough for this 7-day journey into Juice Detoxing. Learn to make easy but powerful juice blends at home to keep your engine running clean and strong. ***Juicing has never been so tasty and fulfilling!*** Plus, if you're interested in purchasing juices rather than making them, Lola provides you with a list of the best ones to grab off the shelf at your local grocers. (Though it's best to make your juices fresh daily!)

Lola & your support group keep you going strong for the entire detox. Juicing in a group makes it easy & fun!



**2-Day Detox Prep
3-Day Juice Detox
2-Day Post-Detox**

**Get Our Guts
Crispy Clean &
Cool**

**Learn to prep your
body for a safe &
effective juice
detox**

**SAMPLE YUMMY
JUICES & learn
easy & powerful
juice recipes**

**Learn to safely
exit a juice detox**

YOGA LOLA STUDIOS

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July 8, 2017

2-4PM

Cost: \$30.00